



Oriental Psychology Seminar Series

with Geoffrey D. Wilson

A unique understanding of the relationship between the mind & body

Seminar 1 – 2 days

8 Mar & 22 Mar

Foundations of Oriental Psychology

Introduction to Oriental Psychology
The Role of the Healer
The Key Features of Oriental Psychology
The Ba Gua Template and the Trigrams of Fu Tse
Your Chief Characteristics
Oriental Psychology and the Five Elements

This module prepares the way for study of the mind/body/spirit model as a guide to determine physical, mental, emotional, and spiritual strengths and weaknesses. It explores the essential philosophies associated with Confucianism, Taoism, Buddhism, Sufism, and Zen. This module also includes the study of the five aims of Oriental psychology and the relationship between the five emotions and the internal organs according to the principles of Oriental medicine.

There is a long tradition associated with training protocol among practitioners of the Oriental healing arts for both teachers and students. One needs to carefully observe and understand how the principles operate within oneself in order to appreciate how they might operate in another. The objective is to provide the tools to enable personal transformation.

Seminar 2 – 2 days

5 Apr & 19 Apr

Spiritual Alchemy

A Clinical Modus Operandi
On Yin and Yang
On the Firing Process
Assembly of the Five Elements
The Process of Temporal Conditioning

This module explores the physical, mental, emotional and spiritual aspects of the whole person. Using the ancient teachings of Taoism the whole person is addressed and negative and destructive behaviours are eliminated. A study of the archetypal energies and their relationship to psycho-spiritual processes is included in this module. Along with the essential study of the process of temporal conditioning this module clearly identifies the influence of emotions and their effects. Profound tools and techniques used to treat emotional disorders and sustain balance and harmony will be covered.

Seminar 3 – 2 days

17 May & 31 May

I-Ching Applications to Psychology

On the I-Ching
Consulting the I-Ching
The Three Aspects of Personal Destiny: Natal, Control, and Tendency
Personal Hexagrams
The Rites of Passage

The 'I-Ching' is widely regarded as an ancient book of wisdom and a spiritual classic that has been applied to just about everything. The principles of the I-Ching are pervasive and far-reaching. In this module, you will learn how to consult and interpret the I-Ching in a wide variety of applications that reveal insights into the human mind. This is essential in order to be able to establish necessary reference points. You will access tools that will enable personal transformation as well as develop strategies for growth and development in all aspects of life.

Seminar 4 – 2 days

14 Jun & 28 Jun

Buddhist & Taoist Spiritual Practices

Taoist Methods for Cultivating a Healthy Mind and Body
On the Heart of the Prajna Paramita Sutra
Sosan – The 3rd Zen Patriarch Mulla Nasruddin
Gurdjieffs 4th Way
Mahavir
Krishnamurti

In this module we explore the nature and application of Buddhist and Taoist psycho-spiritual practices. These will provide you with the ability to design a practice regimen to reduce levels of stress. This is an essential resource for all practitioners. The cultivation of a healthy mind and body is achieved using special exercises, breathing techniques, meditations and therapeutic routines.

This module also includes an introduction to the philosophical teachings of some of the great masters including Krishnamurti and Gurdjieff.

Seminar 5 – 2 days

12 Jul – 26 Jul

Metaphysics of Diagnosis in Oriental Medicine

Emotional Disturbances and the Organs
The Channels
Shen – Residence of the Mind
The Five Mental-Spiritual Aspects of Shen
Basic Metaphysical Interpretations

It is understood in Oriental medicine that disease states are strongly influenced by mental processes and exhibit correlating emotional disturbances. These physical and emotional disturbance are mirrored by psychological and spiritual disturbance. This module includes a detailed exploration of the metaphysical causes of disease, the progression of disease and the necessary remedies.

In this module, students will learn to identify, diagnose, and treat emotional disturbances according to the relationship they share with the channels and organs according to Oriental medicine. This leads to an exploration of the nature of 'Shen'/spirit as a complex of five spiritual aspects and the diagnosis of disease using a metaphysical framework.

Seminar 6 – 2 days

9 Aug & 23 Aug

Art of War

Leadership
Delegation of Responsibility
Avoiding Danger
Espionage

The Art of War has long been considered a classic compiled by a mysterious warrior-philosopher and is still regarded as the one of the most influential books of strategy in the world today. When viewed in the light of the spiritual tradition of Taoism, the Art of War is a study in the psychology of conflict.

In this module, students will learn how to identify and evaluate the essential qualities of leadership and strategy according to the principles established by Master Sun in order to apply them to daily life. This includes an exploration of how to avoid conflict and danger, how to understand people, the relationship between benefit and harm and other areas of management.

Seminar 7 – 2 days

13 Sep & 27 Sep

Inner Chapters

Growth
Harmony
Non-Interference
Acceptance
Transformation
Judgments
Projection

Chuang Tzu ranks as one of the most famous works of Chinese literature; this book contains symbolic stories that explore spiritual and social freedom. In this module, students will learn to expose the root of the human condition and discover the freedom associated with the universal principles and their applications.

Seminar 8 – 2 days

11 Oct & 25 Oct

Leadership & Strategy

*Evaluating People
Right and Wrong
Three Dangers
Benevolence and Wisdom
Depletion
Three Passageways
Blessings*

Huainanzi is a record of sayings attributed to the masters that point to the cultivation of leadership and strategy skills. In this module, students will apply the teachings to the most essential aspects of lifestyle management with an aim to establish simple guidelines that lead to the establishment of personal mastery.

You will develop diagnostic skills that will allow you to evaluate the common disharmonies that occur and manage them effectively.

Seminar 9 – 2 days

8 Nov & 22 Nov

Understanding Reality

*Ziyang and Liu I-ming
The Yang Firing Process
The Yin Convergence*

This module explores the essential tools and processes necessary for the establishment of personal freedom and mastery. Zi Yang's classic, written in the 11th century, contained cryptic messages designed to prevent them from falling into the wrong hands. You will explore the hidden messages and their application to life.

You will learn to identify the key principles associated with these processes and learn how to apply them to daily life challenges as well as to the treatment of chronic personal issues.

Seminar 10 – 2 days

6 Dec & 13 Dec

Manifestations of Shen Disturbance

*Life Development &
Psychological Disease
Tendencies.
The Four Constitutions and
Psychological Disease.
Yang Spirits and Yin Elements.
Pathological Abnormalities of
Spirit.
The Six Depressions and Yin
Fire.
Case Study*

The word 'shen' is best translated as 'Mind' and is a complex of all five mental-spiritual aspects of a human being otherwise known as 'spirit'. The functions of the Mind are to facilitate consciousness, thinking, memory, insight, cognition, sleep, intelligence, wisdom, ideas, affections, feelings, and senses. Disturbances of these functions are directly related to one or more of the five shen.

In this module, students will learn to identify the key pathologies and emotions responsible for disturbing the shen including: disorders of 'Hun' (Liver pathologies), 'Po' (Lung pathologies), 'Yi' (Spleen pathologies), 'Zhi' (Kidney pathologies), and 'Shen' (Heart pathologies), as well as evaluate and then apply their remedies.

Practitioner Pricing

Attend individual modules \$400
Attend all 10 Modules \$3500 *save \$500*
All modules include extensive notes
Required texts not included

Completed Enrolment Form can be sent to
Art of Health Education
PO Box 125 Annandale NSW 2038

Or faxed to (02) 9529 0750