

The Conscious Science of Blessing and Consecration With Lord Jesus the Buddha

Meru University Course #1101

SYLLABUS

Dates: Six Sundays—January 23 through March 6, 2011 (excluding Feb. 20, 2011)

Times: 9:30—11:30 am MST

Instructors: Beloved Jesus the Buddha, David and Mona Lewis

COURSE DESCRIPTION



“Bless you” isn’t just for sneezes any more. When we bless we create an interval, a hush and we hold the world and ourselves in the palm of loving kindness. We touch and connect with each other’s Spirit. We shed the light of our good intentions over our world. Anyone can. And blessings always come back to us. Learn the art and practice and tenderly observe how blessings unfold in you. This course will give you firsthand experience with developing your own unique style of personal blessing. Discover how blessing will honor and reveal who you are as you engage with Source, with others and with the world

around you. Be a blesser and feel, receive and become part of the blessing. Share in the abundance of stories author David Spangler weaves through our 6 week course text, *Blessings the Art and Practice*. He will show us how to cast our blessings on a global scale to war, famine, oppression and beyond with an eye to covering the earth with our spiritual goodwill. Learn practical steps on how to use your power to bless for personal as well as social transformation. Explore Incarnational Spirituality and experience Jesus’ own teaching as a profound blessing. Journal your thoughts and experiences with weekly audio spiritual exercises and consider sharing them on our popular Hearts Center forum Even if you are already consciously blessing life this course will lift you into new octaves and offer new techniques of benediction.

REQUIRED COURSE MATERIALS

Blessing: The Art and Practice by David Spangler (2001) New York: Riverhead Books
ISBN-13: 978-1573229340

A blank notebook or journal dedicated to course work

Ten audio clips of spiritual exercises (To be provided on course page)

On Your Path to Blessing handout (To be provided on course page)

OPTIONAL COURSE MATERIALS

The Gentle Art of Blessing by Pierre Pradervand (2009) Hillsboro, OR: Beyond Words
ISBN: 978-1-58270-242-1 As an e-book, ISBN: 978-1-43915-363-5

Original Blessing: A Primer in Creation Spirituality by Matthew Fox (2000)
Tarcher/Putnam Editions ISBN: 978-1585420674

FORUM: Please post experiences and thoughts from your assignments (at least 2 during the course) on the forum. You may also enjoy choosing to reply to one or two other students' posts. You can sign up to receive an email when your post is answered by another person, whether an MU student or other interested participant.

LOGISTICS & TECHNICAL DETAILS: After registering for the course, follow the instructions on the registration confirmation email in order to activate your Meru Student Log-in Level to access the MU 1101 course page on the Hearts Center website, www.heartscenter.org. Once you have logged into the Hearts Center website, look for the "Welcome MU 1101 classmate" message on the right side bar. If you do not see it, refresh your page and look again. If you still do not see this link, for this class only contact MUregistrar@heartscenter.org. Once you have logged in and clicked the link, you will be directed to the Meru 1101 course webpage. The course webpage will have all the class information including the link to *Elluminate*, where the class will be webcast. Please contact MUregistrar@heartscenter.org if you have questions.

WEEK 1 TOPIC AND OBJECTIVES

Setting the Stage for Blessing

- Identify what constitutes a *blessing*.
- Explain *Incarnational Spirituality*
- Identify the three levels of change to bless the world.

WEEK 1 OUTLINE

1. Read chapters 1-3 in *Blessing: The Art and Practice* [before](#) the class. (21 pages)
2. Invocation - David
3. Welcome and review of the syllabus.
4. Beloved Jesus invites all students to attend his etheric retreat over Saudi Arabia during this 6-week course.
5. Introduce blessing as a spiritual practice.
6. Discuss characteristics of blessing through group participation.
7. Explain *Incarnational Spirituality* as a way to bless our world.
8. Tell Leo Tolstoy's story.
9. Sharing and questions by students.
10. HeartStream by Beloved Jesus the Buddha through David
11. Reflection on the HeartStream.
12. Review homework assignments.

WEEK 1 ASSIGNMENTS

1. Read chapters 4-7 in *Blessing: The Art and Practice*.
2. Listen to Spiritual Exercise One: The Empty Stage (Audio Clip One). Record your thoughts and reflections in your journal. This is also in your book on page 148.
3. Listen to Spiritual Exercise Two: Creating a Boundary (Audio Clip Two). Record your thoughts and reflections in your journal.
4. Respond in your journal using several ideas from the list below, "On Our Path to Blessing".
5. Share your experiences on the Forum.

WEEK 2 TOPIC AND OBJECTIVES

Sharing the Essence of Our Being through Blessing

- Discuss historical examples and information on blessing.
- Examine how blessing goes beyond kindness.
- Expand on how *Incarnational Spirituality* creates space to bless and change the world.

WEEK 2 OUTLINE

1. Invocation - David
2. Explain salient points about *ancient blessing* and *original blessing*.
3. Explain the meaning behind *sharing blood, sharing breath*.
4. Examine the differences between blessing and kindness.
5. Introduce the concept of being an agent of Incarnation.

6. Explain blessing as a form of karma yoga.
7. Students discuss Forum posts and any questions from the material.
8. HeartStream by Beloved Jesus the Buddha through David.
9. Reflection on the HeartStream.
10. Review homework assignments.

WEEK 2 ASSIGNMENTS

1. Read chapters 8-11 in *Blessing: The Art and Practice*.
2. Listen to Spiritual Exercise Three: Standing (Audio Clip Three). Record your thoughts and reflections in your journal.
3. Respond in your journal using several ideas from the list below, "On Our Path to Blessing".
4. Share your experiences on the Forum.

WEEK 3 TOPIC AND OBJECTIVES

Profound Interconnectedness

- Discuss the important role of imagination in blessing.
- Explain the part unobstructed world plays in blessing.
- Discuss manifestation in relation to blessing

WEEK 3 OUTLINE

1. Invocation - David
2. Explain the important points of using imagination in blessing.
3. Explain the part unobstructed world plays in blessing.
4. Examine the importance of flow, synergy, and manifestation.
5. Introduce energizing vs. *innergizing*.
6. Students discuss Forum posts and any questions from the material.
7. Story: Seeing the Hidden Good
8. HeartStream by Beloved Jesus the Buddha through David.
9. Reflection on the HeartStream.
10. Review homework assignments.

WEEK 3 ASSIGNMENTS

1. Read chapters 12, 13, 14, & 15 in *Blessing: The Art and Practice* before the next class.
2. Listen to Spiritual Exercise Four: Self Light (Audio Clip Four). Record your thoughts and reflections in your journal.
3. Listen to Spiritual Exercise Five: Blessing & Sourcing (Audio Clip Five). Record your thoughts and reflections in your journal.
4. Respond in your journal using several ideas from the list below, "On Our Path to Blessing".
5. Share your experiences on the Forum.

WEEK 4 TOPIC AND OBJECTIVES

Personal Connections and Blessing Practice

- Understand and experience the “blessing place.”
- Explain holding and blessing.
- Examine blessing others in different ways and situations.

WEEK 4 OUTLINE

1. Invocation - David
2. Explain and discuss the *blessing place* and how we open to it.
3. Explain holding and blessing.
4. Examine the importance of situations and times to bless.
 - a. Blessing people in their integrity.
 - b. Blessing people in their happiness.
5. Students discuss Forum posts and any questions from the material.
6. Story: Ram Dass’s story of a young American woman.
7. HeartStream by Beloved Jesus the Buddha through David.
8. Reflection on the HeartStream.
9. Review homework assignments.

WEEK 4 ASSIGNMENTS

1. Read chapters 16 & 17 in *Blessing: The Art and Practice*.
2. Listen to Spiritual Exercise Seven: The Lap (Audio Clip Seven). Record your thoughts and reflections in your journal.
3. Listen to Spiritual Exercise Eight: The Sphere of Holding and Blessing (Audio Clip Eight). Record your thoughts and reflections in your journal.
4. Respond in your journal using several ideas from the list below, “On Our Path to Blessing”.
5. Share your experiences on the Forum.

WEEK 5 TOPIC AND OBJECTIVES

The Golden Rule

- Explain the use of blessing for protection, cleansing and transmutation.
- Understand how to become a transforming source.
- Identify blessing as a spiritual path.

WEEK 5 OUTLINE

1. Invocation - David
2. Explain the important points to use blessing for protection, cleansing and transmutation.
 - a. Blessing as armor.
 - b. Blessing of hardships.
 - c. Unloading your past.
3. Examine how to become a source of blessing for transmutation.
4. Explain how we start anew as described by Jesus.

5. Blessing as healing.
 - a. Blessing and healing the eyes.
 - b. Blessing and healing other aspects of ourselves.
6. Blessing as a spiritual path.
7. Students discuss Forum posts and any questions from the material.
8. Story: Tord's experience in transforming his life.
9. HeartStream by Beloved Jesus the Buddha through David.
10. Reflection on the HeartStream.
11. Review homework assignments.

WEEK 5 ASSIGNMENTS

1. Listen to Spiritual Exercise Nine: Holding and Blessing Your Incarnational Field (Audio Clip Nine). Record your thoughts and reflections in your journal.
2. Listen to Spiritual Exercise Ten: Flow Practice (Audio Clip Ten). Record your thoughts and reflections in your journal.
3. Respond in your journal using several ideas from the list below, "On Our Path to Blessing".
4. Share your experiences on the Forum.

WEEK 6 TOPIC AND OBJECTIVES

Touching the Earth

- Understand the principles and procedures of blessing with groups.
- Examine helpful methods for world work.

WEEK 6 OUTLINE

1. Invocation – David
2. Engage in a period of stillness.
3. Explain the principles and procedures of blessing with groups.
4. Examine blessing and world work including check points.
5. Examine the act of holding.
6. Group meditation and blessing.
7. Students discuss Forum posts and any questions from the material.
8. Story: TBA.
9. HeartStream by Beloved Jesus the Buddha through David.
10. Reflection on the HeartStream.
11. Review homework assignments.

FINAL ASSIGNMENTS

1. Complete the survey on this course.
2. Optional: Continue sharing your experiences on the Forum.

And walk in blessing.....