

Advanced Course

The advance course qualifies one for mentorship and facilitator certification of the Q7 System by David H. Fastiggi, ScD. and builds upon the basics covered in the fundamentals course.

The advanced course contains many references to the ancient language Aramaic from which layers of Wisdom is revealed from the sayings of Jesus of Nazareth.

Introductory Comments: The Evolution of Humanity

- ❖ The Big Bang Theory
- ❖ Genetics vs Evolution
- ❖ Our Collective Suffering
- ❖ 1+1=1@Q7: The Door to Eartheaven
- ❖ The interaction of quantum and physics – a new life birth in the force of creation in spirit and biology.
- ❖ Missing the integration of heaven and earth at historical crossings

Clarifications

Language in the Bible and Ancient Texts

- ❖ A process of re-creation of the self
- ❖ Karma and Re-creation
- ❖ Balancing it all out
- ❖ The corner stones
- ❖ Humans: Did we plummet down or need to close a gap?

For the SOUL:

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 Impression 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.
- ✚ Understanding the 1st Beatitude of Jesus 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 Impression Teachings
- ✚ Understanding the 2nd Beatitude of Jesus 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 Impression Teachings
- ✚ Understanding the 3rd Beatitude of Jesus 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 Impression Teachings
- ✚ The 4th 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 Impression Teachings
- ✚ The 5th Beatitude of Jesus 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 Impression Teachings
- ✚ The 6th Beatitude of Jesus 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 Impression Teachings
- ✚ The 7th Beatitude of Jesus from Aramaic
- ✚ Practices of the Four Seasons of Faith

8th Teaching - Hear My Voice

- ✚ There are times when we feel cut off from our 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 Impression Teachings
- ✚ The 8th Beatitude of Jesus from Aramaic
- ✚ How to Hear My Voice

9th Teaching - Star of Bethlehem

- ✚ There are times in life when nothing makes sense. Kind words and/or words of wisdom all seem to bounce off some barrier which holds us captive to our pain and confusion. The Star of Bethlehem is the guidance provided through dreams and memories of the past.
- ✚ The Impression Teachings
- ✚ Concluding the Beatitudes
- ✚ Follow the Star practice

10th Teaching – An Introduction to Original Sexuality

- ✚ Exploring the spiritual and the physical aspects of human sexuality. Both should exist in beautiful harmony. Discover the ill effects that occur through abuse and the disrespect of the opposite sexes. Identify the innate beauty of man and woman. The origin of sexual distortion and the healing path.

History

The Historical Cycles in History

- Why are there cycles?
- How to interrupt cycles giving a new future

Understanding Tipping, Turning and Choice Points

- Why we make decisions
- How they alter life
- Recognizing opportunities

The History of Naturopathic Medicine and Civilization

For the Body:

- *Why now? Why this course? It's a matter of Principle, what you, I, and all humanity are facing.*
- *Born of Heaven – Born of the Earth*
- *Natural Law*
- *The symbology of 6th day of creation*
- *Transformation of life*

1st Teaching of the Earth: The Honest Expression of the Body

- *The experience of your body through life from its perspective.*
- *Learning how to listen to the written living composition of your life.*

The Fundamental 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?*
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2nd 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*

3rd 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 3rd Blessing in Genesis*
 - *Why the number 70 is central in healing*
 - *Re-linking the soul and the body?*

4th 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*

5th 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

- *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*
- *Foods that speak to genes*
- *Fasting: What is fasting? How to and living after the fast*
- *Diet and fasting*
- *Sprint Cleansing*

6th Teaching of the Earth: The Ascension - Gate Three to Eartheaven

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 6th day of creation*
- *Doors to the ascension (rebirth), an integration*
- *Transformed and transfigured*
- *Where the barrier is located holding humanity captive*
 - *Resolving this barrier*

7th 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*

8th 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*

9th 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 (from the 9th Teaching of the Soul) reflected in the sea.

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

10th 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*