

SYLLABUS
810: SPIRITUAL CONTRACTS
2-Day Optional Residency (Fall) & Distance Learning
FACULTY: Delphine Rossi, ThD
Date Revised: 6/15/10

COURSE DESCRIPTION

Spiritual Contracts offers an in-depth perspective of the human energy field and an intuitive approach to whole person healing. An overview of the human energy field/chakra system and a personal exploration of the relationship between spiritual, emotional, and physical issues are discussed. From this bio-energetic information, core insights into personal healing may be derived. *Spiritual Contracts* also examines the influence of natal archetypes or identities and their related manifestation in various life experiences. Archetypal and human energy field information is then combined to reveal possible core issues the soul may have chosen to heal. A broader understanding and awareness of the human energy field and archetypal identities may then be applied to a healing practice.

FACULTY BIOGRAPHY

Dr. Delphine Rossi received her Th.D. from Holos University. She has been in the field of integrative health and healing for over two decades at the university level and in the community. She has pioneered courses in integrative health and spiritual healing that have become foundational courses for bachelor degree programs in health and wellness. Dr. Rossi has a private practice in integrative health and wellness. She is a master certified past life therapist, a certified health education specialist, and a pastoral counselor. She is actively involved in community health and healing through community organizations, Unity churches and local hospitals. Dr. Rossi is the Director of the Medical and Counseling Intuition Program at Holos University.

FACULTY CONTACT INFORMATION

Faculty Name: Delphine Rossi, Th.D.
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Address: 1737 East 539 Road Pleasant Hope, Missouri 65725
Conference Call #: 218-936-4700 Access Code: 758202

RESIDENTIAL REGISTRATION

Register with the HU Bursar, Marilyn McGehee (888-272-6109) for the residency portion of the course. There is an additional \$25.00 per day fee for residency classes held at Unity Village.

COURSE DELIVERY STYLE & PLAN OF ACTION

Spiritual Contracts is an optional two-day residency during the fall semester, with a distance-learning component, and a full distance-learning course in the spring semester. There are several required assignments and conference calls during the semester. The two-day residency centers on experiential learning regarding techniques/skills to enhance intuition, assessing the chakras and bio-energetic information, casting a natal/birth archetype wheel, and evaluating how the integration of bio-energetic and archetypal information creates new insights for healing. The course conference calls are organized by the instructor. Graduate students receive an invitation to the conference call and are required to reply to the invitation prior to the call. Each student pays for his or her own individual telephone costs. Conference calls enhance important aspects of the learning environment while creating a greater sense of community among Holos faculty and graduate students.

LEARNING OUTCOMES

Students will:

- Identify predominant intuitive senses and practice techniques to enhance intuitive skills.
- Evaluate and interpret their body consciousness/bio-energetic information.
- Identify techniques to assess and interpret information from and differentiate between physical, emotional, spiritual, and symbolic data from the chakras.
- Identify and interpret the relationship of physical injury/illness to emotional and spiritual life events.
- List and discuss various healing practices for resolving emotional issues.
- Create and interpret a personal natal archetypal (identities) chart.
- Discuss insights into light and shadow identities.
- Explain how natal/birth archetypal identity patterns manifest within this lifetime.
- Demonstrate relationships between archetypal identity patterns and sacred contracts.
- List intuitive insights into one's sacred contracts by integrating knowledge of the chakras with archetypal information.
- Record possible symbolic and spiritual meanings to life events.
- Apply assimilated and integrated knowledge of the chakras and archetypal identities into intuitive counseling skills.

Required Materials and Texts:

1. Brennan, Barbara. *Hands of Light: A Guide to Healing Through the Human Energy Field*. New York: Bantam Books, 1988.
2. Myss, Caroline and Norm Shealy. *The Science of Medical Intuition*. Boulder, Colorado: Sounds True, 2002.
3. Myss, Caroline. *Anatomy of the Spirit*. New York: Harmony Books, 1996.
4. Myss, Caroline. *Why People Don't Heal and How They Can*. New York: Three Rivers Press, 1997.
5. Myss, Caroline. *Sacred Contracts*. New York: Harmony Books, 2002.

Suggested Complementary Course Materials

1. Bruyere, Rosalyn. *Wheels of Light: A Study of the Chakras*. California: Bon Productions, 1989.
2. Emery, Marcia. *The Intuitive Healer: Accessing Your Inner Physician*. New York: St. Martin's Press, 1999.
3. McCartney, Francesca. *Body of Health: The New Science of Intuition Medicine for Energy & Balance*. California: New World Library, 2005.

HOLOS FACULTY-STUDENT COMMUNICATIONS POLICY

Students and instructor communicate frequently via email, and phone conferences create a collegial forum for sharing ideas among class participants. Telephone conferences and calls with instructors are the student's expense. Faculty should inform students of any times that they are not available for email or phone communication. Students should inform instructors if they will not be available for scheduled phone conferences. Students should allow three days for a response after emailing an instructor. If you have not received a response after three days, re-send the email, call the instructor and leave a voice message. If you have still not received a response after two more days, forward your email communications with the instructor to the Dean of Faculty. Further action will be determined by the Dean of Faculty.

ASSIGNMENT FORMATS

- All written assignments must be **Microsoft Word** documents sent by email as attached files.
- All papers should be **double-spaced**.
- **FONT:** Times or Times New Roman.
- **E-MAIL SUBJECT LINE:** Always include your name and the Assignment number in the subject line of your E-mail and on the title page of your assigned papers.
- **END NOTES:** All referenced material must be cited using endnotes. Include the Author's name, the publication name, the publisher, the date of publication, and the page number.
- **FILE NAME:** **When you “save” your document**, you **MUST** use the following format to name your Word file: Or your file will be returned so that you can add the proper file name and format: The document you attach to your e-mail should be in the following format:

SmithJ_887#1.doc. (Last Name, First Initial_Course #, Assignment#.doc) Use Times, Times New Roman, or Helvetica fonts, 12 pt. and cite all referenced material using *Chicago Manual of Style* endnotes.

OUTLINE OF ASSIGNMENTS & PERCENTAGE OF COURSE

1. Assignment #1: Journal of Personal Experience	NA
2. Assignment #2: Personal Insights	25%
3. Assignment #3: Timelines of Life Experiences	10%
4. Assignment #4: Personal Exploration the Chakras	20%
5. Assignment #5: Natal/Birth Archetype Chart and Interpretation	25%
6. Assignment #6: Integration of Timelines and Natal Archetypes	20%

DETAILS OF ASSIGNMENTS

ASSIGNMENT #1

Journal of Personal Experience

Due Date: Daily Journal/NA

Percentage of Grade: NA

Learning Outcomes of Assignment:

- Identify predominant intuitive senses and practice techniques to enhance intuitive skills.
- Evaluate and interpret one's body consciousness/bio-energetic information.
- Identify techniques to assess and interpret information from and differentiate between physical, emotional, spiritual, and symbolic data from the chakras.

Required Texts and/or Materials: Read *The Science of Medical Intuition*; Journal or Notebook.

Assignment Description #1: Create a personal journal of daily experiences of listening to your body consciousness. Read *The Science of Medical Intuition*. Use these personal insights in compiling your course papers and in expanding your knowledge of assessing bio-energetic information.

ASSIGNMENT #2
Personal Insights

Due Date: October 11, 2010

Percentage of Grade: 25%

Learning Outcomes of Assignment:

- Identify predominant intuitive senses and practice techniques to enhance intuitive skills.
- Evaluate and interpret one's body consciousness/bio-energetic information.
- Identify techniques to assess and interpret information from and differentiate between physical, emotional, spiritual, and symbolic data from the chakras.

Required Texts and/or Materials: Read *Anatomy of the Spirit* and *Hands of Light*; review *The Science of Medical Intuition*; integrate experiences from your Journal of Personal Experience into your paper.

Assignment Description #2: Thoroughly read *Anatomy of the Spirit*, *Hands of Light* and review the Study Guide/Workbook from *The Science of Medical Intuition*. Thoughtfully prepare a 15-20 page paper summarizing your personal insights of the human energy field and accessing bio-energetic information. Include a bibliography and endnotes.

ASSIGNMENT #3
Timeline of Life Experiences

Due Date: November 2, 2010

Percentage of Grade: 10%

Learning Outcomes of Assignment:

- Identify techniques to assess and interpret information from and differentiate between physical, emotional, spiritual, and symbolic data from the chakras.
- Identify and interpret the relationship of physical injury/illness to emotional and spiritual life events.

Required Texts and/or Materials: Read *Why People Don't Heal and How They Can*.

Assignment Description #3: Read *Why People Don't Heal and How They Can*. Draw three timelines from birth to your present age. Label the first timeline physical health, label the second timeline emotional health and label the third timeline spiritual health. Fill-in each timeline as a sequence of life events you experienced for each of the timeline categories. For example, a physical health timeline may look like this:

Bronchitis	Appendix removed	Ovarian cyst	Knee surgery	Chronic headaches	
0	12	25	36	42	57

Create a similar second timeline for emotional events in your life and then a third timeline for spiritual events. Once the three timelines are completed, overlay the three timelines. Identify the interrelationship between physical, emotional, and spiritual life experiences. A detailed account of these interrelationships will be completed in Assignment 4. Send a copy of the timelines to your instructor either via postal mail or via a graphic word file.

ASSIGNMENT #4
Personal Exploration of the Chakras

Due Date: November 30, 2010

Percentage of Grade: 20%

Learning Outcomes of Assignment:

- Interpret one's body consciousness/bio-energetic information.
- Identify techniques to assess and interpret information from and differentiate between physical, emotional, spiritual, and symbolic data from the chakras.
- Identify and interpret the relationship of physical injury/illness to emotional and spiritual life events.
- List and discuss various healing practices for resolving emotional issues.

Required Texts and/or Materials: Required texts from Assignments 1, 2 and 3.

Assignment Description #4: From personal insights in Assignments 2 and 3, compile a well-prepared 12-14 page paper that integrates the following themes (include a bibliography and endnotes):

- Identify and describe your understanding of significant issues related to your seven chakras. Begin by recounting your childhood and early adulthood. Then, continue to assess your chakras through middle adulthood and beyond if applicable. Use and interpret the timelines you created in Assignment #3 as a reference.
- Discuss how any unfinished emotional and spiritual issues affect your health and well-being.
- List healing techniques, skills, and practices may be used in releasing emotional issues and healing the chakras/bio-energetic centers.

ASSIGNMENT #5
Natal/Birth Archetype Chart and Interpretation

Due Date: December 20, 2010

Percentage of Grade: 25%

Learning Outcomes of Assignment:

- Create and interpret a personal natal archetypal (identities) chart.
- Discuss insights into light and shadow identities.
- Explain how natal/birth archetypal identity patterns manifest within this lifetime.

Required Texts and/or Materials: Read *Sacred Contracts*; obtain and use *Archetype Cards* and an *Archetype Wheel*.

Assignment Description #5: Read *Sacred Contracts*. Cast your natal archetype chart by using the Archetype Cards and the Archetype Wheel. Complete the following:

- Interpret your chart by each archetype/identity and the house in which it appeared.
- Prepare a thorough assessment of your insights in a well-written paper of 15-20 pages (include a bibliography and endnotes). The natal/birth chart contains the following twelve houses: 1 Ego/Personality; 2 Life Values; 3 Self-Expression and Siblings; 4 Home; 5 Creativity and Good Fortune; 6 Occupation and Health; 7 Marriage and Relationships; 8 Other People's Resources; 9 Spirituality; 10 Highest Potential; 11 Relationship to the World; and 12 The Unconscious or Collective Soul.
- Send a copy of your natal chart to the instructor via postal mail or as a graphic word file.

ASSIGNMENT #6

Integration of Timelines of the Chakras and Natal Archetypes

Due Date: January 18, 2011

Percentage of Grade: 20%

Learning Outcomes for Assignment:

- Demonstrate relationships between archetypal identity patterns and sacred contracts.
- List intuitive insights into one's sacred contracts by integrating knowledge of the chakras with archetypal information.
- Record possible symbolic and spiritual meanings to life events.
- Apply assimilated and integrated knowledge of the chakras and archetypal identities into intuitive counseling skills.

Required Texts and/or Materials: Review required course texts.

Assignment Description #6: In a thoughtfully prepared paper of 12-14 pages, complete the following (include a bibliography and endnotes):

- Integrate and demonstrate your insights from Assignments 3 and 4, Timelines of Life Experiences and Personal Exploration of the Chakras, with your findings in Assignment # 5 Natal/Birth Archetype Chart. How do the timelines of your chakra health/bio-energetic information interrelate with your natal/birth archetype wheel?
- Discuss intuitive insights into your personal sacred contracts from alignment of chakra and archetypal information.
- Ascertain and identify symbolic and spiritual meanings to life events in relation to personal spiritual contracts.
- Which archetypal identities would you like to change? Cast a new wheel with a new set of archetypes, including the four primary archetypes, and explain on how these archetypes/identities may best serve your spiritual contracts.

PHONE CONFERENCE #1 Monday, September 27, 2010 6:00 p.m. to 7:00 p.m. CT

Phone number: 218-936-4700

Access Code: 758202

Time: 60 minutes **Percentage of Grade:** Students are required to attend Conference Calls. A missed conference call, without prior permission, will result in a 5-point drop in the final grade for each missed conference call.

Required Texts and/or Materials: Course Syllabus and Journal of Personal Experience; readings from required texts *Anatomy of the Spirit*; *Hands of Light*; *The Science of Medical Intuition*.

Learning Outcomes of Conference:

- Create a sense of community among Holos University graduate students and faculty;
- Create a sense of collegueship and support among course graduate students;
- Discuss ideas and insights from Holos 810 Spiritual Contracts required readings;
- Explain course materials and assignments in 810 Spiritual Contracts.

Description of Conference: Each conference call centers on readings, assignments, and personal insights during the course. Graduate students have opportunities to discuss questions, experiences, and assess healing techniques with classmates and their instructor.

PHONE CONFERENCE #2
Tuesday, October 26, 2010
6:00 p.m. to 7:00 p.m. CT

Phone number: 218-936-4700

Access Code: 758202

Time: 60 minutes **Percentage of Grade:** Students are required to attend Conference Calls. A missed conference call, without prior permission, will result in a 5-point drop in the final grade for each missed conference call.

Required Texts and/or Materials: Course Syllabus; Journal of Personal Experience; readings from required text *Why People Don't Heal and How They Can*.

Learning Outcomes of Conference:

- Create a sense of community among Holos University graduate students and faculty;
- Create a sense of collegueship and support among course graduate students;
- Discuss ideas and insights from Holos 810 Spiritual Contracts required readings;
- Explain Assignments 3 and 4.

Description of Conference: Each conference call centers on readings, assignments, and personal insights during the course. Graduate students have opportunities to discuss questions, experiences, and assess healing techniques with classmates and their instructor.

PHONE CONFERENCE #3
Monday, December 6, 2010
6:00 p.m. to 7:00 p.m. CT

Phone number: 218-936-4700

Access Code: 758202

Time: 60 minutes **Percentage of Grade:** Students are required to attend Conference Calls. A missed conference call, without prior permission, will result in a 5-point drop in the final grade for each missed conference call.

Required Texts and/or Materials: Course Syllabus; Journal of Personal Experience; readings from required text *Sacred Contracts*; required course texts.

Learning Outcomes of Conference:

- Create a sense of community among Holos University graduate students and faculty;
- Create a sense of collegueship and support among course graduate students;
- Discuss ideas and insights from Holos 810 Spiritual Contracts required readings;
- Explain Assignments 5 and 6.

Description of Conference: Each conference call centers on readings, assignments, and personal insights during the course. Graduate students have opportunities to discuss questions, experiences, and assess healing techniques with classmates and their instructor.

FINAL ASSIGNMENT:

Complete and return the course evaluation form you will receive a course evaluation form in August and February. You will receive notification of your final course grades only after you have submitted an evaluation for all courses you completed this semester. Students who plan to take an Incomplete in a course must wait until finishing a course before returning the evaluation form for the course.

ADDITIONAL INFORMATION FOR THIS COURSE

One of the most essential aspects of holistic and spiritual healing is an understanding of the human energy system from a metaphysical and psycho-physiological viewpoint. Moreover, the resolution of unfinished emotional issues leads to enhanced intuitive skills and greater creativity. *Spiritual Contracts* offers knowledge and skills for personal insight and growth, enhancing a spiritual understanding of life experiences. It explores archetypal patterns as the foundation for each person's personal soul or spiritual

contract. These patterns, when recognized, heal and transform perception of life experiences and enhance spiritual growth. As well, this knowledge assists in evaluating the patterns seen in others.

Experiential in nature, *Spiritual Contracts* assists students in learning how to cultivate intuitive senses, assess body consciousness, and interpret the energetic information of the chakra system. This intuitive process fosters a deepening relationship with one's being, providing greater insights and personal experiences into the interconnectedness of body, mind, emotions, and spirit. An expanded intuitive awareness of one's chakra system and body consciousness provides a foundation for the healing of emotional issues, thereby restoring a sense of balance and inner harmony. As well, it may open the doors of perception to present moment emotions that may be more efficiently managed due to increased awareness. To provide a deepening knowledge and understanding of personal *Spiritual Contracts*, archetypal patterns/identities are defined and explored. An awareness of a dance of archetypal companions throughout one's life offers an opportunity for conscious, intentional transformation of archetypal patterns. Hence, a greater symbolic and spiritual understanding of life events may emerge.

On a cognitive level, *Spiritual Contracts* centers on scientific and intuitive knowledge of the metaphysical human energy system and on the archetypal patterns inherent within the collective unconscious. The scholarly focus of this course centers on becoming familiar with *The Science of Medical Intuition* and related course readings. The CD series provides a scientific background into the history of Medical Intuition, an understanding of developing one's intuition, sensing information through the chakras, and sensing personal archetypal information. Physical, emotional, and spiritual issues related to the chakras are identified and healing scenarios are presented. This course integrates science, research, history, theology, mysticism, personal intuition, and spiritual direction.