

# Diploma in Value Education and Spirituality

## COURSE CONTENT

### PAPER 1: CHANGE THROUGH KNOWLEDGE

#### Unit 1: The benefits of Churning Knowledge

Feel powerful-feelings of happiness- -personality changes-Natural bliss

#### Unit 2: using the knowledge of soul consciousness

Purifies/Cleans the intellect-Absorb/inculcate pure knowledge - Powers put in to practice - Karma yoga

#### Unit 3: The power and effect of thoughts

Feelings and behaviors - Beliefs and Attitudes-Energy and strength- Pattern of Thinking

#### Unit 4: The powers of Yoga

The power of T.E.A.M-The power of Silence-The power of Decision making-The power to Experience

#### Unit 5: Churning thoughts in Meditation

Acknowledge thoughts-create thoughts- hold it- analyze it-explain it-ask questions about it

### PAPER 2: A SPIRITUAL LIFESTYLE

#### Unit 1: Early morning Meditation

Heart to heart conversation-Image of Inculcation & Experience-Principles for body and the soul- Attainments

#### Unit 2: Daily Spiritual Study

Regularity & Punctuality-Revision in Day time-Sharing with others-Becoming the Embodiment

#### Unit 3: Following Purity

Self-Respect, the foundation-Purity in thoughts/Words/Deeds-Purity in Relationships-Ladder to purity in relationships

#### Unit 4: Diet and Nutrition

Vegetarian diet-3 aspects of offering-Foods to eat & not to eat -Free from Addictions

#### Unit 5: Selfless Service

Different forms of Services-Values for selfless service-Balance of Independence & Co-operation- Efforts for Victory

## **PAPER 3:**

### **SUPPORTIVE SYSTEMS TO MAINTAIN CONSTANT SPIRITUAL PROGRESS**

- 1.1 Personal information
- 1.2 Personal reasons for studying
- 1.3 Introduction
- 1.4 Purpose of this exercise Manual
- 1.5 Do your Best
- 1.6 Realizations and wisdom gained from your participation in this course
- 1.7 Exploring “the Self”

My Strengths and Weaknesses- My Opportunities and Threats -  
Perspectives on making Decisions and Choices - Making a Vision into a  
Reality Checking points for a week or a month – a chart – Reflections

- 1.8 Exploring “Spirituality”  
Experiencing the qualities of “the soul”- Experiencing the qualities of “the  
Supreme”- Experiencing the “Spirituality”- Experiencing the benefits of  
“Amritvela”- Experiencing “All relations with ONE”- Reflections-  
Resolutions

- 1.9 Experiencing different Stages of Rajyoga Meditation

Experiencing “the subtle stage” - Experiencing “the seed stage” -  
Experiencing “the angelic stage”- Experiencing “the embodiment stage” -  
Reflections – Resolutions

- 1.10 Experiencing “the Power of Silence”

Experiencing enhanced spiritual and physical energy - Experiencing  
economized and being essence - Enables forgetting the past and enjoy the  
present - Experiencing the healing power - Experiencing the Angelic stage-  
Reflections – Resolutions

- 1.11 Exploring “Values”

Clarifying Your Personal Qualities/Values (What you feel is important) -  
Exploring personal qualities of our Spiritual Examples - Exploring your  
specialties by sorting our - How our Qualities / Virtues change over time  
Reflections – Resolutions

- 1.12 Experiencing all relations with “ one”

God my Father - God my Teacher - God my Preceptor - God my Friend -  
God my Beloved - God my Mother - God my Child - Reflections -  
Resolutions