

Awakening Through the Spirit of Stillness and the Sounds of Silence

Syllabus

Instructor: Boyd Badten

Ascended Master Sponsors

Omraam
Himalaya
Metatron

Purpose of Course

The purpose of this course is to promote the practice of silence and stillness as a path for awakening to and conscious reunion with our Higher Self.

General Objectives

1. Understand the greater meaning of spiritual “awakening” vs. the sleep of duality.
2. Discover the nature and gifts of “inner stillness” and what/who is the Spirit of Stillness?
3. Discover why the pursuit of “listening to silence” is the universal invitation for Spirit to enter and what follows after.

Course Outline

- Explore the nature of duality and how unity consciousness is an awakening in every sense of the word.
- Why physical stillness is not all there is to “stillness”
- How to first detect unruly internal motion and then to master sustained, inner stillness
- Where is silence? How are sound and silence directly related to the faculty of our attention?
- What are the results of regular practice of stillness and silence? How to make our progress permanent.

Participants will be encouraged to practice and share during the class.