



The School of the *Soul's Journey*

Training for Liberation through Our Deepest Subconscious

with Shai Tubali and Tamar Brosh

November 2021 – June 2022

SYLLABUS



Phase I

Gathering the pieces of the soul's jigsaw puzzle

1st Weekend (November): The presence of the soul in our life

On our opening weekend, we will first be introduced to the school's general vision and syllabus, explaining among other things the three-phase journey we are about to take and the role each phase plays in the fulfillment of the soul's journey. We will continue by exploring key terms such as the soul, the soul journey, and the negative and positive subconscious. We will answer fundamental questions: What is the soul? What is its nature, meaning, role, and functions? What are the different expressions of the awakening of the soul? How does the soul speak to us in our life? What signs and messages does it send to us to signify its existence and needs for fulfillment and how? And why delving into the subconscious is directly related to the soul journey? We will learn about the meaning and importance of gathering the pieces of the soul's jigsaw puzzle using different techniques, including the basic Expansion for the Awakening of the Soul, the practical aspect of the system of the seven chakra personality types and, most importantly, the first major technique - the Expansion of Collective Dreams.

Major technique

- Expansion of Collective Dreams

2nd Weekend (December): Identifying Life Themes and Soul Themes

This weekend is a natural continuation of the previous one in that it develops the subject of gathering the pieces of the soul's jigsaw puzzle: how do we identify the soul's language and messages in our life? We have already collected clues such as the chakra personality types and our unique responses to certain myths and archetypal symbols. But now we will add as a second major technique the Expansion of Dreams in order to be able to decipher the hidden language of significant dreams as a key to the understanding of our soul's journey. We will also study and experiment with the concept of "life theme" to begin to be able to define our central story of life - this will serve as an important clue for the far broader "soul theme."

Major techniques

- Expansion of Dreams
- Expansion of the Story of Life



Phase 2

Moving through darkness: The negative subconscious

3rd Weekend (January): The birthplace of our deepest imprints

Entering the second phase, in which we explore the depths of the negative subconscious (or negative soul-memory), we will begin to expand our understanding of memory and causality, and as a result, we will come to realize how deep the experience of self-understanding goes. We tend to understand ourselves by looking into our early life experiences and circumstances while these are only the result of deeper, hidden memories. These hidden memories are the keys to understanding why we find ourselves repeating the same situations and conflicts, why we feel that our most stubborn patterns and fears are something we somehow brought with us into the world, and why we cannot resolve these patterns by using conventional inner work. To fully grasp the dynamics of cause and effect in our life and the lives of others, we should move deeper in time and employ more complex techniques that can unravel the negative subconscious. We will learn how to approach our early life traumas from this perspective and how to tap into pre-birth traumas, utilizing two major techniques. The more we unveil this string of cause and effect, the more we discover our major and repeated soul themes. This, of course, implies that the negative subconscious, when transformed, is also essentially and potentially a positive one.

Major technique

- Expansion of Hidden Memory of Trauma

4th Weekend (February): The deeper meaning of karma

Having developed the ability to tap into our soul-traumas, it is time to penetrate into the two other layers of the negative subconscious: aggression and desire. Here we will be introduced more generally to the principle of karma - which is the way the soul becomes entangled in the human drama - and the subtle processes in which karma takes root in us through these three forms of victimhood, aggression, and desire.

In order to prepare ourselves for this more challenging inner work, we will learn the principles of Power Psychology, which enable us to take responsibility for our actions in the near and deep past. Finally, we will be ready to enter the depths of another major technique, which is the complementary half of the Hidden Memory of Trauma: Expansion of Hidden Memory of Aggression.

Major technique

- Expansion of Hidden Memory of Aggression

5th Weekend (March): The endless cycle of desire and attachment

The third type of karma is desire and attachment. Traditionally, this has been regarded as the main source of karma: the way the soul clings to certain human experiences, feelings and worldly objects, thus getting caught in an endless cycle of desire. Therefore, this is a major learning in the process of self-knowledge that in modern times remains neglected. Why do we develop obsessions, addictions, and different forms of dependency? What is the source of our strongest desires and attachments and how can we finally free ourselves from need and want? Here, as on the previous weekend, we will employ Power Psychology to prepare our mind and heart for the last major technique of the negative subconscious: the Expansion of Hidden Memory of Desire.

Major technique

- Expansion of Hidden Memory of Desire



Phase 3

Toward the light: the positive subconscious

6th Weekend (April): Retrieving lost sparks of light

As we leave behind the journey into the karmic imprints of the negative subconscious, we are ready to move toward the light side of the soul, which is hidden deep within our positive subconscious. Awakening the positive subconscious - the positive soul-memories or “positive traumas” - is at least as important as unraveling the negative subconscious for the final fulfilment of the soul’s journey. Our first step will be learning the Expansion of Hidden Memory of Skills and Abilities: unearthing and enhancing the sometimes deeply buried or suppressed skills and abilities of the soul within us. These are capacities that we do not need to develop but only to be reminded of and as soon as they are released from within the subconscious, like lost sparks of light they illuminate our being in the present and prepare us for full manifestation in the world. Here we also find the hidden sources of our soul print: our chakra type’s deepest passions and attractions. We will use this opportunity to explore the broader subject of the mature soul and its relationship with the world.

Major technique

- Expansion of Hidden Memory of Skills and Abilities

7th Weekend (May): Mysteries of death and the in-between

In the same way that we were introduced to the three types of karma - the three soul entanglements - we now learn the three layers of soul liberation: awakening to its skills and abilities, being able to consciously pass through death, and remembering its true nature. One of the most suppressed memories one has is the memory of death and the in-between: what happens after the soul abandons the body and temporarily regains its free state. This blissful knowledge will be the center of our attention throughout the present weekend and it will become accessible to us through the major technique of the Expansion of Hidden Memory of Death. It is the type of knowledge that can liberate us from fear of death and answer some of the deepest questions we have regarding the meaning and purpose of our human experience.

Major technique

- Expansion of Hidden Memory of Death



8th Weekend (June): Becoming a fully realized soul

Like the culmination of the soul journey itself, this last weekend is all about the final realization of the soul in human form: remembering its true nature and origin. What does it mean to become a conscious, realized and liberated soul, while still in human form? We will learn a model of the evolution of the soul and gain a deeper understanding of the soul's highest meaning, role and purpose. This will be experientially understood through the last major technique of the Expansion of Soul Awakening, which makes it possible for us to directly experience being a soul and answering these fundamental questions by ourselves.

Major technique

- Expansion of Soul Awakening

**** Aside from the nine major techniques, there will be supportive meditation techniques as well as writing practices.*

**** Additional instructions and learning channels for practitioners will be given on the first weekend.*

**** Period of theoretical and practical examinations (July-August): Only for practitioners.*



Recommended reading

German

1. Entdecke deine Chakra-Persönlichkeit: Finde heraus, wer du wirklich bist und entfalte dein wahres Potenzial
2. White Light: Reise zur Glückseligkeit

English

1. Seven Chakra Personality Types: Discover the Energetic Forces That Shape Your Life, Your Relationships, and Your Place in the World
2. Indestructible You: Building a Self That Can't be Broken
3. The Journey to Inner Power: Self-Liberation Through Power Psychology
4. A Guide to Bliss: Transforming Your Life through Mind Expansion (April-May)
5. The Enlightenment of the Human Heart - Nine Dialogues on the Meaning of Life