



**HUMANEVOLUTION**



**Advanced Life Mastery Practitioner Training  
with Pauline and David McNab**

**5 April 2025 to 22 February 2026  
12 weekends over 12 months  
in Hamilton, New Zealand**

***"Breaking through the barriers to bring forth your Greater Self"***

**Phone: 07-850-4040**

**[www.humanevolution.nz](http://www.humanevolution.nz)**

# Table of Contents

Welcome.....3

What Do People Get From This Course?.....4

    Heal Your Past Trauma.....5

    Experience Huge and Lasting Reality Shifts.....5

    Gain Greater Insight into the Human Condition.....5

    Increase Your Personal Power.....6

    Build Deeper Situational Awareness.....6

    Enjoy Better and More Fulfilling Relationships.....6

    Disarm Games and Abuses from Others.....7

    Overcome Self-Sabotages.....7

    Get Smarter with Business and Finance.....8

    Improve Energy, Health and Wellbeing.....8

    Gain a Clearer Sense of Self and Soul Journey.....9

    Rehabilitate and Transform Your “Shadow Self”.....9

    Enjoy Your Ever-Emerging Divine Self.....9

About Your Trainers.....10

    Principal Trainers: Pauline and David McNab.....10

    Assistant Trainers: Michael Wilson and Ryan Bennett.....13

Our Promise.....15

Your Greatest Investment Ever.....17

Testimonials from Past Students.....19

Course Details.....22

    Venue.....22

    Attendance Policy.....22

    Fees and Payments.....23

Course Schedule.....25

# Welcome

***What if we told you,  
that in one year's time,  
you could be looking back at where you are now,  
and be blown away...***

***By how much you've grown,  
By how much you've healed, and  
By how much wiser and more powerful you've become?***

Welcome to the 2025 intake of the Human Evolution Specialists practitioner training course.

We, Pauline and David McNab are human evolution specialists.

We bring to you a most rare and special kind of teaching that will totally transform your life.

Over 25 years of working together, we have helped thousands of people to uncover and break through their visible barriers, and more importantly, their hidden ones.

***We're all aware of many of our own inner barriers, that limit our success in our inner and outer lives.***

***But it's the barriers we are unaware of,  
that create the biggest problems.***

People who work with us routinely throw off all manner of personal limitations, shift their inner and outer realities, discover their deeper potentials, and change their lives massively for the better.

## **What Do People Get From This Course?**

The benefits are countless. What you will receive will depend on the Intent you bring to the course, your own efforts, and your own willingness to receive support to change.

Some of the biggest benefits, which our past students have reported, typically include:

- ◆ **Healing of Past Trauma**
- ◆ **Experiencing Huge and Lasting Reality Shifts**
- ◆ **Greater Insight into the Human Condition**
- ◆ **Much More Personal Power**
- ◆ **Deeper Situational Awareness**
- ◆ **Better and More Fulfilling Relationships**
- ◆ **Disarming Games and Abuses from Others**
- ◆ **Overcoming Self-Sabotage**
- ◆ **Getting Smarter with Business and Finance**
- ◆ **Improving Health and Wellbeing**
- ◆ **Clearer Sense of Self and Personal Soul Journey**
- ◆ **Inner Peace and Satisfaction with Life**
- ◆ **Joy of Experiencing Their Ever-Emerging Divine Self**

## Heal Your Past Trauma

- ◆ Past trauma tends to stay stuck within us, not just because of "blind spots" in our self awareness, but also (and often surprisingly) because of a deeper sense of obligation to certain others.
- ◆ Expect from this course the safest and most supportive loving environment, where you feel an unrelievable freedom to bring past hurts to the surface, heal them, resolve them, and stop them impacting your present and future life

## Experience Huge and Lasting Reality Shifts

- ◆ It's absolutely normal to come into our present adult life feeling that our own outlook and points of view are *"unquestionably right and justified, and reflect who we really are"*
- ◆ Expect experiences from this course which will help you challenge these views in yourselves, and the world around you, and realise how "self-justifying" and "self-reinforcing" your perceptions have been, how much they've been shaped by others, and how deeply they've been keeping you imprisoned
- ◆ Expect breakthroughs which will help you to rebuild, for yourself, a much more empowering, healthier, dignified and rewarding reality

## **Gain Greater Insight into the Human Condition**

- ◆ It's quite a shock to stand back from mainstream society, and see just how much society depends on people staying mostly unconscious, trapped by social norms, a contrived sense of scarcity and a chronic belief in powerlessness

## **Increase Your Personal Power**

- ◆ It's really eye-opening to see how much power we've been giving away to others, and not even realising it
- ◆ Real personal power isn't about control of self or others. It's about clearing out the inner clutter, and establishing a far smoother pathway from our Intent, to its material fulfilment.
- ◆ Expect from this course to feel all kinds of shackles coming off, and an increasing greater ability to make genuine choices from your own free Will, and bring those choices into manifestation

## **Build Deeper Situational Awareness**

- ◆ When we're blind to what's going on, we're powerless
- ◆ When we inadvertently fight to protect this blindness, without even knowing we're doing so, we trap ourselves in lifelong slavery
- ◆ Expect from this course to gain much more insight into the deeper factors that come into play, in all kinds of human interactions – professional, personal, and social,
- ◆ Learn how to work with these forces mindfully and constructively, instead of just getting used by them, and suffering their impacts

- ◆ Gain the skills to apply these insights and capabilities for greater success in your professional and material life

### Enjoy Better and More Fulfilling Relationships

- ◆ It's very eye-opening to take a deeper look at the Hollywood-style "pitter-patter" romantic "love", and realise it's driven purely by patterns of unhealed hurt, and distorted realities, in both partners
- ◆ Expect from this course the ability to transition to "New Paradigm" relationships, based on mindful harmonious choices, of supporting each others' personal growth and higher purpose
- ◆ Expect to learn a truer, deeper, much more authentic and enduring kind of Love than you've ever experienced before *(save for those of us lucky enough to have felt moments of rare and special unconditional love in our earlier lives)*

### Disarm Games and Abuses from Others

- ◆ It's bad enough if we're feeling trapped in situations of being abused by others
- ◆ It's even worse if we've "normalised" the abuse, and made it part of who we think we are, so much so we don't even think of it as abuse
- ◆ Expect from this course the skills to uncover and dismantle all the different kinds of abuses we've been tolerating, and neutralise their effect, evolving to the point where others can't even form the desire to inflict abuses on us

## Overcome Self-Sabotages

- ◆ Many will say it's "egotistical" to expect more from life
- ◆ We say it's egotistical *not to*
- ◆ Imagine looking back at all your past mistakes and realising that you were just a victim of adverse inner programming, that you could not have done any better given where you were at then
- ◆ Expect from this course to make peace with your past, even your mistakes, and open yourself to a richer sense of deserving, not through any "*sense of entitlement*", but through an awareness of the more creative, more whole, more capable person you've become

## Get Smarter with Business and Finance

- ◆ Contrived financial scarcity is a time-tested tool for keeping people in states of voluntary repression
- ◆ The anxiety of financial lack triggers behaviours of self-soothing and self-distraction, where such behaviours burn through our finances, and deepen and reinforce this lack
- ◆ Expect from this course the ability to bring our finances into ongoing surplus, building towards inevitable freedom

## Improve Energy, Health and Wellbeing

- ◆ It's amazing how stressful and energy-depleting it is to keep our inner blockages in place
- ◆ This weakens the immune system, and makes us much more susceptible conditions of ill-health and disability



- ◆ Expect from this course the ability to improve our own health and wellbeing, and overcome all kinds of challenging health conditions

### **Gain a Clearer Sense of Self and Soul Journey**

- ◆ Never before have we been exposed to so much distraction, so much inner and outer noise, that more and more, people are forgetting who they are, and why they're here
- ◆ Expect from this course a journey of discovery, an ever-deepening revelation of your deeper personal and spiritual Journey and Purpose, and the ability to make choices which far better support this

### **Rehabilitate and Transform Your “Shadow Self”**

- ◆ Most of us spend most of our energy hiding from our “Shadow selves”
- ◆ We try to inhibit our shadow selves from expressing themselves; we apologise when they do leak out, and time and time again, we “promise to do better next time”
- ◆ Expect from this course to feel these “socially undesirable” shadow selves transforming into beautiful, positive and empowering personal attributes that we can be truly proud of

### **Enjoy Your Ever-Emerging Divine Self**

- ◆ One of the most devastating human frailties is our own erroneous perceptions of ourselves.

- ◆ Expect from this course to glimpse more and more of your “inner blueprint”, which more and more will make such clear sense of who You are, and who You are Becoming!

## About Your Trainers

### Principal Trainers: Pauline and David McNab

Pauline and David are a powerful husband and wife team, with decades of experience, teaching these courses throughout New Zealand and Australia.



They will teach you how to bring yourself, and your body, fully alive. You will learn to eliminate all kinds of emotional, mental and psychological blockages. In most cases, you won't even know you've been carrying these blockages around within you, until they're flushed up, exposed and dissolved once and for all.

**Pauline McNab**, formerly known in earlier public presence as *Pauline Avis*, started her personal growth journey in the mid-1970s.

Having grown up in a then very conservative Matamata, and stuck in a highly abusive and even life-threatening marriage, it took a lot for her to become brave enough to reach out to one of the earliest practitioners of transformational breathwork, psychologist John Priest.

Priest, who practised out of rooms in a Taupo medical centre, was one of the world's first therapists to incorporate breathwork-based disciplines in his professional practice, something which back then was seen as extremely daring, even controversial.

With John Priest, Pauline experienced massive breakthroughs, at great depth, that are simply impossible with today's standard mainstream "talk therapies". Her healing was so profound that it drove her to seek out training, to become a practitioner herself.

After 7 years of sessions with John Priest, Pauline finally found, and trained with, Dr Darag Rennie and this then wife Margaret.

Darag had recently walked away from a promising career as a surgeon, to become a practitioner in the newly emerging discipline of "Rebirthing-Breathwork", which just a few years earlier had been developed by a team led by human potentials visionary Leonard Orr, in San Francisco. Dr Rennie's training built on what Pauline had already gained from her sessions with John Priest, and qualified her as a practitioner and practitioner trainer.

Pauline brings over 46 years of personal growth experience. This has given her both a pin-prick sharp conscious awareness, together with a comforting, reassuring presence that leads many students to identify her as their own Divine Mother.

**David McNab** hails from the Sydney area. After studying hard and enrolling in Australia's most prestigious medical school at the University of Sydney, David walked away in his first year, after feeling that modern medicine was working from very flawed premises, treating people purely as bio-mechanical machines.

From his own painful origins, David simply could not fit in to mainstream society, and feels lucky that his past years of struggle didn't land him in prison or in a body bag. He experienced some breathwork sessions in the mid 1980s, which intrigued him, but it wasn't until he met Pauline that he experienced just how powerful these techniques can be.

Decades of pain and trauma simply dissolved throughout his early sessions. During this time, he interned with Pauline, completing one of her practitioner courses, to become a practitioner himself.

Over the last 28 years, he has partnered with Pauline at all levels, marrying her in 1997, and co-facilitating and co-training with her through numerous training courses, seminars, workshops and private sessions throughout Australia and New Zealand.

In recent years, David dabbled in academia, completing a Master of Business Studies research degree at Massey University, underpinned by an earlier Bachelor of Business Studies in Entrepreneurship and Small Business. One of his main academic interests is the connections between personal growth and business success.

As well as co-training with Pauline, David also has strong interests in the technology sector, where he picked up his earlier IT roots, and is now succeeding as a software architect and developer, helping to modernise the technologies and capabilities of a leading international New-Zealand based online services provider.

David sees fascinating parallels between the personal transformation mission, and the software which he conceives,

designs and implements as a systems engineer. In his course teaching, he often triggers laughter and enlightening realisations with his warm-hearted wisecracks about people suffering from “bad code”, and similar metaphors about the human condition.

## Our Promise

Pauline and David's promise to all their students is this:

***The person you become, over the 12 months of this course, will barely be recognisable from the student who initially signed up for this course. To the point that the changes will will feel miraculous!***

This course will open your eyes, and your heart, to a new world and depths of inner Becoming that you (before the course) will have been oblivious to.

You will become your own hero, and you will inspire everyone that you meet. This course is one of a kind, and the only one at this level in New Zealand. It is presented to you as an opportunity and an investment, in your present and future.

Pauline and David work hard teaching these courses, but embrace this as their duty to help speed up the personal evolution of all those who are willing and ready to change. *After all, we are all born to evolve.*

These courses are small and intimate, limited to just 6-8 students, to guard against students “falling through the cracks”. Students during and after the course feel very fortunate to have had the opportunity to train with Pauline and David, and benefit from the clarity of all the

blockages these two unique teachers have cleared out of their own bodies and lives. This is truly a once in a lifetime experience, and a journey deep into yourself, that you will never forget. Countless past students say that this is the best experience that they have ever had, and something they will always treasure.

Between them, Pauline and David bring over 70 years of personal evolution experience to these courses. They both know the human condition at great depth, including the countless hooks of past conditioning that keep people trapped. They have built on brilliant work of their numerous past teachers – some mainstream, but most esoteric -- and developed their own truly unique teaching style.

Together, David and Pauline make a powerful force, that you will feel right from day one. You will heal yourself, and learn to heal others. Some people do these courses to qualify as professional practitioners themselves, while others use it just for their own benefit, to evolve, and speed up the advancement of their human spiritual and conscious growth, and success in their inner and outer lives.

Come and learn, and experience, deep healing and transformation from two of New Zealand's leading human evolution specialists, who have dedicated their own lives to empowering willing people to make real and lasting life change. For decades, they have delivered life-changing on-on-one private sessions, workshops, seminars, and especially, these powerful 12-month training courses, to select participants. Increasingly, they are becoming known as "Teachers of Teachers".



## Your Greatest Investment Ever

This course is the most profound investment in yourself, your life and your present and future that you will ever make. Also know that Pauline and David will coach and empower you to recoup your investment swiftly in the time following your graduation. Not only this, but you will eliminate layer after layer of pain and limitation from the past, and raise your conscious wisdom.

Come and allow Pauline and David to facilitate you in this deep initiation, and support your transformation into the powerful and amazing person who you really are.

Expect the relief of no longer needing to pretend, to put on that mask of "social acceptability". Expect the joy of finally feeling free to be your real self – no longer needing walking around with so much pain inside, that has been playing havoc with the full creation of your life.

We, Pauline and David acknowledge that this course is a huge challenge, and know that not everyone has the courage and determination to complete the full twelve months, and become a certified professional practitioner. Consider this carefully. You will know from your own past travels and inner reflection if you're ready for this.

If you do feel ready to make this commitment, we welcome you with open arms, hearts and minds. You will make our hard efforts worthwhile. You are the kind of person we most desire to have on this course.



It is quite a challenging and full-on course. But do know, that at the same time, you will build spiritual bonds with your fellow students, and with us, that can feel deeper and stronger stronger than even the bonds you've had with your genetic family. In fact, many students find in these courses the real family they've always been looking for.

**Divine energy always enters this course!**

## Testimonials from Past Students

*"David and Pauline are catalysts for change and are sincere truth seekers. They are authentic heart centered practitioners.*

*If you are led to work with them consider yourself to be in the right place at the right time. You may well experience a homecoming. Heartfelt gratitude to you both."*

**-- Girvan Roberts, Thames**

*"What an amazing weekend and graduation*

*Thank you so much Pauline and David...I am eternally grateful for all your hard work and commitment...your skills are outstanding and the course was mind blowing!!!*

*You are all family to me and I can't put in to words my gratitude to each of you, other than to say I love you with all my heart and soul!*

*Thank you!"*

**– Alastair Russell, Auckland**

*"I do not exaggerate when I credit you, Pauline and David, and [the process of] rebirthing, with saving my life, honestly I do not know where I'd be now without you both sharing your love and wisdom with me. I will be forever grateful xoxo"*

**-- Amy Zander, Auckland**

*"I first experienced rebirthing [breathwork] in the late 1980s and thought I knew what it was about. That was until I went to Pauline McNab for a series of sessions and then subsequently joined Pauline and David's course. They're the real deal. If you're drawn to rebirthing you won't find better."*

**-- Dr Gavin Kenny, Thames**

*"It's nothing new about my passion for human performance and wellness! But the BREATH has become a true passion as the main tool to enhance my ability to improve my overall health, become a more conscious human, heal very deep wounds which before I couldn't even know they were there, and I have had the honour to help almost 3,000 people to achieve some healing! Today it marks a very special day to me in my breathwork practice, we have finished 11 months of what I can say without any doubt in my heart, the most profound and tough course I have ever taken in my entire life, 11 months of deep healing, breakthroughs, tears, laughs, I would say this course broke me into pieces and rebuilt me again free! Being prior to that a certified Wim Hof instructor and Advanced Buteyko instructor, I can say without any doubt those were just a warm- up & preparation for my 11 months master Rebirthing and Metaphysical Breathworker course, which I can compare to the NAVY SEALS of breathing course for spiritual healing. Thank you my second mum Pauline Avis McNab and David McNab for this life changing course!!! And all my gorgeous colleagues whom spent those 11 months with me as brothers and sisters!!!*

*... [this is] without a doubt the most powerful and fulfilling experience I had in my life. Being a breathing coach instructor in other modalities, I have to say this course was much more powerful than any other breathing instructor modalities I have ever engaged. Thank you Pauline and David McNab!"*

**- Sandro Mota, Life Enhancement Coach, Cambridge and International**

## Course Details

### Venue

This course is taught from the private home of Pauline and David McNab, in Bader, Hamilton, close to Waikato Hospital.

The house is on a secluded section, set back from the street. A large courtyard and driveway provide ample parking for all attendees. Perimeter hedges, and double-glazed curtained windows, provide ample privacy.

We strongly encourage car-pooling among students. Not only does this help save costs, but it gives you time and space to build great connections with each other, and even establish robust life-long friendships and partnerships through the years ahead.

### Attendance Policy

We only ask for one full weekend every four weeks.

But we do ask you to make these weekends your absolute number-one priority throughout the entire duration of the course.

As you'll discover very early on, the dynamics of the group are a major part of the evolutionary journey. You'll understand how disruptive it can be for even just one person to miss out for just one day.

If your work includes weekends, you will need to arrange with your employers to be excused for the course days, and get rock-solid confirmation of this. You may have to give them something in return, such as more hours at other times or more duties, but this will be more than worth your while.

## Fees and Payments

This course is an investment in the rest of your life. If you apply the principles you have learned, you will recoup your outlay many times over.

The base fee for the course is \$10000, very flexible payment options available. This covers tuition, literature and refreshments. (Lunches are by own arrangement, with numerous quality outlets nearby, give students an opportunity to catch up socially.)

We offer pro-rated discount of up to 10%, for any portion of fee paid before start of course. For couples attending, we can offer a more substantial discount, because this helps couples to build greater closeness, trust and understanding as they travel this path together – please contact us to discuss.

Yes, \$10000 sounds and feels like a lot of money. That is true.

But once you take stock of all the inner and outer disempowerments you've been putting up with throughout your life, you'll realise these have been costing you, over and over again, much much more than that. Through missed opportunities, blown chances, wasteful indulgence, mediocre results, and various self-sabotages.

But, through this course, you will find new doors of opportunity opening to you. You will feel more and more prepared and able to leverage these opportunities to bring forth great success.

One of our major areas of focus through this course is helping people to eliminate their inner blockages to prosperity, and gain new

skills to improve their financial situation in creative, wholesome, enlivening and rewarding ways. For all students completing this course, we ask that they recoup their course fees as soon as they can, at least two-fold, and offer our full support after the course to help them accomplish this.

## Course Schedule

This course runs **every fourth weekend**, from 9am to (approximately) 6:30pm\* each Saturday and Sunday, over a total of 24 days (approx 200 hours in all).

All weekends are held in Hamilton, except for one of the water breathwork weekends, where the Saturday teaching takes place at Raglan.

1. **5-6 April, 2025**
2. **3-4 May, 2025**
3. **31 May-1 June, 2025**
4. **28-29 June, 2025**
5. **26-27 July, 2025**
6. **23-24 August, 2025**
7. **20-21 September, 2025**
8. **18-19 October, 2025**
9. **15-16 November, 2025**
10. **13-14 December, 2025**
11. **24-25 January, 2026 (Leadership)**
12. **21-22 February, 2026 (Graduation) \***

*\* The gap between all weekends is 4 weeks, except for the final gap between Weekends 10 and 11, which will be 6 weeks.*

For further information about the course, and to register your interest, please visit our website: [www.humanevolution.nz](http://www.humanevolution.nz)

*We look forward to seeing you in April!*





**Dare to break through and Become  
Your greatest version of Yourself**

**humanevolution.nz**