

The Beingness Institute 2-year - Open Program
Advanced Personal Development, Transformation and Wellbeing (APDTW) - Hours per week, per class

In-Class Themes and Subjects
Details and Exploration Schedule Distribution for the year

APDTW - YEAR 1

1. Subtle Energy Sciences Theme II - 6 in-class hours per week

1.1 Healing Energy Awareness Concepts and Principles (HEACP) II - (3 hours)

Class 1	- Psychological Subtle Energy Dynamics I - Introduction - States of Beingness - Multidimensional Subtle Energy - II	This year's theme for HEACP is about relationships with other humans and sentient beings. These states of being will now start to be introduced, explored and experienced from a relational perspective. These are the segments where you will be exploring the transpersonal, parapsychology and spiritual psychology perspectives of Subtle energy integrated into the psychotherapeutic facilitation of your personal process through presentations, experiential learning and practice. We could define this as a psycho dynamic subtle energy medium. The purpose of Subtle Energy Sciences in the APDTW program is to help the your continue to determine and be clear about a Subtle Energy Healing response as well as a Subtle Energy Psychotherapeutic response for yourself in any given moment
Class 1 - 5	Physical	
	Electromagnetic (auric)	
	Purpose of Life - Intention	
	Essence	
	Unmanifest	
	Infinite	
	Allness	

1.2 Subtle Energy Facilitation (SEFT) Techniques II - (1 hour)

Class 1	- Removing - Replacing	During this 1st year of your APDTW program, you will continue to develop your abilities to facilitate the physics and mechanics of subtle energy enabling you to gradually create your unique abilities as they will manifest moment-to-moment for your personal development, transformation and wellbeing in relationship to others and the environment you are in.
Class 2	- Transmitting - Synchronizing	
Class 3, 4 & 5	- Restructuring	
	- Subtle Energy Surgery	

1.3 Extra Sensory Perceptions (ESPT) Techniques II - (1 hour)

Class 1	- Tasting - Smelling	In the 1st year of the APDTW program you will continue to be introduced to ESPT using theoretical and experiential learning so you can better identify your unique ESP. You will be learning how to perceive and use ESP techniques as well as naming them when needed for your personal benefit. You will be exploring ESP in your relational dynamics.
Class 2	- Seeing	
Class 3	- Clear Mental Concepts	
Class 4	- Remote Viewing	
Class 5	- Direct Knowing	

1.4 Paranormal Abilities (PAT) Techniques II - (1 hour)

Class 1- 5	- Distant, Non-local Subtle Energy Facilitation - Healing	In the 1st year of the APDTW program you will continue to be introduced to more PA using theoretical and experiential learning so you can better identify your unique PA for your personal benefit. You will be exploring PA in your relational dynamics.
Class 2- 5	- Clairvoyance	
Class 3- 5	- Telepathy	
Class 4 - 5	- Full sensorium spectral perception	

2. Psychotherapy Techniques Theme II - 15 in-class hours per week

The journey continues in the 1st of the APDTW program using psychotherapeutic techniques for the benefit of your personal development, transformation and wellbeing in relationship to others and your environment.

2.1 Personal Development, Transformation and Wellbeing (PTDW) II - (4 hours)

Class 1 - 5	- Subtle Energy Waves & Life Pulses concepts, principles and practice - Traumas and wounds, Abuse
Class 2 - 5	- Child consciousness concepts and principles - Beliefs systems including epistemological concepts
Class 3 - 5	- Images and idealized self -image - Masks, Defining Authenticity and Non Authenticity
Class 4 & 5	- Shadows, Positive, Negative

2.2 Uniqueness and Essential Qualities (UEQ) I - (1,5 hours)

During this 1st year of the APDTW program, you will continue to explore and consciously become aware of your natural innate and unique qualities and abilities in relationship to others. You will learn more models defining how your Essential Qualities are at the core of the human condition defining your Life experiences. This again is for your development of empathic, compassionate and altruistic relationship with yourself and others.

Class 1 - 5	Embodying your EQs
Class 1	Transpersonal Psychology
Class 2	Parapsychology
Class 3	Play Therapy and Storytelling
Class 4	12 types corresponding to the 12 acupuncture meridians 12 Jungian Archetypes
Class 1 - 5	Personality tests

2.3 Creative Arts & Play Therapy (CAPT) II - (2 hours)

Class 1	- Art as Healing in relationships - Play as Healing in relationships
Class 1 - 5	- Art and Play therapy can be very open and free because of the use of different materials, movement or mediums and no use of language. Different art therapy techniques will be used; drawing, painting, writing, comedy, dancing, theatre, games, etc. as well as adult play therapy techniques. In the 1st year of the APDTW program your will be exploring Art and Play Therapy in relationship with others.

Optional	- Art and Play Project. You will be invited to create one art project and one play project in-between classes and present these during class 3 SCD.
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2.4 Movement Therapy (MT) II - (5 hours - Optional)

Class 1	- Movement as Healing in relationships
Class 1 - 5	These segments include the exploration and practice of a variety of dynamic movement techniques such as yoga, tai chi, Chi Gong, Continuum, stretching, physical exercises, hara, as well as concepts and principles of movement as healing. These will be held inside and outside weather permitting.
Optional	- You will be invited to do 30 minutes of movement per day at home in-between classes.

2.5 Meditation, Contemplation & Mindfulness (MCM) II - (2.5 hours)

Class 1	- The science of MCM The effects of MCM on our physical dimension; i.e. the brain.
Class 1 - 5	- 2,5 hours per on-site class week of exploration and practice, 5 x 30 minutes
Optional	- You will be invited to do 15 minutes of MCM per day at home in-between classes.

3. Relational Dynamics Techniques Theme II - 20,5 in-class hours per week

3.1 Relational Dynamics Concepts and Principles (RDCP) II - (3,5 hours)

Class 1 - 5	- The unattached observer, Tracking	In this 1st year of the APDTW program these subjects will continue to be related to your personal development and mostly to continue to develop your abilities to be with and facilitate your healing journey by becoming clear of what subtle energy healing response is needed for yourself in relationship to others.
Class 2 - 5	- Non verbal techniques, Interpreting, Analysing - Body & Hand language	
Class 3 - 5	- Transference, Countertransference, What's real and what isn't - Boundaries and Healthy limits	
Class 4 - 5	- Communication with Supportive, Integrative Language - Questioning techniques - reconstructive questioning	

3.2 Subtle Energy and Psychological Concepts and Principles of Emotions (SEPCPE) II - (2 hours)

Class 1	- Eros, Sensuality and Sexuality - Map of Consciousness as created by Dr. D. Hawkins	The experience of exploration and practice using a HEA perspective including experiential learning continues this time in the context of relationships with others inviting a deeper embodiment and integration of your emotions, being able to share and express your emotions with others without having to act them out.
Class 1 to 5	- Joy - Anger - Fear - Love - Sadness	

3.3 Social and Communal Development II - (5,5 hours)

Class 1 - 5	- Integration into Society as the theme for the year SCD includes whole school gatherings for sharing, mediation, social gatherings for dancing, art and play therapy, projects presentations as well as collective creations presentations either from the faculty or the student body or invited guests.
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3.4 Group Psychotherapeutic Process (GPP) II - (9,5 hours)

Class 1 - 5	- These are open group therapy segments facilitated by faculty members using a wide variety of body oriented psychotherapeutic modalities. You will be invited to process at least once during the year. Group sizes may change.
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4. Traditional, Complementary and Conventional Medicine Integration (TCCMI) Theme II - 7,5 in-class hours per week

4.1 TCCMI evening lectures II - (4 hours)

Class 1 - 5	Classes 1- 4 the BI will invite professional guests to present 2 different TCCM modalities and their connection or integration with HEA. Class 5, some Year 3 & Year 5 Professional Practitioner program students will be presenting their projects.
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4.2 Creating Self-Care and Wellness (CSCW) II - (3,5 hours)

Class 1	- Basic Human Needs, Identifying and fulfilling your Self-Care needs
Class 2	- Stress
Class 3	- Relaxation & Meditation Contemplation and Mindfulness in daily life
Class 4	- Cleansing and Detoxification
Class 5	- Water and Its Role in Health

In-Between Class Optional Themes and Subjects Suggestions

APDTW - YEAR 1

- Covering all subjects

Class 1 - 5 Optional	- During your 1st year of the Advanced Professional Development, Transformation and Wellbeing program you will receive optional reading suggestions and practice exercises for all the subjects presented during in-class weeks. All of these are optional. As a APDTW student, you are free to not do any of these.
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