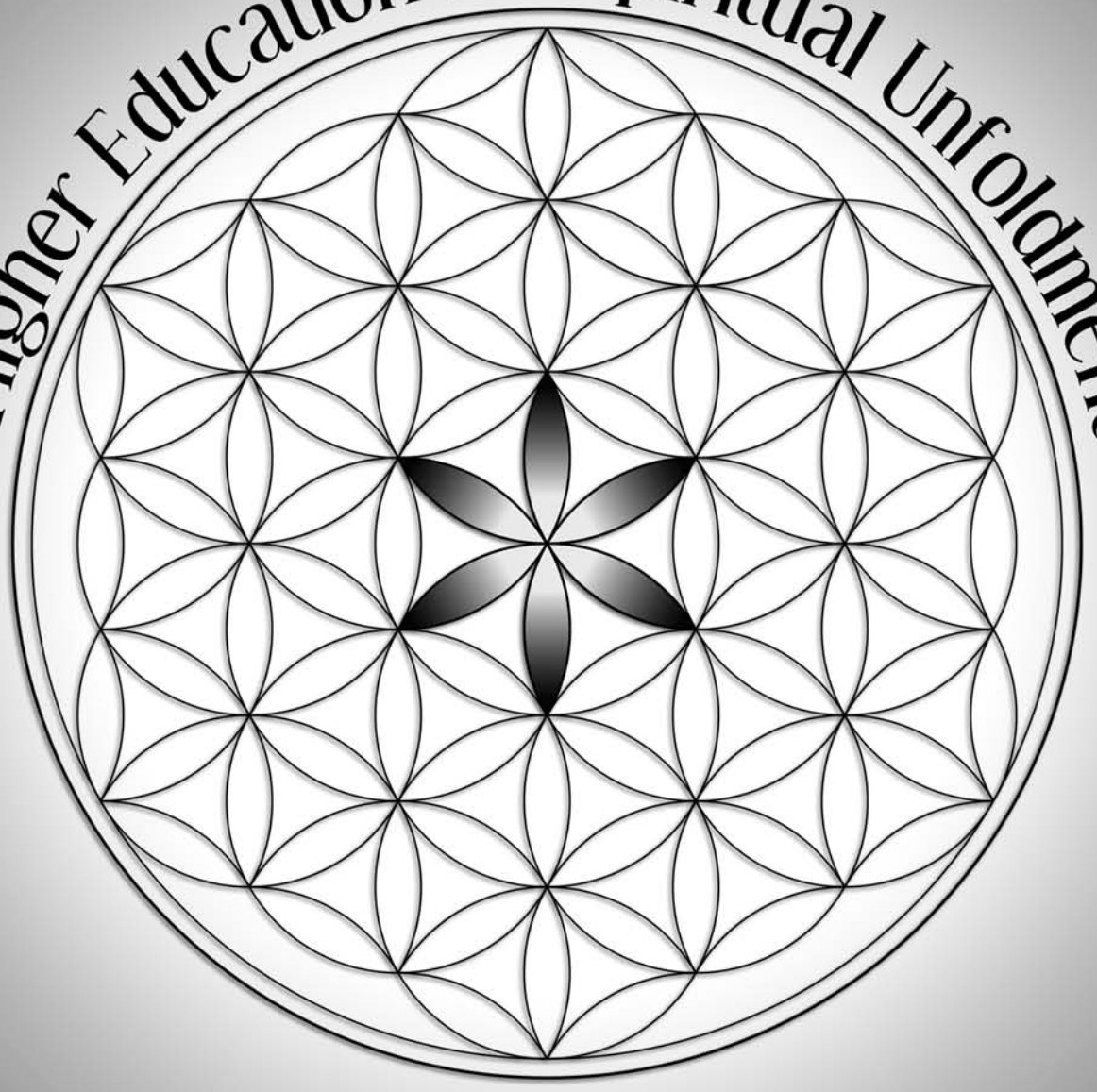
University of Metaphysical Sciences

Higher Education for Spiritual Unfoldment



Bachelor, Master, Ph.D., D.D. Degrees

Bringing Professionalism to the Field of Metaphysics

University of Metaphysical Sciences

Earn Your Bachelors, Masters, Ph.D. or D.D. in Metaphysics

In this age of awakening consciousness, people are more frequently seeking spiritual teachers, healers, and leaders for guidance in their search for truth. It is becoming increasingly beneficial for metaphysical teachers and healers to have credentials and a comprehensive education in metaphysics. University of Metaphysical Sciences has been created to help meet this need.

UMS was conceived of, designed, and created on the breathtaking north coast of California, an area rich with incredible natural beauty. Hugging a stunning coastline, rugged mountains 30 minutes east, surrounded by 6 flowing rivers, and the home of majestic, ancient redwood forests, the little town of Arcata is a community steeped in spiritual awareness. It was here that Christine Breese, UMS founder, was inspired to focus on and manifest her dream of opening a modern day "mystery school." She gathered together support from many like-minded, spiritually focused teachers and leaders, and spent several years making this long-time vision a reality.

UMS offers its program through distance learning only. This way we can provide access to many people, as all studies can be completed in the comfort of your own home. Our main office is in Arcata, California. Our bachelors, masters, and all doctorates except the Ph.D. degrees, are registered with the California Office of Education. We offer our Ph.D. degrees through Minnesota, as these degrees are registered with the Minnesota Office of Education. You are not required to travel to either of these locations at any time during the course of your studies.

The intention behind the UMS program is multifaceted. It creates an opportunity for people who are seeking truth and desiring to awaken their consciousness to access affordable and high quality information, meditations, support, and guidance. It also provides excellent training for spiritual teachers and leaders to gain confidence as professionals in the field of metaphysics. Finally, UMS provides a path for expansion of the field into a truly respected area of research, as more and more people begin to directly experience the infinite nature that is the truth of who we are, and to be inspired to write about, teach, and practice the tools that support and expand this awareness.

Welcome to UMS!

Our Vision

UMS has a vision of humanity coexisting peacefully on our beautiful planet through a spiritual awakening in which individuals come to recognize the oneness of all creation, and live with love, caring, and compassion for one another, for all living beings, and for our Mother Earth.

Our Mission

UMS offers a distance learning program designed to assist spiritual teachers, healers, and leaders in becoming knowledgeable about metaphysical concepts and discovering the true self. Through self-healing, introspection, and increased spiritual awareness, our graduates become a radiant source of love and grace prepared to assist the human population in its spiritual evolution and awakening.

Our Non-Profit Status

University of Metaphysical Sciences is a program of Wisdom of the Heart Church, a 501(c)3 which is registered as a non-profit corporation in both California and Minnesota, USA. Through UMS, Wisdom of the Heart Church is able to offer metaphysical teachings to people all over the world who are seeking to expand their consciousness, and fully integrate spirituality into their personal and professional lives.

Creating a Ripple Effect

UMS students and graduates touch countless people's lives as they do their work in the world. You can help UMS to accelerate this ripple effect by making a tax-deductible donation to the UMS scholarship fund. This important program provides a partial scholarship to students who need it, helping them to get started on their own healing and awakening journey.

If you are interested in helping us share this opportunity, please give us a call or simply mail a check or money order to:

University of Metaphysical Sciences (Scholarship Fund)
P.O. Box 4505
Arcata, CA 95518

You will receive a receipt for your tax records.

Wisdom of the Heart Church Believes:

- All beings are One Being, One Heart, One Mind and One Body in God.
- God is within all beings: human, animal, plant, mineral and otherwise. God is manifested in all creation.
- God can be found through stillness, peacefulness, and attention to that which dwells within us.
- Our own minds are part of The Universal Mind, the gestalt intelligence that is God. This Universal Mind can be used to find answers and direction in life.
- Heaven is within us, and if we wish to experience Heaven on Earth, we must create it in our own lives first and foremost.
- The original nature of all humans is goodness, happiness and peace with one another.
- We create our reality with our thoughts and emotions.
- The innermost self, the God spark within us, continues forever and never dies, never changes, and is never harmed by any experience.
- Truth is found within the self, not outside. All outside influences only point to the direct answers from within.
- Healing happens through love and the power of mind over matter.
- True power is gentle and kind.

What is Metaphysics?

"Knowing yourself is the beginning of all wisdom." ~Aristotle

Metaphysics as an area of inquiry has come to cover a vast field of study, yet it is helpful for us as metaphysicians to understand its origins. The term metaphysics originally referred to a classification of the Greek philosopher Aristotle's work. Aristotle, along with his mentor Socrates and his contemporary Plato, is considered an originator of Western philosophical thought. He wrote extensively on many subjects, including the nature of thought, reason, ethics, politics, science, math, and the physical world, as well as on more intangibles such as the nature of being. When his work was being compiled and classified, the sections that dealt with non-physical reality were titled meta (after) physics. As a result of this classification, metaphysics as a field of study was born!

Philosophy is the study of the fundamental nature of reality and existence, and metaphysics has further developed as the branch of philosophy which explores non-physical reality. Traditionally it consists of 3 areas of study:

Ontology: The study of the nature and the relationship of things which exist.

Cosmology: The study of the origins and nature of the universe.

Epistemology: The study of how knowledge is obtained and integrated.

Therefore, traditional metaphysics is essentially the exploration of the fundamental nature of non-physical reality in relation to origin, existence, and understanding.

Spiritually focused people have many different concepts and terms for non-physical reality. We talk about energy, chi, chakras, auras, thought forms, vibrations, frequencies, awareness, God, Creator, Great Spirit, consciousness, dimensions, oneness, angels, guides, astral worlds, intuition, and the list could go on. We attune ourselves to what is beyond, underneath, or foundational to what we can observe and interact with through our 5 physical senses. We study metaphysics.

Why Metaphysical Sciences?

"Science is not only compatible with spirituality; it is a profound source of spirituality." ~Carl Sagan

Emerging within western thought from the philosophical discipline of metaphysics, and also rapidly becoming important to all fields of study, is the study of consciousness. The Mind Science Foundation gives us this quote from Nobel award winning researcher Dr. Francis Crick:

"Solving the problem of consciousness will need the labors of many scientists, of many kinds, though it is always possible that there will be a few crucial insights and observations. ... A few years ago one could not use the word 'consciousness' in a paper, for, say, Nature or Science, nor in a grant application. But thankfully, times are changing, and the subject is now ripe for intensive exploration."

Here we see that Western science, using pure empirical methods, is now beginning to take the study of consciousness seriously. Meanwhile, the spiritual wisdom of thousands of years of consciousness studies is re-emerging. Human exploration of consciousness (particularly in the Eastern spiritual traditions) through deep states of meditation, self-inquiry, and exploration of non-physical states like astral travel, near death experiences, and psychic phenomena, offer an already established, very rich and substantial body of knowledge to explore. The direct experience of we who dedicate our lives to spiritual development puts us at the forefront of the metaphysical field, making us the true experts on the subject. Nothing can replace direct experience, and diving into the inner world of consciousness, self-inquiry, and spiritual truth inevitably changes the way one views reality.

Metaphysics is the spiritual discipline that will redefine the scientific methods currently so entrenched in our process of acquiring knowledge. We are on the brink of some of the greatest discoveries in human history, and all the knowledge and answers relevant to this discovery are found within...

What is It Like to Study with UMS?

"Why, sometimes I've believed as many as six impossible things before breakfast." ~Lewis Carroll, Alice in Wonderland

The UMS curriculum is designed so that you can experience a holistic process throughout. At the core of the program are our unique guided meditations, which are designed to allow you to have progressively deeper experiences. The main underlying intention within the UMS curriculum is to give you ample opportunity to experience deep states of spiritual awareness through meditation. This process helps you live more and more in what Christine Breese, UMS founder, would call the "magic zone," where anything is possible, where you become aware of and begin working with energy or "pre-matter," and become a conscious creator of your reality.

The curriculum also takes you on a journey which touches on many aspects of human spiritual development throughout time and all over the world. You are introduced to significant spiritual teachers, world religions, divination systems, psychic skills, and many different spiritual teachings and healing modalities. There is an intentional progression throughout the program that includes:

The bachelors level curriculum, which is designed to take you on a journey deep into your own healing through exploring meditation, shadow work, emotional well-being, chakra health, and much more. While carrying this deep focus on your inner healing and spiritual development, it also provides a vast amount of information to satisfy the intense curiosity and need to learn most metaphysicians have, and presents a wide array of tools for personal use and for use within a professional setting.

The bachelors is the most curriculum-rich level, containing 40 core courses and 10 elective choices. Upon completion of these requirements, you will receive a bachelors degree.

The masters level curriculum, which is designed to accelerate the awakening process through offering increasingly more advanced subject matter and meditation experiences. The masters courses focus on tools to introduce you to even deeper levels of awareness, and develop or increase your ability to counsel, teach, and work successfully in a professional capacity in the field of metaphysics.

This level contains 25 core courses and 5 electives, plus the final Masters Culminating Project, which is specifically designed to support you in stretching your abilities and furthering your spiritual, personal, and professional goals. Upon completion of these requirements, you will receive a masters degree, be ordained by Wisdom of the Heart Church, and also receive a practitioner's certificate which allows you to practice hands on healing.

The doctoral level, which contains no curriculum, and instead gives you the opportunity to choose an area of

research and exploration in metaphysics that you are interested in to further your own growth, and increase your spiritual knowledge and awareness. You will then deeply research this topic, and write a specifically structured 10,000 word dissertation. While no curriculum is involved, this is the most academically focused and often the most challenging process for students, yet it is also one of the most rewarding. This project will also be directly related to the degree title you choose and your personal and professional goals. Upon completion of this level you will receive the high honor of a doctoral or Ph.D. degree. If desired, upon payment for and completion of a second dissertation, you can earn both a doctorate and a Ph.D.

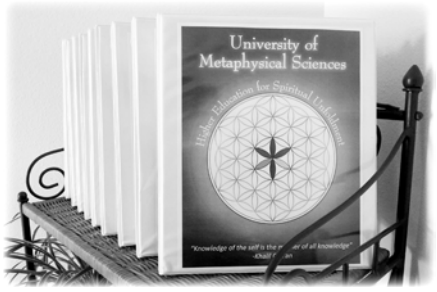
What Will I Learn?

The UMS curriculum is designed to give you a broad understanding of the field of metaphysics. The material is inclusive of many religions and belief systems to create awareness of the multitude of ideas and spiritual practices out there in the world. We endeavor to give accurate information, this being especially important where there are misconceptions or misinformation commonly held about a particular belief system.

Acceptance of all people's spiritual experiences and belief systems is something that UMS deems vitally important to the future of humanity, and so we focus on a neutral and factual presentation of this information. We do not ask that you believe or practice anything that you feel is not right for you, but we do ask you to keep an open mind when learning about the great variety of spiritual beliefs people hold. This can be especially helpful when, as a spiritual teacher or counselor, you find yourself working with people from many different spiritual backgrounds.

The curriculum spans many different areas of spiritual studies, as can be seen in the list of courses. The most powerful thing that you will learn though, as a student, is about your own true nature.

How Were the Courses Created?



UMS presents a vast amount of information condensed into course format for accessibility to the student. The courses also serve to create a reference library that can be used well into the future.

The course content was extensively researched by a team of more than 40 writers and teachers. Many minds have come together to create this curriculum. Our research team members are varied in background, each bringing their own unique perspectives, wisdom, skills, and expertise to the courses they contributed to. Having a wide range of voices, writing styles, and perspectives keeps the curriculum fresh, interesting, and dynamic.

What Are the Courses Like?

The courses consist of reading material generally between 20-120 pages in length. Most have a review of literature for further reading, and many have extensive reference material. Many of the courses also include meditations that are central to the overall course content.

Each course has an exam that includes true/false and multiple choice questions. These exams are primarily meant to enhance your integration of the material. If the course has meditations, you will be asked to share your experiences with the meditation. We encourage you to write about your process, whatever it was, and be gentle and accepting with where you are on your own path. We have a very supportive philosophy, and feel that there is no wrong way to experience these meditations, as long as you bring your full awareness and presence to the experience.

What Are the Meditations Like?

The meditations are all in a guided format. They are focused on teaching skills, affirming concepts, and assisting you in accessing expanded states of awareness. They are very different from, though generally complimentary to, silent meditation, and can support you in having deeper experiences within your own practice.

The meditations were all created by Christine Breese, the founder of UMS, with music by accomplished new age musician, Michael Hammer. They are very unique and powerful, and are definitely the heart and soul of the UMS curriculum.

We encourage students to fully experience these meditations to whatever degree they are able. Going as deeply as possible with the meditation work is what gives you the greatest potential for having a truly transformational, life-changing journey with UMS.

How Long Will the Program Take to Complete?

The UMS program is designed to be self-paced and to fit comfortably into your lifestyle.

It is possible to complete the entire program in 1 year, if you have ample time to dedicate to the process and are very motivated. We do ask that students take a minimum of 1 year to complete the program, to ensure that they have really integrated the material and gotten the most out of the journey.

Most students complete the program in around 2 years, fitting their studies into their lives in an enjoyable, practical way. One thing to note is that if a payment plan is chosen for paying the tuition, this affects the speed at which the courses can be completed. We ask that students do their best to complete the program within a 5 year time frame, but are very flexible and supportive with students as life happens.

Are There Careers in Metaphysics?

Many metaphysical teachers and leaders are now obtaining credentials in order to present themselves in a professional manner, validating the experience, wisdom, knowledge, and skills they bring to the field.

Spiritual awareness is rapidly increasing on the planet. As more and more people awaken spiritually and become aware of the deeper dimensions of reality, eventually a "tipping point" will be created, where the consciousness of humanity will encounter a radical shift as a whole.

We are right on the brink of this transformation, and a great many people are beginning to look for personal

healing, spiritual understanding, and guidance. The field of metaphysics is seeing very rapid growth as consciousness studies, yoga and meditation practices, holistic life coaching, alternative healing, and psychic and spiritual counseling become accepted and recognized for the benefits they provide humanity. This program is intentionally designed to offer qualifications and credentials to the future spiritual writers, counselors, teachers, and leaders who are dedicated to becoming a source of guidance, love, and support to those who are opening to their own healing and spiritual awakening.

Why be Ordained?

Upon completion of the masters degree you have the option to be ordained by Wisdom of the Heart Church. This is a way of strengthening your status as a spiritual teacher, mentor, and counselor. It shows that you have completed a rigorous process of spiritual growth through WOHC and UMS, and that we stand behind you as a spiritual leader. This lends support and a sense of validity to your work with others. It helps to give others a sense of confidence and security that you have met the personal and spiritual qualifications to be ordained.

What is Wisdom of the Heart Church?

Wisdom of the Heart Church is the spiritual entity with 501(c)3 non-profit status that UMS grew out of. Though we call it a church, it is not associated with Christianity. WOHC holds the belief in tolerance toward and acceptance of all people's spiritual beliefs, and in the underlying commonality and spiritual origins of all beings.

Wisdom of the Heart Church encourages one to look within for the answers to the deep spiritual questions of one's heart. It is founded on the premise that, through the use of the tools of self-inquiry, self-reflection, meditation, stillness, and living with ever deepening levels of presence and awareness, one will naturally grow, develop, and evolve both personally and spiritually.

Why Get a Doctoral Degree?

UMS offers doctorate level degrees to denote the highest level of education attainable through studies in metaphysics. The doctorate degree is a research based degree, and provides the student with an opportunity to make a unique and original contribution to metaphysical knowledge. The earning of a doctorate degree gives the student the title of doctor in their chosen specialization in the field of metaphysical sciences.

UMS also offers the option of a Ph.D. Degree, which denotes doctor of philosophy, and indicates a less specialized and broader approach to the area of study. The original definition of philosophy is "Love of Wisdom," and has never been more relevant than in the cutting edge field of knowledge we are working in.

A doctoral degree adds a new level of professionalism and legitimacy to your credentials. It shows that you have such a deep interest in and respect for your work that you have intensively focused on research and contributed to the information available in your area of study. This can be especially relevant if you are teaching, lecturing, or writing books, as agents and expo producers specifically look for this level of education in their writers and presenters.

Who is the Founder?

Christine Breese is the founder of University of Metaphysical Sciences and Gaia Sagrada Eco-Community and Retreat Center. She has studied a variety of world philosophies. You can find her free videos and meditations on YouTube by simply searching for her name. She is the author of *Reclaiming The Shadow Self*, the soon to be released *Choose Yourself: The Power of One to Change the World*, she is the director of the TV series *Spirit Talk*, and she facilitates healing ceremony retreats with Ecuadorian shamans at Gaia Sagrada Retreat Center in Ecuador. She has a Doctor of Divinity Degree in Metaphysical Sciences, and a Ph.D. in Metaphysical Counseling.

Dr. Breese has overseen the development of a wide and diverse curriculum. At the core of all UMS courses is the encouragement for seekers and students to be in the moment, ever aware of the self as eternal consciousness that continues to have experiences even after the world of form has been left behind.

Dr. Breese has developed her own unique style of teaching which focuses on intensive guided meditation in order to facilitate direct and profound experiences of expanded states of consciousness. These direct experiences provide the opportunity to realize the truth of the Self. In her presentations, Dr. Breese helps people through discussion and meditation to explore awareness and how consciousness itself works. She also helps people find practical ways to integrate into daily life what they find in meditation.

The following is an excerpt from one of her meetings and gives a glimpse into her philosophy:

"There is nothing one must do except be awake in the moment, and everything else takes care of itself. It takes trust and surrender to live this way, letting life unfold for you rather than directing it yourself with the human mind. Realize that the self is eternal consciousness which never changes, can never be harmed, and never dies. It doesn't need to be fixed or healed, it doesn't have to evolve. The real you is already whole... it's not a process.

"Realizing this frees you from the human condition. You have found what you are looking for right here in this moment, in the very fact that you are aware intelligence, with or without the body. Once direct experience of who you really are has taken place and it is brought into daily life, wholeness and peace become your natural way. This results in living your enlightenment in this lifetime, which automatically creates the beautiful life you always wanted.

"As you radiate this grace to others around you it may seem like a brand new way of being in life—and it is. It is lucid living. The first challenge is to become lucid, rather than operating on automatic pilot through life. The next challenge is to maintain that lucidity without falling back to sleep into the human condition.

"Stopping the mind is the first step. This is where it begins. It only deepens from there. Now, forget everything you've just learned and be still. Know yourself as wise, loving, intelligent, eternal consciousness that never needed to change or fix anything in the first place. Then see what happens... It will be a pleasant surprise!"

Currently Dr. Breese is facilitating monthly retreats at Gaia Sagrada Retreat Center in Ecuador. You can find out more at gaiasagrada.com.

Is UMS Accredited?

In order to ensure a basic level of quality, the practice of accreditation arose in the United States as a means of conducting non-governmental peer evaluation of educational institutions and programs. The U.S. Department of Education does not accredit educational institutions or programs. The United States has no Federal Ministry of Education or other centralized authority exercising single national control over post-secondary educational institutions in the country. In general, institutions of higher education are permitted to operate with considerable independence and autonomy. American educational institutions can vary widely in the character and quality of their programs. The reputation of a university truly depends on the content of curriculum material, reputation and the quality of its graduates.

Accreditation is optional for all colleges and universities. The goal of accreditation is to ensure that the education provided by institutions of higher learning meets acceptable levels of quality. Accrediting agencies, which are private educational associations of regional or national scope, develop evaluation criteria, conduct peer evaluations, and assess whether or not the criteria are met. Institutions and programs that request an agency's evaluation and meet that agency's criteria are "accredited" by that association.

Private educational associations have adopted criteria and procedures for evaluating institutions to determine whether or not they are operating at basic levels of quality. This has created a level of stability and similarity between all schools. For the most part, this only includes secular colleges and religious schools centered around Christian and Biblical teachings.

Because Metaphysical Sciences is considered a "new emerging field of study" by federal and educational agencies, UMS does not qualify for traditional accreditation that universities like private and state universities, community colleges, and other secular institutions qualify for. The traditional accrediting agencies, of which there are nine, have made it known to UMS that they do not have any other colleges like this one to compare UMS to, therefore they cannot do an evaluation of us by "comparing us to our peers." Perhaps at a later date in time they will be able to evaluate us.

The AADP and AAMA were established to meet this need on the part of those who practice and teach metaphysics. It consists of many practitioners and schools. The University of Metaphysical Sciences has met all criteria of the AADP and the AAMA. Upon evaluation, UMS was granted accreditation by both agencies.

UMS Accreditors

The AADP and the AAMA are the most prominent and related organizations at this time in the United States for accrediting a metaphysical institution. These are the only agencies in existence at this time that are "a grouping of our peers." UMS is accredited by the AADP, American Association of Drugless Practitioners (www.aadp.net) and the AAMA, American Alternative Medical Association (www.joinaama.com). Please feel free to visit their sites and check our school listing with them.

AADP, American Association of Drugless Practitioners
http://www.aadp.net

AAMA, American Alternative Medical Association
http://www.joinaama.com

Languages

At this time, all course materials are in English. Eventually, UMS courses will be translated into other languages.

Can I Apply Previous Experience?

Credit for Work, Education, or Life Experience

Students of every level, from beginner to advanced, come to UMS for their degrees. Many have been working in the field of metaphysics for quite some time, yet are now interested in getting credentials.

We have a great deal of respect and appreciation for the professional, academic, and life experiences that our prospective students have. While we honor each individual's previous experience, we require that all students complete our degree program in its entirety. Due to the unique nature of our program, all incoming students must begin with the UMS bachelors degree program and proceed sequentially to the masters and doctoral programs. In order for us to stand behind our graduates, we must be sure that each student has been exposed to all of the information as it is presented by our courses. Students with extensive backgrounds in metaphysics may find that their experience helps them to move through familiar parts of the curriculum quickly.

How Do I Access My Courses?

UMS offers 3 different options for how you will receive your course materials:

Internet Downloads- All course materials are downloaded through the student center. You will download PDF files for the written materials, and MP3 files for the guided meditations.

Partial Downloads / Postal- Download PDF files through the student center, receive CDs for the guided meditations through the mail.

Postal Delivery- All course materials will be sent through the mail. Printed materials are 3-hole punched for insertion into binders. Guided meditations are on CD.

How Do I Submit My Work?

Upon completion of your enrollment, you will be set up with a profile in the student center, which you will be able to access through our website. This is where you will download course materials (if choosing the internet option), as well as choose your electives, submit your exams, and keep your contact information up to date. You will be sent your log in information via email upon completion of your enrollment.

Exams

Exams for each course are submitted through the student center. From here, you are able to print a copy of the exam if you prefer to take it on paper before submitting your responses online. Upon completion of an exam, an email will be sent to you with your score, a copy of the exam itself, and any feedback from faculty. All exams are pass/fail, a passing score being 80% or better. Scores are not tracked, and grade point averages are not used at UMS.

*Students without internet access are still able to complete the program by completing the exam at the end of each course, and sending a copy in through the postal mail.

What Kind of Support Is Available?

UMS has skilled student advisors available from 9-5 Pacific Standard Time M-F except holidays. Advisors do take lunch midday and have regular staff meetings, so if you are prompted to leave a message you can expect a call back in that same day. During office time advisors respond to calls and emails and are available to answer questions and offer encouragement and guidance to potential and current students. Advisors are spiritually focused and knowledgeable, and are very good listeners who genuinely love to connect with and get to know students. A high level of program support is maintained throughout the process, and advisors work with students on a personalized and individual basis. Trained thesis advisors are available to consult with students working on their Masters Culminating Project or Doctoral Dissertation.

Does UMS Staff Offer Spiritual Counseling?

Studies at University of Metaphysical Sciences are deeply transformative in nature, and at the core of the curriculum is an introduction to non-duality concepts. You are supported and encouraged in realizing the master within yourself, and also in facing your shadow selves and accepting and healing them. If you have done this type of work prior to enrollment, you may find yourself moving through the curriculum effortlessly. If not, you may find the courses trigger old hurts up for re-examination or processing. Sometimes the work in the curriculum may cause emotional releases, deep healing, or the need to talk to someone about the process.

When you enroll with UMS, you are held in loving energy on the inner planes throughout your studies by staff members. This is to assist you in successfully reaching your full potential. Wisdom of the Heart Church also maintains a prayer circle for specific requests. UMS is sensitive to difficult transformative processes, and wants to help you in every way possible. If you find yourself having a difficult emotional process, you are encouraged to write about what is going on in a letter or email to UMS. All letters are read by a staff member, and responded to with loving support.

UMS staff is limited in the scope of spiritual counseling it can offer. Answering questions or providing support and guidance through brief phone calls or emails is within that scope. More in depth counseling, advice, psychic readings, or especially any kind of crisis response or intervention is not within that scope. We strongly encourage you to cultivate and utilize your own support system and have access to local teachers, mentors, healers and counselors as needed, particularly in cases where you have experienced trauma, abuse, or mental health issues.

Whatever is going on in your life, the UMS curriculum is a very conscious way to explore your own deep healing and transformation, and, with proper support as needed, is well worth the challenges presented.

How Do I Enroll?

If you have decided that UMS is the right path for you, and you are ready to enroll, first of all, congratulations! You are no doubt embarking on a life-changing journey.

When considering enrollment, we encourage you to get all of your questions answered. Our student advisors are skilled at helping you navigate through the process with ease, so please feel free to call our office and talk with an advisor. We want you to feel completely comfortable and confident in your decision.

When you are ready, the first step to getting started is to fill out our online enrollment form. This can be found on our website, metaphysicsuniversity.com, by clicking on the tab under enrollment. Fill out the enrollment form as thoroughly as possible. UMS does not require any prerequisite studies or experience other than graduation from high school (or the equivalent) and fluency in English for both reading and writing. We do ask that you include an emergency contact, though we do not contact anyone except for the rare occasion when we need to reach you and cannot. Please also include your social security number or other alternative government ID number. We do need this for tax purposes. If you do not wish to give this through the form, you are welcome to give it to us over the phone.

If for some reason you are unable to submit an enrollment form through our website, you can use the form included with this catalog, and send it through the mail.

Once we have your enrollment form, we can get you set up on a payment plan that works for you, take your initial payment, and get you started the same day. It's that easy!

Policies & Procedures

Non-Discrimination

All are welcome. University of Metaphysical Sciences is a non-discriminatory educational facility, and does not discriminate on the basis of national or ethnic background, disability, gender, sexual orientation, or age in its programs, and provides equal access to all.

Confidentiality of Student Records

Student information is protected in complete confidentiality. No student information is shared with any agency, including mailing list agents, email lists, survey businesses and other such companies who buy mailing lists. No information is shared with outside parties unless requested by the student.

Withdrawal and Refunds

If the student decides to withdraw, for whatever reason, within the first 30 days of enrollment all monies will be refunded minus a $150 processing fee, for administrative expenses. If the student withdraws between 30-60 days after enrollment, all monies except $300 will be refunded. After 60 days, no refund will be given. Course materials and monies already paid are non-transferable to other incoming students.

Program Completion

UMS makes no promise that enrollment and payment for through to the doctorate level will insure that a student will be able to complete each degree level. In order to be granted a degree, all requirements for that level must be met.

Becoming a Professional in the Field of Metaphysics

As humanity awakens to a more expanded level of awareness, old patterns and beliefs that have caused much suffering and woundedness are being released, cleansed and cleared from the greater consciousness that we share as a species. There is a powerful, inevitable wave of healing and cleansing washing over our planet right now. What an infinitely beautiful blessing this is. Yet for many it is bringing up very deeply held, and very personally experienced pain. This can manifest on every level of one's life, emotionally, mentally, physically, and spiritually.

As people continue to feel the calling to look within, heal, and realize truth, the need for spiritual teachers and leaders is ever increasing. Those of us who are currently more attuned to the deeper rhythms of our true nature have the direct experience, understanding, and developed sensitivity and compassion to assist others, and help them to create space in their own lives to do this work for themselves. Using the myriad of tools available, we can support others in their own awakening.

UMS studies are geared toward preparing you to do this type of work with confidence and grace. Ample tools, opportunity, and support are offered to help you recognize and fully embrace your own unique skills and gifts that you can then feel amazing sharing with others. It naturally follows that you begin to feel confident in creating a professional practice and reaching those who will benefit immensely from what you can offer them. No matter where you live on the planet, you will find others who are looking for the gifts you have to share with them on their own journey.

The UMS program offers a unique blend of personal, spiritual, and professional development, which gives a high level of validity to the degrees earned. The credentials will help establish you as a professional in your field, and on a practical level, this is really helpful in marketing yourself in whatever area of the field of metaphysics you choose. Most importantly, studying with UMS will help give you the self-awareness and confidence to realize your dreams, whatever they may be.

Professional Opportunities

Metaphysical Author

Metaphysically focused people who are interested in healing, awakening, and spiritual growth are generally also avid readers. We are out of the box thinkers, who question everything, who search for truth, who want to "know." We comprise a huge market for all things metaphysical, and especially books. If you are a writer or an aspiring writer, this is a great area of the metaphysical field to get into. Having credentials, especially a PhD, in your chosen area of writing greatly increases your chances of obtaining an agent and publisher. On a purely practical level, a PhD credential is a major marketing advantage for a writer and this makes you more attractive to a publisher.

UMS does not publish metaphysical books. There are many resources online for authors to learn the ropes of publishing, and the difference between self-publishing, royalty publishing, and print on demand publishing. Small Publishers, Authors, and Writers Network (spawn.org) is a great resource for lots of information to assist you in becoming educated and getting started in becoming a successful published author. UMS is happy to review students' books, and we will tell others about them through our social networking circles. Get those creative juices flowing and write that book!

Professional Presenter / Motivational Speaker

Many different spiritual gatherings, events, expos, schools, shops, churches, and fairs seek presenters and speakers to inspire and entertain their participants. This is a really powerful way to teach and get your message out to large groups. If you have an affinity for this type of work, and you like to travel, this could be a great option. The promoters of these types of events also look for credentialed speakers as this is, again, helpful for marketing purposes. This work often goes hand in hand with being an author, as authors often travel and lecture to promote their books.

Spiritual Counselor / Metaphysical Life Coach

It is so amazing to watch someone who is ready to learn about self-inquiry, energy systems, consciousness, and enhanced psychic awareness begin to tune in and experience their own expansive nature. Starting a practice as a spiritual counselor or metaphysical life coach is a wonderful way to share your knowledge and experience with others in awakening to a more fulfilling, joyful life. The UMS program offers a multitude of tools, inspiration, and training to support you in creating this type of practice.

Spiritual Healer

Spiritual healers are the human angels who are channeling boundless love, radiant light, and healing sound, scent, and touch to those who are ready to realize their own beauty and wholeness. We are creating space for the healing and awakening of human consciousness on every level of being. UMS studies provide a vast array of knowledge, tools, and support for you to fully develop your confidence and abilities if you are one of the healing angels ready to do your work in the world.

Psychic

Most of us on this path have developed our intuitive abilities to some extent. Some are drawn to explore a stronger pull in fully awakening their psychic abilities and using them to help and support others. If you naturally receive psychic information, and would like to fully develop these abilities as a professional psychic, the UMS curriculum and credentials will be a wonderful support for you.

Spiritual Teacher

This planet cannot have too many spiritual teachers! We need you out there spreading your own message of love, peace, joy, surrender, enlightenment, healing, or whatever you're called to share with the world to increase the positive vibrations and help awaken the consciousness of humanity.

Whether you choose to do workshops, a local class series, online classes, or teach in another way, UMS studies will help prepare you to guide and teach with confidence and grace, and give you the credentials to present yourself as a professional.

Founder of a Church, Spiritual Center, or Metaphysical Store

Many people are called to establish a church, healing center, retreat center, or other spiritually focused business. There is a clear need for these types of places for gathering, and learning within each community, as these are the places where people know that they can come for classes, healing, spiritual fellowship, and connecting with others of like mind. These kinds of gathering spaces create much needed sacred, safe environments for people to fully express and explore their healing and spiritual growth, which is vital at this time on the planet. If you are feeling the calling to provide this type of space for your community, UMS credentials and curriculum will help you make this goal a reality. One specific advantage to having credentials is that these are attractive if you are looking for an investor to back your vision. Live your dream!

Online Practice

The information available through the internet is astounding. Never before in the history of our species (as far as we know) has so much information been available to so many with such ease and organization. Between the instant communication capability with cell phones, and the instant access to information with the internet, we are in touch on a mass level in a way that completely alters how we relate to each other and the world. Clearly this has its benefits and drawbacks, as it is a tool, and like any tool, it is the intention behind its use that determines the outcome.

For metaphysicians and those awakening their consciousness, the internet has given us a glimpse of the universal mind, and insight into oneness in a whole new way. Starting an online metaphysical practice is a wonderful way to reach many people and to develop and hone your intuition, psychic awareness, and your ability to work with energies from a distance. It is a unique and amazing way to practice, and allows one to work from home, raise a family, and have maximum freedom and flexibility. There are so many possibilities for what you can do online: blogging, writing articles, doing readings, selling books or meditations, teaching classes online, holding webinars, the list goes on and on.

More?

Clearly you are entering into a rapidly growing field with a huge potential for continued growth and expansion, in a area of exploration that is on the cutting edge of human evolution. Humanity is awakening, and you are riding the crest of this immense, unstoppable, wave. New modalities and practices are being created every day. You have something to offer that no one else can offer, as you are a one-of-a-kind reflection of Divine Consciousness. UMS holds the intention of supporting you in finding out what your unique gift is, in order for you to step into your life's purpose with clear intention and grace. Namaste!

Degrees & Credentials

Accredited by the AAMA & AADP

Bachelor Degrees

From UMS/California

Bachelor of Metaphysics, B.M.
Bachelor of Metaphysical Sciences, B.Msc.
Bachelor of Divinity, B.Div.

Master Degrees

From UMS/California

Master of Metaphysics, M.M.
Master of Metaphysical Sciences, M.Sc.
Master of Divinity, M.Div.

*Includes Practitioner's Certificate, and your ordination from Wisdom of the Heart Church.

Doctoral Degrees

From UMS/California

Philosopher of Metaphysics, Ph.M
Doctor of Metaphysics, D.M.
Doctor of Metaphysical Sciences, D.Ms.
Doctor of Holistic Life Coaching, D.HLc.
Doctor of Divinity in: (D.D. or D.Div.)
Metaphysics, Metaphysical Sciences,
Metaphysical Counseling, Spiritual Counseling

Ph.D. Degrees

From UMS/Minnesota

Philosopher of Metaphysics, Ph.D.
Philosopher of Metaphysical Sciences, Ph.D.
Philosopher of Holistic Life Coaching, Ph.D.
Philosopher of Metaphysical Counseling, Ph.D.
Philosopher of Metaphysical Theology, Ph.D.
Philosopher of Metaphysical Life Coaching, Ph.D.
Philosopher of Parapsychology and
Paranormal Sciences, Ph.D.
Philosopher of Transpersonal Counseling, Ph.D.
Philosopher of Pastoral Counseling, Ph.D.

Bachelors Degree Curriculum

* All courses listed are required

Consciousness I 35 credits
CS101 Archetypes
CS102 Enneagram
CS103 Communication Skills
CS104 Radical Reprogramming & Absolute Affirmations
CS105 Shadow Work
CS106 Transforming Personality
CS107 Emotional Well-Being
CS108 First Causes / Core Issues
CS109 Healing the Inner Child
CS110 Anger Management

Health Studies I 9 credits
HS101 Cleansing & Fasting
HS102 Pranayama & the Art of Breathing
HS103 Herbs: A Spiritual Approach

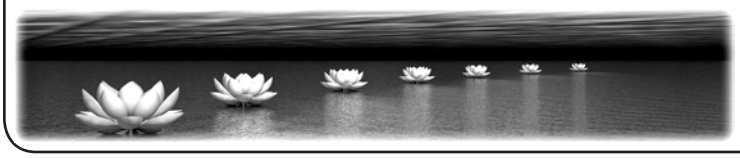
World Religions 24 credits
WR101 World Religions
WR102 Great Spiritual Masters & Teachers
WR103 Mystical Beginnings of Christianity
WR104 Native American Studies
WR105 Gods, Goddesses & Mythology
WR106 Wizards, Adepts, and Mystery Schools
WR107 Witchcraft
WR108 Shamanism

Meditation Skills 16 credits
MS101 Meditation Skills
MS102 Hypnosis & Beyond
MS103 Spiritual Symbols & Colors
MS104 Unlocking Creativity & Imagination
MS105 Mantras & Mudras

Intuitive Skills I 27 credits
IT101 Chakras & Auras
IT102 Psychic Skills
IT103 Divination Systems
IT104 Channeling Skills
IT105 Crystals & Gemstones
IT106 Astrology Basics
IT107 Mysterious Experiences
IT108 Connecting With Angels

Miscellaneous Courses I 19 credits
DR100 Dreams & Dreaming
CM100 A Course in Miracles- An Introduction
RC100 Reincarnation
MF100 Manifestation Skills
EM100 Energy of Money
CP100 Bachelors Creative Project

10 Electives 10 credits



Consciousness I

Archetypes CS101
An introduction to how archetypes play a part in many spiritual and psychological systems. Covered are the different archetypes and what they represent.

Enneagram CS102
Learn the nine types of personalities in the Enneagram, and how to recognize particular types, find your own type and understand the three drives behind each personality fixation. This is a very ancient and precise system. Included is a self-test which will assist you in finding your own type.

Communication Skills CS103

Learn basic communication skills. Very useful techniques are included. Learn how to be non-reactive, yet present for solving conflict.
Audio Meditations: Putting Light on Relationship/ Situation, Seeing Issue Resolved in Loving Way

Radical Reprogramming & Absolute Affirmations CS104
Examine the minds programming and beliefs to see what is and what is not working for you in your life. Learn how to think and speak in a way that supports and affirms your true nature.

Shadow Work CS105
First one must find forgiveness and acceptance of the imperfect self. Then one must face the darkness in oneself & others. This course explores the big picture; understand suffering, and learn why it is here on the earth plane.
Audio Meditations: Accepting & Working with the Shadow, The Shadow in Others

Transforming Personality CS106
These exercises for the personality will assist you in becoming your true self, rather than the egoic self of the human condition. Bring in your true divinity and live as the truth of who you really are.
Audio Meditations: Subpersonality, Filling with Light, Eternal Self & The Big Picture

Emotional Well-Being CS107
Learn how to keep your emotions from spinning out. Follow the emotion back to its source and go underneath the emotion. Create new emotional habits in your life that will have profound effects on what you attract to yourself.
Audio Meditations: Stop Emotional Spinouts, Develop Habit of Positive Emotions

First Causes / Core Issues CS108
Find the core issue that is at the root of many branched out belief systems within human psychology. Finding the first event where you created a belief about the nature of reality is a powerful way to eliminate large chunks of negative programming all at once. Create peace where the first decisions about reality were made.
Audio Meditation: First Causes, Core Issues

Healing the Inner Child CS109
Learn how to communicate with your inner child, and help others do the same. Reconnect with your original childhood innocence, and heal deep wounds within the subconscious mind.
Audio Meditations: Working with the Wounded Self & Finding Innocence, Follow Anger to its Source, Wounded Healer

Anger Management PS110
Included are particular techniques for handling anger in constructive and useful ways. Transform anger back into the life-force energy that it is and use it for creation purposes rather than destruction purposes. Learn how to be at peace, even in the midst of anger.

Health Studies I

Cleansing & Fasting HS101
Discussed are several fasting and cleansing techniques that have been used throughout history. Colon health, liver health, blood health, and other systems are discussed.

Pranayama & the Art of Breathing HS102
Breathing techniques are given for health, vitality, altered states, and many other benefits. Included are certain breath patterns that induce trance states quickly. Learn the exercises and the science behind them. Experience the effects and variations of each one.

Herbs: A Spiritual Approach HS103
Includes a comprehensive list of herbs and instruction on what their medicinal uses are, how to make tinctures and formulas, and how to use them. Learn some history about herbs as well. *(This course is an overview, and does not license you to prescribe herbal remedies for clients in a medical context. Further study is needed.)*

World Religions

World Religions WR101
Learn the fundamental concepts of many world religions, their historical figures, their belief systems, the regions they are practiced in, and other relevant information.

Great Spiritual Masters & Teachers WR102
This course gives you an introduction to many of the finest spiritual teachers, gurus and yogis, like Ramana Maharishi, Yogananda, Krishnamurti, and many others whose teachings have lasted through time and continue to assist spiritual seekers.

Mystical Beginnings of Christianity WR103
A look at the mystical beginning of Christian belief systems. Learn about the origins and philosophies of early Christianity, the Essenes, and the Dead Sea Scrolls.

Native American Studies WR104
This course covers the basics about traditional Native American cultures. The focus is on dispelling stereotypes and providing various reputable viewpoints, many of which come from a traditional Native perspective. Extensive research of various tribes and their traditions is included in this course.

Gods, Goddesses & Mythology WR105
Several pagan religions are examined for their teachings, history and present day forms. Covered are Greek, Roman, Egyptian, Celtic and other pantheons of gods and goddesses with their stories.

Wizards, Adepts, and Mystery Schools WR106
A look at the characters of fantasy, their functions and purposes, and where these characters originate. The mystery schools of ancient adepts are also explored.

Witchcraft WR107
A look at early and modern witchcraft, its history and practices. Included are a few spells and rituals that the student can work with at home.

Shamanism WR108
This course covers earth-based, traditional, non-linear world views especially related to healing, and maintaining balance on the planet.

Meditation Skills

Meditation Skills MS101
History of meditation and the methods different cultures use to gain access to places of the divine within the self are discussed along with scientific study on the benefits of meditation. Included are concentration and visualization practices so the student may have direct experience of various methods commonly taught in metaphysics.
Audio Meditations: Observing Thoughts and Letting Them Pass, Deepening the Silence, Following the Breath & Observing the Body, Object as Focal Point, Falling Through Layers into Stillness, Relaxing From Toe to Head

Hypnosis and Beyond MS102
Hypnosis techniques are given for self-hypnosis and the hypnosis of others. Learn how to monitor someone when he or she is under hypnosis, and what type of journeys would be most useful for particular types of sessions. Learn how to induce age regression, past life regression, triggering unconscious memories, and other topics for hypnosis. *(This course does not license you as a hypnotherapist. Further study is needed.)*

Spiritual Symbols & Colors MS103

The metaphysical meanings of colors and symbols are listed. Learn what colors to use for healing, energizing, or calming yourself and others. Practice with color meditation and running different colors through your energy systems. Learn about religious symbols of primary religions, and learn how to create your own symbols. *Audio Meditations: Finding Your Personal Symbol, Exploring Colors*

Unlocking Creativity & Imagination MS104
Learn techniques for increasing your creativity and receiving ideas. Find out what the imagination really is and where ideas come from. Learn how to access the Universal Mind.
Audio Meditations: Receiving Inspiration, Insights & Creativity

Mantras & Mudras MS105
Mantras have been a long used as an effective technique for making the mind stand still. Learn how to create a mantra, how mantras work, and what the results are that you can expect. Mudras are hand positions for harnessing or directing energy. Learn the different positions and their meanings. Use mudras to direct your own energy and the energy coming from others. Good for dance meditation too.
Audio Meditation: Using Your Mantra

Intuitive Skills I

Chakras & Auras IT101
Bring your attention to your chakras and aura systems. Deeply explore each chakra and each layer of the auric field, and learn how to bring balance to your energetic body.
Audio Meditations: Root Chakra, Sacral Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third Eye Chakra, Crown Chakra, Moving Kundalini, Chakras 8-22, Multiple Chakras, Exploring the Auric Layers, Cleansing & Clearing the Chakras

Psychic Skills IT102
A discussion of psychic skills, ESP, and how to access your own abilities. Learn several games you can play with your friends in order to improve your psychic skills in a fun way. Techniques for remote viewing, telepathy, awareness of the sixth sense, and other systems for tuning into the unknown are outlined.

Divination Systems IT103
Learn about divination systems that have been used throughout history. Covered are tarot, pendulum, runes, palmistry, dowsing, tea leaves, numerology, geomancy and much more.

Channeling Skills IT104
A discussion of channeling and what it really is, this course is for connecting with your deeper guidance and getting into "the zone" for bringing through messages. Prepare to speak as your deeper self or guide. Very specific techniques are explored. The course covers well known channeled information, old and new alike. It is important for the metaphysician to be familiar with these authors because they are so well read by spiritual seekers. Covered are Seth books by Jane Roberts & Robert Butts, as well as writings from Edgar Cayce, Kryon, Lazaris, Pleiadians, Ramtha and many more.
Audio Meditations: Receiving Information, Meeting Your Guide, Speaking as Your Guide

Crystals & Gemstones IT105
Included is a comprehensive list of crystals and their properties. Find out common beliefs about crystals, uses of crystals, and how you can integrate them into your life.

Astrology Basics IT106
Learn about the zodiac, important astrological transitions in a human lifetime, what each house means, and the language used in astrological charts.

Mysterious Experiences:
A Study of the Paranormal IT107
A look into the mysteries that humans have experienced for which no logical explanation has been found.

Connecting with Angels IT108
Learn how to connect with your guardian angels, specialty angels, and visit the realms of the angels. Popular angels are listed with their functions and purposes as well.
Audio Meditations:
Experiencing Your Angels, Visit the Angels

Miscellaneous Courses I

Dreams & Dreaming DR100
This course covers the historical aspects of dreaming and how dreams were used in ancient practices. Included are Greek, Egyptian and other philosophies about dreams, brain states for dreaming, and scientific discoveries about dreams. Techniques for dream recall and interpretation are covered. Also included is a comprehensive list of common dream symbols and how to interpret events in dreams.

A Course in Miracles- An Introduction CM100
A Course in Miracles is a life changing book around which many study groups have been formed. This is a large body of material. Learn how to run A Course in Miracles study groups and get a sense of what ACIM is all about.

Reincarnation RC100
Receive information about your past incarnations, as well as your future and simultaneous lifetimes through meditation journeys. The written material discusses karma, reincarnation, how to psychologically handle collecting life memories, good vs. bad lifetimes, mass consciousness banks, and other subjects connected with incarnation explorations.
Audio Meditations: Past Life Regression, Retrieving Skills, Future Lifetime, Healing past Life Trauma, Healing the Bad Guy, Overview of Lifetimes

Manifestation Skills MF100
Manifest with ease and effortlessness by working with the energies that exist underneath physical reality. Learn how to adjust your own energy and become magnetic. Manifest in a simplified way by letting yourself be carried, rather than efforting things into being.
Audio Meditations: Deserving & Receiving, Working with Pre-Matter, Magnetizing & Manifesting, Surrender & Being Carried

Energy of Money EM100
Learn how to align yourself with the energy of money. Find limiting belief patterns you may have about money and shift them.

Bachelors Creative Project CP100
It is the student's choice what he or she would like to create. Suggestions include: writing songs, poems, or stories, creating artwork, making a video, or any other idea the student would like to propose. The purpose of this is to draw out the creativity of the student in whatever form that comes.

10 Electives 10 credits
Students must choose 10 electives from the Electives List.

Masters Degree Curriculum

* All courses listed are required.

Consciousness II 20 credits

CS201 **Children & Metaphysics**
CS202 **Intimate Relationships in Today's World**
CS203 **Trauma & Recovery**
CS204 **Death & Dying**
CS205 **Metaphysical Technologies**
CS206 **The Unified Field**

Health Studies II 12 credits

HS201 **Nutrition: Spiritual Eating and Cooking**
HS202 **Reiki**
HS203 **Exercise for Physical Well-Being**
HS204 **Yoga**

Intuitive Skills II 23 credits

IS201 **Hypnosis II**
IS204 **Unconditional Love**
IS205 **Astral Projection**
IS206 **Lucid Dreaming**
IS207 **Aura Viewing**
IS208 **Vibrational Healing**

Career Skills 25 credits

CA201 **Finding Life Purpose**
CA202 **Awakening to the True Self**
CA203 **Leading A Meditation**
CA204 **Attracting Clients**
CA205 **Practitioner Ethics**
CA206 **Building a Business in the Metaphysical Field**
CA207 Becoming a Spiritual Teacher & Leader
CA208 **Spiritual Counseling**
CA209 **Transpersonal Counseling and Healing**

5 Electives 5 credits

MP100 **Masters Culminating Project**

Consciousness II

Children & Metaphysics CS201

This course gives the student a basic understanding of how to work with children as a parent, spiritual counselor, or teacher. Learn how to use affirmations and guided imagery to help children.

Intimate Relationships in Today's World CS202

There is a lot of written material on relationships and how they work, or don't work. Communication skills are discussed, problem solving skills are included, and other useful techniques are introduced as creative ways to keep relationships healthy. Relationships are sometimes complicated, yet there are some very simple techniques for preserving them.

Trauma & Recovery CS203

This is a very important subject for future teachers. Many students or clients will come from dysfunctional or tragic backgrounds. Learn about spiritual challenges and symptoms that people who have been in very dark spaces may be experiencing. As a spiritual teacher and counselor, you can help a person learn how to use adversity to grow.

Audio Meditation: Trauma & Recovery

Death & Dying CS204

Learn how to assist those who are dying or experiencing the death of a loved one. Also explored is the subject of death and what really happens after death.

Metaphysical Technologies CS205

This is an introduction to technologies inspired by the desire to become enlightened. Many technologies are covered and resources are listed. Sound & Light machines, devices for inducing particular brainwaves, and many other inventions.

The Unified Field CS206

The Unified Field is all around us, permeating everything and everyone. This is the oneness that we all are, the connection we all have to each other and every thing in the world. Learn what the Unified Field is all about, how you fit into it, and how to apply this knowledge to your life.

Health Studies II

Nutrition: Spiritual Eating and Cooking HS201

Guidelines are given for how to create meals without losing the life force of the food, and outlines are given for healthy eating and cooking. Food combining, weight loss, arguments for or against some dietary concepts, and other topics are discussed.

Reiki HS202

Reiki is a very popular hands-on spiritual healing practice. It has become a cornerstone in the toolbox for energy work sessions, and every metaphysical practitioner should can benefit from being exposed to it. *(This course does not give you the necessary Reiki attunements, these must be sought in your local area or from another online source that does distance Reiki attunements.)*

Exercise for Physical Well-Being HS203

An overview of the benefits of exercise for the physical body, which also affects the emotional, mental, and spiritual aspects of the body. Exercise affects all levels. Different kinds of exercise are discussed as well as spiritual perspectives on exercise.

Yoga HS204

Yoga is an ancient system that addresses all aspects of life and supports total self-realization. Explore yogic philosophy and principles, including several hatha yoga postures.

Intuitive Skills II

Hypnosis II IS201

Conduct an experiential journey with a willing friend who will allow you to practice with him or her. All that is required is that your friend writes a brief description of his or her experience with you as the hypnotist. *(This course does not certify you as a hypnotherapist. Further study is needed.)*

Unconditional Love IS204
Learn the art of unconditional love, a product of divine consciousness and total acceptance of all people. It is a very important skill for a teacher and is a quality of highly evolved souls.
Audio Meditation: Unconditional Love

Astral Projection IS205
Learn techniques for achieving out-of-body experiences. Astral projection can add quite a bit of excitement to meditation or sleep time. Out of body experiences are discussed and journeys for inducing these experiences are included.
Audio Meditations: Sensing Astral Body, Astral Projection Techniques, Astral Journey

Lucid Dreaming IS206
Learn techniques for achieving lucid dream abilities, and find out how they can be useful. Use charts for triggering and tracking your progress.

Aura Viewing IS207
Learn techniques for achieving the ability to see auras. The meaning of different layers of the aura are discussed, and examples of auras are shown.

Vibrational Healing IS208
Learn the art of intuitive and extrasensory healing, including how to shift others at the energy level with hands on techniques. Learn how to diagnose the aura and chakras, even if you can't see them yet. Work with vibrations, colors, prayer, imagery, reiki, and psychic skills.

Career Skills

Finding Your Life Purpose CA201
Discover your purpose and find out what work you are meant to do on the Earth plane. You are awakening in the dream for a reason. Travel into your future and find out how your life will look as a fully awakened being.
Audio meditations: Life Purpose / Soul Agenda

Awakening to the True Self CA202
Find out who you really are and let go of the human condition. Each person has been under hypnosis since birth, believing you are the body, the mind, a name, or the experiences in this human lifetime. This is not who you are.
Audio Meditations: Exploring Awareness, Who Are You?

Leading a Meditation CA203
In this lesson the student learns how to lead a meditation. The assignment is to record a ten minute meditation and send it in for credit. The student is encouraged to lead a meditation without a script, but if it is absolutely necessary, a scripted meditation is acceptable.

Attracting Clients CA204
Learn energy techniques for drawing people to you at the soul level who will benefit from what you have to teach or your healing practice. Journeys include different techniques for making your metaphysical practice magnetic to those who can be assisted by what you have to offer.
Audio Meditations: Adjusting Your Energy, Calling Souls to You, Becoming Magnetic, Choose Your Brightest Reality, Transmission Skills, Becoming a Visible Light Bearer

Practitioner Ethics CA205

Ethics are discussed for spiritual teachers, healers and leaders. Learn about teacher/student, and healer/client relationships and how to stay in integrity. Also outlined is how to handle different kinds of students and clients gracefully.

Building a Business in the Metaphysical Field CA206
Learn the basics of promoting and running a spiritual business, using spiritual tools and morals, how to manage a budget, how to draw up a business plan in order to draw investors, and other such topics. This is an introduction to a very large and complicated subject, but here you will get some ideas on where to start.

Becoming a Spiritual Teacher & Leader CA207
Now that you are becoming ordained, what does this mean?

Spiritual Counseling CA208
Gain a deeper understanding of how you can engage in spiritual counseling with people as a way of being of service. The course will cover the importance of spiritual counseling in today's world, the differences and similarities between spiritual counseling and psychotherapy, the ethical dimensions of counseling work, as well as theories and practical tools to use with clients.

Transpersonal Counseling and Healing CA209
A beautiful introduction to the art of Transpersonal Counseling. This form of counseling encompasses all levels of one's being and seeks to assist clients in transcending ordinary reality and journeying into the deep mysteries within.

Masters Culminating Project MP100
The final project in the masters curriculum is designed to create an opportunity for expanded identification and development of the student's unique abilities. There are several different options available, so the student can decide what area of creative exploration will best further their own personal, spiritual, and professional goals.

5 Electives

Doctoral Degree Requirement

Doctoral Dissertation
The doctoral dissertation is a structured metaphysical research paper which creates the opportunity for the student to experience what it is like to do research and defend a thesis statement. An academic dissertation would be defended in front of a committee, and though we do not have direct interaction with our students, we do carefully and thoroughly assess these projects. The dissertation is a 10,000 word paper with a specific structure. This format provides a solid and grounded framework for the presentation of a deep level inquiry into a metaphysical topic.

Electives

1 credit each

EA302 **Emotional/Expressive Art**
CW301 **Creative Writing in the Metaphysical Field**
FS303 **Feng Shui: The Art of Placement**
GA304 **Gaia, Mother Earth**
AM305 **Attracting Your Mate**
QB306 **Introduction to Qabalah**
UF307 **UFOs & Extraterrestrial Intelligence**
DO309 **Dolphin Healing**
CE310 **Solstice, Equinox, and Moon Ceremonies**
TO311 **Taoist Healing Arts**
AR312 **Altars & Rituals**
HH328 **House Healing for Ghost Hunters**
AY314 **Ayurveda**
PT316 **Polarity Therapy**
SR325 **Soulmate Relationships**
FG322 **Forgiveness**
RT330 **Rediscovering Tantra**
LB317 **Sacred Labyrinths**
BR318 **Breatharianism: Fed by Light**
CS321 **Using Mindfulness to Cope With Stress**
HP320 **Hope**
...Plus Several More Electives
More electives are always being added

Emotional/Expressive Art EA302
In this course, the student will paint, draw, or sketch several different emotions, learning how to interpret emotions through art rather than words.

Creative Writing in the Metaphysical Field CW301
Learn the basics of writing in different formats including non-fiction, fiction, self-help and research books. Learn how to make a book outline, how to find your "voice," and how to find a publisher or self-publish.

Feng Shui: The Art of Placement FS303
Feng Shui is a Chinese system which focuses on freeing the flow of Chi in one's life. This course includes information on placing your furniture and other objects in the home in order to allow for the most optimal energy flow.

Gaia, Mother Earth GA304
Gaia is the Primal Mother Goddess, and has come to be synonymous with Mother Earth. Learn about the history of our connection with Gaia, including the Gaia hypothesis, which presents the Earth as a full sentient being.

Attracting Your Mate AM305
Journeys for attracting a mate into your life, and opening yourself to your partner and being loved.
Audio Meditations: Preparing Yourself to Meet Your Mate, Attracting Your Mate

Introduction to Qabalah QB306
The Qabalah is an ancient system of divine numerology. Letters and numbers are intertwined. This course is only an introduction to this vast and complicated subject.

UFOs & Extraterrestrial Intelligence UF307
What is the truth about UFOs and ETs? This is an intelligent and level-headed discussion on this subject, and how to make sense of it all.

Dolphin Healing DO309
Dolphins are a wonderful species that is helping humankind with healing and evolving consciousness. Learn about how to connect with these highly evolved beings.

Solstice, Equinox, and Moon Ceremonies CE310
Different types of ceremonies are discussed. Specific directions for leading these ceremonies are given.

Taoist Healing Arts TO311
Learn about the subtle healing arts in Taoist concepts, self-healing, healing of others, and healing of the world.

Altars & Rituals AR312
Altars and rituals are discussed. Some basic patterns, designs and ideas are given. From there, creativity does the rest.

House Healing for Ghost Hunters HH328
Ghosts are real, and sometimes bothersome. Ghost hunting and helping ghosts transition to the next plane of existence has become a career field unto itself.

Ayurveda AY314
Ayurveda is an Eastern Indian system for total health, and includes knowing what your body type is and eating right for your type. It is very effective in creating health for every individual.

Polarity Therapy PT316
Discover what polarity therapy is and how to use it with various healing modalities for individual sessions for yourself and others.

Soulmate Relationships SR325
This course explores the various concepts in relation to soulmates and ways to have deeper connections with ourselves and a partner.

Forgiveness FG322
Radical forgiveness goes beyond ordinary forgiveness with the concept that there is no harm done by any person against another, adopting blamelessness of others and taking responsibility for one's creation. Radical forgiveness frees the consciousness to love.

Rediscovering Tantra: A Path for Our Times RT330
This is an introduction to some of the concepts of Tantra. Tantra is not about spiritually focused sexuality alone, but is a way of being and living, bringing awareness to all that one does.

Sacred Labyrinths LB317
Explore the concept of the labyrinth as a spiritual tool. The labyrinth of the Chartres Chapel, and modern replications of the labyrinth experience are covered. Included are instructions on building a backyard labyrinth.

Breatharianism: Fed by Light BR318
How do they do it? People truly do live on air, light and earth energy alone, without food. Breatharianism defies the "inescapable" physical law that we think we must eat food in order to live. Find out all about it from a living Breatharian.

Using Mindfulness to Cope With Stress CS321
Stress can be addressed by being mindful of daily activities, the mental state and the emotional state. Here are some spiritual approaches to coping with stress.

Hope HP320
Hope is a necessary ingredient in our emotional life. Without hope, nothing would have ever progressed or evolved. Explore all the aspects of hope and its effects one ones psyche.

Tuition & Payment Plans

Degrees & Credentials

Accredited by the AAMA & AADP

Bachelor Degrees

From UMS/California

Bachelor of Metaphysics, B.M.
Bachelor of Metaphysical Sciences, B.Msc.
Bachelor of Divinity, B.Div.

Master Degrees

From UMS/California

Master of Metaphysics, M.M.
Master of Metaphysical Sciences, M.Sc.
Master of Divinity, M.Div.

Upon completion of the masters curriculum, you will receive a Practitioner's Certificate, and your ordination from Wisdom of the Heart Church. You may choose the title of either Reverend or Minister.

Doctoral Degrees

From UMS/California

Philosopher of Metaphysics, Ph.M
Doctor of Metaphysics, D.M.
Doctor of Metaphysical Sciences, D.Ms.
Doctor of Holistic Life Coaching, D.Hlc.
Doctor of Divinity in: (D.D. or D.Div.)
Metaphysics, Metaphysical Sciences,
Metaphysical Counseling, Spiritual Counseling

Ph.D. Degrees

From UMS/Minnesota

Philosopher of Metaphysics, Ph.D.
Philosopher of Metaphysical Sciences, Ph.D.
Philosopher of Holistic Life Coaching, Ph.D.
Philosopher of Metaphysical Counseling, Ph.D.
Philosopher of Metaphysical Theology, Ph.D.
Philosopher of Metaphysical Life Coaching, Ph.D.
Philosopher of Parapsychology and
Paranormal Sciences, Ph.D.
Philosopher of Transpersonal Counseling, Ph.D.
Philosopher of Pastoral Counseling, Ph.D.

Payment Plans

UMS payment plans offer flexible payment options to fit your schedule and your budget. The tuition and course materials fees can be prepaid, or spread out over 1, 2, or 4 years.

Our program is set up to be pay-as-you-go, meaning that with each payment made a set of course materials will be released. This offers you flexibility with your payments, and the option of moving more quickly through the courses if you choose. We hope this will assist you in pursuing your spiritual and professional goals.

Scholarships

UMS offers a partial scholarship which waives the $195 down payment on the long term plan if this initial payment is a hardship. This allows the student to get started by making their first monthly payment. Scholarship awards are only given for the long term plan.

If you are able to make the long term monthly payments, but making the $195 down payment is a hardship, we encourage you to apply for the scholarship by submitting the application available on our website at metaphysicsuniversity.com.

Tuition Reductions for Family Members

If a student's spouse or immediate family member would like to enroll in the program, a 5% reduction in tuition is available for the student who refers his or her immediate family member or partner.

Options for Delivery of Course Materials

- **D**ownload PDF files of the written material, MP3 files for the meditations.
- Download PDF files of the written material, receive meditation CDs through the mail.
- Receive written material and CDs through the mail.

International Shipping: All prices listed are for shipping within the United States. International shipping fees vary and are worked out on an individual basis. Students are also responsible for any duties that may be due to their government when they receive the course materials.

Enrollment in All Three Degrees

Most students enroll as Doctoral candidates, but no student is required to finish the program. Students may choose to study only as far as the bachelors or masters, and their payment plan would end once tuition has been paid for the highest degree sought. You are welcome to return to your studies in the future should you decide to pursue a higher level.

Prices listed include all three degrees!

Prepayment

Regular Tuition: $3,025 **Reduced Tuition: $1995**

Save $1,030 off regular tuition price.

You will receive course materials within first month of enrollment.

Prepayment Options	Tuition	Course Materials	Total Cost
Download all course materials	$1,995	$155	$2,150
Download written materials, postal delivery of meditation CDs	$1,995	$285 +$15.55 shipping	$2,295.55
Postal delivery of all course materials	$1,995	$417.50 +$85 shipping	$2,497.50

Short Term Payment Plan (1 Year)

Regular Tuition: $3,290 **Reduced Tuition: $2,390**

~Save $900 off regular tuition price.

*This plan has a $395 down payment plus 11 monthly payments.
You will receive 8 courses per month (per payment).

Short Term Plan Options	Tuition	Course Materials	Monthly Payment (after $395 initial down payment)	Total Cost
Download all course materials	$2,389.96	$168	$214.96 for first 5 months, then $181.36 for 6 months	$2,557.96
Download written materials, postal delivery of meditation CDs	$2,389.96	$305 + $35 shipping	$249.36 for first 5 months, then $181.36 for 6 months	$2,729.96
Postal delivery of all course materials	$2,389.96	$412.50 + $145.75 shipping	$232.11 for 11 months	$2,948.21

Medium Term Payment Plan (2 Years)

Regular Tuition: $3,390 **Reduced Tuition: $2,490**

Save $900 off regular tuition price.

*This plan has a $295 down payment plus 23 monthly payments.
You will receive 4 courses per month (per payment).

Medium Term Plan Options	Tuition	Course Materials	Monthly Payment (after $295 initial down payment)	Total Cost
Download all course materials	$2,490.12	$189	$114.34 for first 10 months, then $95.44 for 13 months	$2,679.12
Download written materials, postal delivery of meditation CDs	$2,490.12	$320+ $54.00 shipping	$132.84 for first 10 months, then $95.44 for 13 months	$2,860.52
Postal delivery of all course materials	$2,490.12	$437 + $138 shipping	$120.44 for 23 months	$3,065.12

Long Term Payment Plan (4 Years)

Regular Tuition: $3,490 **Reduced Tuition: $2,590**

Save $900 off regular tuition price.

*This plan has a $195 down payment plus 48 monthly payments.
You will receive 2 courses per month (per payment).

Long Term Plan Options	Tuition	Course Materials	Monthly Payment (after $195 initial down payment)	Total Cost
Download all course materials	$2,589.72	$209	$59.39 for first 22 months, then $49.89 for 26 months	$2,798.72
Download written materials, postal delivery of meditation CDs	$2,589.72	$335.50+ $53.90 shipping	$67.59 for first 22 months, then $49.89 for 26 months	$2,979.12
Postal delivery of all course materials	$2,589.72	$465.12 + $144 shipping	$62.58 for 48 months	$3,198.84

Course Excerpts

Below is an excerpt from the course

Finding Your Life Purpose

African shaman and spiritual master Malidoma Somé comes from a small village called Dano in West Africa. The people who live there are called the Dagara. At a young age, Malidoma Somé was taken by European missionaries from his community. He then returned to the Dagara in his teenage years. Somé walks his life path of bridging Western and indigenous cultures in understanding and sharing of wisdom. He brings the wisdom of his village to the West through workshops, classes, and writings. In the book The Healing Wisdom Of Africa (1998), Somé shares, "Whether they are raised in indigenous or modern culture, there are two things that people crave: the full realization of their innate gifts, and to have these gifts approved, acknowledged, and confirmed… A crisis of identity and purpose is an inner burning that is rarely extinguished by a visit to a career-planning office, by graduation from a prestigious school, or even by years in a successful career. It is a hollowness, a void that threatens to erase meaning in everything people do."

For the Dagara, the well-being of the community is of great importance and ritual plays a large role in healing both the individual and community as a whole. Malidoma Somé tells us that rituals, including the initiation ritual that takes place at the time of puberty, "help to reawaken the intensity that brought us here. Making ritual a part of daily life will help to rekindle the intensity that keeps us on the path of our purpose."

Ritual helps people to remember why they are here. Somé states that healing happens when people remember their life purpose because in doing so, they reconnect with the world of Spirit. The Dagara hold that when we are born, we forget why we came here. While the individual may forget his or her purpose in life, the individual's community recognizes each person's unique gifts. Malidoma Somé states, "We look to the physical world, the community of people, for help in remembering our purpose… Purpose is something that the individual has framed and articulated prior to coming into a community." (33) When a woman becomes pregnant, the Dagara elders communicate with the Spirit world in a ritual of asking the fetus what his or her life purpose is and how the community can help him or her to fulfill this purpose.

Somé states that if these rituals and divination systems are not available, we can find our life purpose by seeing what we are naturally drawn to. "Therefore it is not necessary for people in the modern world to go to some kind of wise man or authority to have their purpose assigned to them. The leadership that they need lies within their own relationship to the world of Spirit and the ancestors." *Course Continued...*

Below is an excerpt from the course

Vibrational Healing

Reality cannot be found except in One single source, because of the interconnection of all things with one another." —Gottfried Leibniz (1670)

"With compassion, one can love unconditionally. With unconditional love, one can heal boundlessly. With boundless energy, one can ascend spiritually."—Yogi Sharanananda

What is meant by "vibrational healing?" To answer this question, it is necessary to attempt to understand the vibrational nature of reality. Human understanding of what matter is composed of, and of how different forms of energy interact, is mostly based on two sources, metaphysical psychic/intuitive/direct knowledge, and scientific experimentation/measurement/verification. This is such an exciting time on planet earth, because science is now proving and verifying what spiritual seekers and teachers have been telling humanity from the beginning. The truth being measured and verified is that time and space are one, that individual particles are also coherent waves of energy, and that what we based our assumptions about reality on as a culture, the Newtonian view of reality, focusing exclusively on what can be observed and measured, is a very limiting and elementary approach in understanding the truth of the matter.

"Having recognised that the individual points in Newton's absolute space have no physical reality, we must now inquire what remains of this concept at all."—Max Born

What is "the truth of the matter?" The most ancient spiritual teachings we know about tell us that the material universe is an illusion, that what we can see and touch is Maya, a grand dance of thoughtforms and projections, a myriad of mirrors, reflecting the light and shadow of the mind. What does this really mean? How can we integrate this understanding, and apply it to our experience? How do we interface with this alternate version of reality that is being shown to be the truth of things? Practitioners working with what has come to be called "vibrational medicine" are reviving this ancient science, utilizing color, sound, light, crystals, water, electromagnetics, aroma, and other energetic modalities to help people stabilize and raise their vibration, and hold more natural, healthful resonances within their consciousness and their energetic and physical bodies. In this course, we will explore these ideas, looking at a variety of these modalities, and we will also check out the research that is scientifically verifying the effectiveness of the practice of vibrational healing. *Course Continued...*

University of Metaphysical Sciences

Enrollment Form

P.O. Box 4505, Arcata, CA 95518 1-888-596-6382 www.metaphysicsuniversity.com Please fill out both sides

For faster processing, fill out this form online at our website.

Name _____ Date _____

Address _____ Apt# _____

Town _____ State or Province _____

Country _____ Zip _____

(Include area codes and country codes)
Phone Numbers(s) _____

Email _____

Social Security # _____ Birth date _____
(Foreign Students, give similar # and write in what type of ID this is)

I would like to enroll, leading to the final degree of: _____
(Write in the degree you would like to earn from page 15, you are not obligated, you can change your degree later if you wish)

Tuition Payment Plan (Check one)

- ☐ Prepayment Plan: $1,995
- ☐ Short Term Payment Plan: $395 down payment, $181.36 monthly/11 months, $2,389.96 total
- ☐ Medium Payment Plan: $295 down payment, $95.44 monthly/23 months, $2,490.12 total
- ☐ Long Term Payment Plan: $195 down payment, $49.89 monthly/48 months $2,589.72 total

Course Materials Payment Plan (Check one)

Postal Delivery of Courses- consists of printed material and CDs for audio meditations (CA add sales tax, international shipping additional)

- ☐ Prepayment Plan: $417.50 + $85 shipping = $502.50
- ☐ Short Term Payment Plan: $37.50 + $13.25 shipping = $50.75 monthly/11 months, $558.25 total
- ☐ Medium Term Payment Plan: $19.00 + $6.00 shipping = $25.00 monthly/23 months, $575.00 total
- ☐ Long Term Payment Plan: $9.69 + $3.00 shipping = $12.69 monthly/48 months, $609.12 total

Internet Downloads of all Courses- consists of PDFs for written material and MP3s for audio meditations

- ☐ Prepayment Plan: $155
- ☐ Short Term Payment Plan: $33.60 monthly/5 months, $168 total
- ☐ Medium Term Payment Plan: $18.90 monthly/10 months, $189 total
- ☐ Long Term Payment Plan: $9.50 monthly/22 months, $209 total

Partial Postal / Internet Delivery- Meditation CDs mailed, PDFs for written material (CA add sales tax, international shipping additional)

- ☐ Prepayment Plan: $285 + $15.55 shipping = $300.55
- ☐ Short Term Payment Plan: $61 + $7 shipping = $68 monthly/5 months, $340 total
- ☐ Medium Term Payment Plan: $32 + $5.40 = $37.40 monthly/10 months, $374 total
- ☐ Long Term Payment Plan: $15.25 + $2.45 = $17.70 monthly/22 months, $389.40 total

☐ If choosing internet downloads for courses, please check this box and acknowledge that you understand downloads of audio meditations are very large files, up to 26 MB, and that a high speed connection is recommended. Dial-up connections are not recommended, and will be quite problematic for downloads. Also acknowledge that you recognize that UMS cannot act as technical consultants on how to handle MP3 files or teach you how to convert them to .wav files for your CD player. You must already know how to do this, have a friend who can help you, or purchase an MP3 player so you can play your meditations if you do not know how to convert them to .wav files. UMS can help you with questions about the courses, but cannot act as computer tech consultants.

I would like to pay by: ☐ Check or Money Order ☐ Credit Card (please call by phone)

☐ If you are not sending us a photocopy of your high school diploma or GED, please swear to the following statement and check this box. "I solemnly swear under oath that I have completed high school with passing grades, have received my high school diploma, or have taken a government authorized equivalency test (GED) in lieu of completing high school academic requirements. If no high school or government equivalency test exists in my country, I hereby swear that I have achieved the ability to study and learn in the English language."

I have read the UMS Catalog and am familiarized with the program. I have read all materials completely and fully understand them, I am able to read and understand English. I have decided to earn my Bachelors, Masters, and Doctorate Degrees through your school I hereby submit my enrollment form with my first payment. I understand that studies at UMS are not therapeutic in nature and that UMS is not responsible for psychological conditions of students. Students must seek professional counseling if deep emotional issues come up. I understand that if my enrollment is not approved, all monies will be returned with no deductions whatsoever. My enrollment is dependent upon approval.

Signature _____ Date _____

Personal Background Information

Marital Status (circle one) ☐ Single ☐ Married ☐ Widowed ☐ Divorced ☐ Separated

Number of Children & Their Ages _____

Citizenship _____ Place of Birth _____

Educational Background Completed: ☐ Grade School ☐ Jr. High ☐ High School ☐ Jr. College

☐ College or University (# years completed) _____

Name/Location of College Attended _____

Major(s) _____

Degree(s) Received _____

Present Occupation _____

Previous Occupation _____

Previous Occupation _____

What are your favorite hobbies and interests? _____

Would you say that you are a beginner, intermediate, or advanced in your knowledge of metaphysics? _____

What areas of metaphysics are you most interested in? _____

Which metaphysical techniques have you practiced, like meditation, yoga, others? _____

_____

Have you been working as a practitioner or teacher in a metaphysical profession?
If so, explain what areas and how long you have been practicing. _____

_____

What are your purposes for enrolling in University of Metaphysical Sciences? _____

_____

What would you do with your degree from University of Metaphysical Sciences? _____

_____

What made you choose University of Metaphysical Sciences for your studies? _____

_____

How did you hear about University of Metaphysical Sciences? _____
Please give two emergency contacts:

Name _____ Relationship _____

Address _____

Phone # _____ Email _____

Name _____ Relationship _____

Address _____

Phone # _____ Email _____

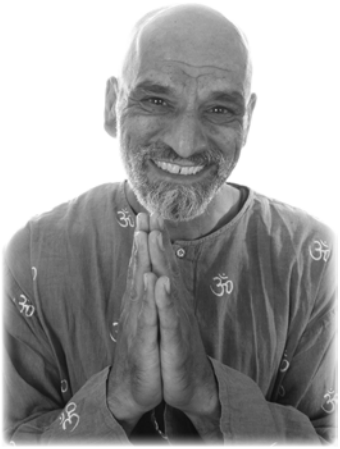
What Does Your Heart Say?

Find Out If UMS is the Highest Path for You

We at University of Metaphysical Sciences honor each individual's chosen path, and understand that the direction you take when embarking on a life-changing journey is a major decision.

If you are not feeling clear about whether UMS is a good fit, you may want to try this short meditation to tune into your emotional intelligence and see where it leads you.

Is UMS the highest path for me at this time?



Close your eyes and breathe deeply. Spend a few minutes letting your mind become quiet and still. Allow all of your thoughts, concerns, stresses, worries, and tensions to melt away with each breath.

Begin to be aware of your energy body. As you continue to breathe deeply, find yourself going inward and connecting with your own wisdom. Feel how you are a fluid, dynamic energy system, and also how, at the center, you are completely quiet, still, and at peace. At this moment, place your hands over your heart, and feel the energy here, at the source of your emotional and spiritual intelligence.

Now, through this lens, begin to visualize the energy of UMS. What does it look like? How does it feel? What are the colors, shapes, and general vibration? When you imagine enrolling with UMS, and beginning this type of journey, how does it feel? Take your time, and look closely, as your emotional and intuitive intelligence will steer you in the best direction for you at this time.

Now imagine being a student of UMS, and completing coursework in all these areas of metaphysics, and doing intensive meditation and healing work through this process. Though you may not know what this looks like physically, you can connect with the energy, and see what it looks like in this moment. How does it feel? Does it resonate with you?

UMS has many light beings who work with the students and with the overall energies. You can connect with them and see what their energy is like as well. Take a moment to connect with these high vibrational beings. See how this feels to you. You can ask them questions if you feel like it. They will help guide you in a loving, neutral, and objective way, as they are only concerned with the highest good of all beings.

Now imagine yourself finding whatever it is that brought you to this inquiry. What does it feel like? Are you ready for this level of transformation in your life? Tune into your deepest heart's desire… trust that you hold all the answers you need within. Take a few moments to reflect on the messages you received.

Give thanks for these messages, and for all beings who assisted or contributed in this moment. Blessed be.

We hope that this process helps you to look within and gain clarity to assist with your decision. We truly want all of our students to feel that this is the highest path for them before they enroll. As always, let your heart guide you.

"...In order to achieve enlightenment, there's only one thing you must do…it has nothing to do with perfecting the personality, it has nothing to do with becoming a very accomplished and successful person, it has nothing to do with achieving anything…not even spiritual powers, not even great, vast knowledge about spiritual truth, it only means one thing, and that is knowing who you are…knowing yourself. So, ask yourself this question…who are you? Who are you? And you'll find that the answer is, simply awareness.... "

~ Christine Breese

May All Beings realize the truth of their Divine Nature.

Namaste

Gaia Sagrada Retreat Center

Ecuador, South America

Established by Wisdom of the Heart Church and University of Metaphysical Sciences

Open to ALL, Students and Non-Students alike!
Take one workshop or stay for months

Welcome to Gaia Sagrada

Gaia Sagrada is an Eco-Community and Retreat Center offering an invitation to visit for one of our monthly 12-day shamanic healing retreats, or to stay for an extended personal and communal retreat in the foothills of the Andes Mountains in beautiful Ecuador.

We spent several years looking for affordable land with a lot of privacy and a peaceful setting. We finally found the perfect place on 55 acres in the Andes Mountains, 45 minutes northeast of the city of Cuenca. Here you will have the opportunity to experience right fellowship with others of like mind, a chance to explore deeply who you are, and your special part in universal consciousness.

Shifting Paradigms

All who are here on the Earth presently are here for a very special and important time in human history. This is a time of quickening, an awakening on a mass level. You are the teachers, healers and leaders of the future. We are here to serve you in your process by giving you a safe and beautiful place to live and be here in the now, a beautiful moment.

This will be remembered as a time when humanity opened hearts on such a mass level that wars, crime, famine, racism, hatred, pollution, greed, corruption, fear, and other low vibration paradigms will cease to hold fascination for us. In a world where humanity realizes itself as a whole, together in a beautiful co-creation with each other and Source, we can no longer do to each other the things that we presently do, individual to individual, or nation to nation.

We Propose:

- Consciousness is still largely undiscovered territory and we are only in the beginning of mapping out this new frontier. Humanity is awakening as a species to its true power within the laws of manifestation, and co- creation, and is learning harmony within the laws of cause and effect. Humanity is just realizing there is a lot more to this reality than meets the eye.

- Awakening the heart is the next quantum leap in human evolution. Opening starts with ourselves, attaining the ability to hold unconditional love for all on the planet, no matter how they are behaving. This applies to unlovable leaders of the world all the way down to individuals we know personally.
- All must take responsibility for their actions, life situations, and healing in order to be a truly functioning human being, living as Eternal Self on Earth in the physical form. The past must be addressed and made peace with, and true awareness must be in the present in order to create a future of beauty and grace.
- Each person chooses love or fear. We encourage all we come in contact with to choose love, no matter what has happened, is happening, or will happen.

Come Join Us...

Everyone is welcome to take retreat at Gaia Sagrada. Students of UMS will have the opportunity to meet the founder, Christine Breese, and experience her unique presence and energy in person. Some students even bring their study materials with them to Ecuador to work on while they are visiting. The extra benefit for a student is that in Ecuador you can live and study with fellow spiritual students in a live workshop situation, a balanced lifestyle, in a safe environment where you can truly blossom and unfold with access to guidance, as well as daily activities and classes which support your studies. Whether you are studying with UMS or not, you can find a powerful peaceful healing retreat at Gaia Sagrada.

Gaia Sagrada Goals

- To provide a safe, fun, and exciting retreat environment where participants can get the most out of their experience, get close to nature, and truly relax.
- To live as gently on the Earth as possible and show by example how it can be done. Gaia Sagrada uses eco-friendly methods to make as little impact as possible on the Earth.
- To give every participant an environment in which to practice the art of living in the now, practicing unconditional love and compassion, and diving deeply into self-inquiry and self-introspection for spiritual growth.
- To provide Adventures In Consciousness in as many ways as possible, through meditation, yoga, spiritual lifestyle, and communion with oneness.
- To create and use sustainable farming methods in order to produce organic food for Gaia Sagrada events and community, as well as trade and barter with our Ecuadorian mountain community in Llayzhatan.

- To support the Llayzhatan community by providing jobs to the people who live nearby.
- To create a peaceful, harmonious community that promotes health and well-being for all in mind, body and spirit.
- To use methods for solving conflict, and serve as a good example to others of what a focused community can be.

Shamanic Ceremony Retreats

Ecuadorian shamans bless us with sharing their ancient medicinal tea traditions and give you the chance to experience the profound depths of your soul. Journey deep into your inner universe and meet the master within you through these incredible experiences. We have 12-day shamanic ceremony retreats every month! Since we began hosting these powerful retreats in January of 2013, we find ourselves fully booked every month, and the participants are having really beautiful transformational experiences of healing and awakening. Check out our website for news videos, stories, and pictures of these truly amazing ongoing events.

Gaia Sagrada Feeds your Body and your Soul

We have a strong focus on food as a source of healing at Gaia Sagrada. The abundance of fresh tropical fruits is embraced here, and we love to share the art of healthful, vibrant food preparation and eating within the community. Meals are mostly organic, vegetarian cuisine of the highest quality. For the raw food lovers and vegans, there will be plenty to choose from, always. There are special workshops for raw food preparation, raw food diets and detoxification, as well as fasting and going very deep into your consciousness.

Housing

Housing costs depends on which mode of housing you choose: dormitory, shared room, private room with shared bath, or 1 bedroom apartments. All the options are modern housing with the amenities you are used to. Don't forget to try out our hot tubs and sauna!

Retreat From the World In the Magical Andes Mountains of Ecuador

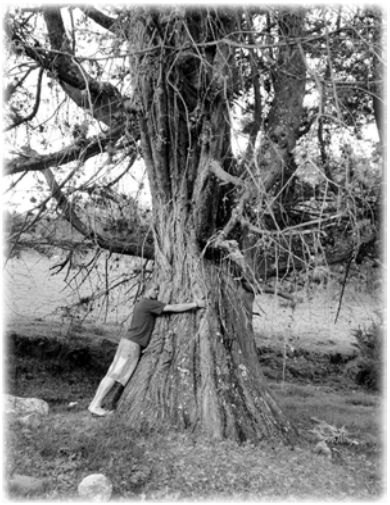
Relax in beautiful meditation spots everywhere on the land, or take a trip into the city of Cuenca, Ecuador to see the historic sites. Cuenca is only a bus ride away.

If you are coming for community living, you will find a beautiful model in action. Eco-practices are widely used and you can learn something for your own building endeavors in the future. You can even build your own small house here if you decide you want to stay! Check out our Build it Forward program, a much cheaper and safer way to live in the country in the Cuenca, Ecuador area.

Ecuador's nature is magical, with fireflies in the evenings to enchant you. The stars are incredibly clear, there are wonderful walks you can take all over the property and country roads, forest groves, and gardens of flowers for you to enjoy. You can easily take journeys to various places in Ecuador, including hiking in Cajas National Park, jungle forays, beaches and other interesting trips to the sights of Ecuador.

People here are living in a stress-free environment, separated from the world, in a way that is rare and hard to find. Whatever you find nurturing and adventurous for your consciousness and spirit, you will find it here at this heavenly organic eco-village!

The Gaia Sagrada Experience Includes:



- Meditation, silent and guided during retreats, or on your own when retreats aren't happening
- Yoga, stretching, exercise room
- Spiritual activities of many types to hone your skills
- Day trips, socializing and various activities
- Ecuadorian shamans for Ayahuasca and San Pedro ceremonies each month
- Participating with the wonderful Ecuadorian community around us
- Night time fire circles, dancing, music, moonlit walks, and star gazing
- Watching the hummingbirds and butterflies in the forests and pastures, and fireflies after dusk
- Gazing at the milky way, distant planets, and galaxies
- Being at peace while you dive into your inner worlds in a safe, beautiful paradise
- Eco-Community atmosphere on an organic farm
- Fun and laughter!

Cuenca, Ecuador

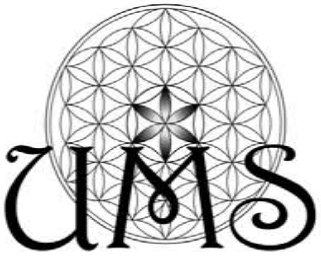
Cuenca, Ecuador is a beautiful historic city, a population of approximately 500,000 and it is the cultural, artistic and intellectual center of Ecuador. Every weekend there are festivities of all sorts in the historic district of Cuenca, and the people of Ecuador are very friendly, kind and welcoming to foreigners. Please visit http://en.wikipedia.org/wiki/Cuenca,_Ecuador to find out more about Cuenca.

If you have ever wanted to see Ecuador, or travel in South America, make us one of your stops along the way.

We lovingly extend the invitation for you to come and participate in this life affirming experience.

May you be blessed with vibrant health and joyful abundance always!

www.GaiaSagrada.com



Wisdom of the Heart Church
University of Metaphysical Sciences
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