

Understanding Yourself

Have you longed for a deeper understanding of the mystery of your own being—the intangible things that influence and motivate you?

Do you feel there may be psychological blocks barring the door to your higher consciousness and to your Christ self?

Have you felt helpless in the face of chronic bad habits?

Have you ever felt that decrees don't work for you?

Are you ready to go to a higher level?

Then the Summit University seminar "Understanding Yourself" is for you!

In this course, three great ascended masters who work with the ray of wisdom and illumination -- Kuthumi, Lord Lanto, and God Meru -- give you a jump-start to self-discovery that takes you beyond the outer personality. They offer advanced teaching on the science of soul evolution and show us how to overcome deep-seated patterns in our psychology that stand in the way of true spiritual liberation. Studying and applying their words is a profound experience; these Masters will not "leave you as they found you."

The course consists of unpublished teachings given by Elizabeth Clare Prophet to students at Summit University in 1975. Overshadowed by the masters themselves, she takes the instruction in the best-selling book, *Understanding Yourself*, dictated by Kuthumi, Lord Lanto and God Meru, to a new level. Reflective exercises added by the Summit University staff, and enlightening video dictations by the ascended masters Kuthumi, Mother Mary and the God and Goddess Meru will help you assimilate and apply these profound teachings.

Students who have taken this course have testified to a deep healing in their psychology and have come to subscribe wholeheartedly to the old adage: "With all thy getting, get understanding!"