



HOW
WELL
DO
YOU
KNOW
YOUR
SELF?

STEFANIA



ARE
YOU
FULLY
EXPRESSING
YOUR
AUTHENTIC
NATURE?

LEONE



KNOW
THY
SELF.
IF
NOT
NOW,
WHEN?

STEFANIA LEONE



STARTING
ON
JANUARY
2ND.2025



SELF STUDY COURSE 2025

COURSE OVERVIEW:

"SELF STUDY" is a transformative 12-module course designed to help you understand your authentic nature, discover your purpose, and empower you to lead a happier and more fulfilling life. By exploring the ancient wisdom of Vedic Astrology and diving deep into the 12 houses of your birth chart, you'll gain profound insights into your strengths and challenges.

Each module focuses on one of the 12 houses of the Vedic birth chart, guiding you to explore key areas of your life: identity, relationships, career, health, and spiritual growth. Through weekly group online lessons with your fellow students from around the world, personalized exercises, mindset shifts, and actionable tools, you'll learn how to set purposeful goals, improve your relationship with yourself, create sustainable habits, and build lasting confidence, all while aligning with your authentic nature. Whether you're new to astrology or an avid student, this course will empower you to step into your full potential and create the life you agree to design for yourself.

By the end of the course, you will have a new roadmap for growth, success, and self discovery based on your unique correct astrological birth chart aka karmic code, light matrix, cosmic imprint!



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COURSE STRUCTURE

ONE CLASS FOR EACH HOUSE.

This class is designed to be a one year course, beginning in January and ending in December and is perfect for someone who has committed to a focus year of personal growth in the area of self awareness, decision making and personal evolution.

SUPPLEMENTARY TOOLS



1. You will be provided a copy of your Vedic Birth chart, as well as up to three copies of the charts of friends or family, so you can share and compare your classes with a loved one.



2. You will also be given a digital download of empty charts which you will print out.



3. Required purchase of this book: The Nakshatras: The Lunar Mansions of Vedic Astrology by Dennis Harness. You can find it on Amazon for \$20.



4. One weekly Zoom Class on Thursday at 11am PST. One class on the 1st Saturday of each month at 9am PST. Classes are 1.5 hours long.



5. You will receive a 50% discount for private tutorials with Stefania during the course. One hour \$100usd, 30 min. \$50usd.

This course aims not only to educate but also to transform participants by providing them with tools to navigate life with greater awareness and effectiveness based on your intrinsic cosmic blueprint.

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THE 1ST HOUSE

THE SELF & IDENTITY, SELF CONFIDENCE, EGO

Course Overview: The 1st house represents your core identity, appearance, and the way you present yourself to the world. It is the house of the Self, your natural inclinations of self expression, and how you are seen by others.

KEY LEARNING POINTS



Discover your natural strengths, passions, and tendencies as well as overall personal strength.



Understand how to express yourself in the world as you acquire greater awareness.



Create a clear vision of who you are, and who you wish to become.

ACTIONABLE TOOLS

Homework given as a one month focus which opens your eyes as to how others perceive you.

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MODULE 2:

THE 2ND HOUSE FINANCES, VALUES, SELF WORTH

Theme: Eating disorders, spending habits, Building Confidence and Financial Abundance.

Overview: The 2nd House governs your values, self-esteem, possessions, and material resources. It reveals your relationship with money, security, food, truth, your face, and sense of worth.

KEY LEARNING POINTS



Explore your relationship with money and abundance.



Understand your values and how they shape your choices.



Gain confidence by recognizing your inherent value beyond external possessions.



Learn how to set financial and personal goals aligned with your self-worth.



Exercises to define your values and align them with your actions.



Money mindset transformation techniques.



Goal setting strategies for financial stability and personal fulfillment.

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MODULE 3:

THE 3RD HOUSE

Outdated Communication habits, Time Management
Communication, Courage, Siblings, Self Expression.

Theme: Cultivating Effective Communication of Purposeful Learning.

KEY LEARNING POINTS



Learn how your communication style affects your relationships and goals.



Discover preferred methods of learning and self expression.



Understand the power of your voice and how to use it effectively to create change.



Strengthen your ability to connect with others and share your ideas.

ACTIONABLE TOOLS:



Journaling exercises to explore communication blocks and how to overcome them.



Practical tips for effective communication in both personal and professional settings.



Techniques for building confidence in self expression.

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MODULE 4:

THE 4TH HOUSE

Home, Family, Emotional Foundation, Happiness, Cleanliness and Order, Depression.

Theme: Nurturing Emotional Well Being and Creating Inner Peace.

Overview: The 4th House is associated with your emotional foundation, home life and family dynamics. It reveals your need for security, comfort, and emotional support. It also speaks to conveyances and diplomas.

KEY LEARNING POINTS



Understanding the emotional patterns formed in childhood and how they influence your adult life.



Heal family wounds and establish a sense of inner peace.



Create a supportive environment for emotional growth and well being.



Learn how to nurture yourself and your loved ones from a place of emotional balance.

ACTIONABLE TOOLS:



Exercises to identify and heal family related emotional patterns.



Practices for self care and emotional nourishment.



Techniques for creating a peaceful and supportive home environment.

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MODULE 5:

THE 5TH HOUSE

Creativity, Children, Pleasure, Investments, Addiction

Theme: Embracing Your Creative Potential and Joy.

Overview: The 5th House governs creativity, self expression, children, romance and your capacity for pleasure. It is the house of joy, passion and creativity in all forms.

KEY LEARNING POINTS



Unleash your creative potential and connect with your passions.



Learn to embrace playfulness and joy as part of your personal growth.



Understand your relationship with children and how they inspire your creativity.



Discover how to set creative goals that align with your heart's desires.



Review your approach towards investment.

ACTIONABLE TOOLS:



Creative exercises to enhance artistic expression and innovation.
Activities to rediscover your natural joy and pleasure.



Review your approach towards children.
Review your investment strategy.

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MODULE 6:

THE 6TH HOUSE

Health, Service, Daily Routine, Competition, Savior/Martyr Complex.

Theme: Building Healthy Habits and a Balanced Routine.

Overview: The 5th House governs health, wellness and daily routines.

It governs your work, service and habits that build personal growth.

We also look at how you react to competition.

KEY LEARNING POINTS



Discover how to create healthy habits and routines that support your goals.



Understand the connection between your physical and mental health.



Learn how to be of service to others while maintaining balance and well being.



Improve your productivity by aligning with your daily actions with your values.

ACTIONABLE TOOLS:



Habit building strategies tailored to your needs and lifestyles.



Stress management techniques and self care practices.



Time management tips for creating a productive and fulfilling daily routine.

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MODULE 7:

THE 7TH HOUSE

Relationships, Partnerships and Marriage, Co-Dependency.

Theme: Cultivating Fulfilling Relationships.

Overview: The 7th House governs partnerships, relationships and marriage.

It represents how you connect with others on a deep, intimate level.

KEY LEARNING POINTS



Understand your approach to relationships and how your birth chart influences partnership dynamics.



Learn how to attract and maintain harmonious, supportive relationships.



Develop emotional intelligence to navigate conflicts and deepen connection.



Set healthy boundaries and create balance in all your partnerships.

ACTIONABLE TOOLS:



Exercises to assess and improve existing relationships.



Communication strategies for healthy partnerships.



Practices for deepening intimacy and emotional connection.

MODULE 8:

THE 8TH HOUSE

Transformation, Death, Shared Resources, Secrets, Scandal, Addiction, Sex, Jealousy, Insomnia, Astrology, Metaphysics and Research.

Theme: Embracing personal transformation, and releasing limiting beliefs. Review your relationship with money.

Overview: The 8th house is the house of death, transformation and rebirth. Inheritance, shared resources, intimacy and deep psychological growth.

KEY LEARNING POINTS



Embrace personal transformation and healing from the inside out.



Learn how to release limiting beliefs and fears that hold you back.



Understand the power of letting go and trusting in the process of change.



Discover how to navigate financial partnerships and shared resources with clarity.

ACTIONABLE TOOLS:



Exercise to identify and release limiting beliefs.



Transformative journaling practices for healing past wounds.



Techniques for embracing change and growth during difficult transitions.

MODULE 9:

THE 9TH HOUSE

Higher Learning, Teachers, Spirituality, Philosophy and Travel.

Theme: Expanding and Finding your Higher Purpose.

Overview: The 9th House governs philosophy, higher learning and long distance travel. It represents your search for meaning, wisdom and spiritual growth.

KEY LEARNING POINTS



Discover your deeper life purpose through philosophy, spiritual practice, and travel.



Embrace a mindset of lifelong learning and intellectual growth.



Understand how your beliefs shape your reality and life path.



Set goals related to higher education, travel or spiritual pursuits.

ACTIONABLE TOOLS:



Reflection exercises to explore your spiritual and intellectual beliefs.



Practices for expanding your worldview through learning and travel.



Goal setting strategies for finding your purpose and living with meaning. Attain a new level of justice that brings peace.

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MODULE 10:

THE 10TH HOUSE

Career, Reputation and Public Life, Workaholic.

Theme; Aligning Career with Purpose and Creating Professional Success.

Overview: the 10th House governs career, public life and reputation.

It is the house of achievement, authority and your relationship with the world outside.

KEY LEARNING POINTS



Align your career path with your true passions and values.



Learn how to build a professional reputation that reflects your authentic self. Review your relationship with authority.



Develop leadership skills, and gain clarity on your role in the world.



Create goals for success, recognition and impact in your chosen field.

ACTIONABLE TOOLS:



Exercises to identify your career path and professional goals.



Practices for building leadership skills and gaining visibility.



Time management and career growth strategies for long term success.

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MODULE 11:

THE 11TH HOUSE

Friendships, Social Networks and Aspirations, Social skills,
Wrong Choices in Alliances.

Theme: Building a Supportive Network and Achieving Your Goals.

Overview: The 11th House governs friendships, social networks and your connection to larger groups and communities. It represents your aspirations, hopes and dreams for the future.

KEY LEARNING POINTS



Discover how your social network influences your success.



Align your friendships and social connections with your higher goals.



Set meaningful long term aspirations and learn how to stay motivated.



Create a supportive environment that encourages personal growth.

ACTIONABLE TOOLS:



Strategies for cultivating relationships that support your dreams.



Exercises for setting long term goals and staying aligned with them.



Social networking techniques to expand your circle of influence.

MODULE 12:

THE 12TH HOUSE

Spirituality, Subconscious Mind, Sleep and Liberation,
Addiction, Letting Go of Past Pain.

Theme: Connecting with Your Inner Wisdom & Achieving Spiritual Freedom.

Overview: The 12th House represents the subconscious mind, hidden fears and spiritual growth. It is the house of liberation, intuition and the connection to the divine.

KEY LEARNING POINTS



Discover your spiritual path and connect with your higher SELF.



Heal subconscious patterns and embrace the power of wisdom.



Release attachments and limiting beliefs that keep you from freedom. Personalize your meditation practice.



Learn how to meditate, sleep properly, increase intuition and self reflection to achieve peace and liberation.

ACTIONABLE TOOLS:



Spiritual practices for quieting the mind and listening to your intuition.



Exercises to heal subconscious wounds and patterns.



Technique for cultivating freedom and alignment with your higher self.



Identify spiritual groups that align with your inner Being.

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TIME COMMITMENT

UNLOCK YOUR FULL POTENTIAL IN 2025

EVERY THURSDAY
@ 11AM PST
1.5 HOURS

FIRST SATURDAY OF EACH MONTH
@ 9AM. PST
1.5 HOURS

INVESTMENT

\$2,400 USD. Option to pay \$200 /mo.
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"Bring into play the almighty power within you, so that on the
stage of life you can fulfill your high destined role."

Paramahansa Yoganada



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