



Heart, Soul and the New Earth Human Re-turning to Gaia: A Transformational Journey

**with
Dr Louise Livingstone & Jay Livingstone**

COURSE HANDBOOK



**Blended online learning with video lectures and two-hour
monthly live seminars via Zoom
Wednesdays: 7pm - 9pm UK Time**

7 Feb, 6 Mar, 10 April, 8 May, 5 June, 3 July, 31 July 2024

Optional physical pilgrimages to sites in the UK during 2024:

6th April – Glastonbury
11th May – Avebury
8th June - Forest of Dean
6th July - Malvern Hills

**£525 (if you book before 31st October 2023)
£650 thereafter**



Message from Louise and Jay

In this course, in dynamic dialogue with the world, we sink deep into our hearts (the organ of the imagination), opening towards Gaia and her subjects as they speak to us through images and subtle expressions. In order to deeply connect to, and engage with, this ongoing conversation, we require a different mode of perception – the imagination. An imaginal mode of consciousness, made possible through our heart and our soul, is a way of knowing that honours inner intuitions and sensory experience. By opening to imaginal approaches, it becomes possible for us to develop a relationship with Gaia and her subjects, understanding the world as exquisitely alive – connecting through our heart and our soul to the living, breathing Earth that gifts us life.

We have been consciously communicating with Gaia for well over two decades – creating ritual and leading sacred pilgrimage to honour Gaia, her power places and her subjects. Listening deeply to Gaia through our hearts, we have been guided on transformational journeys that have taken us all across the UK, and onwards to the mysterious islands of Malta and beyond. Over the course of 7 months, we will guide and support you to open your hearts and re-connect with Gaia – deepening your relationship with the Great Mother and the more-than-human world through imaginal methodologies including Goethean enquiry, Heart Sense, Shamanic practices and other imaginal approaches including guided meditation/contemplation and drumming. On this transformational journey, you will also be given the opportunity to create ritual and take part in pilgrimage as you step into your rightful place as a New Earth Human.

This course is delivered online via Zoom and through a Virtual Learning Environment (VLE) called Canvas where you will have access to video lectures and supporting resources. There will also be optional extra physical pilgrimages to UK sacred sites (more information provided once we begin the course).

We look forward to journeying with you!

Dr Louise Livingstone
Heart Sense Research Institute

Jay Livingstone
The Elders of Aodhagan



Module One: Answering the Call; Being Claimed

This module includes:

- Introductions and course tutor background
- Participant introductions and reflections on pre-course activity
- Introduction to the course
- Why re-turning and who is Gaia?
- Heart, Soul and the New Earth Human – drawing out understanding for each of these terms
- Introduction to the imagination and the imaginal world – looking at different scholars
- Methodology & theories – deeper explanation
- Course underpinned by Heart sense, Shamanic practice, Goethean enquiry
- Introduction to the work of depth psychologist Robert Romanyshyn, and the idea of being claimed by the world that wants to express itself through you
- Brief introduction to personal responsibility, commitment, and sovereignty – foundation building for module two

Module Two: Diving Deeper; The Relational World

This module includes:

- Reflections on the previous weekend
- The relational world:
- Internal and external relations – what does this mean?
- David Abram – ‘more-than-human world’
- Indigenous cultures - influence on contemporary scholars
- Introduction to energy/resonance – including Rupert Sheldrake and others
- Introduction to personal energy work
- The human energy body – protection and maintenance of the subtle energy body and energetic systems
- Grounding, centering and perceptive insight



Module Three: Honouring Gaia

This module includes:

- Reflections on the previous weekend
- Revering Gaia – the Earth Goddess, & other ways of relating to the Great Mother
- Introduction to animism and the living world
- The ancients and ancestors
- Building on our imaginal journey; how connecting with nature and subtle vibrations in specific ways can be used to deepen and expand consciousness
- Honouring the land – pilgrimage and ritual.
- What is pilgrimage? How does one prepare oneself to do pilgrimage?
- What is ritual in the context of honouring the land? A practical introduction to ritual
- Exploring, accessing and communicating with Gaia’s power centres – Earth’s subtle energy centres and gridlines

6 April: Optional extra (by donation) physical pilgrimage to Glastonbury – pilgrimage and ritual to the Tor and Chalice Well



Module Four: Rock and Gem; Wisdom of the Stone Spirits

This module includes:

- Reflections on the previous weekend
- Revering stone – how stone was seen as sacred in our ancient past
- Imaginal journey to a sacred site
- Introduction to gems, crystals and crystallography

11 May: Optional Extra (donation): physical pilgrimage to Avebury – walking the serpent



Module Five: Plant and Tree; Wisdom of the Forest

This module includes:

- Reflections on the previous weekend
- Revering plants – how plants and trees were seen as sacred in our ancient past
- Communing with trees, the world as a gift, plant and tree teachings
- The heart's connection to plants and trees
- Shamanic wisdom of plants and plant medicine
- Celtic tree calendar/ogham

8th June: Optional Extra (donation): physical pilgrimage to Forest of Dean – into the dark wood

Module Six: Wisdom of the Animal Kingdom

This module includes:

- Reflections on the previous weekend
- Revering animals – how animals were seen as sacred in our ancient past
- Communicating with animals
- Shamanic wisdom of animals and animal medicine

6th July: Optional Extra (donation): physical pilgrimage to the Malvern Hills to connect with the animal realm – sitting with the animal spirits who present themselves to us

Module Seven: Re-Turning to the World

This module includes:

- Reflections on the previous weekend
- Looking back through the eyes of the heart
- Introduction to, and discussion around, Joseph's Campbell's Hero's Journey in relation to the course, and looking forward to next steps:
- Discussion in relation to Heart Sense process and associated reflections in relation to the past seven months



What you receive

- All course materials
- Online members area for discussion and support throughout the course
- Small group teaching
- Recordings of sessions - ***please note it is preferable that you commit to attending as many sessions as possible in order to receive the most from this transformational experience in loving relationship with Gaia***
- The benefit of Louise and Jay's three decades of teaching, mentoring and coaching experience with individuals and groups
- Louise and Jay's two decades of experience and expertise working with Earth energies, Earth Healing, creating ritual and pilgrimage

Your investment: £525 (if you book before 31st October 2023). £650 thereafter

There is no reduced investment. Please imagine creating a crowdfunding for you if you need to manifest the funds, or put a call out from your heart to find someone that would support you.

Registration & joining instructions: Please visit the following weblink to book - <https://www.heartsenseresearch.co.uk/certificate-heart-soul-new-earth>

We are using an online learning platform called Canvas. Once you have registered, we will send you an invitation to join this platform and the course. You will be able to access modules and materials from here. The course will open early January 2024 in order for you to complete your pre-course activities.

If you have any questions, please contact: louiselivingstone@heartsenseresearch.co.uk

We look forward to journeying with you!

www.heartsenseresearch.co.uk – Louise's website

www.theeldersofaodhagan.co.uk – Jay's website