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**EMP763: Consciousness, Cosmologies & Maps I** (3 credits)

**Overview of Course:** This course is an exploration of consciousness, personal and collective cosmologies, subtle energy systems, personal and collective maps, and the process of mapping.

**Course Topics:** Consciousness, cosmologies, maps, mapping, subtle energy systems, nature, energy medicine

**Learning Objectives:** After completing this course participants will have gained an expanded understanding of consciousness, cosmologies, subtle energy systems, and mapping; they will have experienced their own consciousness, cosmology, subtle energy system, and maps; and they will have developed and expanded their ability to work with consciousness, cosmologies subtle energy systems, and mapping in their personal and professional lives.

Audience: Open to all students in the Masters program.

## **COURSE DESCRIPTION**

This course is an exploration of consciousness, cosmologies, and maps. The course explores collective and personal cosmologies, the evolutionary architecture of individual lives, subtle energy, the mapping process, and consciousness. The mapping process effectively illustrates and illuminates repetitive patterns and habitual behaviors, relationship, group, and organizational dynamics, the subtle body, and personal cosmologies. It can be used for healing, life transitions, dreams, meeting facilitation, and self-reflection for insight, change, and growth. Explorations include research, practicum, written reflection, and dialogue.

## **NEED STATEMENT**

Students will:

- 1) Developed and deepened their awareness of consciousness, cosmologies, subtle energy systems, and mapping.
- 2) Be able to utilize the knowledge they have gained about consciousness, cosmologies, subtle energy systems, and mapping to extend their own research and therapeutic methods in a healing profession.
- 3) Develop skills needed in identifying essential factors pertaining to consciousness, cosmologies, and mapping.
- 4) Be able to assist clients using the awareness of consciousness, cosmologies, subtle energy systems, and mapping they have gained.

5) Develop the critical skills they need to apply their knowledge of consciousness, cosmologies, subtle energy systems, and mapping to their personal and professional life.

## **FACULTY-STUDENT COMMUNICATION**

- Telephone Contacts

Students should arrange all telephone communications with the instructor by email beforehand. An initial phone contact to clarify course objectives and develop a schedule should be made prior to beginning the course. This contact should be scheduled within the first few weeks of commencement of the semester. After this, periodic telephone communication can be arranged with instructor. All telephone calls will be at student's expense.

- Communications

It is requested that students stay in weekly or every other week correspondence with the instructor using email. The student should also set up periodic telephone conversations, at their expense, to discuss problems, concerns, or determine the direction of their course work. Students are always encouraged to contact the instructor by email, fax, or telephone whenever a major concern may arise. It should be understood that as mature students, it is the responsibility of the students to stay in contact with their instructors. Students should check email frequently for professor and EMU messages.

Students will normally send communications via email and submit papers as MSWORD format files attached to email messages. Synchronous Internet sessions may be used for chat sessions using Yahoo Messenger Chat or the instructor may be able to set up one-on-one discussions with the student using Skype. Check with your instructor on the type of communications she uses.

- Internet Threaded Discussion: There is also an on-going Internet threaded discussion among the students and faculty for the entire semester which creates a larger feedback mechanism of communication. It may be accessed anytime. The thread page is located at: [http://groups.yahoo.com/group/Energy\\_Medicine](http://groups.yahoo.com/group/Energy_Medicine)

## **COURSE DELIVERY STYLE**

Distance Education - Coursework is completed at a location determined by the student utilizing a computer that has the ability to play audio and video clips,

with Microsoft Office Word, Excel, PowerPoint, Adobe Reader, along with a current web browser, internet connection and email address. Contact and communication with distance students is typically conducted by telephone, Internet, Skype, text chat, and email. Students are also encouraged to contact the University by facsimiles, and postal mail, and by personal visit to the University.

All lessons, coursework and papers must be copied to lessons@energymedicineuniversity.org from both the student and professor.

## **COURSE**

### 1) Reading Assignments

Students will read the following text materials and complete the following course assignments. Alternate materials will be provided for texts that students are already familiar with.

Hall, Manley P. *The Secret Teachings of All Ages*. The Philosophical Research Society. Inc. Los Angeles. 1988. eBook

Halifax, Joan. *Shaman. The Wounded Healer*. Crossroad. New York. 1982

Jung, C.G. *Mandala Symbolism*. Bollingen Series. Princeton University Press. NJ. 1958

Kingsley, Peter. *Reality*. The Golden Sufi Center. Inverness, CA. 2004

Monroe, Robert. *Ultimate Journey*. Doubleday. New York. 1994

Norbu, Chogyal Namkai. *Dzogchen. The Self-Perfected State*. Ithaca, NY. 1996

Rama, Swami. *Living With Himalayan Masters*. Himalayan International Institute of Yoga Science and Philosophy of the U.S.A. Honesdale, PA. 1978

Roberts, Jane. *Adventures in Consciousness. An Introduction to Aspect Psychology*. Prentice-Hall. Inc. Englewood Cliffs. New Jersey. 1975

Schwarz, Jack. *Human Energy Systems*. Dutton. New York. 1980

### 2) Course Paper/Project

Students will conduct research based on secondary and primary source

materials and the required texts. From this research, students will write a paper on a specific topic (approved by the instructor). Students may also elect to do a graduate level project.

### 3) Course Review

Students are given a set of assignments, readings, and explorations in preparation for a Course Review. Before the deadline, students schedule with the instructor the time and date for the face-to-face, telephone or Yahoo Messenger Voice or Skype conference. During the review, the instructor will evaluate the knowledge and understanding the student has gained.

## COURSE ASSIGNMENTS

### **Assignment 1. Consciousness**

Participants will begin their exploration of consciousness, cosmologies, and maps by researching, exploring, and reflecting on the nature of consciousness and internal and external experience. After completing the reading and practicum, participants will share their reflections in writing and dialogue. Throughout the course, readings and assignments may be tailored to the participants.

### **Assignment 2. Collective Cosmologies**

Participants will research, explore, and reflect on collective cosmologies. After completing the reading, they will share their reflections in writing and dialogue.

### **Assignment 3. Personal Cosmologies**

Participants will research, explore, and reflect on personal cosmologies, and the evolutionary architecture of individual lives. After completing the reading, they will share their reflections in writing and dialogue.

### **Assignment 4. Subtle Energy Systems**

Participants will research, explore, and reflect on subtle energy systems. After completing the reading, they will share their reflections in writing and dialogue.

### **Assignment 5. Mapping**

Participants will research, explore, and reflect on how one shapes and is shaped by personal and collective cosmologies, and the mapping process and its application. After completing the reading and practicum, they will share their reflections in writing and dialogue.

### **Assignment 6. Final Project**

Students have the option of designing a research project or preparing a scholarly paper of approximately 10 double-spaced typewritten pages using the appropriate style manual. Research projects and scholarly papers will focus upon a specific aspect of the course. Research projects will be evaluated based on content, originality, the use of source material, and documentation. Scholarly papers will be evaluated based on content, originality, source material, grammar, and spelling.

### **Assignment 7. Course Review**

The Course Review will be given by telephone (or other means) and will cover the assignments. Students will negotiate the timing of the review.

## **INDIVIDUALIZATION OF STUDENT ASSIGNMENTS**

Each research project will be chosen by the student to best support their individual professional goals, yet each student will also benefit from seeing the fruits of all fellow students' research and providing professional criticism of each others work.

Each student will be afforded the opportunity of writing on a subject that is related to his or her field of interest. This will assist the student in making each paper individualized. Also the student is encouraged to go outside the field and obtain research data from other interdisciplinary areas. Each student, based on his or her background, will be encouraged to transfer that theoretical information which the course provides into a practical format in the final paper or project.

## **COURSE EVALUATION**

The course grade will be based upon student participation, the promptness of postings, the satisfactory completion of all coursework, the quality of the

research paper or project, and the course review, in consultation with the instructor.

#### **SPECIAL NOTES AND INSTRUCTIONS**

All coursework must be completed in a timely fashion. Students are encouraged to phone or e-mail the instructor whenever they need advice, comments, or instruction.