

# The Altazar Method

Partnering with Spiritual Intelligence

Self-Empowerment Mystery School  
and Facilitator Training

Prospectus

Year 1 – Foundation

provided by

**Altazar Rossiter PhD**

in collaboration with





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*The Altazar Method* training is aligned with the new energy paradigm of self-empowerment that's arising in human consciousness. This paradigm is already reaching beyond traditional spiritual practices, pushing humanity to evolve new ways of being and interacting with Universal / Spiritual Intelligence in co-creative partnership.

Working with the energies of Spiritual Intelligence, this training programme covers a wide range of practices for self-empowerment and facilitating others. Throughout the programme, you will be guided to trust the flow of your own energy, intuition and discernment. This is intended to enable you to function more effectively, in greater alignment with your essential core energy, and ultimately embrace your own mastery.

## Year 1 ~ Foundation

Year 1 focuses on empowerment: understanding your true essence and gifts, and expressing that in your life. It is relevant for anyone engaged in discovering and walking their own unique path of mastery. This course will give you the tools to stand in your own authenticity. It requires deep inner exploration and full commitment.

This is for you if:

- \* You have a deep desire to awaken your own higher potentials, and may feel called to support others to awaken also.
- \* You would like to stay centred in all situations, but find yourself pulled off centre by others, by your environment or by your own reactions.
- \* You notice areas where you give your power away to others, consciously or unconsciously, in ways that limit your own authentic expression.
- \* You are sensitive to your environment – the people and energies around you – in ways that can feel confusing, overwhelming or exhausting.
- \* You long to be able to hear and trust your inner guidance with great clarity.
- \* You are aware of unconscious imprints, beliefs and programmes that influence your behaviour in unwanted ways.
- \* You suspect there are still invisible wounds you are nursing/carrying unconsciously that prevent you from stretching into your full potential.
- \* You have done a lot of inner work in other healing modalities, but still feel that it's hard to achieve your potential or feel fully self-empowered.

During this 8-month intensive and experiential course, you will learn highly effective practices for working with your own inner process and helping others through theirs. These practices follow the principles of Universal Law. They have been developed over many years and have proved to be effective, leading to profound shifts.

Each experiential workshop partners with Spiritual Intelligence to cover what that group most needs. Therefore areas covered vary according to each group, but will generally include:

- \* The power of love, intent and the spoken word to direct the flow of universal energy.



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- \* Partnering with Divine Intelligence to dissolve the trauma and tension of invisible wounds, whether individual or collective.
- \* Clearing obstructions that limit or prevent the flow of your own energy.
- \* Dealing with emotional fallout and debris.
- \* The Unified Heart practice for anchoring into the flow of your Divine Brilliance.
- \* Developing your ability to 'hold the space' without draining your energy.
- \* Using music as a tool for healing and processing.
- \* The Unity Consciousness (Metta Bhavana) practice for expanding your energy field to transmit loving-kindness to others, the planet and All-that-is.

Personal empowerment needs to be learned experientially for it to be fully integrated and transformative. When we partner with Spiritual Intelligence, we give intent to heal what has held us back from embodying our higher potentials. This can include clearing:

- \* the impact or trauma of this lifetime, going right back to the womb and conception,
- \* trans-generational or ancestral patterns,
- \* aspects of other existences that affect you in this lifetime,
- \* the impact of mass-consciousness, collective and cultural programming,
- \* release from limiting vows, conscious and unconscious,
- \* removing alien energies and entities,
- \* dissolving imprints,
- \* dismantling false identities,
- \* reconfiguring your own energy field and existential matrix,
- \* and supporting others to do all of the above.

This training programme is intensive and challenging. As you progress you may need to take care of your own needs. Support is provided through the workshops, secret Facebook group, supervision webinars, your fellow participants and Year 2 trainees or previous graduates. But additional external support should not be ruled out, where you know it's a match for you.

Some feedback from course participants:

*I learned how to partner and work together with my Spiritual Intelligence. I learned that it is a partnership indeed and that I have a say in that. ... And already use it. It is amazing what you can do and clear. ~ A.V., The Netherlands*

*I felt deeply seen, held and loved. The biggest breakthrough for me was in finally learning to hold my centre and connect deeply with myself without my sensitivity being overwhelmed by the world. ~ R.A., UK*

*dare to listen, dare to speak, dare to see, dare to be who you are, dare to accept yourself, dare to love, dare to be loved, dare to be love, dare to live, dare to forgive, dare to do what your heart says ... after all the fear there is LOVE!  
I TRUST.*

*and that is what I was looking for in this course.  
I thank you all for that opportunity.*

*~ A.H., Belgium*



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## PROGRAMME

### 10 DAYS OF WORKSHOP INTENSIVES

The core of the training is provided in these deeply experiential workshops. Participants support each other, engage in individual and group processes to transform their collective consciousness, and learn to awaken, trust and express their own unique partnership with Spiritual Intelligence.

- \* Workshop 1 ~ 3 days
- \* Workshop 2 ~ 2 days
- \* Workshop 3 ~ 2 days
- \* Workshop 4 ~ 3 days

### PRIVATE (SECRET) FACEBOOK GROUP

This private group for training participants only provides a forum for sharing experiences, insights, progress, breakthroughs or challenges. Being an active part of a committed learning community means that when one person experiences a breakthrough, all are impacted. Previous participants have reported the group interactions to be incredibly supportive and hugely valuable in catalysing their own learning and transformation.

### 3 MENTOR SUPERVISION SESSIONS

Year 1 participants are allocated a mentor who will either be a Year 2 student or a graduate of the entire programme. The mentors will provide three on-line group supervision sessions for their allocated Year 1 students.

Each online mentor facilitated supervision session gives participants an opportunity to check in, ask questions, share progress, insights and breakthroughs and support each other through any challenges that may arise.

- \* Webinar 1: between workshops 1 & 2
- \* Webinar 2: between workshops 2 & 3
- \* Webinar 3: between workshops 3 & 4

### 2 ENERGY BODY MEDITATION PRACTICES & AUDIO RECORDINGS

- \* The Unified Heart is a set of 3 guided meditation practices designed by Altazar to help you ground, centre and strengthen your energy body. Each powerful 21-day practice builds on the one before, helping you anchor into the flow of your Divine Brilliance. Once mastered, practitioners report being able to centre their energy in seconds to hold a clear, empowered space for themselves and others.
  1. *The Heart of the Earth* grounds your energy into a heart connection with the earth (15 minute recording)
  2. *The Heart of the Universe* creates a heart connection with universal energy (15 minute recording)
  3. *The Unified Heart* anchors you into a heart-centred flow of energy between the earth and the universe (13 minute recording).



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4. Written transcripts for all practices are provided along with the recordings.
- \* Unity Consciousness (also known as the Metta Bhavana). Due to decades of personal practice, Altazar's recordings of this ancient Buddhist meditation transmit an energetic awakening. This practice is designed to strengthen your energy field so that you can hold a powerful space of loving-kindness for yourself, others, the planet and All-That-Is.
  1. *Unity Consciousness Stage 1* – expand your energy field to hold loving-kindness for your local area (14 minute recording)
  2. *Unity Consciousness Stage 2* – builds on stage 1 to hold loving-kindness for the whole planet (21 minute recording)
  3. *Unity Consciousness Stage 3* – builds on stage 2 to hold loving-kindness for the universe and All-that-is (26 minute recording)
4. Written transcripts for all practices are provided along with the recordings.

## WRITTEN & AUDIO COURSE MATERIALS

- \* A comprehensive course manual outlines the basic principles of The Altazar Method and provides written versions of the core protocols used for partnering with Spiritual Intelligence. The manual offers penetrating insights into the psychology of traumatisation and common behaviour patterns. In addition, it contains a valuable list of healing and transformative music sources (tested and compiled over decades), and a list of recommended further reading materials.
- \* Selected sections of the manual will also be available as downloadable audio "podcasts" to assist the learning process.
- \* At each workshop, additional handouts are provided to deepen into the principles and practices as the group progresses.
- \* It is also recommended that you obtain a copy of Altazar's book *DEVELOPING SPIRITUAL INTELLIGENCE - The Power of You*, also available in Dutch as *Spirituele Intelligentie*.

## SUPPLEMENTAL PRACTICES

As the Mystery School has evolved over the years, it's become clear that the scope has to continue to expand. This is necessary as the psycho-energetic environment we inhabit has become more challenging as we move through the transition in human consciousness that's impacting everyone.

Two additional practices are now included in the training programme to support the growing need for facilitators who are interacting with people struggling to awaken in themselves. Additional notes for these practices are provided when they are taught, simply because to introduce them here creates an information overload.

### ***Multi-Dimensional Orbital Hologram of Universal Love***

A *Multi-Dimensional Orbital Hologram of Universal Love* is a *Merkaba* type structure created from a three-dimensional (spherical) *Flower of Life* geometry. It is part of a complex technique of working with healing energies channelled and once taught by Alton Kamadon as the *Melchizedek Method*. I use it primarily for sending energetic support over a distance, and for clearing spaces, systems and communities.



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## ***The Cellular Intelligence of the Body-Mind***

The human body is made up of trillions of individual cells. Each of these cells “knows” itself and exactly what it has to do to keep the body operational. It has its own intelligence.

That intelligence can be considered as a team of elementals or nature sprites ... a bit like the spirits that take care of plants. And every cell structure in your body has one taking care of its function.

I refer to these intelligences as ...

### ***THE DEVAS AND KEEPERS OF THE CELLULAR INTELLIGENCE OF MY BODY MIND***

These beings are interdimensional. They're aligned with Source and they make a contract with the incarnating soul to maintain a level of separation from Source.

This particular process provides a method for renegotiating these contracts, so as to release certain hard limitations that can hold people in an energetic prison.

## PRACTITIONER CERTIFICATE REQUIREMENTS

Towards the end of the course an opportunity is available for participants who wish to use *The Altazar Method* protocols with others and qualify for a practitioner certificate. The requirement for this is that following Workshop 3 and within three months after completing Workshop 4:

- \* Two clients are to be seen with two sessions given to each one.
- \* Each client must be advised of training purposes and participate with the understanding that they will provide written feedback in exchange for (free) sessions.
- \* A written summary of your personal learning from the sessions will need to be submitted as evidence.

*Practice sessions are only necessary if a Practitioner Certificate is required, otherwise a Memorandum of Completion will be provided to course participants.*



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## ABOUT YOUR INSTRUCTOR

Altazar Rossiter PhD is a modern mystic with a deeply insightful intuitive ability. He is an holistic mentor, energy facilitator and wisdom teacher. He is a pioneer in co-creative partnering with Spiritual Intelligence for the new energy paradigm of self-empowerment that's arising in human consciousness. This all combines to make him a gifted facilitator.



Altazar's fully grounded presence enables master energies to work through him to effect deep personal transformation. His inclusive organic approach to the human condition integrates traditional spiritual practices with new paradigm multi-dimensional awareness.

Working with Altazar is particularly useful if you're facing major life transitions. He provides a resource that will support you to find peace within yourself, to be self-empowered, self-accepting, and self-responsible.

Altazar has created a range of innovative training courses which he has taught internationally. These include a *Working with Consciousness* Facilitator Training Programme with the Shapers of Education Foundation in the Netherlands as well as *Transforming Cellular Memory*, *Life Path Reading* and *Projection in Coaching* seminars in the UK.

Altazar taught Reiki for a number of years in Ireland and is a registered facilitator of Louise Hay's *You Can Heal Your Life* seminar. His written materials have been used by the Zur Institute in California and on various other courses around the world.

Altazar has a PhD in Semiotics (Psychoanalytic and Linguistic Theory). He is the author of *DEVELOPING SPIRITUAL INTELLIGENCE - The Power of You*, translated into Dutch as *Spirituele Intelligentie*. He also contributed a chapter to the acclaimed *Nine Degrees of Autism*.

With a long commercial background as an engineer in the oil and gas industry, he fully understands the stresses of life in a corporate environment. He has embraced his essential spiritual nature and has personally learned to balance this with living in the modern world.

Altazar is blissfully married to his partner of 20 years. This brilliant relationship continues to grow and inform his work, particularly in the area of relationships.