

**The Tao of Joy: Walking the New Aquarian Eightfold Path**  
Meru University Course 2024-05

**Syllabus**

Instructor: Cathleen Alexander, PhD

Ascended Master Sponsors: Gautama Buddha, Jesus, Portia and the Holy Kumaras

Purpose of Course:

The purpose of this course is to explore the relationships and connections between the New Eightfold Path, the Aquarian ways of walking that Path and the virtue of joy.

Course Outline

- The New Eightfold Path
  - Learn what happens when you chant *Om Mani Padme Hum*.
  - Discover how you can walk upon water, air and fire.
  - Examine Gautama Buddha's concept of a new eightfold path with his teaching on the four nobler truths.
  - Discuss how we can master the eight heart-virtues of the eight petals of the crystal chamber of our hearts.
  
- Aquarian Love
  - Explore teachings of Saint Germain, Portia and other masters about Aquarian Love.
  - Discuss how love can enhance other virtues.
  - Explore teachings about the violet flame as the Aquarian elixir.
  
- Joy
  - Explore teachings about the virtue of joy by Jesus, Gautama Buddha, Lady Leila and other ascended masters.
  - Discuss how we can continue to make joy and its related virtues a reality in our own lives, starting with how we treat ourselves, our family and our friends.
  - Hear other students share stories about their experiences of joy on their Path as well as how the virtues of the New Eightfold Path they have shown up in their lives and in the lives of others!

Participation is encouraged throughout the course via the chat feature in the teaching environment.