

Basic & Advance Syllabus

T H E A R T O F S E H A J

Semester One

Title: Welcome to Quintessence Institute, 100

Description: This class introduces the student to the facilitator followed by a short presentation on the Art of Sehaj (*Say-Hodge*), which means eternal peace, balance, and equipoise of the mind. Next, the student learns the Sehaj meditation practice and experiences two short practices sessions. All students leave with knowing how to meditate and a copy of the meditation instructions.

Title: Sehaj Meditation Practice, 102

Description: This class focuses on strengthening the Sehaj meditation practice. There are three practice session built into the evening and afterwards, the accuracy of the meditation technique is reviewed.

Title: Introduction to the Wheel of Life (Part I & II), 103

Description: The Wheel of Life is divided into Part I and Part II.

Part I has four quadrants: (1) Daily Life, (2) Body, (3) Mind, and (4) Spirit. The student rotates through each of the four quadrants to deepen and build on the esoteric and yogic knowledge gained in the first semester.

What's different about **Part II** is its concentration on core practices. Each quadrant explores a series of tools, skills, knowledge, and abilities needed to ground and sustain the student's re-alignment with their inherent spiritual nature. Part II has three major quadrants: (1) Re-focus, Re-claim, & Re-hearse; (2) Re-Map, Re-Parent, & Re-Create; (3) Re-Envision, Re-Tell, & Re-Energize.

Semester One - Continued

Title: The 12 Sehaj Messages, 104

Description: This visual presentation is an overview of the core Art of Sehaj philosophy. These remarkable visuals help to tell the story of 12 universal teachings that establish the oneness and connectedness of all life. The student begins to see the interconnectedness, interdependence, and intertwining of all life forms.

Title: Introduction to Naam or Word, 105

Description: This begins the student's exploration of the great esoteric teachings of the enlightened spiritual Masters and Mystics. These visuals present the supreme power behind creation; which is referred to as the holy Naam or Word. The student begins to see that all the major religions of the world are talking about the same creative power that is commonly referred to as the Naam or Word.

Title: Introduction to the Soul, 106

Description: During this remarkable class the student learns about the soul, its rarified substances, and its inherent six qualities. The student learns how to contact their soul, experience it, and begin to align with its higher purpose and wishes for this life.

Title: Introduction to the Cosmology of Creation, 107

Description: This class furthers our high-level overview of the cosmology of creation and the administration that controls each of the spiritual realms. The student gains an overview of several different interpretations of creation and how each version is reflective of all the other versions. A visual montage of creation was put together to further enrich the discussion about the nature of creation.

Title: Introduction to the Five (5) Levels of Spiritual Mastery, 108

Description: In the arena of mysticism there are varying degrees and levels of enlightenment to become a Master-soul. From this perspective, no spiritual teacher can take the student higher than themselves. Therefore, to gaining unlimited access to the highest spiritual regions, this aspect of spirituality cannot be ignored. This class explains the major degrees of spiritual Mastery and what a student should know when seeking an authentic Master-soul before committing to a lifetime of practicing techniques that may not bring the student the highest result.

Semester Two

Title: Introduction to the 7 Rays, 201

Description: This class teaches the seven (7) forces that run and sustain creation. It serves as an introduction to the Zodiac and how it is used by these seven energies to influence human nature. There's an introduction to the Chakra system in the human body that distributes the energy being channeled by these seven (7) Rays through the zodiac constellations.

Title: How the 7 Rays Influence Human Nature, 202

Description: This class explores how the seven Rays influence our individual personality and behavior. It's also an introduction to the five (5) Kingdoms of forms that make up our Earth.

Title: Introduction to Karma, Reincarnation & Transmigration of Souls, 203

Description: This class presents the core esoteric and mystical teachings on karma, reincarnation, and the transmigration of souls. Embedded in all the major world religions is the law of karma, evolution, and the growth of consciousness to become a human being.

Title: The Non-violent Way of Life, 204

Description: The law of the universe is the law of love; and its weight upon our thoughts, words, and deeds everyday goes a long way in determining the momentum that drives the inexhaustible wheel of karma. This class focuses on the role that diet plays in our daily life.

Title: Introduction to the Healthy Masculine & Feminine Energies, 205

Description: Men and women are the Yen & Yan mirrors of each other; and all men possess feminine counterparts as all women possess likewise their masculine counterparts. When these two powers are out of alignment and balance, they create havoc in one's daily life. Left to operate unconsciously this level of denial and woundedness often leads to self-destruction, self-sabotage, unhappiness, and depression. This class begins our exploration into the "Road Less Traveled" and how to create and sustain the balance between the healthy masculine and feminine energies.

Semester Two - Continued

Title: Introduction to the Cycle of Woundedness, 206

Description: All human beings are emotionally wounded. Denial isn't a remedy. Here we explore the unconscious dynamics that fuels a hidden cycle of woundedness and establishes many of the unhealthy patterns that cause chaos. There is no such thing as being spiritually enlightened and remaining dysfunctional. The student begins the Wheel of Life - Part II which serves as their road-map along the Road Less Traveled.

Title: The Art of Self-Creation- As you Think, So you Become!, 207

Description: Armed with knowledge regarding the power of our thoughts, words, and deeds, and how they create inner peace, balance, and equipoise, this class explores the "Field of Endless Possibilities." When we learn to tap into this energy-field and align ourselves with its power, we can create and manifest our highest and greatest good.

Title: Inner Child Work; The Divine Child; and Re-Parenting, 208

Description: Having learned about the "Cycle of Woundedness" the student is introduced to another powerful set of tools, knowledge, skills, and abilities to help them balance their emotions; and re-align with the sweet inner-voice of the soul. This re-alignment process teaches the student how to recognize their wounded-child-behavior, its' feelings, and redirect those emotions to their appropriate balance. We call this process "Re-Parenting."

Suggested Class Materials

Description: Below are the suggested materials that may facilitate your class participation.

1. Pens
2. One 3-subject spiral notebook
3. Folders (to organize hand-outs)
4. Earplugs
5. A sitting pillow
6. Your favorite shawl