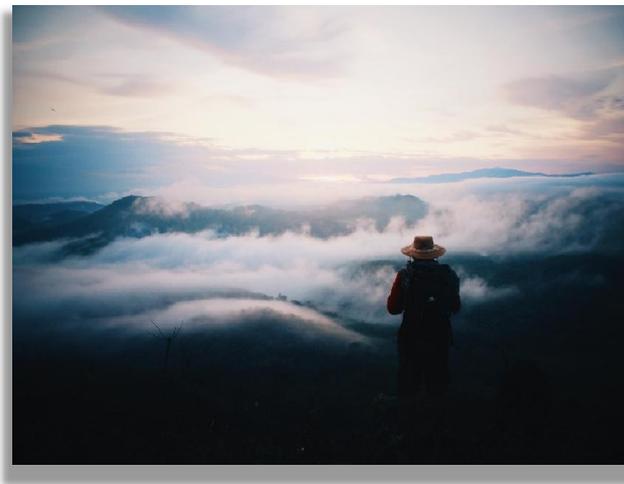




# **Heart, Soul and the New Earth Human Re-turning to Gaia: a Transformational Journey**

**with  
Dr Louise Livingstone & Jay Livingstone**

## **COURSE HANDBOOK**



**Online via Zoom, one Sunday per month  
3pm - 9pm UK Time**

**22nd Jan, 19th Feb, 19th Mar, 23rd Apr, 21st May, 18th Jun,  
16th Jul 2023**

**Optional physical pilgrimages to sites in the UK during 2023:**

1st April – Glastonbury  
6th May – Avebury  
3rd June - Forest of Dean  
1st July - Malvern Hills

**£525 (if you book before 31st October 2022)  
£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, with course materials online in the course programme membership area of this website. 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



**22<sup>nd</sup> January 2023**

## **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

**19<sup>th</sup> February 2023**

## **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



**19<sup>th</sup> March 2023**

### **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

***1<sup>st</sup> April: Optional extra (by donation) physical pilgrimage to Glastonbury – pilgrimage and ritual to the Tor and Chalice Well***



**23<sup>rd</sup> April 2023**

### **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

***6<sup>th</sup> May: Optional Extra (donation): physical pilgrimage to Avebury – walking the serpent***



**21<sup>st</sup> May 2023**

## **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

*3<sup>rd</sup> June: Optional Extra (donation): physical pilgrimage to Forest of Dean – into the dark wood*

**18<sup>th</sup> June 2023**

## **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

*1<sup>st</sup> 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*

**16<sup>th</sup> July 2023**

## **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 2022). £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:** As this course is set up as an online programme on this website, there are a few steps to complete to become a site member, book, and access the online course materials. Please visit the following weblink to join or click the button opposite - <https://www.heartsenseresearch.co.uk/onlinecourses>

## Joining instruction notes:

- Click 'join'
- Wait for your request to be approved by the Heart Sense Research Institute
- Look for approval email from Heart Sense Research Institute
- Open the email, follow the link and click 'join' once more. You will then be presented with a payment gateway to pay for the course.
- Once you have registered and paid, the course will open on 8th January 2023 in order for you to complete your pre-course activities.
- If you have any questions, please contact:  
[louiselivingstone@heartsenseresearch.co.uk](mailto:louiselivingstone@heartsenseresearch.co.uk)

**We look forward to journeying with you!**

**Contact: [www.heartsenseresearch.co.uk](http://www.heartsenseresearch.co.uk)**