



Thank you very much for your interest in this Fifth course, the role of your cells and biology and your self-actualization.

Whether you are taking this course as an online adventure or you are going to choose this course as a distance learning opportunity, the course substance is the same.

Given that self-actualization is growing into your full nature, and that self-actualization is not something added to you, but that it is nothing removed from you, each of these courses are designed so you can recognize those, ideas, beliefs, values, world views, etc. that hold you back from developing yourself to your highest and best potential, what a journey, I am so glad you are a part of it.

As you go through life, on this journey of self-actualization, you will be challenged and faced with years of habits of actions and thoughts that may hold you back, that may leash you to your current situation. It is important then that one of the things you learn to do is control your mind. It is important that you can run your own brain, that you can filter out that which you don't want, and keep in that which you want.

In this fifth course you will experience the benefits of the application of your cellular and bodily structure experiences – you will not just learn about your cells or your physiology as a subject of study, but you will experience the full control of your cellular structure. Your experience of the benefits will come as you first learn about the wisdom of your cells. Welcome to the most incredible journey of your life.

Week 1 – This week is the precursor for the next five weeks. You will experience anew the cell. You are made of trillions of cells and there is wisdom in those cells. You are made in the image of those cells. You will experience how the signals that you allow inside of your mind affect your cells and thus affect your health. Without health, your mind takes on a groggy perception and your journey of self-actualization gets bumpy.

Week 2 – In week two, three, and four you are introduced to cell biology and you will be led to experience you own ability to effectively affect your cellular structure so that you are on the outside who you are finally becoming on the inside. Your ability to manage thoughts, concentrate, change, etc. all facilitated by the first four weeks of this program become integrated as your new understanding of biology comes to fruition

Week 3 – In week two, three, and four you are introduced to cell biology and you will be led to experience you own ability to effectively affect your cellular structure so that you are on the outside who you are finally becoming on the inside. Your ability to manage thoughts,



concentrate, change, etc. all facilitated by the first four weeks of this program become integrated as your new understanding of biology comes to fruition

Week 4 – In week two, three, and four you are introduced to cell biology and you will be led to experience you own ability to effectively affect your cellular structure so that you are on the outside who you are finally becoming on the inside. Your ability to manage thoughts, concentrate, change, etc. all facilitated by the first four weeks of this program become integrated as your new understanding of biology comes to fruition

Week 5 – In this week your transformational journey of change deepens as you start to re-wire your cells. As you start to practice, in greater depth, the lifelong change of belief and biology.

Week 6 – In this final week you will contemplate what you experienced in the last five courses (that includes this one), the different benefits you may have experienced and you will take those phenomenological expressions that bring you the most personal benefit and you will take the experience deeper as you do more and learn more, as you intentionally set a state of self-actualization habituation in process. Enjoy the most incredible journey of your life.

Each of the six weeks in this third course put you in touch and in power of the self-actualization systems model. Your journey of a thousand miles has started with the next six steps – enjoy and grow and learn – to your best and highest.

Dr. Charles DesJardins