



**METAVarsity**®

Open your **mind, heart** and **soul!**

**Applied Metaphysics Course**

# About MetaVarsity

The physical world that we perceive with our physical senses is the world of effects, the end result. What is the cause of this physical effect? Metaphysics is the study of the **underlying principles** of life and the application of these principles in **mastering our lives**.

MetaVarsity is a **school of metaphysical study** that uses the philosophy of metaphysics to provide a **unique learning and growth experience** for each one of our learners. **Personal mastery** involves balancing and developing all four areas of our lives: **physical, emotional, mental and spiritual**.

The design of our courses and the quality of our facilitators will ensure that you move along your path of personal mastery in a **safe and supported** way, guaranteeing you the results you desire through the use of **outcomes-based** learning principles.



# Course Overviews

## LEVEL 1

### Introduction to Metaphysics Course

- **For Beginners:** Builds a comprehensive knowledge and skills foundation in personal mastery through metaphysics
- **For Advanced:** Integrates and consolidates everything you know, linking up disparate information

6 or 12 Month study options



## LEVEL 2

### Applied Metaphysics Course

- **Assists you to connect to and experience your soul or higher self, realising your purpose and deep lessons for this life**
- **Prepares you to be able to help others in their journey of soul discovery**

6 or 12 Month study options



## LEVEL 3

### Metaphysical Practitioner Course

- **Develops your career path as a Metaphysical Practitioner**
- **Provides skill and knowledge in specific interest areas in standalone modules**

12 Month study options



**META**Varsity®

# About Applied Metaphysics

- As your next step after the Introduction to Metaphysics Course, the Applied Metaphysics Course builds upon the concepts of the four pillars of metaphysics, exploring tools and techniques to **reach deep soul contact and understanding**.
- Explore the intricate workings of **energy and the mind**.
- Learn how to use incredibly **powerful meditation techniques**.
- Play with telepathy and develop your own system of **telepathic communication**.
- Discover what blocks your personality from **expressing your soul** in everyday life.



# Choose Your Learning Pathway

## Physical Classes

- Sign up for the course via class group learning
- Attendance is either weekly or bi-weekly for either 6 or 12 months
- Paper assessment packs and workbooks provided, plus materials.
- Submit assessments through written hand-in with summative assessments via email
- Learn through a supported group environment

## Online Classes

- Sign up for the course via online group learning
- Attendance every third week for 2 hours over 12 months
- Coupled with distance learning and accessible to anyone, anywhere.
- Submit assessments online
- Learn through a supported online group environment

## Distance Learning

- Sign up for the course via distance learning.
- Most flexible in study options
- Receive all your workbooks
- Access to online materials as well
- Full study plan
- One on One facilitator throughout the process
- Submit assessments online
- Facilitation through assessment feedback
- Full access to all modules

## MODULE 1

# Advanced Metaphysics

## Purpose

- Learning the origins and purpose of both philosophical and metaphysical thinking
- Defining and expanding metaphysical terminology

## Outline

- 6 main schools of philosophy
- Famous philosophers
- 5 main schools of metaphysics
- Purpose of metaphysics
- Mysticism versus occultism
- Paranormal and parapsychology
- Space-time continuum
- Metaphysical laws of phenomena

### Applied Metaphysics Course

Module 1 Advanced Metaphysics	Module 2 Meditation	Module 3 Soul Awareness	Module 4 Energy Awareness	Module 5 Mind Awareness
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## MODULE 2

# Meditation

## Purpose

- Learning meditation techniques that go beyond mind control, developing soul contact and awareness
- Being able to assist others with meditation

## Outline

- Stages and schools of meditation
- Soul meditation technique
- Breath, sound and chants
- Personal experience of your soul
- Assisting others to meditate

### Applied Metaphysics Course

Module 1 Advanced Metaphysics	Module 2 Meditation	Module 3 Soul Awareness	Module 4 Energy Awareness	Module 5 Mind Awareness
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## MODULE 3

# Soul Awareness

## Purpose

- Developing a deep, soul-level of awareness, creating a sense of unity and overcoming major challenges in the personality that block the soul from expressing itself

## Outline

- Spiritual hierarchy of the solar system and the interrelationship of the kingdoms of nature
- Process of evolution through the flow of impression
- Definition of the personality (physical-emotional-mental), soul (higher self) and Monad (God-self)
- Using the 7 rays of life to understand soul and personality
- Types of glamour and illusion that block soul purpose
- How to overcome glamour and illusion

### Applied Metaphysics Course

Module 1 Advanced Metaphysics	Module 2 Meditation	Module 3 Soul Awareness	Module 4 Energy Awareness	Module 5 Mind Awareness
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## MODULE 4

# Energy Awareness

## Purpose

- Developing a personal experience of the different types of energy and becoming aware of the technical process of directing and receiving energy

## Outline

- Types of prana/energy/chi
- Energy circuits and energy transmission
- Experiencing levels of the aura
- Experiencing different types of energy (physical/emotional/mental)
- Science and quantum physics view
- Personal energy management

### Applied Metaphysics Course

Module 1 Advanced Metaphysics	Module 2 Meditation	Module 3 Soul Awareness	Module 4 Energy Awareness	Module 5 Mind Awareness
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## MODULE 5

# Mind Awareness

## Purpose

- Developing an understanding of the mind and becoming conscious of the mind's power to create reality
- Using telepathy to develop the mind's ability to create clear, powerful thought forms and to be receptive to receiving clear information

## Outline

- Levels of the mind and the purpose of each level
- How thought forms actually work
- Natural laws of manifestation, e.g. law of attraction, law of vibration, etc.
- Types of telepathy and techniques of developing this communication ability
- Practical telepathy experience

### Applied Metaphysics Course

Module 1 Advanced Metaphysics	Module 2 Meditation	Module 3 Soul Awareness	Module 4 Energy Awareness	Module 5 Mind Awareness
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# Assessment

## Ongoing Assessment

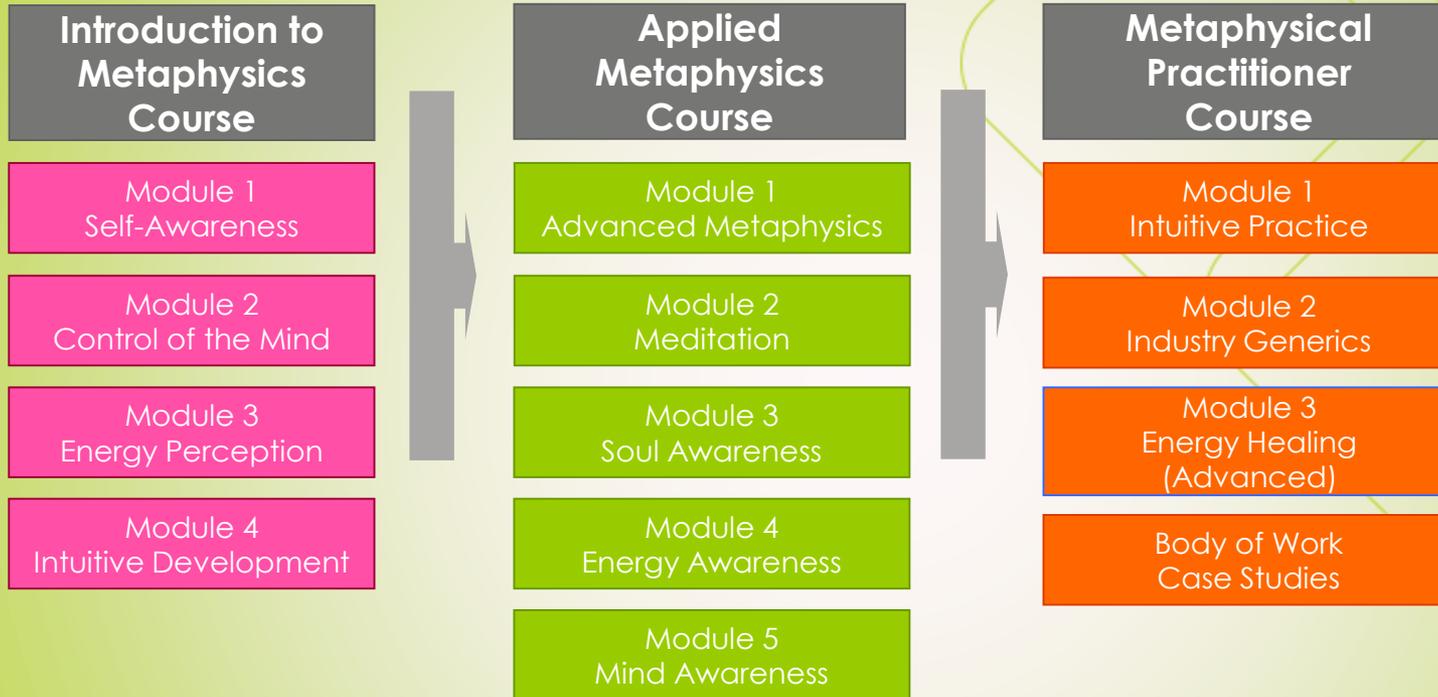
- Selected readings from *Bridges* by Aart Jurriaanse
- Ongoing knowledge and practical exercises, about 3 hrs per week
- Assessment pack per day of the course
- Outcomes-based learning

## Summative Assessment (Final)

- Knowledge questionnaire home assignment per module deepens personal understanding and practical experience



# Metaphysics Course Flow



# Why MetaVarsity?

- The only outcomes-based metaphysical education institution globally
- Dynamic web-based e-learning that provides access to submitting assignments online, communicating with your facilitator, connecting with fellow learners and accessing news articles
- Distance learning and class learning options are available
- National and international distance learning
- Massive personal development and growth
- New career opportunities
- Path supported by high-quality, credible facilitators
- Being part of a like-minded community
- Learning and applying new life tools in a structured and supported process
- Quality outcomes-based learning geared towards skill development
- PERSONAL MASTERY!



# Contact Us

Register for physical classes, online classes or distance learning, both national and international.

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