

ABOUT US

KINGDOM OF THE THREE STARS

ONENESS WITH ALL THE STARS
DUGUKAN STARS

We are organized group of
Enlightened Consciousness that will
come to serve for the Healing of Life
and Nature.

COME TO ME AND FOLLOW ME into
the Core of the S.U.N.

1 STAR — 3 STARS — 72 STARS

ART OF LIFE 1—72

MISSION-VISION

To serve for the Healing of Life
and Nature – ASCENSION of Life
into higher dimension.

CONTACT US

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LOOK FOR:

HALIGI ROSELIN HERNZ

INNER CORE DUGUKAN ASSOCIATION INC.

SEC Registration No. CN201718179

**DOWNLOADABLE
FORMS/READING
MATERIALS**

www.innercoredugukan.com

TRAINING GUIDE

PART I – PRELIMINARY SCREENING

1. Preliminary training period with Dugukan International Trainor Developer/DITD (7days, minimum session of 1 hour each day).
2. Orientation prior to sign -up Membership
3. Begin Training for Magkat-on Category
4. Attend Lightship Initiation for Abtik Category, and so on.

During opening screening period, **a candidate practitioner is required to undergo – 7 hours session/one hour each day or night the Basic Exercises of Spiritual Martial Arts Training Combat, with DITD or Teacher of Art of Life 1—72. The practice shall cover the following tasks to fulfill:**

- a. Meditation (Governing Star Formation System)
- b. Internal Energy Cultivation (Art of Life 1—72) lesson J.D.C. and Arcum

PART II – MAGKAT-ON CATEGORY:

Meditation and inner connections

- a. Art of Life 1—72
- b. Meditation
- c. Moon Meditation
- d. Twin Hearts Meditation
- e. Spirit Meditation
- f. Shielding and healing

PART III – ABTIK CATEGORY

Continuing Training Program for the following activities;

- a. Art of Life 1—72
- b. Governing Star Formations, Palace of the Olympic Stars' Meditation
- c. Dugukan Natural Healing Method
- d. Conscious Astral Travel - Advanced Spiritual Study – 0001
- e. Lightship Initiations

PART IV – IGMAT CATEGORY

- a. Art of Life 1—72
- b. Governing Star Formations, Palace of the Olympic Stars' Meditation
- c. Dugukan Natural healing System (Advanced lessons- mystical healing, divine healing, Advanced Spiritual Study)
- d. Conscious Astral Travel- Advanced Spiritual Study – 002
- e. Lightship Initiations

PART V – MAT-AN CATEGORY

- a. Art of Life 1—72
- b. Governing Star Formations, Palace of the Olympic Stars' Meditation
- c. Dugukan Natural healing method (Advanced lessons- mystical healing, divine healing, Advanced Spiritual Study)
- d. Conscious Astral Travel- Advanced Spiritual Study – 0003
- e. Lightship Initiations

PART VI – HALIGI CATEGORY

- a. Art of Life 1—72
- b. Governing Star Formations, Palace of the Olympic Stars' Meditation
- c. Dugukan Natural healing method (Advanced lessons- mystical healing, divine healing, Advanced Spiritual Study)
- d. Conscious Astral Travel- Advanced Spiritual Study – 0004
- e. Lightship Initiations

PART VII – LUBAS CATEGORY

- a. Art of Life 1—72
- b. Governing Star Formations, Palace of the Olympic Stars' Meditation
- c. Dugukan Natural healing method (Advanced lessons- mystical healing, divine healing, Advanced Spiritual Study)
- d. Conscious Astral Travel- Advanced Spiritual Study – 0004
- e. Lightship Initiations

Star Mapping of Dugukan Categories 1—72

