



Course Program and Schedule

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Sponsor: Sanat Kumara

Course Description

What are the 144 virtues? What do the Ascended Masters say about the virtues and why they are important? This course will assist us in identifying and exploring the 144 virtues and how they relate to the 12 God-qualities on the cosmic clock. We will discuss how the virtues relate to the seven chakras. We will have the opportunity to discuss what the virtues mean to us personally - how we experience them, understand them, envision them, and live them. We will learn how experiencing the virtues assists us on our path as initiates.

Each month we will focus on one God-quality of the cosmic clock. Heartfriends will be invited to share their insights, knowledge, experience, and examples of each God-quality and the virtues associated with it through a sharing, story, reading, poem, prayer, meditation, artwork, song, music, image, etc.

		Class Dates and Topics
Class 1	January 25, 7 pm MST	Power, Precipitating God's Divine Plan
Class 2	February 22, 7 pm MST	Love, Energy of Forgiveness and Transmutation
Class 3	March 28*	Mastery of the Emotional Plane
Class 4	April 18, 7 pm MST	Control of the Flow of Life
Class 5	May 4*	Obedience to the Inner Blueprint
Class 6	June 6*	Wisdom, Illumination of Our Oneness in God
Class 7	July 25, 7 pm MST	Harmony, Mastering the Flow in the Four Lower Bodies
Class 8	August 22, 7 pm MST	Gratitude, Affirming the Gifts and Graces of the Spirit
Class 9	September 26*	Justice, Equal God-potential in Us All
Class 10	October 24, 7 pm MST	Reality, The Real Self as God-Beingness
Class 11	November 14, 7 pm MST	Vision, The Inner Vision and Creative Energies
Class 12	December 27*	Victory, The Fulfillment of Being God-Free
* Dates subject to change		



Study Materials and Resources

Look on the course page for the file “Study Materials and Resources” that you can download. This contains information about the virtues from a number of sources, including lists of virtues and definitions. It includes a grid of the 12 God-qualities with a space available for you to fill in your virtues of choice for each one. Print out the resource guide and use the back side of the pages to write down your notes, thoughts, and experiences with the virtues.

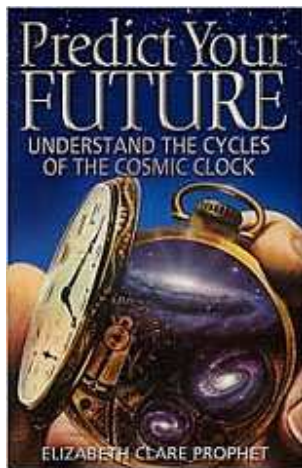
As you conduct additional research of your own, please share with the class any sources that you discover or that are already favorites. You may post your ideas on the Forum and discuss them in class.

Assignments

The assignment for each class is to go deep within and meditate on each God-quality for that month. Using your inner inspiration, your inner gnosis and the study resources provided, identify the virtues that you feel are associated with the God-quality. For example, the class on January 25 will cover power. Be prepared to share with the class the virtues you associate with power, how you experience those virtues, and how others might gain from your experience. Please post your ideas on the Forum before and after class. Make use of the resource guide to develop your thoughts and enhance your creative juices.

Recommended Reading

The link to purchase this book is available on the course page.



As we look at the universe around us, we see a rhythm to all of life. We discover that it governs both the spiritual and material universes. How can we apply this discovery to our everyday lives? This book shows how we can apply a system known as the Cosmic Clock to chart the cycles of our returning karma--and opportunities for spiritual growth. Includes 60 figures and illustrations, many in full color