



STUDENT FEEDBACK



Lulade Amde

2022 Graduate

Attending I AM U has been one of the best experiences that I've had throughout my life. Before coming here, God kept pointing me to this school. And it was going on for about two years before I came here but I didn't realize that it was actually going to happen at some point. So it was a really crazy journey coming here. It was just so much confirmation leading to come here so I'm so thankful that it actually blossomed into fruition. It's been such a healing and transformative experience. I came in with a lot heavy emotions. I came in with just a lot of baggage that needed to be healed and cleared and I feel like one of the greatest outcomes of being in this school was to heal a lot of ancestral trauma, so I feel like this is

not just for me but this is like a really big accomplishment for my ancestors as well, and that the things that they carried don't have to continue on in the bloodline. It stops with us, healing and facing what has been there, generation after generation. Thank you not just from me but also from my ancestors.

And Joa, I just want to thank you for being so supportive. Being supported in this way for so long, I've never had that before and I didn't realize how much of a difference it would make in my life. Your heart is so for the students. I really appreciate how much you give us your time and energy and your heart is so pure towards your students, like you really want the best for us and you really care about our healing transformation. You're just so generous with knowledge and skills it's like you want us to be so well equipped, like you give so much more through the program than what we paid for. You are just very generous, with compassion as well. You really championed us throughout the year, just your insight to be able to spot things that we're not able to do on our own and help us through, you just guided us so well. I'm just so thankful.

It was also just so much fun. The things that we learned were incredible. Healing tools that we got put into our tool belt and also friendships formed along the way are just really priceless. I just really appreciate that there is a space like this for us to be able to do this type of work. This has been one of the greatest blessings of my life and it's also a dream that was buried for about almost two decades before I came here that I had completely forgot about. It was a dream that started in my teenage years and I would have never guess that it would come all the way this long for it to actually come into fruition so thank you for holding space for dreams that are buried and finally dug up in divine timing and I'm so glad that it could be here.

There's just everything about this place was so aligned with me. So I know this was the right choice and I'm just so thankful that it happened the way that it did. You are such a great coach and counselor and I am just so grateful. Gratitude is definitely what I feel in my heart the most. So thank you.



Megan Vo
2022 Graduate

First off I'd like to say that this masters program has been such a transformative, transcendental, and eye-opening experience for me. It has allowed me to go inward and follow my Higher Self Journey, as well as call forth my True Authentic Self, my dreams, goals, passions, Life Purpose, Soul Mission, calling and destiny. It has challenged me in so many more ways than one, and I can honestly say I have learned so much about myself throughout this program! From our many different classes such as Ho'Oponopono, Healing the Inner Child, our 5 days of Bliss Retreat, (where I had a past life regression during CCMBBA, one of my all-time favorite moments of our entire program)- all in and all, I have grown, matured, and learned to hone in on my destiny and take ownership of my story and my Higher Self Journey. I have learned to understand both my masculine and feminine energies and know that

they are integral parts that make up who I am. I have learned to tap into my inner child and my creativity through Breathwork, Art, Creative Writing, and Journaling. I have also been challenged to release anger and let go of control, self-doubt, and ego, as well as humble myself before others in order to see their love and light, to recognize their humanity and their inner divinity; or in other words, to love our neighbor as ourselves, to be more like Christ, to be more like Jesus and our many ascended masters, spirit guides and enlightened ones, who are always among us who are always with us.

One of the biggest and most important lessons I've learned throughout this program is that it's really about doing the work when nobody is watching, that is- the Shadow Work. It's about owning, integrating, and transmuting your traumas and your dark aspects. The key is to face our shadows and allow them to integrate from within us, to integrate our light and dark sides, to choose love and not fear, to ebb and flow through each varying emotion, like the sun and the moon, the earth and the stars. The Journey is to fully become One and whole with ourselves, to remember who we always were all along, that fear is the illusion and love is the only thing that's real- to truly love ourselves and others for exactly who we are, to know that we are all made in the image of God and eternally loved by our Creator. Friends, it's all happening for a reason, and everything in this life is happening for you, not against you. Trust that all the answers that you need are already within. No matter what, all things will work out the way that they need to for your highest growth and evolution in this lifetime and beyond- and every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. Trust that it's all happening for your greatest good! And never forget: the road is life. It is not about the destination- but the Journey.

I'd like to thank Joa Janakoayas for founding I Am U and for being such a wise teacher, mentor, counselor, and life coach for our 2022 class, and for holding the space for starseeds, empaths, healers, and students alike in order to step into the purpose and calling that God has bestowed upon them! Joa, your wisdom, intuition, gentleness, kindness, grace, ingenuity, and compassion- is such a light and inspiration. Even through the hard times and challenges, you always let your compassion and humanity and divinity shine through. You are so blessed and loved by God, and we are so lucky to have you as a spiritual teacher making a difference in our community here in



Mount Shasta and in our world. Thank you deeply, from the bottom of my heart, for all the times you lovingly guided me into stepping forth into my true self and my true purpose, and for supporting me with grace all the way.

Above all, I am so excited to keep speaking my truth, aligning with my passions, and believing in myself! I can't wait to continue my Higher Self Journey, step fully into my divine purpose and calling of serving and ministering to God, doing the Lord's work, sharing the good news, and helping others to align with their highest truth and their highest divinity. Despite all the hard times and challenges, we pulled through with grace, ease, and success! Thank you I Am U, for everything. I am eternally grateful for everything you have taught me and know that it will carry on in the next chapter of my life as I follow my purpose and my calling.



Chris Theissen

2021 Student

The IAMU Program has affected my life in following ways..

Physically - *I have more energy in my body and my awareness has grown in the need to nurture myself, which has been beneficial in numerous ways. Becoming attuned to breath and my body alkalinity has also improved my overall health, clarity of thought, and well being.*

Emotionally - *I have been able to take ownership of my feelings and better relate to how they affect me both personally and interpersonally, through the program provided at IAMU. Courses such as the Freedom Code, Freedom Method, and Inner Bonding have provided me invaluable*

tools for identifying and healing trapped emotions and traumas in myself and others. By taking responsibility of my emotions and healing them through feeling the feelings - processing and releasing them - rather than avoiding or suppressing them, I have found less 'gravity' or drama in my life and am able to act and speak confidently in my authentic truth.

Mentally - *As stated above, the conscious breath work (I AM Breath) teachings and practices have greatly assisted in improving my clarity of thought and intuition. Combined in practice with different counseling tools learned at IAMU such as, Heart Centered Listening and Asking Powerful Questions, I have found a greater awareness in how to better counsel others as well as to myself. I feel more attuned and easily adapted to a variety of situations in life and in counseling.*

Spiritually - *The course material requires spiritual practice in all things taught, which has greatly benefitted the consistency of my own personal spiritual practices. Through it all, I feel more aligned with my Authentic Self and better attuned to my Inner Child, guides, and angels.*

Like other colleges, there is a heavy course load and lots of homework and reading. The depth and breadth of the material is enlightening and the counseling theories and coaching practices are grounded in wisdom. It is the learning style however, that I especially appreciate in comparison to my experiences at other post-secondary



institutions. The hands on approach to healing done at the IAMU, which utilizes more practice than theory to assist in learning, makes the learning experience more engaging and effective as a whole. "It is important to do the work consistently, as the practice soon becomes a practice"



Meaghan Carnahan

2021 Student

The IAMU program, is what I expected and more! I knew we would be learning various healing modalities, but I did not expect to receive such intense personal counseling and healing. Since being in the program, I have already utilized many of the skills I have been learning in various categories of my life. The skills I have learned and have been practicing have facilitated quick conflict resolution and allowed for more harmonious communication with others. The program has also tremendously helped to reshape the ways I talk to myself. I have overcome some toxic core beliefs about myself and am actively working on letting go of others. The learning style is comfortable and welcoming. Joa provides a safe space to be open and vulnerable. Joa is encouraging and gentle while also maintaining an efficient leadership role. I feel

supported and loved by both Joa and Maqua, as well as my peers. The first few months has proved to be the beginning of an incredible personal transformation. I am accepting and embodying my innate healing abilities, while simultaneously letting go of lifelong patterns that no longer serve me.

Nhou Lee

2020 Graduate



"I'm so excited to be doing this healing work and getting paid really well for doing something I enjoy!"

I feel so different on a spiritual, emotional, physical and mental level since I came to IAMU.

On the spiritual level, I used to feel that I wasn't supported by the universe and always had a scarcity mindset. After I learned Accelerated Healing, I have been clearing my emotions regularly and now I find myself manifesting exactly what I need! I feel so full of life now, and a deep knowing that all my needs are always take care of.

On an emotional level, I used to overeat to fill a void of love. I no longer do this since being at IAMU. Instead, I have been nurturing myself in loving ways, saying I AM affirmations, saying prayers every morning, setting intentions, saying beautiful and kind words to myself in the mirror and writing in my gratitude journal. Furthermore, because I have been giving to myself, and I can now give more to my friends, family and creative projects.



On a physical level, I used to have meat in my diet and strive to have the perfect body. Now I care less about the perfect body, societal standards of beauty and what people think. I choose to allow infinite energy to fill me up with love by doing yoga, breathing meditations, and being a vegetarian.

On a mental level, I didn't feel the power and creativity within me to launch my creative business. IAMU has helped me shift this already! My business is already going very well and I have many creative ideas. I barely have to do anything and it just works! It's all energy and intentions!

A super highlight of IAMU has been learning Accelerated Healing. Every time I experience physical pains or negative thoughts, beliefs and patterns I can clear those emotions completely by myself. Accelerated Healing works wonders! I also give Accelerated Healing sessions to others and am already making money. I'm so excited to be doing this healing work and getting paid really well for doing something I enjoy!



Gao Sheng Lee
2020 Graduate

“I was depressed and slowly dying inside. Ever since being here, my life and happiness have accelerated dramatically!”

I am absolutely in love with the University of Mount Shasta! IAMU has over delivered everything in terms of transforming me physically, emotionally, mentally, and spiritually. I came in with so many heavy emotions, mindsets, habits, and negative beliefs about myself. I was depressed and slowly dying inside. Ever since being here, my life and happiness have accelerated dramatically! I always

loved to draw and create when I was young, but was stagnant since high school. Through all my healing I've reconnected with my inner child and I have started water coloring, poetry, drawing, and writing again!

I used to distrust myself, but now I am more aligned with my intuition and my truth. Instead of my constant victim mindset, I have claimed my divinity as the creator of my life and joy. I feel so empowered to know I can rely on myself instead of the outer world to clear my own pain. Never before have I felt so authentic, powerful, intuitive, peaceful, and creative! I love the person I am becoming everyday and I am so grateful to be liberated. I am truly blessed and honored to be a student of Joa and Maqua as they teach me to love myself, forgive myself, others, and embrace my gifts. I have such a new perspective on my life, people, and the universe now!

My scattered, anxious, and ungrounded energies have now become more focused, confident, and present. My health is slowly recovering from lack of energy to infinite energy and from poor sinus breathing to more proper breathing. I now I see myself the powerful creator of my life and joy! All of the powerful tools and information have enabled me to conquer my health and ignite my long lost creativity.

One of my greatest breakthroughs will have to be trusting my healing



abilities after I cleared 14 trapped emotions blocking me from trusting my muscle testing. Ever since I cleared them, I have become increasingly confident in my abilities and trusting of my intuition. I feel so empowered and capable to know I can clear all my pain and suffering!

It was also amazing to give a one hour healing session to my client and receive my first payment of \$50.00! This was a major blessing and I cannot wait for more abundance the universe has in store for me!



Sanary Lim
2019 Graduate

“I am thriving emotionally, physically, mentally and spiritually and am so excited to see what’s in store for the following months.”

These last 3.5 months in the program at IAMU have been life changing and beyond my expectations. So far, we have learned powerful tools and invaluable information that has transformed my life from the inside out. IAMU has guided us towards the path of freedom and empowerment. These tools we have learned to heal ourselves are the same tools we use to heal others by raising our vibration from within, as well as the collective consciousness. I have gained much more clarity, confidence and self-love. My relationships with others, as well as with myself have become much healthier and heart-centered. **I am thriving emotionally, physically, mentally and spiritually and am so excited to see what’s in store for the following months.** I have so much gratitude for IAMU and would highly recommend this program for those who are ready to transform their life towards success, happiness, peace and liberation.



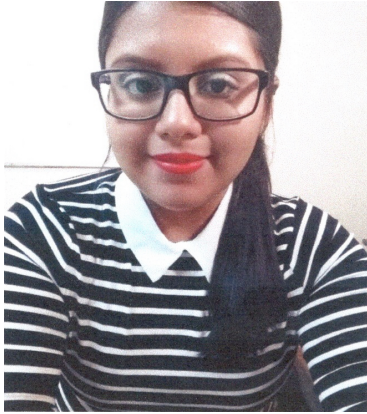
Anne Henning
2019 Graduate

“It’s painted a new outlook for me, how I view people, how I view myself, how I view souls.”

I knew that I wanted to do healing on myself, I was ready for change and something was missing in my life. When I found I AM U, it met all the check marks I was looking for. I came to the school with no expectations and now that we are half way into the program, I’ve become a believer in all of the healing. **It’s painted a new outlook for me, how I view people,**



how I view myself, how I view souls. I like the practice we do with each other. I look forward to our sessions together, it's like free therapy and they are amazing. Now I'm able to see the work that I can do with others to help them, and I like it!



Jamie Galarza
2019 Graduate

“Every day I grew more spiritually and personally.”

I am 3.5 months into the program and I am learning so much about myself. Every day I grew more spiritually and personally. Nowadays, I am more positive and I feel more confident in my abilities. I feel like there is still so much learning I have to do and this makes me excited for the rest of the program.



Jennifer Ho
2019 graduate

“I have felt great shifts in my life, career, relationships and spirituality. I am willing to make changes, take risks and willing to give more love.”

After 3.5 months of learning at IAMU, I'm very grateful and it's been a very enjoyable experience. I have felt great shifts in my life, career, relationships and spirituality. I am willing to make changes, take risks and willing to give more love. Emotionally, I feel peaceful, grateful and in joy most of the time. Physically, I have started to exercise again and am sleeping well. It is so wonderful to experience my life shifting so much. Thank you Joa and Maqua!

Nicole Young



2018 Graduate



“I am stepping up with my power, wisdom and authentic self. I am gaining skills and wisdom in emotional health and intelligence.”

*IAMU has been a major blessing. I’ve learned so much. **I am stepping up with my power, wisdom and authentic self. I am gaining skills and wisdom in emotional health and intelligence.** The techniques are stripping away all that I’m not, but thought I was. I’m finally being vulnerable and my heart is opening. Most importantly, I’m learning to love myself and make decisions that honor the love I have for myself. I can see through the illusion. I don’t have to hide anymore. I really love the safety that IAMU provides to heal from life. The certifications are great. I feel like the practical work to get the certification really prepared me for life after school. The text books are all amazing and valuable. The experiential component works really well for learning the skills and techniques. Lightbody*

yoga and breath work have made a huge difference in my life. I love IAMU.



Randall Sin
2018 Graduate

“I have grown tremendously in only 4 months here at IAMU, physically, mentally, emotionally and spiritually. I feel accelerated in my growth as a person.”

This education is tailored to each student’s growth. Thank you Joa for tending to our needs first. It is good to feel appreciated and personally supported. Check-in’s, Yoga, Conscious Breathing, and spontaneous walks are extremely helpful. Acknowledgements help me feel more connected, supported and validated. I

have grown tremendously in only 4 months here at IAMU, physically, mentally, emotionally and spiritually. I feel accelerated in my growth as a person. I am motivated to help my community and to help others grow. IAMU has given me invaluable tools to grow in my lifetime and build confidence in myself. Taking care of myself is my #1 priority. Once I master that, I can do my authentic work and help others. IAMU really pinpointed my mission in life and I feel proud to help others feel good and inspire them to be their Authentic Self.



Emily Villagomez
2018 Graduate

“I feel like a butterfly that is breaking through her cocoon and unfurls her wings.”

Coming to IAMU is a journey. I am on the path to self fulfillment. I have learned more about myself these first four months than I have in my entire life. I feel whole. There is so much transformation happening on all levels, and I already feel empowered. I feel like a butterfly that is breaking through her cocoon and unfurls her wings. I am breaking down walls. I am claiming my power. I am learning who I am. The school is such a blessing. I feel that I can be me. I am still learning who that is, but all I can say is that she is powerful, a force to be reckoned with, and truly, joyfully learning what it means to be human. What it means to be myself. I feel safer than I have in years, and it is due to this school and Joa's passion and commitment to personal growth. I am learning what it means to go spiritually deep, and learning what it means to be me. I am incredibly happy that this opportunity presented itself in my life. I look forward to the growth my transformation will bring. I am beginning to know my Self, and that is the greatest gift I have ever been given. A gift given to me, from me. I am truly grateful for this journey into my heart.



Karen Brown
2018 Graduate

“Each weekend is devoted to necessary learning tools that will help me become an awesome spiritual counselor/coach.”

I enjoy my education at IAMU. Each weekend is devoted to necessary learning tools that will help me become an awesome spiritual counselor/coach. Joa always has our lesson organized, and we can expect to learn exactly what is on our schedule. I am learning things I never knew before. Each class session is intensely hands-on, and the one-on-one coaching is the best part. All the students work with each other so we all get individual attention. Joa has the ability to see our strengths and our weaknesses. He has a nonjudgmental style that encourages me to feel comfortable asking for help when I am confused. Often, he anticipates each student's needs without us asking. Often we share things that are emotionally charged. We are always treated with dignity, respect, and kindness, and my confidentiality is always respected. I feel totally comfortable and grateful to be able to share in such a deep way in this safe space.



Left to right: Ana Noriega, Dawan Bradley, Carleen Goetze

Ana Noriega
2017 Student

“IAMU changed my life. The grounding and self healing work allowed me to open to my higher self and spirit guides.”

Usually just before coming to each IAMU class, some life issue is welling up inside me, and without fail the class addresses my issue and empowers me to heal it, without me even having to mention it. IAMU changed my life. The grounding and self healing work allowed me to open to my higher self and spirit guides. I practice Accelerated Healing, and go beyond it to hear healing messages directly, and I am so grateful to the paid! Thank you for opening me up!

Dawan Bradley
2017 Graduate

“I recommend anyone who is interested in these fields as a new career, or even more so to expand their spirituality to higher levels to attend I AM U.”

Before attending I AM U, I was experiencing the lowest point in my life. After a painful ending of my career at that time, I felt deep shame, depression, sadness and sorrow, and was full of suicidal and vengeful thoughts. I was lost in negative energy with a lack of direction or course to take to proceed further through life. I thought life wasn't worth living anymore and someone more worthy should take my place; I had lost my purpose, my faith in myself and others.

Now in the program, my life is already changing. I don't feel those heavy feelings, but if they do come up, I know how to let them go. IAMU has been a safe and nurturing environment for me to learn a versatile curriculum of skills and certifications for my physical, mental, and spiritual growth. One skill that was challenging yet beneficial



for my personal growth is Inner Bonding, a method that got me looking within myself to find what I really need and want in my life, and as a result, have a gained new and positive perspectives.

I appreciate Joa as a Spiritual teacher because he accepts you for you, with no judgements. He incorporates not just his spiritual teachings and findings but presents other renowned teacher's methods to enhance a broader understanding and mastery of spiritual psychology, holistic healing, and life coaching. I recommend anyone who is interested in these fields as a new career, or even more so to expand their spirituality to higher levels to attend IAMU.

Carleen Goetze

2017 Graduate

“At IAMU I learned how to set my self free from whatever blocks my happiness, and now I laugh a lot and I’m more creative than ever before.”

IAMU was exactly what I needed. Everything came at the perfect time. My growth this year has meant so much to me. As a result of attending IAMU, I feel more confidence and trust in myself than I’ve ever had before. The inner strength I have reached, I never would have reached this point if I had not come to California and attended this school. This includes my experience here in Mount Shasta; the people I’ve met. I have awakened to myself. Only 2 years ago I was in the state of mind I have to get a degree, get a job, have a family and live that so called American dream that is so ridiculous. And the Universe came along and said “No, this is not for you”. I called Joa for an interview, and after I hung up, I knew I was going, and this was the best decision of my life. After completing this program, I feel a lot more relief and calm. I feel more freedom, SO MUCH MORE FREEDOM! I am happy. I feel this connection in myself I am loving myself. I am able to recognize too, when I have negative thoughts coming up that bother me the fact that have these tools and understanding is such a relief. Additionally, to have this greater understanding of universe and energies, and to know what is going on; even knowing when sometimes I get these feelings that seem heavy, foreign and toxic, to realize, “Oh, this isn’t really me. This is something else.” And to be able to clear it instantly is such a relief. At IAMU I learned how to set my self free from whatever blocks my happiness, and now I laugh a lot and I’m more creative than ever before.



Marta Fabregas

2016 Graduate

I am so grateful for all the knowledge, experience and transformation from participating in the I AM U masters program. I feel so much gratitude and deep joy as my life is upgraded and uplifted on all levels.

The teachers are excellent and all the information is valuable, as it transformed my life. I found the techniques I was looking for. I love that the classes were small, so there was time to work on our core issues.

On a physical level, I feel more focused on accomplishing the goals I set. I am more free to materialize my ideal life and I am confident that it is going to happen! I have more willpower and trust and faith in my path. I have more patience and feel more trust in the divine timing of things.



On the emotional level, I feel more joy, peace acceptance and having the tools for clearing and going deep into every issue - is awesome. I am so grateful.

On in the mental level, I definitely feel more focused and connected to following my fulfilling life. I develop trust and love for myself and I am capable to doing my life's purpose. I contact daily with my inner guidance for clarity. And even those days that I do not, I am more gentle with myself in my process.

On the spiritual level, I feel more and more the support of my spiritual guides, angels, archangels, Spritual masters and the teachers of I AM U. You are awesome.

The IAMU Masters program opened up new possibilities in my career. Empowerment Coaching and the healing techniques are great tools for me to work with teens. I see myself using them in my future business.

In my relationships, I'm speaking my truth more and more. This year it has been so much learning in my relationships. As a change my focus of attention from relationships that leak my energy, to being able to settle down in one committed relationship - I now trust as possible.

Thank you Joa and Maqua for your work, dedication, enthusiasm, and commitment.



David Terry
2016 Graduate

Rating IAMU between 1 and 10 for how well it met my expectations, I give it a 10.

because I got to learn numerous counseling techniques and I acquired valuable information on how to live happier and do the things I want.

On the physical level, my relationships are much more meaningful and longer lasting. I feel more at home on the planet rather than floating around in space.

On the emotional level, I feel much closer to others, and find it easier to connect with people I've never met. My love is a lot stronger, and my compassion for others runs through my veins.

On the mental level, my thoughts are much more organized and it's easier for me to stay on task. I can analyze situations much clearer when investigating core issues or unbalanced aspects.

On a spiritual level I've always trusted the universe but I've always doubted myself, forgetting I am one with the universe. This program has reconnected me to that truth in my faith in myself is stronger than ever.



I AM University of Spiritual Psychology

I came to IAM U to apply the coaching and counseling strategies in my career, and I now have more confidence to do these things I've always wanted.

The work I have done at IAMU has aided all my relationships, even my mother, whom we always had disagreements. Now, we are accepting of one another. With my significant other, our problems are worked out almost instantly using healing techniques the Freedom-Code and the freedom method.

IAMU's teaching methods were very engaging and fun at the same time, encouraging me to get better for myself and others. I could not find a reason for the program's improvement. I found that everything that was presented to be of perfection, and held a tremendous amount of value to my growth and learning.

I would like to see IAMU grow as big as possible, to expand this information to help shift world consciousness.

Rich Greenberg

2015 Student

The Conscious Breathing work so changed my life in only three weeks to another level of my being. Heavy emotions have been cleared out of my system, leaving me feeling so present, released, energized, and connected to my own power.

William Diamond

2016 Graduate

To feel, think, and speak from my heart of hearts is so valuable. Each day is worth more than a month's tuition. Beloved Joa is a pure partner of our oneness in this most moving spiritual experience of my life.

Yeshe Dorje

2015 Student

Classes at IAMU are a life-changing experience. I did not recognize how much learning and growing I still had to do.

Joy An Tucker

2015 Student

Our Conscious Breathing sessions are divine. I feel the light realms joining and supporting us. Joa is a master and exemplary coach guiding me/us into more empowerment, expansion, joy, and ecstasy and deep inner work. I am more centered in my divine presence every day.

Esther Gomez

2015 Student

While attending IAMU, I feel there is something magical working in my life. I see things with different perspective. There is an expansion in everything around me. It feels right. It feels home. My special path is the most important. Every day I learn something new. I love it.



Bruce Caldwell

2015 Student

This program is dramatically changing my life. In three weeks I am a very different person. Joa has Great Vision into drawing forth the qualities in me I choose to expand. He does it in a loving perceptive way. Choosing to expand into the fullness of your being, I highly recommend joining us in our loving and supportive group.