

**CORELIGHT**

*Spiritual Warrior Training*

*South African Course*



**SECOND SEMESTER**

**COURSE INFORMATION & REGISTRATION**

# *CoreLight*

## *Spiritual Warrior Training*

### *About the Course*

Spiritual Warrior Training is a self-paced independent study course. The defining qualities of a Spiritual Warrior are:

- ॐ An ability to bear witness to your life in a non-reactive way.
- ॐ The application of principles of impeccability. A spiritual warrior learns to make the motivation for life a desire to live impeccably, which means to be fully responsible, accountable and in integrity at all times, in all spheres of worldly involvement.
- ॐ A spiritual warrior cultivates balance, forsaking the dramas that attend most people's lives.
- ॐ A spiritual warrior develops courage, a heart state; learns how to be strong, to trust in spirit and to overcome behaviors exclusively motivated by survival.
- ॐ A spiritual warrior learns to see and experience the subtle physical aspects of nature and develops the power to relate to other life forms, such as the plant and animal kingdom, and develops a complete reverence for every facet of life.

### *About the Second Semester*

The second semester of Spiritual Warrior Training focuses on strengthening one's inner connection to the core. With an understanding of the Marriage of Spirit techniques, we begin to move from separation into Oneness, deepening our mystical awareness of the underlying unity of all things. The second semester is open to any one who has completed the first semester. We have provided a syllabus that suggests a time frame of six months. As this is an independent study course, please move through the material at a pace that is comfortable for you.

### *Second Semester Course Materials*

These recordings are available in CD format and each contains a unique transmission to create shifts of awareness and serves to impart specific mystical knowledge. As you listen and re-listen to the recordings, you will find that you are imprinted with this transmission, whether or not you hear or understand all of the information.

#### *Spiritual Warrior Training*

##### ***Boxed Set:***

Sound and Silence  
Attunement  
Healing the Heart  
Selfless Giving  
Dissolution & Rebirth  
The Divine Mother  
Surrendering

***Book: Returning to Oneness***

##### ***The 7 Gates Course Boxed Set:***

Gate 1, Building Your Light  
Gate 2, Awareness Expansion  
Gate 3, Waking the Heart  
Gate 4, The New Paradigm  
Gate 5, Discernment, Seeing & Mysticism  
Gate 6, Spiritual Alignment  
Gate 7, Meditation and Samadhi

##### ***Guided Meditations:***

Gateway to Samadhi  
Burning Karma

## *Second Semester Course Assignments*

### *Journaling, Meditating, Exercising, Stretching*

This semester's recommendations include writing in a journal every day and daily meditation. Exercise and stretching or hatha yoga are recommended, but are optional.

#### ॐ **Journaling**

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

#### ॐ **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.

#### ॐ **Exercise and Stretching/Yoga**

We also request that you exercise and practice yoga or stretch about 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. Exercise and yoga or stretching are an optional part of Spiritual Warrior Training, but we do recommend these as excellent tools to assist in deepening your transformation.

- Exercise (preferably aerobic, like walking, dancing or swimming) detoxifies, tones, and improves circulation and general health.
- Yoga or stretching is important for developing flexibility of mind and emotion, and moving the energies through the body as you go through change. Practicing yoga or some form of stretching creates balance and overall well-being. The tendency is for the body to contract, and this type of stretching releases the tension and allows light to pour directly into the muscles.

### *Writing Assignment*

**This semester's assignment: Describe a process you have worked through, from its origin to its resolution.** The length of your paper should be from one to six typed pages. Please turn in at the end of your semester. You may send your completed assignment to the U.S. CoreLight office by mail or e-mail.

## *The Inner Connection*

Leslie will continue to work with you inwardly in an accelerated way to support your spiritual growth. By developing the inner connection, we are able to increase the flow of awareness of Presence. The importance of this connection cannot be stressed enough. When it is developed, much is accomplished, and your growth accelerates at a steady pace. We also suggest that to complement this work, you may want to consider attending one or more of our offered events: darshans, intensives and retreats.

## *The Internet and E-mail Connection*

### *E-mail*

Leslie periodically sends e-mails that include guidance and information about collective energy shifts that affect your transformation. We also will send updates about any other seminars, community activities and Leslie's events.

### *Your Course Pages on the CoreLight Website*

We have a special area on our website <http://www.corelight.org> dedicated to the Spiritual Warrior Training 2<sup>nd</sup> Semester class, which includes a course description, access to our Mentoring Program, and other course-related information. The Course Page for Spiritual Warrior Training, Second Semester, is accessed with a username and password, which 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 you 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 2<sup>nd</sup> Semester Spiritual Warrior Training class has a dedicated Teacher who is available to moderate 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 2<sup>nd</sup> Semester Spiritual Warrior Training course, you are invited to participate in the Online Enlightenment Studies conferencing site. Participation in the online program is highly recommended for 2<sup>nd</sup> Semester 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***

### *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, usually by phone, email or in person. By checking the directory (accessed through the Spiritual Warrior Training Course page on our website and the Online Enlightenment Studies conference site) you may see them, read about them, and find out 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.

## ***Upon Completion of the Second Semester***

### *Invitation to Apply For Teacher Training*

When you have completed the first and second semesters of Spiritual Warrior Training, you are eligible to apply 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 and individual calling. This course is intended for those souls who feel driven by an inner fire to awaken and to serve Spirit and humanity in some capacity. The course is a training to live in complete integrity and balance. It involves a deep commitment to dissolve into the Self.

Teacher Training is offered as a four-year course, with registration on a semester-by-semester basis. Course work includes listening to recordings, reading and writing assignments, journaling and meditation. Those enrolled in the course are invited to attend our annual Teacher Training Conferences. 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.

# *Spiritual Warrior Training*

## *Suggested Syllabus*

This suggested 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. Please move through the material at a pace that is comfortable for you.

### *Second Semester*

Ongoing Assignments:      Journaling                      (ongoing through the semester, two pages per day)  
   Meditation                      (ongoing through the semester, daily)  
   Exercise                        (optional)  
   Stretching or Yoga        (optional)

Writing Assignment:      **This semester's assignment: Describe a process you have worked through, tracking it from its origin to its resolution.**

The length of your paper should be from one to six typed pages, due at the end of your second semester. Please send your completed assignment to the U.S. CoreLight office by mail or e-mail.

Study Materials:              The following are materials that Leslie has taught and recorded over a several year period. We recommend working with the materials in the order outlined below. Repeatedly listening to each recording will help you to absorb the full Shakti transmission and depth of information it contains.

***Month 1***                      Gate 1, Building Your Light  
   Dissolution & Rebirth  
   *Returning to Oneness* (book)

***Month 2***                      Gate 2, Awareness Expansion  
   Healing the Heart  
   Gateway to Samadhi

***Month 3***                      Gate 3, Waking the Heart  
   Selfless Giving  
   The Divine Mother

***Month 4***                      Gate 4, The New Paradigm  
   Attunement  
   Surrendering

***Month 5***                      Gate 5, Discernment, Seeing & Mysticism  
   Sound and Silence

***Month 6***                      Gate 6, Spiritual Alignment  
   Gate 7, Meditation and Samadhi

## *Spiritual Warrior Training Course Materials*

**Attunement** – We are conditioned to attune to the outside world for feedback and validation, rather than going inside for the answers we need. Why do we need to change this? How can we do it? (Live discussion)

**Dissolution and Rebirth** – On the path to Self-realization we learn to let go and dissolve repeatedly. With each dissolution, a doorway in consciousness opens, and it is possible to reform in a new way, to become more whole. Here Leslie offers helpful techniques for this process of transformation.

**Healing the Heart** – Do you know the power of an open heart? Leslie describes the journey of awakening to unity consciousness and how to permanently open the heart chakra. By healing the heart, we become a powerful force for peace and healing in our own lives and in the lives of others.

**Gateway to Samadhi** – Leslie offers a unique, potent technique to unhook our breath from our thoughts, which helps us to enter Samadhi, a blissful state of unity consciousness.

**Selfless Giving** – Living in a flow of synchronicity and grace is one aspect of karma yoga, the path of unity through action. To initiate and maintain this flow of abundance in our lives, we learn to become givers. Leslie explores ways to empower our lives by developing the innate capacity for giving and receiving.

**The Divine Mother** – The return of the Divine Mother, or Goddess, as a refined awareness in the collective consciousness of our world, is also a return to heart consciousness—compassion and balance—and to the recognition of oneness in the world. This is especially important news for women, who are waking up now as never before.

**Burning Karma** – Through breathing and releasing, we open the core, go beyond thought and emotion, and our karma as burn off like clouds on a hot summer's day.

**Surrendering** – There is a divine coherence even during the most apparently turbulent times. How do we cope, learn to see truth, and manifest presence in our daily loves, especially in chaotic times? (Live event)

**Sound and Silence** – The journey back into unity from separation involves becoming a clear perceiver and communicator. Understanding the subtle nature of sound and silence vastly expands our ability to connect with others and to experience the oneness within.

### *The Seven Gates*

This seven-class course was created by Leslie as a review of all of the aspects of Self-discovery and is designed as an intensive for individuals preparing for *Samadhi*, a state of great clarity and conscious connectedness to the Source. Leslie taught the course in California and New Mexico. The Seven Gates recordings represent a blending of the live material from both places. The seven classes are described below.

**Building Your Light** – This is a discussion of different ways of increasing the flow of light and energy into your system, and how to use the light to fuel your Self-discovery.

**Awareness Expansion** – By expanding our awareness to more subtle and subconscious levels, we incorporate more of the manifold frequencies of existence and begin to integrate ourselves with the Totality.

**Waking the Heart** – The non-polarized state of the infinite heart is your birthright. Awaken the heart and discover the power of love to transform your life and relationships into a direct experience of divine connectedness.

**The New Paradigm** – With the dawning of the Aquarian Age, everyone on the planet is being invited to move into a new paradigm of consciousness. The new paradigm is a win-win system of flow that is deeply experienced and fully lived through the heart. What does it mean to enter this new system and how do we do that? Leslie outlines the characteristics of this new way of being and living in the world.

**Discernment, Seeing and Mysticism** – By discovering and exploring our own innate mystical abilities, we develop our subtle perception. With this development comes discernment, which allows us to enter more fully into the new paradigm and to move towards enlightenment.

**Spiritual Alignment** – Our egoic motivations, beliefs and intentions govern our lives with a material focus. By re-directing our attention and intention toward the Source, we come into a deeper connection with all of existence and dramatically speed up our awakening.

**Meditation and Samadhi** – Leslie explores and discusses the practice of meditation, the state of Samadhi and the connectedness of all beings.

***Spiritual Warrior Training***  
***South African Course***  
***Second Semester Registration***

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

Name: \_\_\_\_\_  
Postal Address: \_\_\_\_\_  
City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country *South Africa*  
Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Email: \_\_\_\_\_

Do we have your permission to share your name, address, phone and e-mail with others in the classes, for community-building purposes?       Yes       No

***Class Agreements***

I will listen to all of the second semester recordings and read *Returning to Oneness*.  
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** \_\_\_\_\_

***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

**Please do not do any payments until your application has been approved.**

**Please keep a copy of this registration as it contains your class and tuition agreements.**

***SPIRITUAL WARRIOR TRAINING***  
***South African Course***  
***Second Semester Course Materials Order Form***

Name: \_\_\_\_\_  
 Postal Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Postal Code: \_\_\_\_\_ Country South Africa  
 Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
 Email: \_\_\_\_\_

	Item No.	Title	Cost		Amount
			CD	MP3	
The Spiritual Warrior 2 <sup>nd</sup> Semester Set	SOUNDACZ	Sound and Silence	100.00	\$12.00	<b>R</b>
	HEALINCZ	Healing the Heart	100.00	\$12.00	<b>R</b>
	SELFLECZ	Selfless Giving	100.00	\$12.00	<b>R</b>
	DISSOLCZ	Dissolution & Rebirth	100.00	\$12.00	<b>R</b>
	ATTUNEC	Attunement	100.00	\$12.00	<b>R</b>
	DIVINECZ	The Divine Mother	100.00	\$12.00	<b>R</b>
	SURRENCZ	Surrendering	100.00	\$12.00	<b>R</b>
Other Materials:	SEVENG CZ	The Seven Portals of Awakening	650.00	\$55.00	<b>R</b>
	GATEWACZ	Gateway to Samadhi	120.00	\$13.00	<b>R</b>
	BURNINCZ	Burning Karma	120.00	\$13.00	<b>R</b>
	KEYSBK	Returning to Oneness (Book)	200.00		<b>R</b>
Subtotal					<b>R</b>
Postage & Handling					<b>R 60.00</b>
Tuition					<b>R300.00</b>
<b>Total</b>					<b>R</b>

**\*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 SWT2 and your surname eg, SWT2 Smith