



Mind Beyond Matter – Curriculum

Lesson	Content	Guided meditations
What is the purpose of this course?	Introduces the Mind Beyond Matter course, outlining its purpose: to explore altered states of consciousness in a safe, controlled, and repeatable way. It defines key concepts such as consciousness, the psycho-spiritual domain, and meditation. Introduces psycho-technologies like binaural beats and guided visualisations. Encourages participants to reflect on their own experiences and prepares them for deeper explorations of mind, reality, and spiritual growth	
How can meditation achieve altered states?	Focuses on how to enter altered states of consciousness. Introduces meditation techniques, breath control, visualisation, and sound technology to quiet the mind and shift awareness into the Theta State. Emphasises mental stillness and progressive relaxation as essential skills for safely accessing deep trance states and the psycho-spiritual domain	‘Visualisation and Grounding’ to demonstrate the process of visualisation, and grounding to restore and reenergise.
What is an altered state?	Explores what altered states of consciousness are, distinguishing them from normal waking reality and examining their role in expanding perception and awareness. Analyses different brainwave states (Theta, Delta, Gamma) and their connection to meditation, trance, psychedelics, and sensory detachment. Demonstrates how sound technology and guided techniques can reliably induce these states.	‘Descent’ meditation to foster sensory separation from the physical body
How is the human mind structured?	Examines the structure of the human psyche, introducing Freud’s and Jung’s models of consciousness, unconscious, subconscious, and collective unconscious. Explores archetypes as fundamental symbols shaping human experience and how they manifest in altered states of consciousness.	‘Archaeology of the Psyche’ to foster interactions with the unconscious construct of the mind.
What is consciousness?	Delves into the nature of consciousness, questioning whether it arises from the brain or is the fundamental fabric of reality itself. Introduces key theories—Physicalism, Dualism, and Idealism—and explores the Hard Problem of Consciousness, highlighting why subjective experience remains a mystery. Examines neuroscience, quantum mechanics, and philosophical perspectives & sets the stage for questioning the nature of reality in the next session.	‘Layers of consciousness’ meditation to differentiated between sensory data, thought and raw experience.
Is reality an illusion?	Challenges the nature of reality, exploring whether the physical world is an illusion created by consciousness. Examines neuroscience and quantum physics, including the Double Slit Experiment, quantum entanglement, and the holographic universe, which suggest that space, time, and matter may be emergent properties rather than fundamental truths. Deepens the exploration of Idealism, proposing that consciousness, not matter, could be the foundation of reality.	‘Rope of separation’ to explore the memorial construct of local space and how it interfaces with the psycho spiritual.
What lies beyond reality?	Explores what lies beyond physical reality, diving into the deeper structure of consciousness and the psycho-spiritual domain. Examines theories such as Jung’s collective unconscious, Hoffman’s conscious agent network and Kastrup’s “Mind at Large” which suggest that the substrate of reality is composed of nested layers of awareness.	‘Doorway of Journeying’ to traverse deeper into the psycho-spiritual domain.
How can the psycho-spiritual improve my life?	Focuses on how the psycho-spiritual domain can transform everyday life, exploring ways altered states can enhance emotional healing, creativity, intuition, self-confidence, physical well-being, and spiritual growth. Introduces intention setting as a powerful tool for directing experiences in altered states. Bridges mystical experiences with practical life applications	‘Mirror of Self-Reflection’ and ‘Body Scan’ to facilitate personal development and healing.
Who inhabits the psycho-spiritual domain?	Introduces the entities that are reported to inhabit the psycho-spiritual domain, examining encounters with spirit guides, archetypes, angels, pantheistic deities, and non-human intelligences. Categorizes these beings, analyses their symbolic and historical significance, and provides guidance on engaging with them safely and meaningfully.	‘Entity Encounter’ – participants meet a psycho-spiritual being.
What can the psycho-spiritual domain tell us about the ‘big questions’?	Explores how altered states can provide insight into life’s biggest questions, such as the nature of consciousness, life after death, time, and extraterrestrial contact. Examines remote viewing, past life regression, near-death experiences, and transpersonal identification as evidence that consciousness extends beyond the physical body. Participants learn to access deep intuitive knowledge, concluding the course with the tools to continue their own psycho-spiritual exploration beyond the program.	‘Book of Wisdom’ to allow participants to access the infinite knowledge of the psycho-spiritual domain.