

YM Progression by Waves (Channels) and Aspects (Areas)

Area	Sub Area		Learn	Heal	Share
Personal			Science of Prescription	Creative Expression	Helping
	<u>Physical</u>		Self Discovery	Audio Nootropics*	Volunteering
	<u>Intellectual</u>		Worldview Explorations*	Affirmations	Teaching
	<u>Emotional</u>		Curation Based Education (r)	Joy Chat (r)	Support Groups*
Professional			Evolving Sunlight (r)	Corporate Counselling	Micro HR
	Attitude		Team Spirit	Pay It Forward	Corporate Social Responsibility
	Skill		Centres of Excellence	Mentoring	Gearing Up (r)
	<u>Financial</u>		Planning and Budgetting	Donations	Foundation / Give Away
Social			Soulful Moonlight (r)	Serenity Support Society	Super Share
	Abundance		Vibrations and Channeling	Social Prescribing	Favour Bank
	Community			Good Country*	Imaginative Communities*
	Global Mindset				IONS*
	<u>Environment</u>				Redford Center*
Spiritual			Entheos (r)	Imagine	Alliance for a Golden World
			(r) - to be registered	* Programs by Others	
			Evolving Sunlight (r)	Worldview Explorations*	IONS Program
			Soulful Moonlight (r)	Audio Nootropics*	Enhanced Functioning / Guided Meditations
			Curation Based Education (r)	Support Groups*	Saify's Honeycomb model
			Joy Chat (r)	Imaginative Communities*	Robert Govers' Book
				Good Country*	Simon Anholt's Movement
				IONS*	Edgar Mitchell's Consciousness Fdn
				Redford Center*	Environmental Advocacy Foundation