

The Beingness Institute 1-year - Open Program
Personal Development, Transformation and Wellbeing (PDTW) - Hours per week, per class

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

PDTW - YEAR

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

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

Class 1	- Premise, Hypothesis, Introduction to the Physics of Subtle Energy - States of Beingness - Multidimensional Subtle Energy - I	
Class 2	- Physical - Electromagnetic field (auric)	You will be introduced to ancient and modern scientific, academic and esoteric models from a multitude of cultures from all around the World. Using concepts of States of Beingness, you will be exploring Subtle Energy and its integration into all aspects of your Life (Body, Mind, Emotions, Psychology, Sexuality and Spirituality) for the facilitation of your personal development, transformation and wellbeing. These concepts and principles will be explored through presentations, experiential learning and practice. The purpose of HEACP in the Personal Development Programs is to help you experience who you truly are, your natural innate qualities and abilities. Subtle Energy Science is also defined by science, esotericism, spirituality, philosophy, mythology, mysticism as Quantum Mechanics, Paranormal Science, PSI, psychic abilities, Healing. HEA also includes philosophical aspects of metaphysics and ontology. You will be introduced to the Beingness Institute's Healing Energy Awareness Concepts and Principles integrating all of these models, concepts and cultures. You will also be introduced to the controversy that has existed and still exists about subtle energy and paranormal sciences.
Class 3	- Purpose of Life - Intention	
Class 4	- Essence - Unmanifest - Unknown	
Class 5	- Infinity - Allness	

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

Class 1	- Introduction - Balancing - Neutral	Subtle Energy Facilitation Techniques will cover specific techniques from different models (Brennan Healing Science, Theosophy, Esalen, Eastern current) such as the chelation(subtle energy balancing), clearing, harmonizing, expanding, synchronizing, etc.). The purpose is not necessarily to focus on specific techniques but rather the actual physicist's dynamics and mechanics of Subtle Energy so that you can become aware of your own specific abilities. Each moment is a unique creation in itself. Our goal is to promote the development of your unique ability to create the healing response needed in the moment in any situation. SEFT can help you have a sense of your States of Being beyond your normal intellectual, cognitive and personality perspective. You will be able to determine a Subtle Energy Healing Response in the moment for yourself in any given situation.
Class 2	- Inducing - Stabilizing	
Class 3	- Clearing	
Class 4	- Opening	
Class 5	- Charging - Closing	

1.3 Extra Sensory Perception (ESPT) Techniques I - (1 hour)

Class 1	- Introduction, Tracking, Perceiving, Sensing	
Class 2	- Physical - Kinaesthesia	Extra Sensory Perception is also known as psychic abilities, high sense perception (as per Brennan Healing Science), a part of paranormal science, the 6th sense. The BI uses the scientific term ESP since this is common in the scientific, academic and esoteric worlds. The goal is to clearly differentiate ESP from Paranormal Abilities since there is a scientific and subtle energy difference. Subtle Energy is beyond the mind and body. ESP is one of the main tools that can greatly facilitate your experience of Subtle Energy beyond your mind and body. This can enhance your exploration of your personal transformation at a deeper, clearer and expanded level of self.
Class 3	- Emotional - Intuition	
Class 4	- Love - Hearing	
Class 5	- Guidance	

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

Class 1	- Introduction, Tracking, Perceiving, Sensing, Guidance	
Class 2	- Proprioception	Paranormal Abilities are timeless, space less and not necessarily related to any specific energy vortex (chakra). You will be introduced to PA using theoretical and experiential learning so you can better identify your unique PA for your personal wellbeing. Subtle energy is beyond the mind and body. PA is another of the main tools to experience subtle energy beyond the mind and body.
Class 3	- Clairaudience	
Class 4 & 5	- Clairsentience	

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

These psychotherapy subjects will be introduced, explained, explored and practiced during the 1st year of the PDTW and 2 years of the APDTW program for the benefit of your personal development, transformation and wellbeing. The goal is to use psychotherapeutic concepts to enable you to facilitate your journey in your development of an empathic, compassionate and altruistic relationship with yourself and others.

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

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

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

During the 3 years of the 1-year PDTW and 2-year APDTW programs, you will be invited to explore and consciously become aware of your natural innate and unique qualities and abilities. You will learn different models defining how these Essential Qualities are at the core of the human condition defining your Life experiences. This again is for your development of an empathic, compassionate and altruistic relationship with yourself and others.

Class 1	Introduction to Concepts and Principles of Psychological Defences, Uniqueness and Essential Qualities.
Class 1 - 5	Identifying your Essential Qualities
Class 2 - 5	Reich/Lowen's 5 characterologies & Johnson's 7 character Styles
Class 3	Positive Psychology and Play Therapy
Class 4	Myers-Briggs' 16 type of personalities & The Big Five
Class 1 - 5	Personality tests - you will be invited to take different personality tests throughout the 3 years of PDTW and APDTW.

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

Class 1	- Art as Healing - Introduction - Play as Healing - Introduction
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.

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.	
2.4 Movement Therapy (MT) I - (5 hours - Optional)		
Class 1	- Movement as Healing	
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) I - (2.5 hours)		
Class 1	- Introduction to Meditation, Contemplation and Mindfulness	
	What are each of these and the difference between them.	
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 I - 20,5 in-class hours per week		
3.1 Relational Dynamics Concepts and Principles (RDCP) I - (3,5 hour)		
Class 1	- Introduction and techniques practice	
	- Listening	
Class 2	- Contact	
Class 3	- Empathy	
Class 4	- Compassion	
Class 5	- Unconditional Love	
	During the PDTW program year these subjects will be specifically related to your personal development, transformation and wellbeing by enabling you to develop your abilities to be with yourself and facilitate your healing journey by becoming clear of what subtle energy healing response in relationship to yourself.	
3.2 Subtle Energy and Psychological Concepts and Principles of Emotions (SEPCPE) I - (2 hours)		
Class 1	- Introduction	
	- Major emotions, different models - Plutchik, Hawkins, Shaver et al., etc.	
Class 1 to 5	- Sadness	
	- Anger	
	- Fear	
	- Love	
	- Joy	
	Different "Emotion" concepts, models and principles will be introduced and studied. These different emotions will be presented, explored and practiced using a HEA perspective including experiential learning. As a PDTW participant, you will be invited to let yourself feel your emotions continuously. The idea is to let the subtle energy waves of your emotions flow freely in and out of your being without acting them out.	
3.3 Social and Communal Development I - (5,5 hours)		
Class 1 - 5	- Introduction to the HEA of Society as the theme of 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, the student body, invited guests or a combination of these.	
3.4 Group Psychotherapeutic Process (GPP) I - (9,5 hours)		
Class 1 - 5	- These are open group therapy segments facilitated by faculty members using a wide variety of body oriented and other psychotherapeutic modalities. You will be invited to process at least once during the year. Group sizes may change and vary during the year.	
4. Traditional, Complementary and Conventional Medicine Integration (TCCMI) Theme I - 7,5 in-class hours per week		
4.1 Introduction to TCCMI evening lectures I - (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.	
4.2 Creating Self-Care and Wellness (CSCW) I - (3.5 hours)		
Class 1 - 2	- Introduction to Self-Care concepts and principles using a HEA perspective	
	- Basic Human Needs, Identifying your Self-Care needs	
Class 3	- Creating a Self-Care and Wellness Team	
Class 4	- Movement as Self-Care	
Class 5	- Nutrition as Self-Care	

In-Between Class Optional Themes and Subjects Suggestions

PDTW - YEAR

- Covering all subjects

Class 2 - 5 Optional	- During your 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 PDTW student, you are free to not do any of these.
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