

## **The Modules**

The purpose of this program is to introduce us to the working of our minds and our potential. It is designed to empower us, to guide us with the help of our friends to recognize ourselves, the people around us and our purpose in life.

### **1. Introduction**

Welcome and introduction, Groundings and buddies. Setting aims for the course. 26 minutes DVD describing the Psychology of Vision main elements as Relationships, Leadership and Spirituality .

### **2. The power of our Mind**

The make up of the mind the nature of perception. The conscious subconscious and the unconscious levels of the mind. A demonstration of how easy it is for the mind to be mistaken in its perception. Identifying our defence mechanisms.

### **3. Communication and Principles of transformation**

Four major forms of communication. Principles for transformational communication. Exercises in communication

### **4. Triangle Model of PoV**

An explanation of the Triangle Model, with a 50 Minute DVD Exercises to identify our place on the Triangle in various areas of our lives. The intention of this model is to make sense of human evolution, and if we find happiness and joy while doing that then so much the better.

### **5. Psychology of Emotions**

An exploration of our negative emotions and recognising their importance as a healing tool. Buddy work to anchor the relevance to our own lives.

### **6. Attitude and Direction**

How choices are made in one direction become our attitude, and how this dictates the direction of our lives. We appraise our attitude and 'check our compass'. Exercise to discover our attitude, to see how it affects our lives and creates our experience.

### **7. Iceberg Model**

We investigate what drives our own and other's behaviours. The power of this module is in learning that our own and others's actions are not random but come from within us; we have the opportunity to win back our understanding of ourselves and others.

### **8. Beliefs and Patterns:**

A deeper look at our belief systems, how they are generated and how we can change them. A study of the cyclical nature of some problems we have that run throughout our lives. Exercising our power of choice.

### **9. Ego and Higher Mind**

The concepts of ego and higher mind. Our own experiences in relation to ego and higher mind. Excises to track a personal situation from denial, to fear and then to love.

### **10. Process – One Day workshop**

An introduction of ,, process ,, the connectivity of all things. During this day we demonstrate that all events are connected and also that all events have meaning and direction..

### **11. Dependence and Beyond**

The dependent or conscious aspect to our nature. Exercises to learn the lessons of past heartbreak and guilt.

### **12. Relationships and Family Dynamics**

The concept of relationships as a path of growth. Identifying family roles. 25 minute DVD outlining why relationships are considered so important in the Psychology of Vision.

### **13. Stages of Relationships**

15 minute DVD describing the stages of relationships with the significant other person, how these stages are true all relationships. Identifying the stages in our own relationships through group exercises and buddy work.

### **14. Transference**

Transference as a powerful sub-conscious action. Without awareness, transference is a destructive force in our relationships but with awareness it becomes a force for transformation and healing. Exercises to recognise and heal transference in our lives..

### **15. Power of Letting go**

An exploration of the importance of letting go, Identifying blocks to letting go, Exercises to practise letting go. 30 minute DVD.

### **16. Power Struggle**

The effects of power struggle in terms of scarcity and delay. Integration and communication exercises to change current power struggles..

### **17. Dead Zone**

The Dead Zone is the greatest trap in our minds, and the place most people never get past. 30 minute audio CD on the importance of moving past the Dead Zone and turning the corner into Partnership. Exercises to identify core roles, commit to give up rules, identify dilemmas, and choose to forward.

### **18. Projection and Forgiveness**

How we project our hidden self concepts onto the world around us, and how we can use projection as a powerful healing tool. An ability to follow projection with forgiveness is truly a gift.

### **19. Accountability and Problem Solving**

The principle of accountability is one of the most challenging aspects of this work, and also one of the most freeing. To realise that we play a part in our world is to understand our power to change it. 30 minute DVD describing the principle of accountability and discovering the dynamics of our problems.

### **20. Healing Family and Relationship Patterns-Two Days Workshop**

The student attends a two day workshop run by a Psychology of Vision Trainer. The intention of this workshop is to increase the awareness of process and also to increase the awareness of our sub-conscious minds and the blocks and patterns that influence our lives.

### **21. Partnership and the Unconscious Mind**

The differences between independence and interdependence. Exercises to overcome doubt. Understanding our experiences in relation to our unconscious mind. 30 minute audio CD outlining the importance of reclaiming this part of our mind.

### **22. Personalities and Leadership**

The nature of leadership. We look at the study of personalities and their development, and examine our main personalities and how they block our true leadership qualities. 40 minute DVD describing leadership and how we can move beyond the self-attack of our personalities.

### **23. Archetypes, Personal Myths and Shadows**

We discuss archetypes and shadow figures in our world and discover how we can reclaim these places within ourselves.

### **24. Happiness, Purpose and Fulfilment**

The vision level extends from the personal and human level up into a high spiritual one. We examine the meaning of vision and the visionary state of mind. 40 minute DVD describing vision, and leading us through the great fears to our purpose and our happiness.

### **25. Conspiracies and Idols**

We examine conspiracies and idols in our lives and complete exercises to move through them.

### **26. Emotional a Evolution**

Emotional Evolution is leading to be intelligent and mature with our emotions and feelings. 40 minute DVD describing the importance of acknowledging our emotions and learning from them . Guided meditations and exercises to allow our emotions to move through us.

### **27. Joining**

Joining is a principle and healing method that if applied will provide a resolution to any problem or issue we may be experiencing, 30 minute DVD describing how we are all joined, and leading a joining session. We discuss areas of our lives or people that we have withdrawn from, and practice joining with another person..

### **28. Radical Dependence. Love, Grace and Miracles**

We look at the doorway to happiness, the level of mastery and all that comes with it. 30 minute DVD describing levels of Mastery. Guided Visualisation and exercises to develop our inner senses.

### **29. Awareness of the Soul**

Three day workshop with a Psychology of Vision Master Trainer or Advanced Trainer III.

### **30. Graduation and Presentation**