

Course Objectives and Learning Outcomes

ENGAGING YOUR INNER TALISMAN

LEVEL ONE – BASICS

After completing the course, the student will be equipped to do the following, using personally meaningful language in a personally relevant way:

- Define Human Capacity/Quality (HCQ); provide a working psycho-spiritual definition of inspiration; and explain how growing and managing inspiration is connected to developing the student's own HCQ.
- Explain how belief/unbelief in metaphysics/spirituality/religiosity (MSR) is NOT a condition for anyone to benefit from the main principles and practices discussed in this course
- Define the student's own transformation in light of the different levels the student's own motivation and aspiration as a human being
- Explain at least one way the student's own orientation and attitude (or lack thereof) towards MSR was supported and/or changed by the course – and describe whether and how belief/unbelief in MSR was relevant/irrelevant to the student's own use of the course
- Describe the general nature and powers of the soul, of the mind, of the body, and of the environment; explain the interaction between soul, mind, body and environment within the arena of the mind, and the currencies of that interaction; define the ideal balance and roles of soul-mind-body for optimal function and fulfillment; explain how daily life tends toward a messy departure from this ideal towards an internal conflict between sides of one's self; describe "the path" of solutions to these messy internal conflicts proposed by the course.
- Describe how the student would grow their own inspiration by using
 - two personal choices from the General Menu of life-activity
 - two personal choices from the Core Practices
 - each of the Primal Disciplines
- Define the main psychological modes/steps/ingredients for translating inspiration into living; describe the key features of each step; explain what they would look like in the student's own life
- Define the student's own versions of "personal science," "inspiration management system," and routinized life-organization that would run parallel to their "inspirational path"
- Explain how the main ingredients of the whole course can be used to troubleshoot and/or advance different areas in the student's own life
- Identify and list goals for advancement and/or problem-solving in the student's own life, based on the ideas and practices in the course