

## STUDY PROGRAM 1-4 courses

### Courses «BASIC SPIRITUAL PRACTICES» acad. Mianie M.Yu. (*Esoteric and Spiritual Healing*) STUDY PROGRAM 1-4 courses

**Course 1.** – 535 academic hours  
**Course 2.** – 810 academic hours  
**Course 3.** – 612 academic hours  
**Course 4.** – 436 academic hours

#### STUDY PROGRAM 1<sup>rd</sup> course

##### «THEORETICAL FOUNDATIONS AND TECHNIQUES (BASIC)»

Total: 2 semesters, 81 main classes, 20 exams: 4.5 academic hours each. When teaching online, in a number of packages, about 30 live webinar classes as well as individual work.

###### *Theme 1. INTRODUCTION (6 classes)*

**Purpose of the Theme:** 1. Presenting key provisions of Esotericism in general and of this course, its possibilities and conditions of study. 2. Providing all the necessary information for decision-making on the appropriateness of training in these programs.

**Class themes:** 1. Fundamentals of Esotericism. 2. Spiritual Laws. 3. Fundamentals of Spiritual Healing. 4. Interaction with the Subtle World. 5. The effectiveness of training. 6. Opportunities and perspectives.

###### **Semester 1. BASICS OF DEVELOPMENT** (5 topics, 42 classes, 10 exams)

###### ***Semester Goals:***

1. *Presenting key theoretical provisions on Esotericism in general and on this System, which is the basis for introducing appropriate development techniques.*
2. *Presenting key development techniques and forming the initial skills of their application, necessary to achieve one of the final goals - the awakening of abilities and obtaining the possibility of direct interaction with the Subtle World (communication, movement, work).*
3. *Preparing students for the transition to the second semester (practical usage of the possibility of interaction with the Subtle World).*

###### **Theme 1. BASIC CONCEPTS** (8 classes, 2 exams)

**The purpose of the theme is** to present key esoteric provisions about Human, the Destiny, the Subtle World, God and God's Laws, i.e. to form the foundations of the mindset necessary for the introduction of development techniques in subsequent topics.

**Class themes:** Introduction. 1. Knowledge about Person. 2. Philosophy of the Cosmos. 3. Influencing a Person. Exam No 1. 4. Fate, Its Laws. 5. Development. 6. Internal changes. 7. External changes. Exam No 2.

###### **Theme 2. DEVELOPMENT TECHNIQUES** (10 classes, 2 exams)

**The purpose of the theme is** to present key development techniques (tools for changing oneself). First of all: **self-suggestion** (as the fastest possible reprogramming of consciousness and transformation of arbitrary

energy and physiological systems) and **meditation** (learning to control oneself, one of the foundations of energy accumulation and awakening of abilities, etc.).

**Class themes:** 1. Basic techniques. 2. Self-suggestion. Voice control.  
3. Self-suggestion. Energy management. 4. Self-suggestion. Command types. 5. Meditation.  
**Exam No 3.** 6. Meditation. 7. Meditation. 8. Thoughtlessness. 9. Thoughtlessness. 10. Energy Pumping. **Exam No 4.**

### Theme 3. AWAKENING OF ABILITIES (8 classes, 2 exams)

**The purpose of the theme is** to present key techniques (and the main conditions for their application) aimed at revealing the most significant abilities for interaction with the Subtle World: disclosure of **clairvoyance** (inner vision, astral vision) and the ability to work with phantoms.

**Class themes:** 1. Accumulation of energy. 2. Communication with the SW. 3. The precondition for awakening abilities. 4. Inner vision. **Exam No 5.** 5. Inner vision. 6. Astral vision.  
7. Astral vision. 8. Phantoms. **Exam No 6.**

### Theme 4. RITUALS (9 classes, 2 exams)

**The purpose of the theme is** to present key types of Rituals, i.e. regulated procedures for interaction with the Subtle World, aimed at achieving certain goals. The main one is liberation from negative karmic influences, obtaining the necessary help and protection, etc.). Mechanisms of their work and rules of application.

**Class themes:** 1. Essence and mechanisms. 2. Rituals. Greetings. 3. Cleaning and protecting premises. 4. Shutdown rituals. Type 1. **Exam No 7.** 5. Shutdown rituals. Type 2. 6. Rituals of Connection. 7. Orders. 8. Punishments. 9. Other rituals. **Exam No 8.**

### Topic 5. SELF-CONTROL (7 classes, 2 exams)

**Purpose of the theme** is to present key capabilities and the corresponding techniques for controlling oneself (achieving power over oneself), which determines the state of a person, their strength, happiness, etc., the effectiveness of their activity (working capacity, potential to influence, etc.) and, ultimately, being some of the indicators of personal growth and among the main conditions for the patronage of the Gods.

**Class themes:** 1. State of mind. 2. Stage 1. Achieving peace. 3. Stage 2. Baseline. 4. State of the Hierarchy of Light. **Exam No 9.** 5. Incarnation. 6. Other components.  
7. Techniques of Control. **Exam No 10.**

## Semester 2. KEY CAPABILITIES (5 themes, 39 classes, 10 exams)

### *Semester Goals:*

1. *To present the main opportunities that a person can use when interacting with the Subtle World for oneself and the Destiny.*
2. *To present an algorithm for using most of the existing opportunities (liberation from problems and getting what you want) and the basic laws (Spiritual laws), on the basis of the application of which, all these opportunities are implemented.*
3. *To bring the listener to the level of a Person of knowledge, i.e. a person who is able to solve the issues facing them with the help of Spiritual Healing and is potentially capable of going through the next steps of personal growth.*

### Theme 1. HIERARCHY OF SPIRITUAL LAWS (8 classes, 2 exams)

**The purpose of the theme is** to briefly present the main provisions: The Hierarchy of Spiritual Laws that regulate the requirements for a person and their Destiny (in all components, from beliefs to lifestyle and goal setting), appropriate rewards (success, the state of happiness, favorable incarnations) and punishments (from minor to incarnation in the world of animals and hells) of the Subtle World and their main mechanisms (other types of laws for organizations, Society as a whole (civilizations are not considered)).

**Class themes:** 1. Laws. Basic provisions. 2. Laws of the 1st level. 3. Laws of the 2nd level. 4. Level 3 laws. 5. Laws of the 4th level. 6. Laws of the 5th level. 7. Laws of the 6th level. 8. Laws of the 7th level.

### Topic 2. BASICS OF SPIRITUAL HEALING (7 classes, 2 exams)

**The purpose of the theme is** to introduce the basic algorithm of Spiritual Healing, i.e. all key operating procedures, from general diagnostics to the necessary recovery procedures. This algorithm is universal, i.e. almost always, in any work, all its elements are involved, but depending on the qualifications of the healer, of course, each of the elements will have many levels of detailing.

With the abilities and the right approach, a person can develop healing skills further on independently.

**Class themes:** 1. Basic algorithm. 2. General diagnostics. 3. Diagnosis of impacts. 4. Rooting the cause. 5. Switching. 6. Rituals. Agreement. 7. Recovery.

### **Topic 3. KARMA. WORKING WITH FATE** (7 classes, 2 exams)

**Purpose of the theme is to** present the main possibilities of working with one's Destiny: the possibility of understanding one's karmic tasks and their causes, the possibility of understanding one's past (previous incarnations), and the most likely scenario of one's future. Basic methods of working with situations (prevention of negative ones, attraction of necessary ones).

**Class themes:** 1. Basic Laws. 2. The map of Destiny. 3. Karma data bank. 4. Main tasks. 5. Organization of life. Priorities. 6. Prevention of situations. 7. Prevention of situations.

### **Topic 4. MAIN SIGNS AND PROBLEMS** (9 classes, 2 exams)

**The purpose of the theme is to** present some of the most significant indicators of the development and Destiny of a person (the ratio of their good and evil deeds, the most likely subsequent incarnations, the roles and abilities available to a person, the quality of their personal life, etc.), manifested in the form of the state of their energy systems, all kinds of symbols and others signs of the Subtle World.

**Class themes:** 1. Cups of Good and Evil. 2. Symbolism of the Capsule. 3. Previous incarnations. 4. Society 6.7 Races. 5. Extra hands. 6. The Path. 7. Career. 8. Spiritual Brotherhood. 9. Personal life.

### **Theme 5. OTHER POSSIBILITIES** (8 classes, 2 exams)

**The purpose of the theme is to** present, above all, a number of key problems of a person, that lead to a very large amount of negative consequences (from a decrease in the abilities of consciousness up to lethality) and methods for their elimination.

**Class themes:** 1. The curse of the family. 2. Automation. 3. Fracture of the Capsule. 4. Capsule Blackout. 5. Imbalance. 6. Organization of consciousness control. 7. Authorities. 8. Dependencies.

## **STUDY PROGRAM 2<sup>nd</sup> course (2.1.) «GENERAL REFINEMENT AND INTENSIFICATION»**

Total: 150 classes (of which 102 are basic classes and 48 are exams and practice) of 4.5 academic hours (total 675 academic hours). When teaching online, in a number of packages, about 50 live webinar classes, as well as individual work.

### **Course Goals:**

1. Normalizing all the main components of the inner world of a person (external systems, consciousness, energy, body) and their fate (all goals at the level of programs of consciousness, external manifestations, actions and interactions with the Subtle World).

Norm: A. No violation of laws. B. Absence of negative influences of one's own consciousness and influences from the Subtle World. C. Right decisions and right actions. D. Restoration of all damaged systems and connections with the Subtle World.

2. Applying the method mastered (Spiritual Healing) to oneself and one's destiny and bringing the corresponding indicators to the next, higher level.

### **Theme 1. Capsule**

1. **CLASS 1. Darkening and breaking**
2. **CLASS 2. The curse of the family**
3. **CLASS 3. Patrons of the System**
4. **CLASS 4. Capsule. Main streams**
5. **CLASS 5. Capsule windows**
6. **CLASS 6. Doppelgangers and automation**
7. **CLASS 7. Capsule shells. Possessions**

### **Theme 2. Consciousness**

1. Theme 2.1. *CLASS 8. Sahasrara*
2. Theme 2.2. *CLASS 9. Ajna*
3. Theme 2.3. *CLASS 10. Spiritual chakra. Symbolism*
4. Theme 2.4. *CLASS 11. Intelligence*
5. Theme 2.5. *CLASS 12. Vishuddha. Symbolism*
6. Theme 2.6. *CLASS 13. Atman*
7. Theme 2.7. *CLASS 14. Anahata*
8. Theme 2.8. *CLASS 15. Manipura*
9. Theme 2.9. *CLASS 16. Svadhisthana*
10. Theme 2.10. *CLASS 17. Muladhara*
11. Theme 2.11. *CLASS 18. Essence Chakra*
12. Theme 2.12. *CLASS 19. Chakra of the 13<sup>th</sup> World*
13. Theme 2.13. *CLASS 20. Channels and connections between chakras*
14. Theme 2.14. *CLASS 21. The bodies of the chakras*
15. Theme 2.15. *CLASS 22. Flows to the chakras. Floats*
16. Theme 2.16. *CLASS 23. Streams of Ajna*
17. Theme 2.17. *CLASS 24. Sahasrara. Internal structure*
18. Theme 2.18. *CLASS 25. Ajna. Internal structure*
19. Theme 2.19. *CLASS 26. Spiritual chakra. Internal structure*
20. *Additional class. FINAL*
21. Theme 2.20. *CLASS 27. Intellect. Internal structure*
22. Theme 2.21. *CLASS 28. Vishuddha. Internal structure*
23. Theme 2.22. *CLASS 29. Atman. Internal structure*
24. Theme 2.23. *CLASS 30. Anahata. Internal structure*
25. Theme 2.24. *CLASS 31. Manipura. Internal structure*
26. Theme 2.25. *CLASS 32. Svadhisthana. Internal structure*
27. Theme 2.26. *CLASS 33. Muladhara. Internal structure*
28. Theme 2.27. *CLASS 34. Essence Chakra. Internal structure*
29. Theme 2.28. *CLASS 35. Chakra of the 13<sup>th</sup> World. Internal structure*
30. Theme 2.29. *CLASS 36. Internal pilot*
31. Theme 2.30. *CLASS 37. Control systems*
32. Theme 2.31. *CLASS 38. Spiritual being*
33. Theme 2.32. *CLASS 39. Essence*
34. Theme 2.33. *CLASS 40. Symbolism of the Chakra of the 13<sup>th</sup> World*
35. Theme 2.34. *CLASS 41. Doppelganger*
36. Theme 2.35. *CLASS 42. Self-hypnosis systems*
37. Theme 2.36. *CLASS 43. Lateral chakras (Additional systems)*
38. Theme 2.37. *CLASS 44. Inner vision*
39. Theme 2.38. *CLASS 45. Astral vision*
40. Theme 2.39. *CLASS 46. Clairaudience*
41. Theme 2.40 *CLASS 47. Clairvoyance*
42. Theme 2.42 *CLASS 48. Final class*
43. Theme 2.41 *CLASS 49. Clair taste*

### Theme 3. Energy

1. Theme 3.1 *CLASS 50. Additional hands*
2. Theme 3.2 *CLASS 51. Cobras*
3. Theme 3.3 *CLASS 52. Attributes*
4. Theme 3.4 *CLASS 53. Subtle bodies*
5. Theme 3.5 *CLASS 54. Subtle bodies*
6. Theme 3.6 *CLASS 55. Phantoms*
7. Theme 3.7 *CLASS 56. Flows of the right hand*
8. Theme 3.8 *CLASS 57. The flow of Manipura*

## Part 2. Theme 1. Previous incarnations

1. Theme 1.1 *CLASS 58. Introductory*
2. Theme 1.2 *CLASS 59. Falling into the animal world*
3. Theme 1.3. *CLASS 60. Falling into hells*
4. Theme 1.4 *CLASS 61. Downgrading*
5. Theme 1.5 *CLASS 62. Absence of development and going smoothly down*
6. Theme 1.6 *CLASS 63. Increasing levels. Support*

7. Theme 1.7 *CLASS 64. Retention of negative connections*
8. Theme 1.8 *CLASS 65. Renunciations. Failures*
9. Theme 1.9 *CLASS 66. Debts*
10. Theme 1.10 *CLASS 67. Obligations*
11. Theme 1.11 *FINAL CLASS.*

## Theme 2. Implementation

1. Theme 2.1 *CLASS 69. Introductory*
2. Theme 2.2 *CLASS 70. Karmic tasks*
3. Theme 2.3 *CLASS 71. Causes*
4. Theme 2.4. *CLASS 72. Lost Civilizations*
5. Theme 2.5. *CLASS 73 Astrology*
6. Theme 2.6. *CLASS 74. Other worlds*
7. Theme 2.7. *CLASS 75: Variability*
8. Theme 2.8. *CLASS 76. "Tails" of this incarnation*
9. Theme 2.9. *CLASS 77. Formula for Success*
10. Theme 2.10. *CLASS 78. Stages of personality formation*
11. Theme 2.11 *CLASS 79. Time management*
12. Theme 2.12 *CLASS 80. Managing oneself*
13. Theme 2.13. *CLASS 81. People: connections from the past*
14. Theme 2.14. *CLASS 82: Forming skills and habits*
15. Theme 2.15. *CLASS 83. Connecting to the Light*
16. *CLASS 84. FINAL.*

## Topic 3. Future

**Theme 3.1 *CLASS 85. Introductory***  
***CLASS 86 EXAM***

**Theme 3.2 *CLASS 87 Service***

**Theme 3.3. *CLASS 88. Turning on. Service.***

**Theme 3.4 *CLASS 89. Organization of the process. Service***

**Theme 3.5. *CLASS 90. Compliance. Service***  
***CLASS 91 EXAM#1 on CLASSES 1.1, 1.2.***

***CLASS 92. EXAM #2.on CLASSES 1.3, 1.4, 1.5.***

***CLASS 93. EXAM #3. on CLASSES 1.6, 2.1, 2.2.***

**Theme 3.7. *CLASS 94. Implementation. Money***

**Theme 3.8. *CLASS 95. Development. Cognition***

**Theme 3.9. *CLASS 96. Self-realization***

**Theme 3.10 *CLASS 97. Relationships***

**Theme 3.11. *CLASS 98. Money***

**Theme 3.12. *CLASS 99 Lifestyle***

**Theme 3.13. *CLASS 100. Leisure time***

**Theme 3.14 *CLASS 101. Sins. Cleansing***

**Theme 3.15. *CLASS 102. Change of Destiny***

**Theme 3.16. *CLASS 103. Subsequent incarnations.***

**Theme 3.17. *CLASS 104. Life.***

**Theme 3.18. *CLASS 105. Final***

***EXAM #4. CLASS 106. Spiritual chakra, Intellect. Symbolism. Topic 2.3, 2.4***

***EXAM #5 Theme 2.5, 2.6. Vishuddha. Atman. Symbolism***

***CLASS Optional.***

***EXAM #6. Theme 2.7, 2.8. Anahata. Manipura. Symbolism***

***EXAM #7. Theme 2.9,2.10. Swadhisthana. Muladhara. Symbolism***

On average, for 2 (sometimes for 3 classes) - 1 exam / practice.

### **STUDY PROGRAM 3<sup>rd</sup> course (2.2.) " BASIC SPIRITUAL PRACTICES"**

Total 129 classes, 612 ac. h.

“Self-realization. Fate. Threats and Opportunities»

**Main topics**

- Topic 1. Self-realization.**
- Topic 2. Fate. Threats and opportunities.**
- Topic 3. Habits. Their formation.**
- Topic 4. Passage of extreme situations.**
- Topic 5. Additional questions.**

## Blocks. Classes

### **Topic 1. Self-realization.** In total - 45 classes. 4.5 - 5 ac. h.

- 1.1. Major Violations:** 1. Introductory Lesson. 2. Appropriation 3. Slander. 4. Hackwork. 5. Set up. 6. Pride. 7. The rest.
- 1.2. Responsibility.** 1. Essence. Basic laws (2 classes) 2. Responsibility for Fate (3 classes). 3. Responsibility for oneself (3 classes).
- 1.3. The growth of the level of development** - 6 classes
- 1.4. Entrance to the new. Habits** - 6 classes
- 1.5. Management** - 6 classes.
- 1.6. Setting Goals** - 6 classes.
- 1.7. Implementation** - 6 classes.

### **Topic 2. Fate. Threats and Opportunities.** In total - 52 classes

- 2.1. Main Threats:** 1. Fall into the Hells. 2. Fall into the lower worlds. 3. Lowering the level. 4. Accounting for limits. 5. Threats to health. 6. Threats to Private life. 7. Threats on Self-realization. 8. Other threats.
- 2.2. Main Features.** 1. Grades the subtle word (SW). Points. 2. SW Grades. Points. Loss Elimination. 3. SW Grades. Points. Orders. 4. Opportunities by right. 5. Elimination of depreciation. 6. Past. Depreciation 7. Past. Depreciation. 8. Past. Anchors. 9. Past. Anchor to yourself. 10. Past. Anchors out. 11. Future. Disbelief in success. 12. Future. Disbelief. Type 1 and 2. 13. Future. Disbelief. Type 3 and 4. 14. Future. Don't see yourself as successful. 15. Future. Fear. Disbelief in success. 16. Future. Circumstances. Laziness.
- 2.3. Main opportunities. Goals** - 21 classes
- 2.4. Basic Laws** - 4 classes.
- 2.5. Karmic Tasks** - 4 classes.

### **Topic 3. Habits. Their formation.** In total - 17 classes

- 3.1. Stages of formation.** 1. Stage 1. Acceptance. 2. Stage 2. Training. 3. Stage 3. Training. 4. Stage 4. Formation of Habits. 5. Stage 5. Result.
- 3.2. Control. Credits** - in various areas. 12 classes.

### **Topic 4. Passage of extreme situations** - 11 classes

### **Topic 5. Additional questions** - 4 classes

## CURRICULUM YEAR 4 EXPERT TRAINING

Total: 8 topics, 56 classes of 4-4.5 academic hours. Total: 266 academic hours  
Internship from 170 hours  
Total: 436 academic hours

**Topic 1. (8 classes).** Psychological features of working with people (who are not students of the Center of Human Development (CHD). Additional preparation if necessary:

- A. Standard Coaching Course
- B. Personality Formation Course

**Topic 2. (8 classes).** Techniques with the use of Subtle World (for working with those who are not students of the CHD).

**Topic 3. (6 classes).** Legal, organizational and financial issues of the activity of a Spiritual Healer.

**Topic 4. (8 classes).** Training of facilitators, consultants and organizers (to work with groups and courses).

Additionally:

- A. Spiritual Healing Courses
- B. Spiritual Mastership Courses

**Topic 5. (6 classes).** Self-realization options. Career plan.

**Topic 6. (14 classes).** Additional topics (all the necessary details - new developments, external requirements, etc.).

**Topic 7. (6 classes). Grades. Tests.**

**Topic 8. Internship.** 170 hours.

- The result of the internship is the assessment of a Mentor.
- Council of Healers: results of development (standards of Development, Personality and Destiny) and internships.

15/08/2022

Acad. Mianie M.Yu.