



## A Personal Account of One Person's Experience of ASK

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It was a great honor and privilege to attend the first Academy of Self Knowledge (ASK) talk and workshop held in Durham, North Carolina on December 11, 2006. Some of the information was familiar, resonating themes and concepts I had studied before over the years in various wisdom traditions. At the same time, there was a fresh, new understanding offered, which seemed to fill in the gaps and tie everything together. "OK, so this is the 'grid', 'template', 'map'."

I found the explanation of the levels of consciousness, how we move through them and their appropriate application to a situation, very helpful. The model of human development, showing the progression of the self as it moves through the life experience, with its imprinted purpose to know God, gives one that "everything is, as it is meant to be" moment.

My interest accelerated as I traveled with Fatimah Majidah to attend the ASK Inaugural Seminar in Austin, Texas, that weekend, where we took part in an intensive study of some of the key teachings of the ASK course.

I wondered why we weren't given any examples of how to respond to the lesson questions, but when I saw the diversity of depth and quality that each person uniquely reflected in their answers, I realized that this was the whole point. The ASK course brings out in each person a unique reflection of herself (himself). I found it personally exciting to know that I understood what I was reflecting on.

I look forward to the journey the ASK course offers in a greater understanding of myself. It is particularly awesome to be part of a greater network of people who are moving together to raise consciousness, self-awareness, and knowledge of God. There is so much more to life than what we know and experience with the five senses. It is my hope and prayer that each one of us actively pursues the knowledge we need to fulfill our ultimate purpose.

Thanks to all who are responsible for the development, production and implementation of the Academy online course, and with my special gratitude to its founder, Shaykh Fadhlalla Haeri.

By Zahra Sterling of Durham, NC