

Syllabus

SPD 520 - The Quantum Living Process™

Course Overview

Course Instructors

Name	Rev. Dr. Gary Simmons Rev. Dr. Jane Simmons
Office Hours	Wednesdays, 6:00 – 8:00 pm Central Time
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Course Description

The Quantum Living Process™ weaves together scientific research with the wisdom of the world's mystical traditions, to offer a powerful path to personal transformation. During this 6-week elective course, students will experience powerful exercises, video presentations, meaningful discussion, thought-provoking reading assignments and a transformative 21-Day practice.

Students will practice self-regulation tools along with “aware-apy” exercises and techniques designed to reduce anxiety, and to foster a raised degree of self-awareness, self-compassion, emotional resiliency, and an increased efficacy in both meeting one’s own needs and taking authentic action that embodies positive change.

The primary aim of *The Quantum Living Process™* is to equip participants to use a self-directed 21-day process to explore triggering or challenging moments in order to awaken to unconscious cultural/social programming set in motion in early childhood, and often still operating by default. By uncovering and transforming unconscious, limiting patterns of thought, feeling, and behavior, the way opens for heart-centered evolutionary transformation.

Learning Objectives

Upon completion of this course learners will be able to:

- Identify and address depleting emotion
- Differentiate between feelings and “faux feelings”
- Identify and address unmet needs
- Identify and address limiting beliefs underlying unconscious behavior
- Complete the 21-day Quantum Living Process™
- Articulate internal changes due to completion of the 21-day process
- Describe and utilize components of the *FACE Formula*: Forgiveness, Appreciation, Compassion and Embodiment

Required Text/Readings*

- *You Can't Sleep through Your Awakening*, Rev. Dr. Jane Simmons
- *The Quantum Living Process Workbook* – Available to purchase after registering

*All Required and Recommended Texts may be purchased via:

<https://www.theartofquantumliving.com/shop>

You Can't Sleep through Your Awakening, Rev. Dr. Jane Simmons also available through www.amazon.com

Recommended Readings

- *The I of the Storm* by Rev. Dr. Gary Simmons
- *The Soul's Conspiracy* by Rev. Dr. Gary Simmons
- *The I of the Storm for Teens* by Rev. Dr. Jane Simmons

Live Collaborate Sessions

Wednesdays, 6:00 pm to 8:00 pm. All times Central Time (CT) Zone

January 2023

1. January 25, 2023

February 2023

2. February 1, 2023
3. February 8, 2023
4. February 15, 2023
5. February 22, 2023

March 2023

6. March 1, 2023