



Heart, Soul and the New Earth Human Deep relating with Gaia: A 6-Month Journey

Level One - Certificate

with

Dr Louise Livingstone & Jay Livingstone

COURSE HANDBOOK



Blended online learning with video lectures and monthly live seminars via Zoom

Tuesdays: 7:30pm – 8.30pm UK Time

4 February, 4 March, 8 April, 6 May, 17 June, 15 July 2025



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 deep 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 many 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 6 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 deepen your relationship with the Earth and her subjects, supporting you to 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; giving you access to video lectures and supporting resources.

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:

- Participant introductions and reflections on pre-course activity
- Heart, Soul and the New Earth Human – drawing out understanding for each of these terms
- ‘Being claimed’ – Romanyshyn and Campbell
- Gaia and animism
- Introduction to the imagination and the imaginal world
- Methodology & theories – Heart sense, Shamanic practice, Goethean enquiry
- Contemplative exercises and reflections to deepen understanding

Module Two: Diving Deeper; The Relational World

This module includes:

- Reflections on the previous weekend
- Brief introduction to personal responsibility, commitment, and sovereignty
- The relational world – (David Abram – ‘more-than-human world’, McGilchrist – mutual responsibility)
- Introduction to energy/resonance
- Introduction to personal energy work
- The human energy body – protection and maintenance of the subtle energy body and energetic systems
- Grounding, centring and perceptive insight
- Contemplative exercises and reflections to deepen understanding





Module Three: 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

Module Four: 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

Module Five: 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

Module Six: 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 six months

Written piece – course participants are invited to write a piece reflecting on their journey through the course.



What you receive

- All course materials
- Online members area for discussion and support throughout the course
- Over 18 hours of lecture videos
- Monthly 'live' gatherings to reflect on the course materials
- The benefit of Louise and Jay's three decades of teaching, mentoring and coaching experience with individuals and groups
- Louise and Jay's three decades of experience and expertise communing with the Earth and her subjects
- Certificate of completion – giving you access to the level two Diploma

Attendance/Recordings:

This course is deeply experiential, and as such, it can lead to personal transformation. To gain the most from this course, it is advisable to attend each monthly live session; this is because a great deal of the learning takes place in the sharing spaces. For those who cannot attend the live sessions, there will be a recording available after the session has taken place (however, please be aware that this recording **will only be of the opening contemplation and any theory/reflections shared by the course tutors - and not the participants themselves**). In this sense, we are committed to protecting the online space for our learners.

Registration and 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 begins in February 2025, and will open in January 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