

Spiritual Warrior Training

with Leslie Temple-Thurston



Spiritual Warrior Training presents you with a series of perceptual doorways, which, if you choose to pass through them, prepare you to live in a new paradigm of heart-centered consciousness. Each doorway is a spiritual principle, opening your awareness to a more expanded experience of reality. If you are ready for in-depth transformation, this training offers a wide variety of tools to help you. These methods of processing consciousness lift your awareness to a new level of balance and clarity. Overall, the training translates your new perceptions into practical, workable ways of living your transformation in the world.

About the Course

Encompassing many different aspects of your inner and outer life, this course helps build a firm foundation to support the expanded state of consciousness necessary for spiritual awakening. It assists you in your Self-discovery through teachings about opening the heart, moving into states of greater mental and emotional clarity, aligning your light body and physical body, learning to see Truth, and connecting to the Divine Essence within.

A Spiritual Warrior:

ॐ bears witness to life in a non-reactive way, cultivating balance and forsaking the dramas that attend most people's lives.

ॐ applies the principles of impeccability to life—being fully responsible, accountable and in integrity at all times, in all spheres of worldly involvement.

ॐ learns how to develop courage, a heart state, to be strong, to trust in spirit and to overcome behaviors exclusively motivated by survival.

ॐ learns to have a wider vision and to experience the subtle physical aspects of nature—developing respect for the plant and animal kingdom, as well as cultivating a complete reverence for every facet of life.

Spiritual Warrior Training is a self-paced independent study course, open to all who register. All of the course materials are presented via books and audio recordings. The course is divided into two semesters. After you complete the first semester, you are welcome to register for the second semester. After you complete both semesters, you are invited to apply for Teacher Training.

A Note from Leslie Temple-Thurston



Dear Friend,

When you join Spiritual Warrior Training, I will work with you inwardly in an accelerated way to support your spiritual growth. Together we will focus on increasing the flow of divine presence in your life and on helping you to connect more strongly to your own inner core. When this happens, much is accomplished, and your growth advances at a steady pace. I look forward to the possibility of working with you.

Many blessings,

A handwritten signature in cursive script that reads "Leslie".

Course Materials

The first semester course materials include audio recordings and the book, *The Marriage of Spirit*. The audio recordings are: *Meditation for Healing*; *Meditation*; *Impeccability*; *Energy Management*; *The Heart of the Matter*; *The Mystic Warrior*; *Feeling, Seeing and Creating*; *Change, Grounding and Balance*; *Neutrality and Balancing Your Life*; and *Deep Relaxation and Expansion*. A complete description of each is included on the syllabus insert. Each item contains a unique transmission to create shifts of awareness and serves to impart specific mystical knowledge. As you listen and re-listen to the material, you will find that you are imprinted with this transmission, whether or not you hear or understand all of the information.

Course Assignments

Journaling

We ask that you commit to writing at least two pages in a journal every day. Journaling helps to ground new awareness as it comes to you. It is a way to store spiritual power and is helpful in developing the ability to stretch your consciousness from details to the big picture.

Meditation

As part of this class we request that you practice daily meditation. Meditation makes a significant difference in your ability to stay centered and balanced, burn off the dross of karmas and become physically comfortable with the experience of higher vibratory consciousness.

Exercise and Stretching/Yoga

We suggest that you exercise and practice yoga or stretch at least three times a week. These activities should be geared to your age, health and ability. Please do not overdo it or injure yourself. Ten or fifteen minutes of each three times per week may be sufficient for some, while thirty minutes may be appropriate for others. Please use your discretion. CoreLight has a yoga audio recording and a booklet to assist the self-taught, *Yoga with Judy Miller*, which may be ordered with your other course materials.

Writing Assignment

Change is inevitable. Yet, most people don't cope with it all that well. How well do you handle change? Write a paper on this topic: *Coping with Change in Your Life*. The length of your paper should be from one to six typed pages, due at the end of the semester. Please send your completed assignment to the CoreLight office by mail or e-mail.



The Internet and E-mail Connection

E-mail

When you register for the course, we will add you to our Spiritual Warrior Training e-mail list. Leslie periodically sends e-mails that include guidance and information about collective energy shifts that affect your transformation. We also will send updates about online seminars, community activities and CoreLight's events.

Your Course Page on the CoreLight Website

We have a special area on the CoreLight website, www.corelight.org, dedicated to the Spiritual Warrior Training course, which includes a description, transcripts, access to our Mentoring Program, and other course-related information. The username and password for the Spiritual Warrior Training Course page will be sent to you with your course materials.

Online Enlightenment Studies

Our Online Enlightenment Studies conferencing site is available to all CoreLight Enlightenment Studies students and will allow you to connect with Leslie, the CoreLight teaching staff, other members of your class and the rest of the CoreLight community for updates, online seminars, class discussions, guidance and support.

The Spiritual Warrior Training class has a dedicated Teaching Assistant (TA) who is available to moderate the online Spiritual Warrior class discussions and assist you with your investigation of the course materials, if you are interested in this greater level of connection. You will also have access to periodic online seminars lead by Leslie and other CoreLight teachers. When you sign up for the Spiritual Warrior Training course, you are invited to apply for the Online Enlightenment Studies conferencing site. However, participation in the online program, while recommended, is not required for Spiritual Warrior Training students.

CoreLight Online Library

All of the Spiritual Warrior Training transcripts, in addition to articles and essays by Leslie and other CoreLight teachers, are available to download from the online library to print out and read. The library is part of the Online Enlightenment Studies program and easily accessed from your class conference.

Other Course Opportunities

The CoreLight Mentoring Program

The mentors are a circle of loving beings dedicated to supporting their peers on the path of spiritual transformation and awakening. Mentors are fellow students who have completed Spiritual Warrior Training and Teacher Training and who offer their time in the spirit of friendship and service to others in the CoreLight program. Many of them have had years of experience assisting awakening souls.

Mentors are available on a regular basis for guidance, processing and support with problem solving by e-mail or phone. By checking the directory (accessed through the course page on our website), you may see them, read about them, and discover what they each offer. Mentors assist others in dissolving dependence on outside authorities and in turning to the inner core for one's own authority. They offer an attitude of heart-centered listening, humility and the neutral witness.

Second Semester Registration

When you complete the first semester, you are welcome to register for the second semester of Spiritual Warrior Training. Contact us or go to our website for a registration packet. The audio recordings for second semester are: *Selfless Giving, Dissolution and Rebirth, The Divine Mother, Surrendering, Sound and Silence, Cwmpgo gpv, Healing the Heart, Gateway to Samadhi, Burning Karma, and The Seven Gates* series, which includes: *Building Your Light; Awareness Expansion; Waking the Heart; The New Paradigm; Discernment, Seeing and Mysticism; Spiritual Alignment; and Meditation and Samadhi*. Additional materials include the book, *Returning to Oneness—The Seven Keys of Ascension*.

Advance Information about Teacher Training

Upon completion of Spiritual Warrior Training, you are eligible for Teacher Training. A *teacher* in this context is someone who, through example, inspires others to change their lives. *Teaching* means any way in which Spirit may guide someone to express spiritual truth. There are many ways to serve and communicate higher knowledge. Each person is supported on his or her own unique path or calling. This program is intended for those souls who feel driven by an inner fire to awaken and to serve Spirit and humanity. It is a training to live in complete integrity and balance and involves a deep commitment to dissolve into the Self.

Teacher Training is offered as a four-year program, with registration on a semester-by-semester basis. The work includes listening to audio recordings, reading and writing assignments, participation in the Online Enlightenment Studies seminars and discussions, journaling and meditation, and yearly on-location group conference with Leslie. Everyone who is enrolled in the second semester of Spiritual Warrior Training will receive an application packet for Teacher Training when the course is next offered.

If you have decided to register for Spiritual Warrior Training, please complete and return the registration and course materials order form by mail or fax. Please keep a copy of the registration form as it contains your class and tuition agreements.

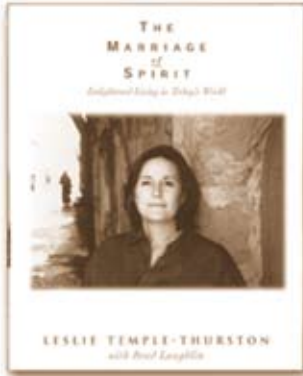


Spiritual Warrior Training Syllabus

Our syllabus reflects a time frame of six months to complete the semester. As this is a self-paced independent study course, the following schedule is only a guideline. You are free to move through the material at a pace that is comfortable for you.

First Semester

ॐ Reading:



The Marriage of Spirit—Enlightened Living in Today's World, by Leslie Temple-Thurston with Brad Laughlin. Rooted in the ancient principle of the unification of opposites, *The Marriage of Spirit* offers tools, guidance and inspiration for spiritual awakening while living and working in the world. It includes revolutionary, simple exercises (including the unique Squares Technique), which accelerate the path to experiencing divine presence in our lives. Leslie shares her eclectic, yogic-influenced approach to Western enlightenment. To be read at your own pace during the semester.

ॐ Ongoing Assignments:

- Journaling (two pages per day)
- Meditation (daily)
- Optional exercise and stretching or yoga

ॐ Writing Assignment: Write a paper on the topic of coping with change in your life. The length of your paper should be from one to six typed pages, due at the end of your first semester. Please send your completed assignment to the CoreLight office by mail or e-mail.

ॐ Audio Recordings: For descriptions of each, see the following page.

Month 1	Meditation for Healing
Month 2	Meditation Deep Relaxation and Expansion
Month 3	Impeccability Energy Management
Month 4	The Heart of the Matter The Mystic Warrior
Month 5	Feeling, Seeing and Creating Change, Grounding and Balance
Month 6	Neutrality and Balancing Your Life



Spiritual Warrior Training Course Materials

Meditation for Healing—Part one of this recording includes a tour of the subtle body anatomy and a discussion of the grace and healing energy accessed in meditation. Part Two: With soothing background music, Leslie leads a powerful guided meditation that helps to heal the physical body, to connect you with the earth and with the universal source of healing energy, and to align and balance the chakras and subtle body. One of our best-selling recordings, *Meditation for Healing* is for advanced meditators and beginners alike. It is an excellent tool to use as part of your daily spiritual practice.

Deep Relaxation and Expansion—This lying-down meditation helps you relax your body and mind, opens up the energy flow in your entire system, and expands your awareness into the radiance of your light body. With soft background music, Leslie's gentle voice soothingly guides you through a unique set of exercises that includes: deep breathing, stress release, muscle relaxation, and energizing the chakras and subtle body. Perfect for beginners, as it includes an explanation of the chakras and subtle body anatomy. Also delightful for advanced meditators.

The Marriage of Spirit audio recording set (optional)—Rooted in the ancient principle of the unification of opposites, *The Marriage of Spirit* offers tools, guidance and inspiration for spiritual awakening while living and working in the world. It includes revolutionary, simple exercises that accelerate the path to experiencing divine presence in our lives. In this three-part synopsis of the book, Leslie Temple-Thurston shares her eclectic, yogic-influenced approach to Western enlightenment. Parts I and II are an excellent summary of the book's principles and include polarity processing, a technique of transforming the conditioned personality into more expanded states of awareness. In Part III Leslie reads the *Triangles and Squares* chapters, which describe advanced methods of uncovering unconscious aspects of the mind that assist with awakening to transcendent states. Set contains four CDs.



Meditation—Especially helpful for beginning and intermediate meditators, this recording is about meditation in general, as well as meditation as applied to spiritual practice—what it is, why it works, how it works, what it does for you, and what you can hope to gain in your life and in your transformation, through the regular and dedicated practice of meditation. Also included are helpful guidelines for improving your meditations.

Impeccability—There is a direct correlation between your level of impeccability and your ability to ascend in consciousness. Impeccability is defined as the ability to access, use, store and manage energy perfectly. You need a great deal of energy for transformation and empowerment. Living impeccably leads to great refinement.

Energy Management—What is energy and how do we use it to fuel our lives? Learning to see and understand energy is an important aspect of spiritual practice. Leslie offers practical, powerful methods and guidelines for accessing, using, and storing energy. An excellent companion to the recording *Impeccability*.

The Heart of the Matter—Love and truth are the most powerful forces in the universe. How do we use these forces to cultivate the garden of the heart and to move into a state of unconditional loving? How do we maintain that loving state in the face of adversity? Leslie outlines the principles involved in establishing and living in heart consciousness.

The Mystic Warrior—The persona of the mystic warrior is a bridge out of the old, conditioned human self into the enlightened state. The mystic warrior has become independent and attuned through dissolving conditioning and dependency and is working on interdependence and serving the welfare of others.

Feeling, Seeing and Creating—A lively discussion on the subject of becoming more sensitive and alive to our inner and outer worlds, and how to express this sensitivity more fully.

Change, Grounding and Balance—A look at the way in which we depend on the world for grounding and stability. The world is too transitory and unstable to be an effective center. We can let go and accept change joyously if we ground ourselves on our inner spiritual core.

Neutrality and Balancing Your Life—There are advantages to finding a state of neutrality, or unity, between the extreme polar opposites of our conditioned way of seeing the world. On the path to awakening, cultivating neutrality helps us open to a higher level of perceiving, to a paradigm of balance and unity.



Spiritual Warrior Training South Africa Course First Semester Application

Personal Information *(Please type or print neatly.)*

Name _____
Postal Address _____
City _____ Postal Code: _____
Home Phone _____ Work Phone _____ Cell Phone: _____
E-mail address _____

*Do we have your permission to share the *above* information with others in the classes, for community-building purposes?

Yes No

Birth Date _____ Age _____ Place of Birth _____ Where Raised _____
Occupation _____ Relationship Status (Married, Single, etc.) _____ Children _____
How did you hear about Spiritual Warrior Training? _____

Education *(List institution, degree, and highest year completed of each.)*

High School _____ College _____
Graduate _____ Other _____

Religious Background

Religion or church in which you were raised (if any) _____

Metaphysical Background

For how long have you been meditating? _____ What type? _____
What is your background in Self-discovery? *(Include on an additional page if necessary)* _____

Photo Please provide a recent photo of yourself with this registration form.

Class Agreements

- I will listen to all of the first semester recordings and read *The Marriage of Spirit—Enlightened Living in Today's World* book.
- I will write in a journal and meditate daily; and (optionally) will exercise and practice yoga or stretching.
- I will complete the writing assignment.

Signature _____ Date _____

Medical and Psychological Background

We ask for the following information because it helps Leslie to gain insight into your background, conditioning, and current well-being. As she works with individuals to unravel the limited, personal self, it is helpful for her to know about these issues. Please be as truthful and detailed as you can.

Do you have a chronic illness? _____ If yes, please describe: _____

Are you currently taking any medication? _____ If yes, please describe: _____

Have you or any of your immediate family members ever had any of the following experiences or addictions:

Alcohol abuse _____ Drug abuse _____ Sexual abuse _____ Overeating _____ Nicotine abuse _____

Eating Disorder _____ Chronic or severe depression _____ Considered suicide _____ Attempted suicide _____

Hospitalized for psychological reasons _____ Diagnosed with any kind of psychological disorder _____

If you have answered yes to any of the above, describe each experience *in detail*, including when:

(Include additional page) _____

How are these experiences currently affecting your life? What steps have you taken to deal with them?

(Include additional page) _____

Class Tuition

Tuition is R300 per semester, which excludes course materials.

Please fill out the registration form and materials order form and email or fax to:

Ruth Underwood
PO Box 84547
Greenside, 2034
Cell (082) 451-7641
Fax: 0866 256 988
Email: corelight@mweb.co.za

**Upon acceptance to the program you will be contacted via email or phone.
Please do not do any payments until your application has been approved.**

Please keep a copy of this application form, as it contains your class and tuition agreements.

Spiritual Warrior Training

South Africa Course

First Semester Course Materials Order Form

Name: _____

Postal Address: _____

City: _____ Postal Code: _____

Home Phone: _____ Cell Phone: _____ Work Phone: _____

Email: _____

	Item No.	Title	Cost		Amount
			CD	MP3 *	
The Spiritual Warrior Set	MEDITACA	Meditation	100.00	\$12.00	R
	MEDITFCA	Meditation for Healing	100.00	\$12.00	R
	IMPECCCA	Impeccability	100.00	\$12.00	R
	HEARTOCA	Heart of the Matter	100.00	\$12.00	R
	ENERGYCA	Energy Management	100.00	\$12.00	R
	MYSTICCA	Mystic Warrior	100.00	\$12.00	R
	NEUTRACA	Neutrality & Balancing Your Life	100.00	\$12.00	R
	FEELINCA	Feeling, Seeing & Creating	100.00	\$12.00	R
	CHANGECA	Change, Grounding & Balance	100.00	\$12.00	R
	DEEPRECA	Deep Relaxation & Expansion	100.00	\$13.00	R
Book:	MARRIPB	The Marriage of Spirit Book	220.00		R
Other Optional:	MARRIACA	Marriage of Spirit Audio (4 CDs)	300.00	\$32.00	R
	YOGAWICA	Yoga With Judy Miller (2 CDs & booklet)	140.00	\$14.00	R
SUBTOTAL					R
Postage & Handling					R 60.00
TUITION					R 300.00
TOTAL					R

*MP3s are only available online through the CoreLight Webstore with CC payment in US dollars.

Upon acceptance into the course you will be informed by email, and will receive an invoice for your materials and tuition fee.

When making your deposit, please use SWT1 and your surname eg, SWT1Smith