

# **Initiatic School Within the Great White Brotherhood as a Community of Light**

Meru University Course #1102

## **SYLLABUS**

**Dates:** Six Sundays— March 13 to April 17, 2011

**Times:** 9:30—11:30 am MDT

**Instructors:** Beloved Masters Omraam and Peter Deunov, David Lewis, Wayne Purdin

### **COURSE DESCRIPTION:**

A study of the foundational principles of life and work in an initiatic school and community of the Great White Brotherhood, using examples from Crotona, the Essenes, and modern initiatic schools. We will examine prerequisites for entering an initiatic school, the master-disciple relationship, the path of initiation, and the moral codes and disciplines involved in living in a spiritual community.

This course is designed to give students a taste of what it is like being in an initiatic school. Students will experience firsthand some of the spiritual exercises of an initiatic school, such as Hrani and Surya yoga, and Mouna, as well as studying at night by going to the etheric retreats of Masters Omraam and Peter Deunov. Students will keep a journal of their experiences and share on a forum along with answering a discussion question each week designed to engage their critical thinking skills.

### **REQUIRED COURSE MATERIALS**

*Life and Work in an Initiatic School* by Omraam Mikhael Aivanhov (2007) Frejus: FR: Prosveta. ISBN-13: 978-2855669311

**The Sunrise Meditation handout**

**Guidelines for Spiritual Work handout**

**Hrani Yoga handout**

A blank notebook or journal dedicated to course work

### **OPTIONAL COURSE MATERIALS**

*What is a Spiritual Master* by Omraam Mikhael Aivanhov (2004) Frejus: FR: Prosveta. ISBN-13: 978-2855663005

*The Life of a Master in the West* by Lousie-Marie Frenette (2009) Canton Country,

CA: Prosveta US Dist. ISBN-13: 978-0-9842693-0-3

***The Yoga of Nutrition*** (2006) by Omraam Mikhael Aivanhov Frejus: FR: Prosveta. ISBN-13: 978-2855663753

## **Wheat Diet handout**

**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**

### **The Path of Initiation (Doing the Work)**

- Describe the Path of Initiation in the symbolism of Peter Deunov's Pentagram.
- Identify the rites of purification and techniques of working with light.
- Distinguish between white and black magic.

## **WEEK 1 OUTLINE**

1. Read pages 158-162, 195-207, and chapter 8 in *Life and Work in an Initiatic School* before the class.
2. Invocation - David
3. Welcome and review of the syllabus.
4. Explain the symbolism of Peter Deunov's pentagram in terms of three levels of initiation.
5. Examine the connection between the Pentagram and the five secret rays.
6. Discuss the various levels of initiation from student to Buddha.
7. Discuss conscious purification and suffering as baptism.
8. Students discuss forum posts and questions from the material.
9. HeartStream through David.
10. Discuss the HeartStream.

11. Review homework assignments.

### **WEEK 1 ASSIGNMENTS**

1. Read Chapter 5 in *Life and Work in an Initiatic School*.
2. Do the sunrise meditation daily, following instructions on the handout and using the daily meditations from *Guidelines for Spiritual Work*.
3. Listen to the dictation from Leto of September 17, 2010.
4. Listen to the darshan with Master Omraam from December 19, 2010.
5. Answer the discussion question for Week 1 on the forum and respond to at least one other student's post: **What experiences have you had on the path that reflect the initiations and stages of the pentagram?**
6. Share your experiences on the forum.

### **WEEK 2 TOPIC AND OBJECTIVES**

#### **The Initiatic School**

- Explain what an initiatic school is and how it differs from a regular school.
- Identify the qualities that are necessary for study in an initiatic school.
- Explain the various levels within an initiatic school.

### **WEEK 2 OUTLINE**

1. Invocation - David
2. Discuss why initiatic schools were established.
3. Discuss how initiatic schools are different from and similar to universities.
4. Explain why certain qualities are necessary for students of initiatic schools.
5. Discuss the importance of studying in the retreats at night and other spiritual work.
6. Describe Peter Deunov's Wheat Diet.
7. Sharing and questions by students.
8. HeartStream through David.
9. Discuss the HeartStream.
10. Review homework assignments.

### **WEEK 2 ASSIGNMENTS**

1. Read pages 93 to 107 and 208 to 215 in *Life and Work in an Initiatic School*.
2. Continue the sunrise meditation daily, following instructions on the handout.
3. Do Peter Deunov's Wheat Diet for 10 days, beginning March 23 (optional).
4. Answer the discussion question for Week 2 on the forum and respond to at least one other student's post: **Which one of the 10 qualities of an aspiring initiate do you choose to work on during the remainder of the course, and what is your plan of action?**
5. Share your experiences on the forum.

### **WEEK 3 TOPIC AND OBJECTIVES**

#### **The Master-Disciple Relationship**

- Explain the importance of a master for the progress of a disciple.

- Identify the qualities required to find a master and to stay with a master.
- Explain the alternatives if there is no physical master.

### WEEK 3 OUTLINE

1. Invocation - David
2. Describe the various roles a master plays.
3. Explain the reasons why a master is necessary for progress on the path.
4. Discuss life as a hard taskmaster for those not on the path.
5. Describe various masters: physical master, ascended masters, upaguru, sun.
6. Discuss the requirement of discrimination in seeking a master.
7. Discuss the importance of receptivity, trust and love in the master-disciple bond.
8. Explain how intermediaries can assist in attunement with a master.
9. Explain how to establish a relationship with an ascended master.
10. Students discuss forum posts and questions from the material.
11. HeartStream through David.
12. Discuss the HeartStream.
13. Review homework assignments.

### WEEK 3 ASSIGNMENTS

1. Read chapter 2 and pages 111 to 117 and 131 to 135 in *Life and Work in an Initiatic School*.
2. Continue the sunrise meditation daily, following instructions on the handout.
3. Listen to the audio of El Morya from MU 902.
4. Answer the discussion question for Week 3 on the forum and respond to at least one other student's post: **How do you discriminate between a false master and a true master? Relate any experiences you may have had with any true master.**
5. Share your experiences on the forum.

### WEEK 4 TOPIC AND OBJECTIVES

#### The Moral Codes and Disciplines of Living in a Spiritual Community

- Describe the benefits of living in a spiritual community.
- Explain the purpose of testing.
- Understand the importance of right diet and fasting, silence, music, sacred dance, and other disciplines.
- Distinguish between collectivity and individuality.

### WEEK 4 OUTLINE

1. Invocation - David
2. Explain how The Hearts Center is the fulfillment of past spiritual communities.
3. Explain the benefits of living in a community.
4. Explain what is required for spiritual brothers & sisters to live together, and the two basic rules.

5. Discuss the purpose of various tests.
6. Examine the importance of prayer and meditation, music and song, sacred dance and exercise, hrani yoga and vegetarianism, silence, and surya yoga.
7. Examine various ways of working with light.
8. Explain why Eastern techniques are not always suitable for Westerners.
9. Explain the difference between white and black magic.
10. Discuss working with Masters, angels, and elementals.
11. Students discuss forum posts and questions from the material.
12. HeartStream through David.
13. Discuss the HeartStream.
14. Review homework assignments.

#### **WEEK 4 ASSIGNMENTS**

1. Read pages 248 to 254 in *Life and Work in an Initiatic School*.
2. Practice Hrani Yoga during at least three meals. Follow instructions on the Hrani Yoga handout.
3. Practice silence for three to seven days (only necessary talking).
4. Continue the daily sunrise meditation.
5. Listen to the audio of Sr. Natacha Kolesar from MU 902.
6. Explore the New Zealand community website at <http://www.omraam.org.nz/>
7. Explore the UWB France community of Le Bonfin at [http://www.fbu.org/site\\_anglais/general\\_english/bonfin.htm](http://www.fbu.org/site_anglais/general_english/bonfin.htm)
8. Explore the I.D.E.A.L. society website at <http://www.idealsociety.ca>
9. Answer the discussion question for Week 4 on the forum and respond to at least one other student's post: **Which of the spiritual disciplines gives you the most joy and which do you find most difficult? Why?**
10. Share your experiences on the forum.

#### **WEEK 5 TOPIC AND OBJECTIVES**

##### **Spiritual Communities of Light**

1. Describe life at several spiritual communities.
2. Understand the importance of spiritual community for personal and world transformation.

#### **WEEK 5 OUTLINE**

1. Invocation - David
2. Describe one person's search for the ideal spiritual community.
3. Describe several initiatic schools in Europe and Canada.
4. Interview guest speakers Alain and Iglia Besson about their experiences living at the Bonfin and other spiritual communities.
5. Students ask questions of the guest speakers.
6. HeartStream through David.
7. Discuss the HeartStream.
8. Review homework assignments.

## **WEEK 5 ASSIGNMENTS**

1. Read pages 169-176 and 184-192 in *Life and Work in an Initiatic School*.
2. Continue Hrani Yoga during at least three meals before the end of the course.
3. Continue silence for three to seven days (only necessary talking).
4. Continue the daily sunrise meditation followed by singing and/or dancing.
5. Answer the discussion question for Week 5 on the forum and respond to at least one other student's post: **What did you find most interesting about our guest speakers' presentation? Why?**
6. Share your experiences on the forum.

## **WEEK 6 TOPIC AND OBJECTIVES**

### **The Ultimate Goal of the Initiatic School of the Great White Brotherhood**

- Define the Ultimate Goal – the Highest Ideal.
- Explain how the ultimate goal has evolved since Crotona.

## **WEEK 6 OUTLINE**

1. Invocation - David
2. Explain the ultimate goal - the Kingdom of God and his righteousness.
3. Establish the existence of Agartha and its role in creating a golden age.
4. Explain the concept of Synarchy as the best form of government.
5. Describe Peter Deunov's prophecy of a golden age and present scientific evidence that it is beginning to manifest.
6. Explain the importance of fraternity in establishing a golden age.
7. Students discuss forum posts and questions from the material.
8. HeartStream through David.
9. Discuss the HeartStream.
10. Review homework assignments.

## **FINAL ASSIGNMENTS**

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