

COURSE OUTLINE
HEED - 116
Fundamentals of Spiritual Awareness
3 semester hours

HOWARD COMMUNITY COLLEGE

Description

This course, based on Eastern thought, will provide the student the tools to understand one's spiritual nature. Major topics include states of consciousness, the subconscious mind, thoughts and attitudes, death and dying. Students will learn the connection between the chakras (energy body) and the physical body. Various meditation and visualization techniques will be experienced. The student will also have the opportunity to explore intuition, dreams, and synchronicity. Upon completion of this course one will gain an understanding of spirituality, self-awareness, and self-responsibility.

Course Objectives

Upon completion of this course, the student will be able to:

1. Define the subconscious and conscious mind.
2. Explain the what, how, and why of positive visualization, thoughts, and attitudes.
3. Identify the seven energy bodies.
4. Explain the etheric body.
5. Analyze the seven major chakras and relationship to the physical body.
6. Compare the etheric and physical body.
7. Develop a meditation practice.
8. Describe "death and dying" concepts.
9. Experience techniques for enhancing intuition.
10. Identify the language and meaning of dreams.

Major Topics

1. The role of the conscious-subconscious mind in creating one's reality.
2. Positive and negative thought vibration and their effect.
3. The multidimensional man.
4. Seven major chakras and the etheric body, with reference to emotions and healing.
5. Breathing and visualization techniques for relaxation.
6. Breath and Mantra meditation experienced.
7. Philosophy of reincarnation and karma, and death of the physical body.
8. Conscious awareness of one's intuition, synchronicity, and dreams.

Course Requirements

Grading/Exams: Grading procedures will be determined by the individual faculty member to include, but not limited to attendance, participation, quizzes, and final essay.