

Consciousness Studies

integrating philosophy, spirituality, and nature

Personal and Professional Coaching for Consciousness and Creativity.

You have wisdom. Express it.

Are you . . .

passionate about consciousness?

awed by the mystery of awareness?

searching for meaning in life?

curious about the mind-body connection?

moved to discover your soul's purpose?

drawn to the wisdom of philosophy?

inspired by spirituality?

fascinated by the frontiers of science?

open to experience beyond belief?

A course in consciousness from The Wisdom Academy could be just right for you.



Our Mission

The Wisdom Academy offers programs for people who want to explore consciousness from an interdisciplinary perspective, using multiple ways of knowing. Our goal is to provide participants with a deeper understanding and experience of the nature and role of consciousness in their own lives, in the lives of others, and in the world as a whole.

Our commitment is to cultivate clearer intellectual understanding and deeper experience of consciousness leading to personal and collective transformation.

This work also offers a strong foundation for anyone who intends to take (or is already taking) an academic course in Consciousness Studies or a similar program.

Participants can choose to pursue coursework equivalent to a graduate-level degree. We do not, however, offer accredited degrees. A "graduate" of The Wisdom Academy will be better prepared for living an informed and transformed life, and better able to communicate about this often mysterious and ineffable reality at the center of all our lives.

You have intelligence. We help you express it.



Mentorships in Consciousness Studies

The Wisdom Academy—an affordable alternative to a university degree. We offer personal and group mentorships in Consciousness Studies though web-based distance learning—guided explorations of body, mind, soul, and spirit, using all four gifts of knowing.

Wisdom is the integration of head and heart—knowledge infused with compassion. The original Academy of Plato was a place of higher learning focused on love of wisdom (*philosophia*). It aimed for understanding and transformation of consciousness. That is our mission, too.

Background

Consciousness Studies is a relatively new area of inquiry in the academic world. However, as the "perennial philosophy," its roots date back to the ancient Vedas of India and Taoist wisdom teachings of China. Even before that, it was the essence of various shamanic rituals found in tribal cultures across the globe.

Today, it is an emerging interdisciplinary field offered in universities in the West, embracing psychology, philosophy, spirituality, anthropology, history, neuroscience, and cognitive science, as well as gender and race studies.

A growing number of colleges in the US, Europe, and South America now offer masters degrees in Consciousness Studies, and a handful of universities offer interdisciplinary doctoral programs involving science, philosophy, and religion.

Depending on the bias of individual institutions and teachers, emphasis may be on first-person exploration of *subjective experience* (e.g., through meditation and other experiential practices), or third-person investigation of *objective* physiological correlates of consciousness (e.g., brain and nervous system), as well as philosophical investigations leading to rational understanding of the mind and how it relates to the body and the rest of the physical world. Another approach, recognizing the pervasiveness and importance of *relationship*, focuses on second-person *intersubjective* explorations of consciousness (e.g., through dialogue and group rituals).

As with all advanced degree programs, which can take from two to six years of dedicated study, three common obstacles need to be overcome: time, cost, and commitment. Many people who are passionate about consciousness and self-knowledge do not have the resources to pursue a full-time (or even part-time) degree course. Yet exploring consciousness remains a passion and priority for them.

If you are one of these people, a **Mentorship in Consciousness Studies** may be a preferable option. Personal mentorship programs can be individually tailored to meet the time and financial resources you have available. All it takes is your commitment to follow a course of guided study.

Whether you are interested in consciousness for personal, spiritual, social, or academic reasons, a Personal Mentorship can guide you in exploring consciousness for mental, emotional, and spiritual development—and can even provide you with a strong foundation for taking an advanced degree later on if that is what you choose to do.

The Wisdom Academy

The Wisdom Academy, founded by philosopher and consciousness professor Christian de Quincey, Ph.D., offers both formal and informal courses in Consciousness Studies. These programs are available either as individually tailored Personal Mentorships or as Group Mentorships for up to 15 people who share common goals and interests.

Personal Mentorship in Consciousness Studies (individually tailored programs)

As well as teaching at various universities, Dr. de Quincey guides independent scholars who have the commitment to work with him through a tailored program in consciousness studies. Depending on students' goals and interests, these courses can be open, informal, and flexible or more structured and modeled on one (or some combination) of the masters-level courses he teaches at universities.

Typically, students are assigned texts, CDs, or DVDs to study on a monthly basis. Students have the option of writing a monthly paper/report on what they have read, listened to, or viewed. These are emailed to the mentor, who responds usually with detailed feedback and suggestions for further study and/or contemplation. Mentorship can also include teleconferencing. Students are encouraged to keep a daily or weekly reflective journal to record insights, dreams, and other creative expressions from their deep psyche. These journals are private.

Group Mentorship in Consciousness Studies

A number of individuals sharing similar goals and interests in consciousness studies may decide to team up to take a Wisdom Academy course at a reduced per-individual rate (economies of scale benefit both instructors and students, and group dynamics enrich the learning experience). Because this is a distance-learning program, the mentorship group can be geographically distributed (nationally or internationally). However, if a group from a particular location or region teams up for one of these programs, they have the added benefit of arranging a week-long onsite intensive seminar once or twice a year in their location. These seminars combine a mix of study/learning styles—including formal presentations by Dr. de Quincey or another instructor from the Wisdom Academy (and, if they choose, by the students); Q&A sessions; as well as experiential process work including, especially, Bohmian Dialogue circles (see Dr. de Quincey's book *Radical Knowing* for an account of this mode of consciousness inquiry).

Learning Modules

Philosophy	
[]	"What is Consciousness?" [explores meanings and nature of mind and consciousness]
[]	"Consciousness & Energy" [explores relationship b/w nonphysical mind and physical body]
[]	"Mind in the Cosmos" [explores the role of consciousness in evolution of the universe]
[]	"Worldviews on Mind and Matter" [compares different philosophies on mind & matter]
[]	"Knowing Other Minds" [asks: how can we know if anyone else is really conscious?]
[]	"Theories of Self" [looks at different ideas about the nature of self and personhood]
Spirituality	
[]	"Experience Beyond Belief" [challenges us to look closely at our beliefs about what is real]
[]	"The Four Gifts of Knowing" [explores, honors, and integrates different ways of knowing]
[]	"Transformation of Consciousness" [explores what transformation is, and how it happens]
[]	"Free-will: Choice, Chance, or Fate?" [inquires if we ever really choose or act from habit]
[]	"Truth or Wisdom?" [explores difference b/w rational knowledge & felt experience]
[]	"Bohmian Dialogue" [an opportunity to experience collective consciousness]
Sc	ience
[]	"Quantum Consciousness" [looks at role of quantum physics in consciousness studies]
[]	"Science & Consciousness" [examines whether science can study mind or consciousness]
[]	"Artificial Intelligence" [introduction to cognitive science and possibility of machine minds]
[]	"Evolution of Consciousness" [different ways mind evolves in people, planet, & cosmos]
[]	"Psi & Science" [examines evidence and explanations for extrasensory perception]
[]	"Strange Attractors" [draws on chaos theory for insights into how our minds work]
Shamanism	
[]	"Altered States" [explores how different states of consciousness reveal different realities]
[]	"Interspecies Consciousness & Communication" [examines sentience in other species]
[]	"Mind-Body Connection" [looks at non-rational ways to integrate body and soul]
[]	"Are Humans Special?" [challenges notion of human privilege & explores consequences]
[]	"Nature Has a Mind of Its Own" [explores implications of panpsychism: all matter has mind]

Although these topics have been grouped into four categories—philosophy, spirituality, science, and shamanism—each topic is interdisciplinary, involving explorations across all four disciplines. If you would like to register for a Mentorship in Consciousness Studies, you can begin by checking off the topics on the previous page to indicate your areas of interest.

Each topic covers a minimum of one month's study, though the time devoted to each topic may be extended to suit individual interests and needs. Email your list of interests in Consciousness Studies to Dr. Christian de Quincey at The Wisdom Academy: TheVisionaryEdge@deepspirit.com.

If you have a particular area of interest that is not on the list, please add it, and we will let you know if we can include it in one of our mentorship programs.

We recommend that every client of The Wisdom Academy begins by taking the "Foundation Module." It provides a comprehensive overview of this rich interdisciplinary field of inquiry.

The "Standard Mentorship in Consciousness Studies" program is designed to give participants a solid grounding in understanding consciousness from a variety of perspectives—how it relates to the body, to society, and to nature.

The "Advanced Mentorship in Conscious Transformation" goes deeper, building on conceptual understanding and emphasizing the importance of direct *felt experience*. In addition, the advanced mentorship coaches clients in ways to improve authentic self-expression through spoken and written word.

Although mentorships are offered on a quarterly basis, each program is structured to fit into an annual curriculum. We strongly encourage you to plan for a course of study lasting one year (discounts available). If you choose to extend beyond one year, that option is also available.



Personal Mentorships

Foundation Module in Consciousness Studies:

Comprehensive overview—science, philosophy, shamanism, and spirituality. Includes:

- Feedback on "Orientation Essay" (5-10 pages)
- 2 email responses per week
- Feedback on "Foundation Paper" (5-10 pages)
- Fee: \$200 per month for 3 months

Standard Personal Mentorship:

Personally tailored course includes:

- Text/CD/DVD assignments
- 1 written commentary per month
- 2 email responses per week
- 1 30-mins phone consultation per month (optional)
- Fee: \$350 per month for 3 months

Advanced Personal Mentorship:

Personally tailored course includes:

- Text/CD/DVD assignments
- Up to 2 written reports per month
- feedback on conceptual content and writing style
- Up to 4 email responses per week
- 1 one-hour phone consultation per month
- 1 60-mins experiential dialogue by phone per quarter
- Fee: \$500 per month for 3 months

Fees

The Wisdom Academy offers mentorships on a per-quarter basis. You may choose between a "Standard" or "Advanced" program, depending on your personal goals and preferences. Registration fees are payable in advance on enrollment. A processing fee of \$100 will be retained if you decide to cancel before the course begins. Once the course starts, fees are non-refundable.

Group Mentorships

Private Group Mentoring in Consciousness Studies:

A number of individuals sharing similar goals and interests in consciousness studies may decide to team up for a course from The Wisdom Academy at a reduced per-individual rate (economies of scale benefit both instructors and students, and group dynamics enrich the learning experience). Because this is a distance-learning program, the mentorship group can be geographically distributed (nationally or internationally). However, if a group from a particular location or region teams up for one of these programs, they have the added benefit of arranging a week-long onsite intensive seminar once or twice a year in their location.

These seminars combine a mix of study/learning styles—including formal presentations by Dr. de Quincey or another instructor from The Wisdom Academy (and, if they choose, students may also present); Q&A sessions; as well as experiential process work including, especially, Bohmian Dialogue circles (see Dr. de Quincey's book *Radical Knowing* for an account of this mode of consciousness inquiry).

Corporate Coaching in Consciousness & Creativity:

The Wisdom Academy also offers courses in "Consciousness & Creativity" for corporate groups. These programs are individually tailored to meet specific organizational goals and objectives, and focus on understanding the dynamics of consciousness involved in creativity, collaborative learning, team building, and interpersonal relationships.

As with all our other programs, Corporate Coaching in Consciousness & Creativity explores and develops consciousness from a holistic perspective—integrating cognitive learning with body-based intuition.

In addition to distance-learning courses via email and Web resources, our corporate services are designed to include both on-site and off-site intensive seminars to help deepen and accelerate the effectiveness of these programs.

Fees: for both private and corporate group mentoring/coaching:

Contact Dr. Christian de Quincey at <u>TheVisionaryEdge@deepspirit.com</u>

Foundation Module for Consciousness Studies

We recommend that every client of The Wisdom Academy begins by taking the "Foundation Module." It provides a comprehensive overview of this rich interdisciplinary field of inquiry.

Consciousness can mean many things to many people. Even though it is the most obvious fact of everyone's existence it is notoriously difficult to define. At The Wisdom Academy, we don't define consciousness; instead, we clarify different meanings.

What does it mean to you? That's the starting point of every program we offer. We invite you to spend a little time thinking about this. There are no right answers. Nevertheless, it really helps to be as clear as you can about what *you* mean when you use the word "consciousness."

In different disciplines it means different things. For example, in psychology it usually means "self-awareness." In philosophy, it often means "subjectivity" or "sentience." In spirituality, it is used to refer to clarity of awareness, high ethical values, and wisdom that leads to purposeful, compassionate action. In our courses, we include and explore all of these meanings—and give special attention to learning how they differ and interrelate.

Just as the word "consciousness" has multiple meanings, "Consciousness Studies" can have many different meanings, too—depending on motivations, perspectives, and backgrounds. In most cases, however, one common factor stands out: Consciousness Studies is an *interdisciplinary* field of inquiry.

It intersects with philosophy, psychology, cognitive science, neuroscience, anthropology, history, quantum physics, cosmology, and spirituality. A firm and comprehensive foundation in Consciousness Studies will include elements from philosophy of mind, developmental and transpersonal psychology, artificial intelligence, brain dynamics, cultural differences, evolutionary development, metaphysical speculations, and direct experience through shamanic and/or spiritual practices.

No-one could possibly master the knowledge available in all of these disciplines. Even a doctorate in Consciousness Studies would require only a basic familiarity with the key issues in each field. Nevertheless, if you are serious about taking a course in Consciousness Studies—whether for personal or professional purposes—you will be greatly served by taking the time to lay a firm and comprehensive foundation.

That is what the "Foundation Module in Consciousness Studies" provides, giving you the benefit of a comprehensive and integrated overview. We have simplified and condensed key elements from the various interdisciplinary fields into four distinct and related areas: *science*, *philosophy*, *shamanism*, and *spirituality*. These areas match the *four gifts of knowing*—senses, reason, feeling, and intuition—that lie at the heart of The Wisdom Academy's approach to studying consciousness.

While not a requirement, we strongly recommend that every participant in any of our programs begins by taking this one-quarter foundational module.

Here's what is involved:

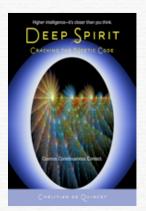
- You will begin by writing an "orientation essay" (details on next page);
- You will read the assigned introductory material (see below);
- You may dialogue with your mentor via 2 emails per week;
- You will write a 5-10 page "Foundation Paper" at the end of the quarter.

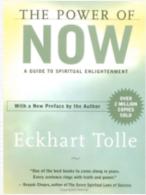
Readings

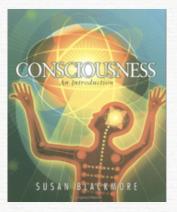
- **Deep Spirit:** Cracking the Noetic Code by Christian de Quincey (the most important story of all time: the evolution of consciousness. Available from The Wisdom Academy).
- Consciousness from Zombies to Angels: The Shadow and the Light of Knowing Who You Are
 by Christian de Quincey (covers science, philosophy, shamanism, and spirituality. Available
 online from Amazon.com and booksellers worldwide).
- **Consciousness: An Introduction** by Susan Blackmore (general overview of the science and philosophy of consciousness).
- **The Power of Now** by Echkart Tolle (one of the clearest and most effective introductions to consciousness from a spiritual perspective).

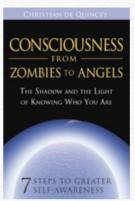
Fee: \$200 per month (3 month minimum);

Free if you register and pay in advance for a year-long program.









First Step: Your Orientation Essay

You will begin your "Consciousness Studies" program with The Wisdom Academy by writing an "orientation essay" (you could even start it today). This will help you clarify where you are now, where you wish to go, and the path between "here" and "there."

Don't worry about getting anything "right." Just write down what inspires you to step onto this path of consciousness studies. Tell us your main motivation for taking on this work. Summarize your own background in the field of consciousness, and what you think you need or would like from this course. For example, let's say "balance" is a dominant theme in your life and vision, then talk about how you see this course helping to bring about that balance.

With that as your introduction, then write a paragraph or two on each of the topical areas you would like to delve into (see "**Learning Modules**" p. 6). Again, don't worry about "getting it right." Simply express what each of these headings means to you, and why you chose them.

With this in hand, we will have an excellent benchmark for assessing your progress throughout the course. Give yourself a week or so to write this 5-10 page essay—before reading any of the assigned texts.

Welcome to the Wisdom Academy!



Advanced Mentorship in 'Conscious Transformation'

In addition to our general program in Consciousness Studies, The Wisdom Academy also offers advanced mentorships designed specifically for Conscious Transformation.

In this program, participants go deeper—both conceptually and experientially. We work with you to develop "a sense of the cosmos," to know and feel you place in nature. "Conscious Transformation" involves *experiencing* and *expressing* your authentic natural wisdom. We give special attention to the craft of writing and speaking about consciousness, and guide you in techniques for transformation. We look at belief systems (personal and collective), and explore what happens when we shift from believing our beliefs to engaging in *experience beyond belief*.

We focus on the possibilities of consciousness and its role in evolution, from three perspectives: *personal, planetary,* and *cosmic.*

<u>Personal</u>: Specifically, we will explore the role of consciousness in *personal development* and transformation. Timespan: from a single moment to a lifetime (and beyond).

Planetary: We will study the role of consciousness in the evolution of species on planet Earth. And, given our culture's bias toward our own species, we will focus attention on human evolution, while acknowledging interdependence between all species. *Timespan*: from the birth of our solar system 4 billion years ago to millennial epochs of civilizations.

Cosmic: In this course, we will make a strong case that consciousness is a universal reality, intrinsic to the very fabric of the cosmos. We will explore various theories and models on the role of consciousness in cosmic evolution. *Timespan:* at least 13.7 billion years.

While evolution manifests distinct characteristics at personal, planetary, and cosmic levels, all levels are intimately interrelated—what goes on at one level ripples through all the others.

Therefore, following the perennial dictum "as above, so below" (and vice versa), we will see how macrocosmic dynamics of involution and evolution play out in the conscious evolution of species and individuals. Conversely, we will examine how the microcosmic plays a role in the macrocosmic—i.e., how transformation of personal consciousness may contribute to the evolution of consciousness on both planetary and cosmic levels.

For instance, on the macro scale of the **cosmos** as a whole, we will study the ideas of spiritual cosmologists such as Sri Aurobindo, and Arthur Young, and scientific cosmologists such as Eric Chaisson and Brian Swimme.

On the mid-scale of **planetary evolution** we will examine the visionary speculations of Teilhard de Chardin, as well as Jean Gebser's profound insights into the evolution of consciousness within the human species.

And on the micro-scale of individual **personal development and transformation**, we will explore a variety of ideas, theories, and models across disciplines that include transpersonal and humanistic psychology, shamanism, spirituality, philosophy of mind, anthropology, cognitive science, and neuroscience.

Our learning will unfold on different levels simultaneously—intellectually through texts, lectures and written response papers, as well as experientially through personal reflection, meditation, journaling and interpersonally through dialogue and collaborative inquiry.

Fees

The Wisdom Academy offers advanced mentorships on a per-quarter basis. You may choose your own pace of study, depending on your personal goals and preferences. Registration fees are payable in advance on enrollment. A processing fee of \$100 will be retained if you decide to cancel before the course begins. Once the course starts, fees are non-refundable.

Advanced Personal Mentorship in 'Conscious Transformation': \$500 per month

(Personally tailored course of study includes: Text/CD/DVD assignments; feedback on up to 2 written reports per month; feedback addresses both conceptual content and suggestions for improving writing clarity; responses to 4 email queries per week; monthly 1-hour phone consultation; and quarterly 60-mins experiential dialogue by phone.) Plus bonus: Free guest pass to monthly films and other events hosted by The Visionary Edge in Half Moon Bay, California.

Advanced Group Mentorships:

4-8 students @ \$450 per person per month

(Tailored programs for Group Mentorships—include Text/CD/DVD assignments; feedback on written reports; responses to email queries; phone consultations; and teleconferencing.)

Although mentorships are offered on a quarterly basis, each program is structured to fit into an annual curriculum. We strongly encourage you to plan for a course of study lasting one year. If you choose to extend beyond one year, that option is also available.



Note on Terminology

"Program" refers to the main option you choose (e.g., "Standard Mentorship in Consciousness Studies" or "Advanced Mentorship in Conscious Transformation.")

"Course" refers to the actual set of modules you select and focus on for your chosen course of study. You may choose any combination of modules for your course in consciousness studies. Deciding on which modules to choose should become clearer after you complete your Orientation Essay.

"Module" refers to specific and focused topics you can choose for your course (e.g., "What is Consciousness?" or "Consciousness & Energy" or "Quantum Consciousness," or "Experience Beyond Belief" (see list p. 6).

"Standard" refers to a course of study that involves reading assignments, response papers, and email and phone interactions with your mentor).

"Advanced" refers to a comparatively more intensive course of study (more reading, more writing, more interaction with mentor, and, typically, deeper work).

We recommend you wait until you are well into **The Foundation Module** before deciding which selection of modules best suits your goals and interests. If you wish to upgrade from a "Standard" program to an "Advanced" program in mid-course, we can arrange that (adjusting fees accordingly).

We suggest focusing on one "Module" per quarter (depending on how much time you have available and how fast you wish to proceed). Typically, we assign between 3-5 books per module. In some cases, depending on how deep you wish to go, we may extend a module over more than one quarter.

Remember, we approach our interactions with clients as flexible *dialogues*—which means that nothing is fixed or immutable. The readings (and response papers) we assign are always open to change and revision if you wish to refocus your study on a specific author or topic. Occasionally, we may "strongly recommend" that you read a certain book or books. But it is always up to you. You are not compelled to do anything. We are here as guides in Consciousness Studies.

Join us on this great adventure called "consciousness" and learn how it plays in life and evolution.

Contact: Christian de Quincey:

TheVisionaryEdge@deepspirit.com

Enrollment Process

We begin the enrollment process via email, and follow up with a phone call if necessary. We send you a selection of materials about The Wisdom Academy programs to help you decide which combination of courses would be most suitable for you (matching your interests, time, and financial resources).

In brief, the process typically follows these 10-steps:

- Review Options. You will review the short enrollment documents (usually accompanying this
 document), and select a combination of modules that best fits your interests and goals.
- **2. Phone Contact.** Having made your selection, you may arrange to call your mentor by phone to establish a rapport.
- 3. Choose Your Course. You will then choose the course option you will commit to.
- **4. Payment.** Once your initial payment has been made, your mentoring relationship begins. Payments are made either by direct deposit, money order, or personal check.
- 5. Orientation Essay. We will send you instructions for writing a short "Orientation Essay." This helps clarify why you want to take this course; your previous work or experience in the field of consciousness studies (including books you have read, seminars/workshops, courses you have taken, personal psychospiritual practices, etc.); an outline of your goals for this course, and how you envision applying it in your life. The Orientation Essay serves as a baseline to monitor your development and progress throughout the course.
- **6. Reading List.** We will send you an initial reading list of books (sometimes this includes DVDs and/or CDs or tapes) to match the modules you have selected. You will order books (DVDs or CDs) from your local bookstore or online.
- **7. Timeline & Reflection Paper.** Together, we will estimate a timeline for you to absorb the assigned material, and then you will write a reflection paper.
- 8. Feedback. Your mentor will respond with feedback/comments on the content of your paper; and, depending on the level of engagement you sign up for, your mentor may also give editorial feedback on your writing style. This option is for participants who wish to use The Wisdom Academy programs to develop skills for communicating about consciousness.
- Schedule Phone Monthly/Quarterly Dialogue. Depending on the course option you have chosen, you will schedule times with your mentor to dialogue by phone.
- **10.** Repeat/Continue. We will continue this process for each module you have signed up for. The minimum commitment is for one quarter (three months), and we encourage participants to plan and commit to a year's program (we will work with you to develop this plan).

Certificate in Consciousness Studies

The Wisdom Academy offers a **Certificate in Consciousness Studies** to students who successfully complete one of our programs.

For example, you may receive a personalized certificate when you complete a Standard Mentorship or an Advanced Mentorship program. To qualify for a certificate, a student must complete a minimum of four modules (including The Foundation Module).

Typically, a module lasts for three months (a quarter), thus a student who qualifies for a **Standard Certificate in Consciousness Studies** will have studied with The Wisdom Academy for at least one year. An **Advanced Certificate in Consciousness Studies** could take an additional two to three years (depending on the student's preferred rate of study).

A certificate will be mailed on completion of your program for a processing fee of \$20.



Work at Your Own Pace

The one keyword that sums up our relationship with clients is *flexibility*. Once you register, you are in the driver's seat. You work at your own pace—as fast or as slow as your interests and the rest of your commitments permit. If you need to take "time out" (e.g., to break for a quarter) we can arrange that.

Please review our mentorship options and let us know if you would like to take advantage of our special offer.

Contact: Christian de Quincey:

The Visionary Edge @deepspirit.com

Now Offering

Consciousness for Everyone



WisdomGems

a flexible new program

"Consciousness-as-you-go" dialogues

For as little as \$5, you can have a day-by-day personal mentorship with Dr. Christian de Quincey.

Further details:

www.TheWisdomAcademy.org

Contact: Christian de Quincey:

The Visionary Edge @deepspirit.com