



About the Siramarti Personal Growth Process

If you wish to learn how to live in peace and personal power during the turbulent changes of the twenty first century, then exploring the SIRAMARTI PERSONAL GROWTH PROCESS is for you.

If you are like most people, your consciousness will be based in the perspective that you must struggle to survive. You may well be dependent on your family or culture to provide direction and meaning. Or your life feels unsatisfying because you are not sure what you really want to do with your life or how to express the authentic you safely.

These attitudes lead to anxiety, frustration, and the view that well-being and respect for individuality are privileges that only a very small minority of humanity are permitted to have.

And, sadly, it is this consciousness that has created so many world problems.

By contrast, those who evolves their consciousness to align to the positive possibilities of change in the twenty-first century embody a higher perception. They truly know that they are a unique being whose deeper self is calm, cooperative, creative and free. They know how to maintain their integrity, share their strengths with others, and feel compassion for those stuck in the problems that the earlier consciousness has created.

These are the people who can work with partners, children and colleagues cooperatively and respectfully so creating a far more just, safe and kinder community than the one that currently exists. Such folk learn to truly 'be the change they want to see in the world.'

While it is easy to appreciate the value of a new evolved consciousness, in practice it is much more difficult to '*be* the change.' This is because one's brain has been conditioned by the past or has been exposed to teachings that are outdated.

The Siramarti Personal Growth Process provides a 'tool kit' of neural reprogramming techniques that adjust the brain to adopt this New World evolved consciousness.

Once you become familiar with the basic processes, you can expect to feel calmer, more confident and resilient in the face of the many challenges you face. Not only that, you can also expect to move into a personal future that is spiritually fulfilling.

Avenues for Study

The Siramarti Process may be experienced via:

- Online courses for independent study

- Face-to-face coaching in groups or individually
- Zoom and live workshops advertised in the menu items Workshops
- Our major book, *The Good Work Book: How to enjoy your job & make it spiritually fulfilling* is one of the most accessible ways to learn of how the techniques can be used in real life situations, including those not related to work. See Store
- In addition, we have a lively Facebook Course Page with free weekly tips, which anyone with an interest in self-transformation can join, and a private Facebook page for individualised help and discussion for subscribing students. You can check it out by requesting access as a guest on <https://facebook.com/groups/RPStudyCircle/>

How Does the Process Work?

For Beginners

It is now well established that if a person has a mindset that is negative, their experience of life will become negative in that regard: the worried person 'proves' their worries are valid at every turn, the anxious person looks for threat where none exists, and the cynic never finds a solution that is satisfactory.

This means that, no matter what you do to improve your circumstances in logical, practical and common sense ways, your actions will likely fail or disappoint. Your negative mindset closes off an expectation of success as soon as it meets the first obstacle. Your psychological resilience is weakened. Disappointment leads to unbalanced thinking in which you either overwork to solve problems or give up in despair.

The basic Siramarti techniques are effective because they provide a tool kit of visualisations and processes to change a negative mindset by reprogramming those neural patterns that trigger sabotage and struggle.

At this level, Siramarti has something to offer everyone.

At Intermediate Level

If you wish to move beyond the basic level of the Process, you also discover how to identify and strengthen your core powers: those aspects of the self that, when you invest in them, are the path to success and fulfilment of your whole-of-self potential. Here is where joy in life and pleasurable anticipation of your future can begin to grow and flower.

At this level, the Process may be considered a spiritual process in that the individual utilises the techniques to create a reality that reflects the higher qualities of compassion, harmony, freedom, peace, competence, inspiration and joy.

It is a wonderful path for those who want better relationships, or who wish to make a difference through their contribution to family, work or community. It appeals to creative and independent-minded individuals.

How is the Siramarti Process Different from Other Personal Growth Methods?

The SIRAMARTI PROCESS is powerful because it opens the creative abilities of both

hemispheres of the whole brain, bringing more creativity, effectiveness and clarity to situations in ways that are surprisingly easy and rewarding. For this reason, it is orientated to evolving you into a happier and more balanced person rather than simply a means of 'fixing' issues.

Regular use of Siramarti's consciousness-changing techniques works as a complement to all other personal growth modalities. It is a non-religious system but supports any person's spiritual orientation. The Process can be applied to any subject or situation, and can be used by professional healers, health workers, and practitioners of energy-based modalities to enhance their own work.

Benefits

The Process is commonly used for

- Reducing daily work stress and relieving chronic anxiety
- Improving significant relationships with partners and family
- Reducing emotional negativity or hopelessness
- Moving into new life directions with ease
- Strengthening and gaining confidence in self-expressive talents
- Developing or expanding the capacity to obtain intuitive insights at will.

FAQ: Who Does This Process Suit?

THE SIRAMARTI PERSONAL GROWTH PROCESS is suited to any of the following types of people:

- Anyone who has a fundamentally healthy nervous system. (This educational process is not suited to people with chronic neurological or psychiatric problems. It is NOT a therapy, although it can be used to support and strengthen any healing modality you may like to use.)
- Anyone who wants to respond to life's challenges from a solid position of inner peace.
- Anyone at any stage in life who can commit to the practice of inner techniques for five - ten minutes a day.
- Anyone who wishes to embody their spiritual wisdom in everyday decisions, actions and situations.
- Anyone who actively wishes to 'make a difference' to their personal and broader world by using these techniques to assist progress in their heart-felt fields of endeavour.

Footnote

* Check Norman Doidge's, *The Brain That Changes Itself*, for an overview of the research into brain change methods, or Joe Dispenza's, *Evolve Your Brain*, for information on the science behind this paradigm.

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