

# Genesis Hope Academy: Fundamentals Course Catalogue

---

## **Fundamentals: A Unified Earthheaven Paradigm**

The fundamentals course has two sections: **GHA 101 and GHA 102**

Each section can be taken together or separately.

## **GHA 101: Earth Fundamentals – Restoring your Body**

### **Course Materials:**

- **Instructional: How to study the course**
- **The 6th Day Principle Introduction CD**
- **Your Body's True Identity Book**
- **Weekly Curriculum**
  - Audio/PDF/Powerpoint
- **Online Faculty Support**

1. The Body speaks
2. The Mourning of the Earth
3. The Yearning of the Earth
4. The Earth Released
5. Rebuilding your Genesis one health
6. The Ascension
7. Four Seasons of the Body
8. Yearning returns
9. Sea Light
10. Original Biological Sexuality

### **Curriculum:**

#### **1<sup>st</sup> Teaching of the Earth: My Voice**

The Earth Speaks to You

- What the earth wants to say. The experience of your body through your life, from your body's viewpoint.
- Your body is a written, living scroll of your life. Hear from it.

#### **The Principles of Genesis One (In the beginning)**

Understanding the universal principles by which our spirit and body live. What is the Ideal of Creation in Spirit and Biological Body?

- Learning the basic laws that govern life & creation in the ideal & recovery.
- How do they apply to human health? How is the biological body connected to all of creation? Why does this matter? Creating an ideal life for humanity through being born of heaven & earth (what this means in Aramaic).
- What does born again, purity, growth, and perfection in Aramaic mean to the biological restoration of the human body?

#### **2<sup>nd</sup> Teaching of the Earth: The Mourning**

- The fundamental cause of disease and the relationship between the four aspects of our ecosystem (sunlight, air, water, food) and our biological selves
- Understanding the “three” fundamental stages for the decline of the biological self

### **3<sup>rd</sup> Teaching of the Earth: The Yearning**

Learning how Mother Earth abides in our body through the communion stages. The compass that helps us find our way home.

- Restoring the biologic self's consciousness
  - Basis of Restoring the 3<sup>rd</sup> Blessing in Genesis
  - Why the number 70 is central in healing

### **4<sup>th</sup> Teaching of the Earth: Released**

Have we treated creation with respect? A glimpse into the reality of what humanity has done and the threat we have brought to our door.

- We have polluted the air, the water, and the land and abused innocent animals. It is time to apologize.

### **5<sup>th</sup> Teaching of the Earth: Rebuilding Your Genesis One Temple**

The body is the living *temple of the living spirit*. How well have we kept this holy place? The process of recreating the body as a temple whereby the spirit can fully manifest.

#### **Application**

#### **✚ What Jesus taught according to the 3<sup>rd</sup> century Aramaic Scroll**

#### **✚ Highlights of the scroll**

- Principles and science of how diet detoxifies the body
- Levels of detoxification
- Why we overeat
- Foods in biblical times
- Understanding Genesis 1:29-30 foods
- The seven communions
- Mosaic era of diet
- Jesus' teachings on diet from Aramaic (attributed to him from the Essenes at Qumran)
- The Purification process. Starting the diet of healing
- Dietary progression in cleansing/purification and regeneration
- Special cleansing foods
- Fasting: What is fasting? How to and living after the fast
- Diet and fasting
- Sprint Cleansing

### **6<sup>th</sup> Teaching of the Earth: The Ascension**

Where new life manifests. The true awakening moment of life. The united energies of heaven and earth relating in a harmonious way.

- Uniting the Shm and the AR ( heaven and earth) energies
- A vision of the original body in Eden in the 6<sup>th</sup> day of creation
- Doors to the ascension (rebirth), an integration

- Transformed and transfigured
- Where the barrier is located holding humanity captive
  - Resolving this barrier

### **7<sup>th</sup> Teaching of the Earth: The Four Seasons of the Body**

Stress and its meaning in our lives.

- Understanding how to prepare the biological self to adapt to the climates of the earth and how to maintain health

### **8<sup>th</sup> Teaching of the Earth: The Yearning Returns**

Calling You Back. Yes, the body has intelligence.

- Learning the voices of the biological wisdom in your body

### **9<sup>th</sup> Teaching of the Earth: Remember through the Reflection of Light in the Sea**

Your hope captured in the sea's reflection. Your Star of Bethlehem reflected in the sea. (See the 9<sup>th</sup> Teaching in GHA 102)

- Remembering
- Submerging yourself in its guidance
- Water's reflection

### **10<sup>th</sup> Teaching of the Earth: Original Sexuality of the Biological Body**

Human sexuality: An overview of our human sexual nature

- Introduction
- DNA
- The difference between human and animal sexuality
- Hormones that communicate
- Food and how we feel
- Our second brain
- Why we may feel bad
- Gender conflict and our reality of suffering
- Polarity and our nature
- Hormone disruptors
- Conclusion

## GHA 102: Heaven Fundamentals – Restoring your Soul

### Materials:

- **Instructional: How to study the course**
- **6th Day Principle Introduction CD**
- **Your Soul's True Identity Book**
- **Weekly Curriculum**
  - **Audio/PDF/PowerPoint**
- **Online Faculty Support**

1. Honesty
2. Escape artist
3. Self departure
4. Forgiveness
5. New memories
6. Trust
7. Seasons of faith
8. Hear my voice
9. Star of Bethlehem
10. Original sexuality

### Curriculum

#### 1st Teaching - Honesty

Listening to the lessons life has taught. Learning to be still and hear your life speaking. Telling the truth to yourself and accepting the reality of the internal state of life. Changing fortune at this moment.

- ✚ The Revealed Teachings. Impressions that David Fastiggi received from Jesus in Aramaic syntax after 21 years of systematic fasting and prayer. They provide profound contemporized insight into human conflict and guidance for restoration.
- ✚ The 1<sup>st</sup> Beatitude of Jesus: understanding it from Aramaic
- ✚ Exercises in Honesty

#### 2nd Teaching -The Escape Artist

How we avoid listening to the lessons. The methods and defenses born out of trauma used to hide the pain and justify the continuing masquerade. How to spot the escape artist and address it correctly.

- ✚ The Revealed Teachings
- ✚ The 2<sup>nd</sup> Beatitude of Jesus: understanding it from Aramaic
- ✚ Exercises to Help Identify the Escape Artist

#### 3rd Teaching - Self-Departure

The process of not listening to the first two Teachings and the progressive deterioration of perspective and values of internal life. How the conscience is demeaned and good values erode.

- ✚ The Revealed Teachings
- ✚ The 3<sup>rd</sup> Beatitude of Jesus: understanding from Aramaic
- ✚ Exercises to Identify Self-Departure

#### 4th Teaching - Forgiveness

Forgiveness from God, forgiving yourself, and forgiving others. Ten tangible and practical steps to completing the process of releasing the painful past and starting a new life.

- ✚ The Revealed Teachings
- ✚ The 4<sup>th</sup> Beatitude of Jesus from Aramaic
- ✚ The Stages in the Completion of Forgiveness

### **5th Teaching - Creating New Memories**

Building a new view of yourself and life around you. A new model of thinking, feeling and living so that looking back will be healthier, with supportive memories to constantly advance your spiritual life.

Schemas, mind patterns, need to be healed and imprints in the unconscious mind need to be heard.

- ✚ The Revealed Teachings
- ✚ The 5<sup>th</sup> Beatitude of Jesus: understanding from Aramaic
- ✚ Exercises to Help Create a United Whole Self – The Basis of Your True Identity

### **6th Teaching -Learning to Trust**

On the foundation of releasing the past distortions, you now have sight to see how the universe will support your life and growth. Removing the factor of suspicion from the loss of self, respect will now build reasonable trust.

- ✚ The Revealed Teachings
- ✚ The 6<sup>th</sup> Beatitude of Jesus: understanding from Aramaic
- ✚ Practices of Learning to Trust

### **7th Teaching – The Four Seasons of Faith**

Just as there are four seasons to the year, we pass through seasons emotionally and spiritually.

Navigating successfully through each climate determines our progress or delay in growth.

- ✚ The Revealed Teachings
- ✚ The 7<sup>th</sup> Beatitude of Jesus: understanding from Aramaic
- ✚ Practices of the Four Seasons of Faith

### **8th Teaching - Hear My Voice**

There are times when we feel cut off from our own better sense. Depression, hopelessness, and confusion are not unusual. Hear My Voice puts us in contact with our genuine core self the “Original Mind” giving direction in moments of uncertainty.

- ✚ The Revealed Teachings
- ✚ The 8<sup>th</sup> Beatitude of Jesus; understanding from Aramaic
- ✚ How to Hear My Voice

### **9th Teaching - Star of Bethlehem**

There are times in life when nothing makes sense. Kind words and words of wisdom all seem to bounce off some barrier which holds us captive to our pain and confusion. Star of Bethlehem is the guidance provided through dreams and memories of the past.

- ✚ The Revealed Teachings
- ✚ Concluding the Beatitudes
- ✚ Follow the Star practice

## 10th Teaching – An Introduction to Original Sexuality

In this chapter, two aspects of human sexuality will be addressed: the spiritual and the physical aspects. Both can exist in beautiful harmony with each other. You will learn about the ill effects that occur through abuse and the disrespect of the opposite sexes. Learning the God-centered beauty of man and woman. Learning the origin of sexual distortion and the healing path.

### The following concepts are interwoven into Fundamentals and Mentorship:

- Learning what are the levels **of trauma** and the short and long term affects
- Basic steps in greater **awareness** of trauma
- Basic Aramaic: **Key healing** words will be taught
- **Exercises** to address the basics of Post Traumatic Stress Disorder

**Fees:** \$495 for GHA 101 or GHA 102  
\$895 if taken together (GHA 103)  
*Payment plans and scholarships available. E-mail inquiries to:  
info@thegenesishope.org*

**Coming Soon:**  
**Prophecy Course**  
Book of Revelations & Dead  
Sea Scrolls relevant to 21st  
century with current text.

**Register online:** <http://www.thegenesishope.org/courses/>

**Refund Policy:** Students will receive a full refund if they withdraw from any course two weeks after their session begins upon the return on all undamaged course materials. We will deduct up to \$50 for damaged materials.

### Genesis Hope Academy Instructors:

**David Fastigi, Sc.D**  
Founder & Principal Instructor

**Kathleen H. Burton, PhD**  
Theology

**Barbara Vahsen, CHC, HHP**  
Nutrition/Holistic Health

**Suna Senman, LMSW, CSW**  
Psychology

Copyright © the Genesis Hope Academy 2011