

**Living Quantum Spirituality:  
The Journey to Enlightenment  
With Dr. Amit Goswami**

A GlideWing Productions Online Workshop  
Course Syllabus

**Introduction**

Dr. Amit Goswami: A Personal Introduction  
The Path from Physics to Spirituality  
Quantum Enlightenment: Two Sides of Nature  
Preparing for the Workshop

**Session One**

Quantum Enlightenment: The Nature of Consciousness, Part One  
The Nature of Consciousness, Part Two  
Guided Visualization Exercise  
Guided Visualization Exercise (Downloadable Audio File)  
Suggested Practice: Breathing Exercise  
The Journey to Enlightenment

**Session Two**

An Introduction to Hierarchies  
The Tangled Hierarchy  
The Story of the Ego  
The Quantum Self  
Suggested Practice: Relationships, Masks and Role-Playing  
Suggested Practice: The Authentic Self  
Suggested Practice: The Quantum Self  
Guided Meditation  
Guided Meditation (Downloadable Audio File)  
Closing Thoughts

**Session Three**

Self-Realization and the Quantum Self  
The Double-Slit Experiment  
The Delayed Choice Experiment  
The Intention Experiment  
Thoughts About Self-Realization Experiments  
Suggested Practice: Distance Viewing  
Suggested Practice: Distance Viewing with Intention/Meditation

**Session Four**

Transforming your Internal Environment  
The Chakras  
Suggestions for Daily Informal Practice  
An Introduction to Meditation Practices

Guided Meditation  
Guided Meditation (Downloadable Audio File)  
Suggested Practice: Vital Energy

### **Session Five**

The Creative Process  
Creativity and Manifestation  
Quantum Creativity  
Dreams and Dreaming  
Cultivating your Dreams  
Lucid Dreams  
Do and Be - A Quantum Approach  
Suggested Practice: Awareness Meditation

### **Session Six**

Two Strategies for Quantum Enlightenment  
Reincarnation - Part One  
Reincarnation - Part Two  
The Memory Problem  
Quantum Evolution  
Active Imagination - Dharma Meditation  
Dharma Meditation (Downloadable Audio File)

### **Session Seven**

The Archetype of Love  
Marriage and the Archetype of Love  
The Love Circuit and Emotional Intelligence  
The Path of the Heart  
Dr. Goswami's Japa Experience  
Suggested Practice: Dealing with Obstacles

### **Session Eight**

The Journey to Enlightenment  
Manifestation: The Secret to the Secret  
Suggested Practice: The Namaste Exercise  
Workshop Conclusion  
Thank you and Farewell