

9 Principles

for Conscious Living – Plus!

Step by Step Instructions – Start Here!

We're so pleased you've joined us for this exciting and life-changing Accelerated Results Course on **The Nine Principles for Conscious Living!** This course is designed to be simple and easy to follow.

Please review the info below before beginning the course.



1) Start by watching the first video called “Welcome! – An Introduction & A Little History”

In this video, your host and instructor, Marc Gilson, will share some important background history on the **Nine Principles**, go over what you can expect, and give you some great tips for getting the most out of the course. Even if you tend to skip introductions, we strongly encourage you to watch this one!



2) Watch the Lesson Videos

After you've watched the Welcome Video you can begin with Lesson #1, Principle #1, *Let Whatever Happens Be Okay*.

This is the first of nine lesson videos, one for each of the **Nine Principles**. Each lesson video is approximately 40 to 60 minutes in length.

You can listen to the full lesson at once, or break it up into segments to suit your schedule (there is a break in the middle of each lesson video).

In the lesson videos, Marc will explore one of the principles from a variety of perspectives, point out special points to note “Write This Down” (WTDs), and bust some myths to help clarify important aspects of these life-changing ideas.



3) Watch the Discussion Videos

In addition to each lesson, there’s a short follow-up discussion video where Marc chats with a member of our **Accelerated Results Coaching Team** about each of the principles in more detail. Each Discussion Video is approximately 30 minutes long. This is where you can learn first hand how the principles are used in Centerpointe’s client-focused coaching to change the lives of thousands worldwide.



4) Do the Integration Exercises

After each Lesson Video we encourage you to join movement and breathing expert Gregg Hendrix for a short but powerful video exercise. These simple exercises are about 10 minutes in length and are designed to reinforce the core of the ideas within the lessons and integrate them physically to enhance your absorption and retention of the material. Plus they’re so soothing and rejuvenating you’ll want to do them all more than once!



5) Watch the Conclusion Video – The Conscious Life in Action (Bonus Lesson)

After you’ve completed all the Lesson Videos, Discussion Videos, and Integration Exercises, watch the Conclusion Video. In this final video, Marc first summarizes each of the lessons, covering the main points from each Principle, and then shares three additional “bonus” principles that didn’t get included in Bill Harris’ original list but are nevertheless valuable tools to help you create and live a life of conscious awareness and mindfulness.

Frequently Asked Questions



Q) “Is there a schedule for the lessons?”

A) There is not a specific schedule you need to follow. But don’t rush! We suggest doing one lesson, discussion, and exercise per week to allow yourself plenty of time to absorb the information.

For those who want to move faster, we suggest no more than one lesson per day.



Q) “Is there an order or sequence?”

A) While the principles themselves are in no particular order, the sequence of lessons are, so we suggest moving through the lessons in order.



Q) “Is there a lot of homework or tests?”

A) No. Aside from a few simple and optional assignments on some of the lessons, you won’t be burdened with extra homework or quizzes.



Q) “Do I have to do the Integration Exercises?”

A) No, but we strongly recommend that you do. Doing the exercises will definitely enhance your benefits of the course by getting your body involved in learning and retaining the information presented in the course.



Q) “I need more help. Who can I talk to?”

A) Our Support & Accelerated Results Coaching Team is here to help!

If you have other questions or comments, feel free to contact our **Accelerated Results Coaches**. Our telephone support line is open from 9:00am - 4:30pm Monday - Friday, Pacific Time. **503-672-7117**.

Or you can email support@centerpointe.com.

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