

**SCIENCE OF AWAKENING**  
SYLLABUS

# About the Science of Awakening

What is the promise of oneself?

The promise of transformation comes alive when the more of oneself is seen, and this more is what all are seeking and trying to live out by all actions that are undertaken. This more is missed by most for the science of transformation is not truly understood. When this science is known and understood, the unfoldment of oneself becomes natural, and living becomes a process of transformation from where one is to where one can be.

The Science of Awakening is a 10-Module programme which guides you step-by-step into the science of awakening and the science of transformation. This programme is a study of the essence of our nature and our psychology. It is an actual study into the awakening of the human being. The first part of the programme is a deep inquiry into the key factors which affect the way we are formed and how we function from this form. It is a study into the triggers of our brain, its survival mechanisms and the demands of the environment and its values.

We will discover how this has led us to escape ourselves and reduce ourselves to only a life of survival. The study will reveal how our pain and suffering is the by-product of the escape of the promise of what we can be, and the inherent conditioning we carry to reject any demand to grow and evolve.

The second part of the programme is a discovery of how we can rise beyond the limitations of this form and how we can learn not to be reduced only to satisfying the biology's and the environment's demand to survive. It is a discovery of how we can learn to meet the challenges that we face and use every opportunity and event in life as a tool for our awakening. It is a study into the orientations, the disciplines and the awareness needed to truly meet our demand to grow and transform. The 10 Modules will orientate you rightly in shifting from living in an affected state, to rising to become an effector. It is a shift from living in reaction to a state where we are in action. Only in this can the promise of us unfold and the best of us come alive.

# The Modules

## **Module 1 - The Biological Orientation**

*What triggers our fight and flight mechanism and why do we always react the same way?*

This Module is an introduction to how the biology functions and how it affects us. In this study, we will explore the three-fold brain, our evolutionary pre-disposition and the cellular structure in our body. We will learn how the biology is orientated to care for our survival only and how we can learn to live with it rightly and not fall victim to it.

## **Module 2 - The Value-determining System**

*Do we live in the society, or does the society live in us?*

Next is the study of the value-determining system and how it shapes us. All that we are and that we are allowed to be is what is valued by this world. We will explore how the values of the environment have affected us and how this has distracted us from seeing ourselves rightly. The study reveals the popular ideas, values and orientations of the world and it offers the essential learning needed to avoid falling prey to it.

## **Module 3 - The Formation of the Personal Identity**

*Why did we adopt an idea of becoming something other than what we essentially are?*

In this Module, we will explore how the biological orientation and the influences from the environment triggered us to wrong what is right about us and to escape ourselves. Thus, that which we now call the "I" is not the real "I." This study delves into the essential factors that play a role in the creation of the personal identity.

## **Module 4 - The Fixed State of the Ego**

This Module explores how the personal identity (the ego) really functions and how it keeps itself real. We will examine the key factors which preserve the ego in a fixed state and we will see how the "I" that we carry now is the "I" that has chosen comfort and escape over growth and transformation. The study will reveal how the ego is a rejection of life and a betrayal of the promise of what one can be.

## **Module 5 - Transcending the Personal Identity**

*What do we transform in order to go beyond the ego?*

From this Module onwards, the study goes into how we can learn to be right by ourselves and start to participate with our life. One of the key lessons is to learn to rightly identify what to transform and to be orientated to look at every event as an opportunity for growth. We will look at how we can learn to hold ourselves rightly and how we can rise to be awakened to our demand to evolve.

## **Module 6 - The Discipline**

*How does transformation actually happen?*

This Module takes us into the disciplines, techniques and the exercises that we need in order to transform from the fixed state of the ego to our next step, which is the fulfilment of the promise of us. What is addressed in this Module is the personal responsibility and the awareness needed for this transformation to happen.

## **Module 7 - The Promise of the Living Organism**

*What is the promise of us?*

In this Module, we explore the promise of the human being, i.e. the living organism. What is promised to us as us? What is possible as us? This is missed by many. Our unhappiness is nothing but the missing of what we can be. In this Module, we go deeper into this awareness and we will look at that which is beyond the demand to just survive. It is a study into what we are actually here to live out.

## **Module 8 - The Science of Creation**

The next step is to study the science of creation. In this Module, we will learn that there is an energy that can create within all of us, which is what actualises all the reality that comes to pass. For now, most realities are accidental. At one point it becomes very deliberate. This is an introduction and an exploration to what it means to live in creation.

## **Module 9 - The Science of Mindfulness and Meditation**

Only at this point of the study, one will discover the truth of meditation. Meditation does not mean sitting with eyes closed. It is how we exist. Sitting with eyes closed is a misunderstanding of it. In this Module, we will explore what meditation really is.

## **Module 10 -The Science of Union**

This Module is an introduction and an exploration into the science of union. We will look at the art of becoming one with what one is and what one can be, unbroken. This union is what will lead to the actualisation of the promise of oneself.

## **Study Online**

The 10 Modules of the Science of Awakening are offered online and you can dive deeper into the study at your own pace. The Modules are designed to be studied chronologically so that you can benefit the most from the learning. Once one Module is completed; you will be guided to the next one. Each Module includes;

- A comprehensive presentation of the contents of the Module
- A selection of reading materials by Dhyan Vimal, including recommendations to scientific research articles on the specific subjects
- Personal Exercises
- Online Meditations

## **Module Presentation**

Each Module is delivered to you through a presentation, which step-by-step guides you through the key lessons. The contents are presented to you in a simple and pedagogical way to facilitate the learning. The presentation includes key insights into each lesson, visual charts and contemplations for further study.

## **Reading Materials**

The reading materials for this programme are based on the work of Dhyan Vimal, and have been deliberately designed for the Science of Awakening. Each Module comes with a special selection of articles which will guide you through the key lessons. In addition to this, we have selected some of the best research materials for each topic. If one wishes to deepen the study, one may choose from a list of recommended readings with articles from evolutionary biology, psychology, neuroscience and epigenetics among other disciplines.

## **Online-Meditations**

Our online-meditations will guide you through the key lessons for each Module and allow you to go deeper into the inquiry. We believe that the learning has to translate to an actual change in one's life. Only then will transformation happen. The meditations have been designed by Dhyan Vimal to offer key insights into how one can actually apply the learning to one's life. You will receive notifications about the online-meditations on your Online Meditation Mobile App, and the meditations can subsequently be accessed at any time.

## **Personal Exercises**

At the Institute, we believe that real transformation happens in the process of studying. Each Module has suggested exercises and contemplations which you can choose to undertake to facilitate the learning and to deepen the understanding. This is where the transformation work really happens. Our certified facilitators are available to support you with feedback and insights as and when you need it.

## **Your Commitment**

The programme duration depends on your commitment and pace of study. The Modules are flexible and designed to suit your needs, regardless if you wish to study intensively or if you would like more time for the enquiry. One can choose to follow our suggested time frame for each Module or study at one's own pace. The recommended duration for the ten Modules is between 3-6 months depending on one's commitment and needs. The programme materials will be accessible for a year from the day of registration.

# Learning Outcomes

In the first part of the programme, you will learn:

- How our biology is orientated to only care for our survival and mating and how this can reduce us to only satisfy its demands, and make us forget that there is something more to us to be fulfilled.
- How the biological orientation can trigger us to become influenced by the values of the environment and how this distracts us from ourselves and leads us to form a personal identity.
- How the personal identity is an escape from ourselves and how our suffering, pain and misery are nothing but the actual pain of escaping the promise of what we can be.
- How the by-product of this is a life as an effect that is determined by the biology and the environment, and how this is the cause why we are stuck and why growth and transformation is not happening.

In the second part of the programme, you will learn:

- How one can be rightly orientated to master the biological orientation, while also participating with one's demand for growth and transformation.
- How one can detect what to transform and what one is ready for.
- How one can be orientated to view suffering and pain as a tool for one's awakening.
- How one can be orientated to meet life instead of escaping it, which is what it means to learn to live as an effector. Learning this is what it means to live in fulfilment and to participate in the next step of one's evolution.
- The disciplines and the tools needed to affect one's transformation process and to participate in the fulfilment of the promise of oneself.

## **Who is this for?**

This programme is for anyone who has done some previous transformation work and who has come to realise that there is so much more to learn. It is for anyone who is committed to do whatever it takes to learn about oneself and who has discovered that transformation can only happen when studying takes place. Studying is learning and learning is the first step to a knowing which is based on actual facts, and not on false assumptions. Actual transformation requires a deep shift in our thinking and in our orientation. This programme is for the person who has realised that there is no other way for this to happen other than by them taking responsibility to really learn about themselves. The Science of Awakening is the next step for anyone who is ready to truly walk this path.

## **Training for Trainers**

What is your next step? If you have completed the Science of Awakening Programme and you are excited to share this work with others, you are qualified to apply for our Training for Trainers. Students who successfully fulfil all requirements for the training will be certified and will be invited to facilitate courses, programmes and study groups by the DV-Institute. You will also have the opportunity to learn from Dhyan Vimal personally.

## **Registration Information**

The programme will soon be fully available online. If you would like to be informed when it is available, click on registration button, and send us your details.