



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

**Online learning course with over 20 hours of video
lectures and supporting course materials**

**with
Dr Louise Livingstone & Jay Livingstone**

COURSE HANDBOOK



Self-guided study in your own time and at your own pace



In this course, in dynamic dialogue with the world, you are invited to sink deep into your heart (your organ of the imagination), opening towards Gaia and her subjects as they speak to you through images and subtle expressions. In order to deeply connect to, and engage with, this ongoing conversation, a different mode of perception is required – the imagination. An imaginal mode of consciousness, made possible through focussed attention on your heart and deep inner wisdom, is a way of knowing that honours inner intuitions and sensory experience. By opening to imaginal approaches, it becomes possible for you to develop a deep relationship with Gaia and her subjects, understanding the world as exquisitely alive - connecting through your heart and the wisdom of your soul to the living, breathing Earth that gifts you life. Indeed, re-awakening these capabilities is vitally important in our post-modern world.

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 across the UK, and onwards to the mysterious islands of Malta and beyond. On this course, you will receive video lectures and supporting materials to guide you to open your heart 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 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:

- 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:

- 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:

- 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:

- 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:

- 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:

- 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

Written piece – course participants are invited to write a piece reflecting on their journey through the course. Please note that this piece is not assessed, however, if you wish, you are most welcome to share your writing with Louise and Jay



What you receive

- All course materials
- Online members area for discussion and support throughout the course
- Over 20 hours of lecture videos
- 2 x 30-minute mentoring sessions with Jay or Louise (to be taken during the course)
- 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

Online, self-guided study

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 work through each module methodically, completing each lecture in turn, and reading the relevant materials. It is possible to complete one module per month, meaning that the course will take six months in total (however, as this is self-guided study, you can take as long as you need to complete the course). ***Please note that you are responsible for setting your own work schedule, therefore you need to be comfortable with online, self-guided study.***

Online Platform

The course is hosted and delivered on an online learning platform called Canvas. Once you have registered, you will receive an invitation to join the platform and the course. You will be able to access all modules and materials from here. By signing up to the course, you agree that access to the course is for your own personal use only.

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

If you have any questions, please contact: support@heartsensereseearch.co.uk

We look forward to journeying with you!

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

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