

*The* INSTITUTE *for* APPLIED MEDITATION



UNIVERSITY  
*of the*



HEART



*2010 Course Catalog*

# Welcome

## A NOTE *from the* PRESIDENT



Dr. Asatar Bair  
President of the IAM  
University of the Heart

Welcome to the University of the Heart, where the development of the mind is completed by opening your heart and discovering all that your heart contains. While your mind is analytical, your heart is full of longing—for love and intimacy, for connection with all life, to make a real and lasting contribution, to help others, and to come into the wholeness of being, which has been called illumination, the fulfillment of the heart's spiritual and emotional development.

The aim of IAM-U is to provide you with all that you need to reach the state of illumination. You won't reach this goal within the two years of our program, nor will you master all the skills you will learn, but you will have everything you need to take you to your goal. Once you graduate from IAM-U, the wider school of IAM will give you the support and inspiration you need to take you the rest of the way, in the time and manner that is right for you.

Our two-year program includes these five parts:

- I. the entire introductory-level IAM Curriculum, which includes Heart Rhythm Meditation, The 4 Elements, The 4 Dimensions of the Heart, The 7 Energy Centers, The 12 Archetypes, The 9 Steps of Realization, The 3 Egos, and the Culture of the Heart, in 8 interactive webcourses which last 2 months each;
- II. two years of monthly sessions where you learn meditation and practice your skills under the guidance of one of IAM's Certified Teachers, so that you can be sure you have a firm grasp of all the skills we include (we also offer a residency option where students can study intensively);
- III. two years of individual mentoring sessions by a trained IAM Mentor, so that you have consistent individual guidance from a person with real spiritual attainment;
- IV. two 5-day group retreats, so that you can deepen your heart by studying and practicing with others in the container of a deep, sacred, process; and
- V. a 7-day individual retreat, so that you can experience the incredible breakthrough that comes when you give your heart a week's worth of your breath and attention.

We offer both a profound philosophical framework and the hands-on guidance, training, and support that will give you the skills, knowledge and understanding you need to make a great leap forward in your inner growth.

We hope you can join us for the inaugural celebration of the University of the Heart in Tucson, Sept 3-5, 2010. (see p 30 for more details)

Welcome to IAM-U!

# UNIVERSITY *of the* HEART

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2010 Course Catalog, effective February 2010

# Our Mission



PURAN and SUSANNA BAIR

IAM founders and authors of

*Energize Your Heart* and *Living from the Heart*


The Mission of the IAM University of the Heart is to give you the core skills, knowledge, philosophy, and inner experience that will help you to make progress in spiritual development on the path of the heart.

When we were starting out on our spiritual journeys many years ago, we wished that our teachers had given us a detailed list of the skills and knowledge that we would need in the decades to come. Though everyone must walk the path that is right for them, we have seen again and again that certain things work, and certain things don't. Our mission is to share with you the tools which contribute to humanity's shift from the mind to the heart.

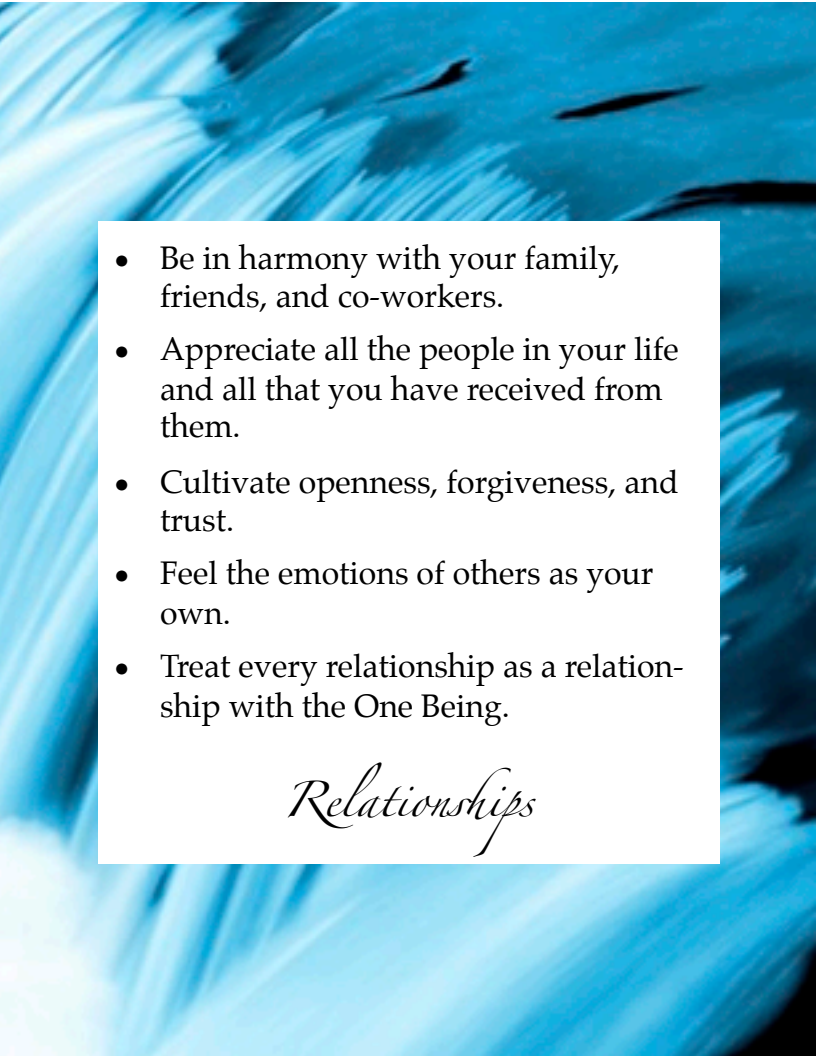
Our aspiration for our students is to produce the following outcomes in four important areas of life: health, relationships, purpose, and spirit.

*Our mission is to share with you the tools which contribute to humanity's shift from the mind to the heart.*

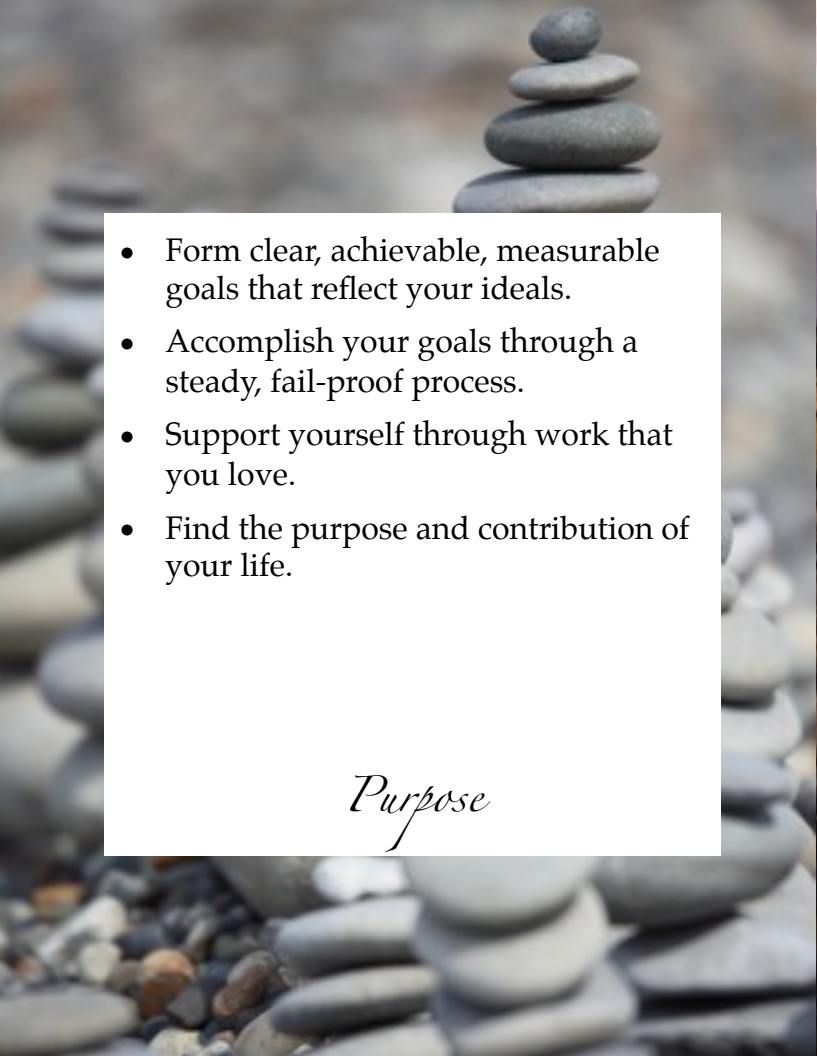
*Please refer to the next page*

- 
- Learn methods to calm or energize your body and mind.
  - Optimize health by conscious self-regulation of circulation, respiration, nervous, digestive, and immune system function.
  - Fashion your body and personality to express your self-image.
  - Integrate the parts of yourself into a coherent whole.

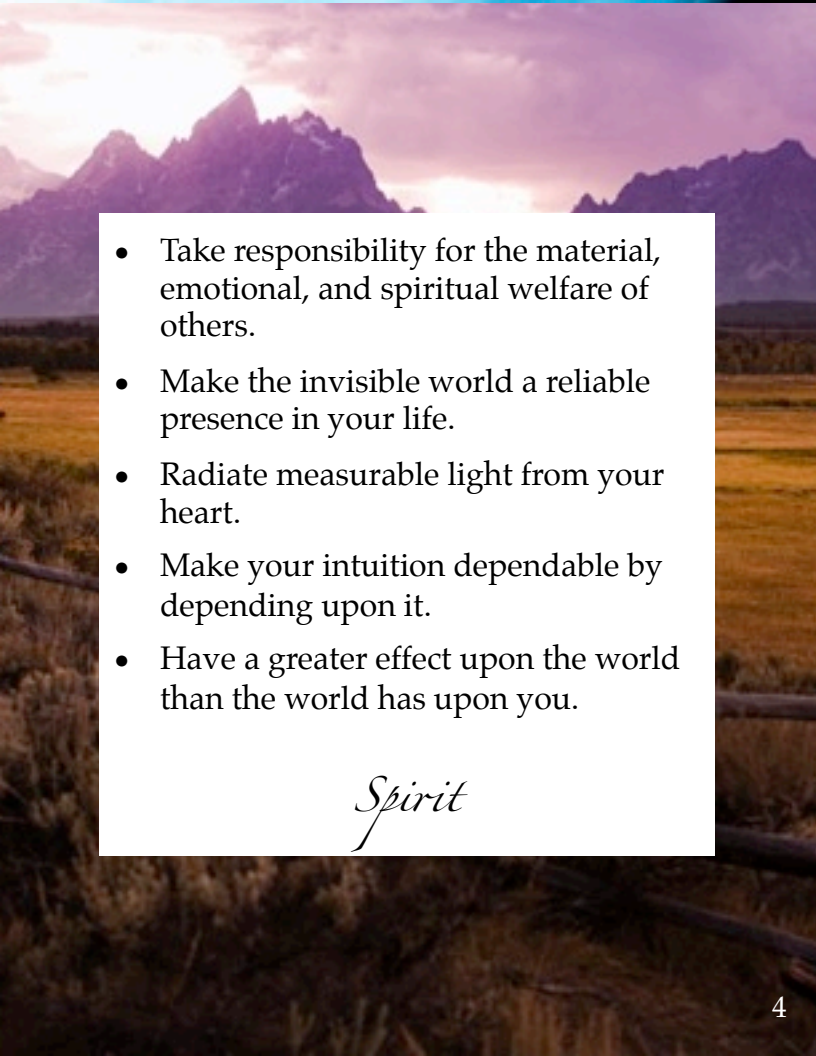
## *Health*

- 
- Be in harmony with your family, friends, and co-workers.
  - Appreciate all the people in your life and all that you have received from them.
  - Cultivate openness, forgiveness, and trust.
  - Feel the emotions of others as your own.
  - Treat every relationship as a relationship with the One Being.

## *Relationships*

- 
- Form clear, achievable, measurable goals that reflect your ideals.
  - Accomplish your goals through a steady, fail-proof process.
  - Support yourself through work that you love.
  - Find the purpose and contribution of your life.

## *Purpose*

- 
- Take responsibility for the material, emotional, and spiritual welfare of others.
  - Make the invisible world a reliable presence in your life.
  - Radiate measurable light from your heart.
  - Make your intuition dependable by depending upon it.
  - Have a greater effect upon the world than the world has upon you.

## *Spirit*

# Why Study at the

# UNIVERSITY *of the* HEART?

**A**t the IAM University of the Heart, we celebrate the ideal of the university, a word which comes from the Latin *universitas*, meaning “all becomes one.” We live in the age of the university; more people have received higher education than ever before, and the topics one can study are ever-broadening. For example, 100 years ago, there were only a handful of schools offering a degree in business; in the last 40 years, new degree programs have blossomed in fields from Afro-American Studies to Drama Therapy. We celebrate this development; the heart loves diversity and freedom. Of course, with the introduction of every new degree program, people ask “what’s this good for?”

*We celebrate the ideal of the university, from the Latin universitas, meaning “all becomes one.”*

Most people do not end up in fields that are directly related to what they studied in college. Few students majoring in anthropology become anthropologists. Few who study economics become economists. Rather, in addition to the specific technical knowledge of their major, college students receive a broad education that focuses on core skills like logic, communication, critical thinking, and mastering a body of knowledge which gives an understanding of how the human conversation has unfolded and how to contribute. It’s clear that the college liberal arts education is helpful in any field that relies on the ability to think clearly and communicate, for college education does a fine job of developing one’s mind.

*Cognitive development alone is not enough to produce a full human being.*

Yet we’re now beginning to understand that cognitive development is not enough to produce a full human being. We see that a person who has mental development, but lacks emotional development has further to go. In order to be truly useful to an organization, to be able to overcome the challenges that are necessary to succeed personally, and to be capable of holding together deep relationships, a person needs more than analytical skills, a person needs the self-knowledge and emotional intelligence that only one’s heart can provide. We feel privileged to take part in what we see as humanity’s current project: to complete the development of the mind by opening the heart.

Completing the IAM University of the Heart program will not give you the ability to operate on a patient or read a corporate balance sheet. Our program is not tied to a specific field, like engineering or forestry. So why study at the University of the Heart? What will this course of study do for you?

How will it help you in your life?

The University of the Heart will awaken your ideal, and give you the strength to pursue it. Every truly great person has been motivated by an ideal; nothing is as compelling as a vision of greatness, and the power it gives you is tremendous. There isn’t much that is worth doing for its own sake, but when your goal is connected to an ideal, what you do becomes truly worthwhile

because it is a step toward the ideal, and with the energy that comes with pursuing that ideal, anything is attainable.

The University of the Heart will give you a core set of skills for living from the heart, a deep understanding of who you are and what are your qualities, and a profound appreciation for the unique qualities of others. Nothing is more helpful than this sense of appreciation in relating to other people.

*The University of the Heart will awaken your ideal, and give you the strength to pursue it.*

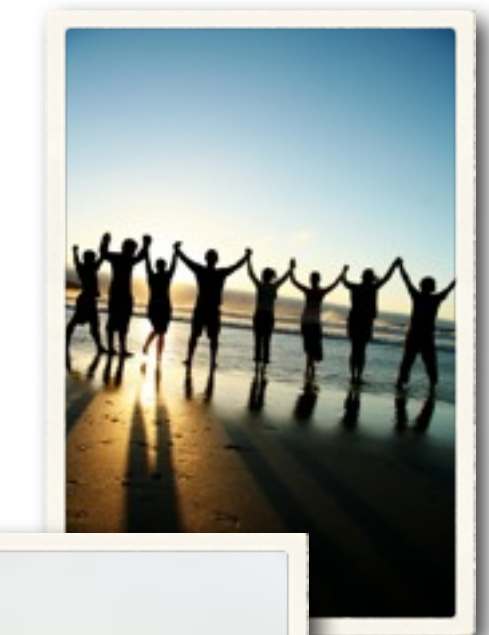
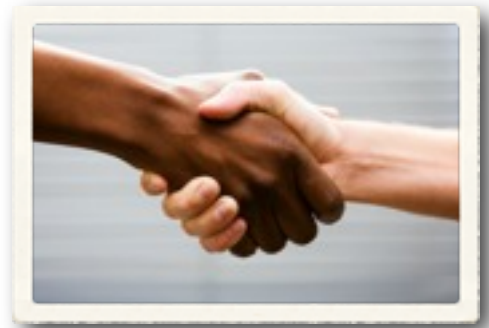
Our program will teach you a powerful method of understanding and transforming energy, which you can use to change your own state—your mood, your attitude, the way your body feels and functions—or to influence the wider world. You will learn to invoke in your heart the beings who represent the greatest human qualities—unending love, unbreakable faith, unbelievable courage, undying hope, and infinite peace. You will become aware of a current of spiritual intelligence running through life that directs the flow of change toward life's greatest growth, and learn to work in ways that strengthen that spiritual current.

Completing the course of study that we offer at the University of the Heart will help you to start a business, be a better employee, and work harmoniously with other people, for you will come to a sense of peace within yourself. The key to all that you desire is beating within your chest.

If humanity is to survive, we must learn to come together to form a cohesive unity that is based on mutual admiration and respect for our differences. In the past, unity has appeared only through enmity against a powerful outside force. Tribal and clan warfare produced unity in these groups; wars between nations created a larger sense of nationalistic unity that transcended smaller divisions. But this way cannot work in a global society that is bound together by communication and commerce. It is only through a strong, radiant heart that individuals, organizations, and nations can overcome the pettiness, narrow-mindedness, and fear that leads to conflict.

Our aspiration with the University of the Heart is to train a group of leaders who will inspire humanity by living and working from the heart in their chosen fields.

*The University of the Heart will help you to start a business, be a better employee, and work with other people, for you will come to a sense of peace within yourself.*



# *The* PATH *of the* HEART

**I**n the physical realm, your heart is the master controller of your body, providing circulation and rhythm, the two fundamental requirements for health and vitality.

*Your heart is the source of your courage, creativity, compassion, influence, guidance and peace.*

In the emotional realm, your heart is the depth of your being, a reservoir of emotional energy that is the source of your courage, creativity, compassion, influence, guidance and peace.

In the spiritual realm, your heart is the focus of your soul, the divine within. We can best seek the One Being in the heart of humankind; only by finding this divine source can you know yourself and what purpose you

*Your heart creates its own medicine, and heals its own wounds*

are here to fulfill.

At IAM-U, you will work with all three of these realms of the heart at once, building physical and emotional health, connected relationships and purposeful accomplishments. You will learn and practice the methods for healing the heart of its wounds, opening the heart so it can shine, aiding the heart's growth in all four dimensions, expanding the scope of your consciousness and developing

the ability to direct your heart's power. This leads to the ultimate spiritual goal: illumination.

*We can best seek the One Being in the heart of humankind*





# WHAT IS *Illumination?*

*A*n illuminated heart radiates light like a torch in the darkness, lighting your way to the fulfillment of your purpose and harmonizing the world to the rhythm of your heart.

The clouds of doubt and fear are scattered by the inner light that dispels confusion and brings continual hope. When the path forward is blocked externally, illumination opens a new path internally.

Illumination is the uncovering of the divine spark within and the completion of one's individuality as a unique expression of the One Being.

Illumination is shown in the ability to accomplish your heart's wish, fulfill your obligations, recognize the divine in everyone, forgive and appreciate everyone in your life, and have no blame of anyone for anything.

Illumination is attainable by everyone, for illumination is the longing of every heart. But because the heart is so sensitive, it often responds to the pain of life by withdrawing,

becoming closed, giving up hope, becoming narrow, and seeking to become numb, though it can never really stop feeling. The pain of a heart that feels the condition of the world is worse than any physical pain, but is preferable to not feeling.

Fortunately, the heart is very dynamic and responsive. When it is given attention and energy, it creates its own medicine and heals its own wounds. By learning about the structure, purpose and operation of the heart, together with practice of the methods that heal, open and energize your heart, you will utilize basic human skills to uncover extraordinary capabilities, far beyond what people expect to become.

The University of the Heart will provide you with the necessary insights and methods to attain illumination and, with further practice, you will.

*Illumination is the uncovering of the divine spark within*



*The clouds of doubt and fear are scattered by the inner light that dispels confusion and brings continual hope*



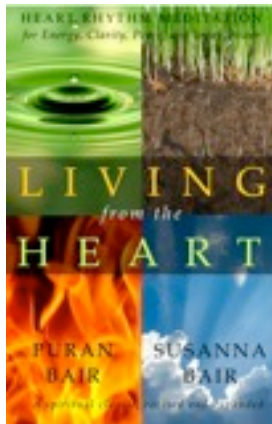
# The Founders

**P**uran Bair is an American mystic, one of the foremost meditation teachers and a pioneer in bringing heart-based meditation to the public. An author, scientist and businessman, the curriculum he's designed applies authentic spiritual teaching to health, relationships and accomplishments. Having led meditation workshops and retreats all over the world, he co-founded IAM and is the co-author (with Susanna Bair) of *Living from the Heart*, praised as "one of the most important texts ever written on meditation", which defines a ground-breaking method, called Heart Rhythm Meditation, that decreases stress, reduces disease risk, and energizes the emotional & energetic heart. Puran is also the co-author (with Susanna) of *Energize Your Heart In Four Dimensions*.

Puran was recognized as a spiritual leader by Pir Vilayat Inayat Khan, who asked Puran and Susanna to start a new school of meditation. He has worked with leading researchers to measure the effects of meditation on heart rhythm, brain waves, light emission and electromagnetism.

Puran has a background in technology and business. He served as vice-president of a mutual fund company, MFS, and as a bond analyst for Fidelity, Putnam, and Merrill Lynch. He invented the technology for two green start-up companies, in wind-power and high-speed composting.

Puran holds a BS in electrical engineering from Bucknell Univ. and an MS in Computer Science from the Univ. of Pennsylvania. He has four grown children, and he lives with his wife, Susanna, in Tucson.



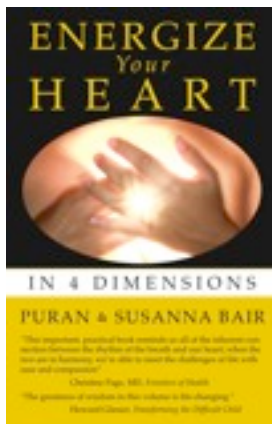
**S**usanna Bair, the president and co-founder of IAM, is a charismatic speaker and author at the forefront of the emerging cultural shift to a heart-based society. She is the co-author (with Puran Bair) of *Living from the Heart* and *Energize Your Heart in Four Dimensions*.

Susanna specializes in designing transformational retreats and serves as the Lead Retreat Guide for the IAM University of the Heart. Susanna is also the lead supervisor for the IAM Mentoring Program, where she supervises the mentoring of 100 students. She has developed a series of popular CDs on meditation and modern spirituality, and she created Heart Rhythm Movement, based on her study of yoga and movement arts.

Her groundbreaking paper, "The Use of Self-Generated Sound in Modulating Consciousness," delivered at the first World Council on Psychotherapy in 1996, has become a classic text defining a western view of the energy chakras and the use of vocalized sound to stimulate them.

Susanna was recognized as a master meditation teacher by Pir Vilayat Inayat Khan. Her background is in corporate training, in theater, both acting and directing, and psychology. She was the director of the Women's Experimental Theater of the State Theater in Switzerland. In the US, she studied acting with Lee Strasberg and Stella Adler.

Susanna holds a BA in Psychology from the University of Vienna and an MA in Counseling Psychology from Antioch University. Susanna has one son; she lives with her husband, Puran, in Tucson.



# HOW *the* PROGRAM WORKS

We seek to give to students of the University of the Heart:

- (1) a body of *knowledge*, based on a cohesive philosophy which supports the development of the heart by helping to make the nature of the heart and its growth comprehensible to the mind;
- (2) a set of core spiritual *skills* that the student will use throughout their progress through the Nine Steps of Realization (for more on this, see Course #106, p. 14); and
- (3) a set of *experiences* of the heart that will give the student the sense of conviction necessary to advance on the path of the heart.

**T** Our courses are designed to impart the knowledge and philosophy discussed above; courses emphasize reading, writing about experiences in meditation, and interpreting your life and challenges through the material in the course.

We use a combination of face-to-face classroom teaching and distance learning to maximize our effectiveness. Each course begins with a day-long seminar, taught in one of six cities: Tucson, Boston, Ventura, Chicago, Houston, and Denver. Our local teachers will introduce the conceptual material for each course, then

lead a series of meditations and other experiential practices to give the student hands-on training.

Much of our coursework will be taken online, as webcourses. The webcourses offer a distinct advantage to classroom learning, which is that students can complete the coursework at home. The webcourse component of each course lasts 8 weeks (see the Calendar on p. 22 for more detail), and includes reading, meditation instruction and personalized feedback, written essays and other assignments.

Courses

**T** Monthly Skills Development works in harmony with the courses to help students develop skill in Heart Rhythm Meditation through detailed instruction, feedback, and evaluation, so students know what skills they have mastered and what skills need further development.

The group experience is a key part of the University of the Heart; students will gain a great deal from their relationships with other students in the group. There are 24 one-day seminars here, and they occur each month or so, including 4 meetings with IAM Founders Puran & Susanna Bair (see p. 19 and 22 for more detail).

Monthly Skills Development

**M**entoring is individual spiritual guidance. The mentor's role is to customize the practice of Heart Rhythm Meditation for the student, so that the meditation works to develop the qualities that are most needed in the student's life, and to help the student take the next step forward.

Mentoring helps apply the knowledge gained in the courses to the student's own life; by customizing the meditation, it becomes more focused and effective, leading to a richer experience. See p. 19 for more on mentoring.

Mentoring

**T**he group retreats deepen the knowledge and skills gained in the courses and Monthly Skills Development, but the primary function of the group retreat is all about gaining the experience of the heart. We've found it helpful to cultivate this experience with a

group of other committed seekers, and in a beautiful natural environment.

As experience accumulates, the student gains confidence in the practice. For more on the group retreat process, see p. 25.

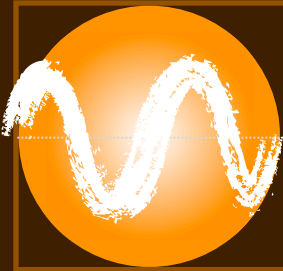
Group Retreats

**W**ith the experience, knowledge, and skills the student has gained through the courses, Monthly Skills Development, mentoring, and group retreats, the student is prepared for the most advanced part of the University of the Heart program: the individual retreat. This is the time to test the skills you've gained, to

deepen your experience beyond anything you've felt, and to make a real breakthrough in realization.

With your determined attention, the help of your retreat guide, and with solitude in nature, your heart opens to the Heart of All (see p. 27).

Individual Retreats



## COURSE #101

# Introduction to HEART RHYTHM MEDITATION

### Description

This course provides an introduction to the principles and practice of Heart Rhythm Meditation (HRM). HRM is a powerful method of inner reflection which involves a deep, full breath and a focus on the heart. We see the heart as both a physical organ, which pumps blood throughout the body, as well as a spiritual faculty, the center of all love and

all feeling. HRM builds the health of the heart on three levels: physical, emotional, and spiritual. HRM has been shown to produce a state of dynamic harmony between the pulse, brain-waves, and endocrine system, resulting in increased anti-stress hormones and a more rhythmic heartbeat.

### What You'll Learn

How to sit in the Royal Posture, and why it helps you to feel the energy of your heart

What is the Monolithic Sensation and why it's so important for health and well-being

Why entrainment of the heartbeat and breath creates a harmonious state that brings the body, mind, and spirit into balance

What are the five key effects of conscious, rhythmic breathing and why it's so important for physical and emotional health

What is the Full Breath and how to use it to purify your body, your mind, and your heart

What is Downward Meditation, and how to use it to develop your heart and heal your body

What are the effects of Heart Rhythm Meditation on your conscious mind, your unconscious mind, your attitude, and your emotions, and how to tune your meditation to change yourself on different levels

How to maintain entrainment of the heartbeat and breath even while under stress, and why this enlarges your heart's capacity

What is the Square Breath, and why it both reveals the state of your heart, and causes your energetic heart to grow

### Why This Course Matters

This course focuses on what is physical heart health, and how to create it through HRM. This course gives you a firm grasp on the basics of HRM: how to sit, how to breathe, how to feel your heartbeat, how to coordinate your heartbeat and your breath. Physical heart health is not complete without considering emotional health, so this course presents a practice called Diving Into the Heart which reveals your heart's condition and helps you to attain emotional health.

Heart Rhythm Meditation is a powerful method of inner transformation, and will be a core tool for every stage of your journey.

Once you have these basic tools, you'll find HRM gives you reliable access to the power and sensitivity of your heart. You'll find the skills you learn in this class to be invaluable for your self-knowledge, to relate to others, to feel your heart, gain access to your heart's guidance, and develop a sense of rhythmic peace that will fill your life.

### What Students Say

*HRM has in many ways been a life saver for me. In my times of strife and marital discord it is an anchor that supports and sustains me. My practice is not perfect, yet I feel that I have made enormous progress in my attention towards my heart and my inner self. PK*

*I'm still doing my diet (I have lost over 20 lb. in less than 2 months) but I am doing it with more love toward myself. I don't 'beat' myself to follow the regime, I do it because I love myself. I love being in my body because there is a jewel inside that I wasn't aware of: my heart. JJ*

The

# FOUR ELEMENTS



COURSE  
#102

This course deepens the students' understanding of Heart Rhythm Meditation through study of the four subtle energies of life: Earth, Water, Fire, and Air. The Four Elements are the energetic building blocks of creation. By recognizing the Elements in all activities, things, and beings, you gain insight into the invisible and inner forms behind the outer forms.

The Elements are the omnipresent, inexhaustible forces that heal and develop your heart. By the use of the Elements, you can shift your attitude and approach, and expand consciousness.

Description

How to recognize the Elements and understand how the different energies of the Elements shape your thinking, emotions, and your physical body

How to use the Element Breaths to affect your nervous system and metabolic rate

How to combine the Full Breath with the Element Breaths to draw upon the energies of the Four Elements

How to use the properties of the Elements to transform energy by using the Creation order and Assimilation order

How to use your inhalation to receive energy, receiving insight, inspiration, and understanding

How to use your exhalation to send energy, giving love, influencing events, healing, and sending peace

How to use HRM to feel the energy of another person's heart, gain insight and appreciation for the qualities of others, and learn how to bring in the kind of energy that is needed

What You'll Learn

The Four Elements are all about understanding and using the four basic energies that are the building blocks of the universe. You learn the characteristics of these energies, their color, movement, and qualities, and you gain a key to the universe itself. The practice of HRM is then combined with the elements to customize the meditation for a given purpose.

Since the Four Elements are in you, you gain a tool to lift you out of depression, to calm your excite-

ment or anxiety, help you sleep, or create success in your job or relationship. You also gain a tool that can be used to change external situations; perhaps a situation requires stability, or something needs to change, or more vision is needed, or greater connectivity. (You'll use this material in all the other courses, including 105, which creates a system of Twelve Archetypes based on the Four Elements)

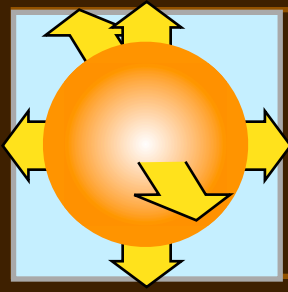
Why This Course Matters

*I feel that Heart Rhythm Meditation has saved my life by preventing a heart attack and stroke; I'm 57 years old, and diabetic with high blood pressure. After each Heart Rhythm session I feel calmer and rejuvenated. It has always worked and I am very grateful for its impact in my life. Using the Four Elements has helped me with stress at work, and it has saved my relationships with my students*

*and girlfriend many times. It has provided me with a new lease on life, a more complete and fulfilled perspective on what life and living is all about, and a greater ability to be more productive and functional in my daily life.*

*Jim Cumming, school teacher, former Army captain*

What Students Say



## COURSE #103

# The FOUR DIMENSIONS of the HEART

### Description

This course deepens the skill foundation created in 101: Heart Rhythm Meditation, and 102: The Four Elements. The Four Dimensions of the Heart are: horizontal (right and left width), vertical (height and depth), forward (back and front), and inner (expanding and contracting). Using the Four Dimensions of the Heart is a profound way of under-

standing one's self, personality, and qualities. Using the breath and elements is a powerful way of assisting the heart's development, which usually grows in one or two dimensions at a time.

This is a comprehensive model of Energy Psychology, for both diagnosis and treatment.

### What You'll Learn

What are the Four Dimensions of the Heart and two directions within each Dimension, and how to apply them to yourself and others

How to assess what Dimensions are strong and weak using the magnetic field, patterns of heart rate variability, the Heart Index questionnaire, the pressing need, and your breath pattern

How to recognize greatness in everyone and everything you encounter, and why that creates trust and brings out your own greatness

What are the three things that close the heart, and how to recognize these occurring in yourself and others

How to use your breath to energize each dimension of the heart and assist in your heart's growth

How to use the Exercises for Life to energize the dimensions of your heart in all your activities

What are the Six Basic Powers and how to use them, giving you an understanding of the ability you have to control yourself and influence the world

### Why This Course Matters

This course is all about the energetic and psychological characteristics of the heart and how to change and develop your heart.

In 101, you are introduced to Heart Rhythm Meditation, and you learn how to sit, breathe, and feel the energy of your heart. In 102, you learn about four fundamental kinds of energy, and how to use that energy in two basic ways: giving and receiving. In 103, you learn about the ways in which your heart has grown, and the ways in which you long to grow.

You learn how to use the powerful tools you now have to assist your process of inner development, and what it looks like when the heart is strong and weak in a given dimension, so that you see what it is you long for reflected all around you.

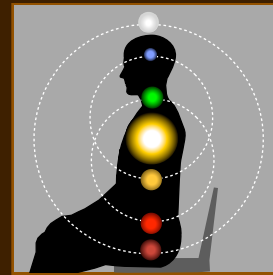
### What Students Say

*I had elevated blood pressure for several years and was on medication for this. Even with medication my blood pressure would still occasionally run a little high. I started practicing HRM in 2001; subsequently, my blood pressure started lowering into the 90's/50's. I gradually decreased my medication and was completely off of it within*

*6 months. I have lupus and have had numerous experiences of life-threatening illness and hospitalization. I had taken Prednisone on and off, but since starting HRM, I have not been on Prednisone at all.*

*Betsy Hart-McMannis, Physical therapist*

# The SEVEN ENERGY CENTERS



COURSE  
#104

A human being has seven energy centers (also called *chakras*), which are reservoirs of energy. A person's abilities and their developmental path are both affected by the development of these centers. The centers themselves can be directly and quickly opened and developed by the use of sound and breathing practices. This course is focused on the

techniques that open the energetic centers, allowing the student to build core strengths and resolve issues and difficulties from the past. The course also describes a model of emotions and emotional states, connecting the development of the energy centers to the map of emotions.

Description

How to energize your root center, your connection to physical existence, which develops your career, home life, sense of trust, and self-esteem

How to energize your sexual center, which brings initiative, experimentation, creativity, and a healthy relationship with pleasure

How to energize your solar plexus center, giving you the ability to say no, to hold power, and to accomplish goals

How to energize your heart center, giving you access to your emotions, clarifying your desires, developing generosity, power and tenderness

How to energize your throat center, giving the ability to perceive, operate and communicate vibration.

How to energize your third eye center, bringing insight, intuition, and subtle perception

How to energize your crown center, your connection to non-physical existence, bringing you into unity with all

The relationships between the energy centers, how to operate them in pairs, and how to use sound practices to energize the energy centers

What You'll Learn

This course pays particular attention to the first three centers (root, sexual, and solar plexus), as these form a foundation upon which all further human development is based. Indeed, these three centers form the base for making life on earth successful.

Once the first three centers are developed, then the development of the other centers can proceed on a firm basis; the modern spiritual seeker must have all these centers developed; he or she needs to be able

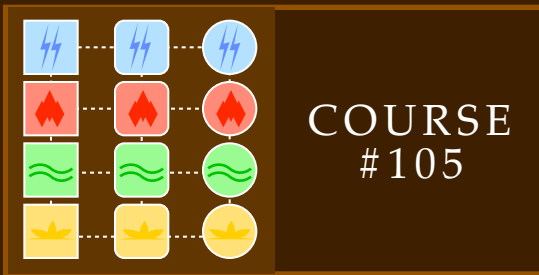
to earn a living and maintain a home (root center), to express creativity and generosity in relationships (sexual center), to accomplish goals (solar plexus center), to give and receive love (heart center), to communicate with all beings (throat center), to understand and perceive the truth (third eye center), and to feel the sacred connection with all life (crown center).

Why This Course Matters

*Soon after being introduced to HRM and applying the meditation practices, my blood pressure began coming down, I became more accepting of myself and I literally found my heart! HRM opened my heart, letting years of emotion flow, and making my life more alive and real! I have a much clearer picture of who I am, and what makes me tick. PU*

*The forgiveness and gratitude practices of Heart Rhythm Meditation have been gifts beyond price, allowing me to open to my life now with so much gratefulness. It's like being able to breathe fully for the first time. JC*

What Students Say



# The TWELVE ARCHETYPES

Description

This course combines the Four Elements with the Three Paths (Master, Saint, and Prophet) to produce a set of twelve soul archetypes. The twelve archetype system is a powerful method of self-exploration as well as a way of understanding and relating to people; since the archetype is based on a person's energetic qualities, the archetype gives rise to personality and behavior traits. The archetype a

person presents publicly may be different from the soul archetype; yet another archetype may represent a person's developmental edge. The goal is to have an experience of all the archetypes using HRM, the Four Elements, and sound practices, then to apply that experience to creating harmony in the world. The archetypes are particularly helpful in understanding relationships.

What You'll Learn

What is your own Archetype and how that helps you build on your strengths and work with your challenges

How to see a person's Archetype in their walk, their speech, their attitude and their energy

What are the characteristic kinds of stress, illness, and rejuvenation of each Archetype

How to use the energy of a neighboring Element to develop your Archetype

The differences between the developmental path of each Archetype, and how this will help you understand your own path

How to use the Archetype system to understand, create, change, and sustain relationships

How to use your breath, posture, and emotions to understand the characteristics of the Master, Saint, and Prophet, bringing a deeper understanding of yourself and others

How to use self-produced sound practices to energize each of the Twelve Archetypes, so your understanding emerges from your inner experience

How to authentically express each Archetype in your personality, so you can be successful in a greater variety of circumstances

Why This Course Matters

The Twelve Archetypes are a map of personal growth and development which allow you to recognize yourself and see your potential and how you can grow. First, you will learn about who you are; second, you learn about how you can become all. The Archetypes are based on energy, and we teach it along with the techniques for moving and transforming energy, making the system very dynamic and change-oriented.

The Archetypes are also useful for dealing with other people. Humanity is more interconnected than

ever before; each one of us depends on thousands of other people. Working effectively in any business or organization requires working with other people; the fate of an organization hinges on the functioning of these relationships. On a personal level, one's own happiness requires relationships with others.

By cultivating inner experience, one can deeply appreciate the differences between people and the inherent greatness of each person. Nothing is more useful in any field than the ability to get along with and harmonize with all.

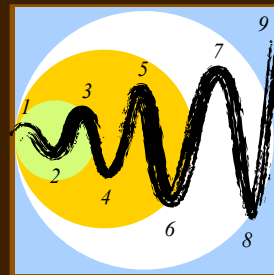
What Students Say

*The energy of the meditation practice has allowed me to seek the courage and love within me, the depth of my inner heart, to embrace the beauty and light within, reflecting through me to move forward with the support of truth, based on my principles towards my life's purpose.*  
HDB

*I owe everything that I have and all that I am to this path. The path of the heart is the path of today; we all need it more than ever. Taste the heart; you will need nothing else, but it will be a blessing in all that you do—in all that you are.* HAB



# The NINE STEPS of REALIZATION



COURSE  
#106

This course defines a map that spans the whole sequence of adult development, starting with the power of mental concentration, through the mystical awakening of the guidance and power of the heart, and progressing to the ultimate experience of the common heart of all. By understanding the Nine Steps you will know what's behind you and what's ahead of you, what to rely upon in your self and on

what to focus in your development now. The Nine Steps shows which challenges stimulate growth and which reinforce earlier growth. The Nine Steps is also a course where you learn about and define your own vision of your spiritual ideal, what it is you hope to gain on the path of the heart.

Description

What is your ideal of spiritual attainment or illumination, how that shapes your own path, and how you can use that understanding to make progress

What Step of Realization you're at, how you can deepen your experience of your Step, and how you can move toward the next Step

How to identify the Step of Realization in other people, and how their problems and their strengths are related to their realization

How to experience the cosmic emotions of surrender and glorification using Heart Rhythm Meditation, which will revolutionize your experience of surrender and glorification in everyday life

How progress is made by rising and falling, which will give you an appreciation of your falls, your defeats, and your failures

How to use your breath to honor all parts of life, gaining a deeper understanding and integrating all parts of your own life

What You'll Learn

This course provide a map of adult development, which makes sense of life's successes and failures, giving you a sense of the purpose of defeat and tragedy by showing how these fit into your overall development.

In the work of human transformation and development, you need to know what is the purpose of spiritual practice. This course clearly defines and gives a feeling for what is meant by illumination on the path of the heart, and what are the well-defined steps the seeker goes through in attaining illumination.

To make progress, three things are needed: (1) a sense of what is progress, (2) a clear idea of what is the method of inner development, and (3) an idea of how people differ, so that the process of inner development can be customized.

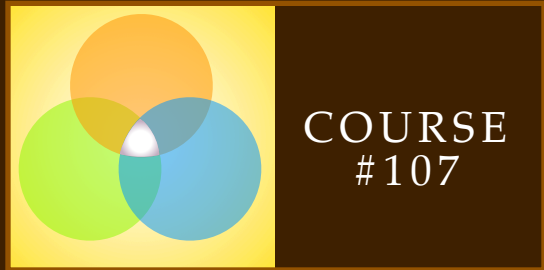
Course 106 is about what is progress, courses 101-104 and 107 are about the method, and course 105 is about the different kinds of people. Course 106 also gives a new dimension to the understanding of the Twelve Archetypes by considering the step of realization within each Archetype, providing a richer understanding of people.

Why This Course Matters

*I love the intimacy, the warmth, the presence that was made accessible. I especially appreciated the relation with time—how easy and flowing. This course had very rich content that spoke directly to me, as if I've been waiting for this a long, long time; like a great feast for my heart.*  
Joan

*This method is continuously life-expanding for me. It seems to me a culmination of a planet-wide movement toward the embrace of the heart and the recognition of its need in our individual and collective lives; thank you from the bottom of my heart for your generous and compassionate gifts and blessings.* NR

What Students Say



The

# THREE EGOS

Description

This course defines the self as the current of breath that connects existence on seven planes of reality, as being becomes progressively more manifest. At three points, light is focused into increasingly specific forms through three lens or egos: spiritual, mental, and physical. Each ego may be weak, distorted, or both. This course outlines a holistic process called *Sohembo* which is designed to strengthen

an ego that is weak, clear a lens that is distorted, or resolve both conditions. The objective is to bring your essential qualities into your personality, your life and your body, and simultaneously evolve the soul through life experience. By resolving past traumas and overcoming addictions, one becomes whole and can be truly effective in accomplishing one's purpose.

What You'll Learn

How the Three Egos focus four layers of your being: soul, heart, mind, and body, to manifest your being from blueprint (soul) to structure (body)

What kinds of problems emerge when the Three Egos are weak, distorted or both, and how to strengthen an Ego that is weak, clear an Ego that is distorted, or resolve both conditions

What are the Seven Planes of Reality, which will help you understand the full nature of your being and the nature of reality

What is the true scope and nature of your being, how to use and apply all the levels of who you are to bring understanding of who you want to become and the purpose of your life

How the life of the soul unfolds before and after life on earth, soothing unconscious existential fears and giving you more confidence in the journey of your soul

Why This Course Matters

The study of how to understand what is the self, and thereby how one can create lasting change has always been a topic for spiritual schools. The goal of the process is a functional and beautiful personality that is fully integrated: your body listens to your mind, your mind listens to your heart, and your heart feels the perfection of your soul.

The Three Egos give rise to the *Sohembo* process, a breakthrough in spiritual work, because it reveals the nature of reality, and gives us a better way of working to create the fully human being.

In the past, spiritual seekers have been taught to crush the ego. This course offers a refinement of that teaching, by considering the ego from three perspectives, then looking at the condition of each ego in more detail. There is a lot of energy in the ego, and we want to use that energy for transformation, not crush or discard any part of our being. We aspire to bring all parts of the self into harmony, eliminating nothing, integrating all.

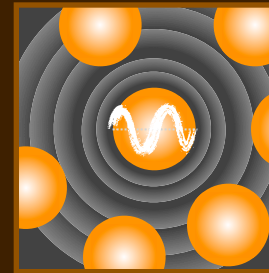
What Students Say

*The information conveyed in this course is essential to anyone pursuing a spiritual path. It acts as a beacon of hope through the many storms of growth. RRH*

*I feel like I have found the practice to bring me home. KD*

*I have learned so much about myself that I will use for the rest of my life for growth and change. Virginia*

# The CULTURE of the HEART



COURSE  
#108

This course crystallizes the IAM-U program into the creation and pronouncement of a powerful statement of idealistic service: the Vow of Your Heart. The student will work on this Vow in other areas of the curriculum, but this course will provide the final piece to make the Vow a real and lasting inspiration for the student to carry forth into life. This course discusses the Cultures of the Body, Mind, and Soul,

as a way of creating the integration between all of these within the heart, which can incorporate the wisdom of the past and prepare us to fulfill our lives. We look at how the student can contribute to creating the Culture of the Heart. This course also introduces and discusses what is the role of ethics and rules on the path of the heart.

Description

What is the Culture of the Heart, why creating it is humanity's most urgent task, and how it will transform you as you contribute to creating the Culture of the Heart

How the Culture of the Body differs from the Culture of the Mind and the Culture of the Soul

How the Culture of the Heart integrates the body, mind, emotions, and soul into a unified harmony

What are the ethics of the Path of the Heart and how to understand and relate to people who use and apply different ethics

How ethics differ based on a person's Step of Realization

Why making a commitment to your heart is so important, and how to create a Vow of the Heart that is true to your own personal needs, aspirations, and development

What You'll Learn

This course is about how to live a life committed to your heart, and what it looks like when a culture is created that places the heart in the center. We see the heart as the vessel that holds the body, mind, and soul together in harmony.

We want to bring together all that the student has learned, all that the student has become, into a harmonious and powerful state of unity, in which

the student is in touch with his or her emotions, purpose, and spirit, and committed to living from the heart each day. This course gives the student a way to move the experience of the University of the Heart forward into his or her own life, applying and extending the teachings of the heart to make them truly vibrant and real.

Why This Course Matters

*During a time of great stress, HRM helped me open the doorway to my unconscious power. I accessed the power of my heart often before important meetings. My success flowed from my heart. Yours can too. John Humphrey*

*Inner excitement is the biggest thrill of all. CB*

*To find the place within yourself, to connect with the love that is always present, to know inside yourself that there is nothing to be afraid of, but only the hope, majesty, and potential for life there in our hearts: all the gifts of life are there inside our hearts. Kristy Olson*

What Students Say

# Monthly Skills Development

Monthly Skills Development works in harmony with the online courses to help students develop skill in Heart Rhythm Meditation. Students will receive 24 day-long seminars that provide detailed instruction, feedback, and evaluation, so students know what skills they have mastered and what skills need further development.

Each month or so, on a Saturday, your local teacher will hold a Skills Development session. Some of these sessions will introduce new material for a webcourse that is about to start. Other sessions will go into more detail and offer a chance to receive more instruction on practices that have been introduced during a webcourse, while other times are set aside for students to receive evaluation and test their skills.

For example, here is the schedule of Session 1 of the Monthly Skills Development, which provides a place where students are introduced, they can speak about what they intend to get from IAM-U, the teacher will introduce the University of the Heart

and how the program works, then delve into the material for Course #101: Introduction to HRM.

After the first session, the student begins Course #101 in the online format with confidence, having met the other students, received an introduction to the material, and had some experience with the method. The Skills Development group continues to provide the student with support, as well as an opportunity to discuss the material, receive feedback from the local teacher, and deepen the student's understanding of each course and the techniques and knowledge base contained therein.

The Calendar on p. 22 presents a list of some of the themes of each session, and the dates of each session for each city.

For students not near one of our 6 locations may choose the Residency program, and take their sessions in two 12-day intensives (see p. 21).

## *Schedule for Monthly Skills Development, Session 1*

9:00—10:00	Introductions: your intention for IAM-U
10:00—10:30	Welcome to IAM-U: How the Program Works
10:30—11:00	Course #101: Introduction to HRM
11:00—11:15	Break
11:15—12:30	The Six Basic Powers; Posture: how to sit, the Monolithic Sensation (15 min meditation)
12:30—2:00	Lunch
2:00—3:15	Breathing exercises (15 min meditation), conscious breathing; discussion of experience
3:15—3:30	Break
3:30—5:00	Working with the breath; the Full Breath; Retention of the breath (15 min meditation)

# Locations

Denver, CO



Chicago, IL

Boston, MA



Tucson, AZ

Houston, TX



Ventura, CA



We plan to add more locations as the IAM University of the Heart expands. See p. 31 for our faculty, including our local teachers in each city, and check our website, [www.IAM-U.org](http://www.IAM-U.org), for directions to each venue.

# Residency

The University of the Heart is global in scope; for those students not near our 6 cities, the Monthly Skills Development option may prove unworkable. To meet this need, we offer the intensive residency program.

Rather than meeting with a local teacher each month, students come to Tucson, AZ for two 12-day sessions at our Tucson location: the first residency session is July 23-August 3, 2011, and the second is July 14-25, 2012. We have arranged the residency sessions to be adjacent to the summer retreats, so that students traveling from abroad may choose to attend both.

Led by Puran and Susanna Bair in conjunction with our local Tucson teachers, the residency program offers the same hands-on instruction and evaluation of our Monthly Skills Development seminars. Since the program is delivered in two

12-day sessions, students receive the opportunity to delve deeply into the material for an extended period.

## *Accommodations*

Students are responsible for their own accommodations during the residency sessions, but the University will set up an arrangement with a local hotel to obtain a group rate on a block of rooms.

## *Schedule*

The schedule of the days is much the same as the Monthly Skills Development, with classes each day running from 9 to 5. There will be some evening events planned, but many evenings will be set aside for study, reflection, and conversation with other students.

*Residency I: July 23-August 3, 2011*

*Residency II: July 14-25, 2012*



9/3—9/5/2010	IAM-U Inaugural Celebration, Tucson, AZ
9/13—11/8/2010	Webcourse #101: Heart Rhythm Meditation
1/3—2/28/2011	Webcourse #102: The 4 Elements
2/29—3/11/2011	Individual Retreats Available
3/4—3/9/2011	Winter Retreat 2011, Santa Barbara, CA
3/14—5/9/2011	Webcourse #103: The 4 Dimensions
5/16—7/11/2011	Webcourse #104: The 7 Energy Centers
7/15—7/20/2011	Summer Retreat 2011, New Lebanon, NY
7/23—8/3/2011	Residency I, Tucson, AZ
7/12—9/1/2011	Individual Retreats Available
9/5—10/31/2011	Webcourse #105: The 12 Archetypes
11/1—12/20/2011	Individual Retreats Available
1/9—3/5/2012	Webcourse #106: The Map of the Heart
3/6—3/16/2012	Individual Retreats Available
3/9—3/14/2012	Winter Retreat 2012, Santa Barbara, CA
3/19—5/7/2012	Webcourse #107: The 3 Egos
5/14—7/9/2012	Webcourse #108: The Culture of the Heart
7/14—7/25/2012	Residency II, Tucson, AZ
7/27—8/1/2012	Summer Retreat 2012, New Lebanon, NY: Graduation Ceremony
7/19—9/1/2012	Individual Retreats Available

*Monthly Skills Development*

Welcome to IAM-U, Intro to #101	9/11/2010	Twelve Archetypes exercises	10/1/2011
Breathing exercises	10/2/2010	#105 skill evaluation	11/5/2011
Partner exercises	11/6/2010	HRM skill evaluation	12/3/2011
#101 skill evaluation	12/4/2010	Intro to #106	1/7/2012
Intro to #102	1/1/2011	Realization exercises	2/4/2012
Four elements exercises	2/5/2011	#106 skill evaluation	2/25/2012
#102 skill evaluation	2/26/2011	Intro to #107	3/17/2012
Intro to #103, 4 dimensions exer.	3/12/2011	#107 skill evaluation	4/7/2012
#103 skill evaluation	4/16/2011*	Intro to #108	5/12/2012
Intro to #104, 7 Centers exercises	5/14/2011	The Culture of the Heart	5/26/2012
#104 skill evaluation	6/4/2011	Final preparation	6/9/2012
Intro to #105	9/3/2011	Final skills evaluation	6/16/2012

\* Ventura, CA will meet 4/9/2011

For maps and driving directions to each local venue, visit [IAM-U.org](http://IAM-U.org)

# Mentoring

Mentoring is personal guidance on the path of the heart from a teacher who has been specifically trained to work with a student individually. The University of the Heart is all about giving you the tools you need to reach illumination. A key tool is reliable access to the voice of your heart within, and we have found that one of the best ways to create this is to work with a mentor.

The University of the Heart program includes two years of mentoring sessions, or a total of 24 hours of sessions. These sessions may be in person, on the phone, or through a video conference. (We've found all of these communication methods work equally well.) The sessions are generally monthly, but the frequency of meeting depends on the mentee's needs.

The mentor is charged with customizing the practice of Heart Rhythm Meditation to the needs of the mentee. We know that for a student to make progress, it is necessary to fit a spiritual practice to the individual. Without this customization, a student may cultivate power when softness is needed; he or she may bend inwardly when firmness is required, or may focus on justice when forgiveness is needed.

The mentor shares the responsibility with the mentee for his or her progress on the path of the heart. While the mentor listens, he or she considers what is the next step the mentee is taking, and how HRM can help. The role of the mentor is an active one, initiating contact with you and encouraging you onward, toward your fulfillment. The mentor uses the philosophical framework in Courses 101-108, and is charged with applying that framework to the mentee. This becomes a valuable opportunity for the mentee to learn the material more deeply by considering how the mentor has applied it.

The mentor helps the mentee work in three overlapping spheres:

*Your Pressing Need:* What is the most pressing need of your life? This need is connected to a specific dimension of your heart (see Course #103) or a certain energy center (see Course #104) and is often connected to the accomplishment of a goal, a relationship issue, or a health issue. Your pressing need will immediately respond to your heart's development in that area. This aspect of your development is considered short-term, and working with it is both urgent and a key to the long-term work; it's urgent because your pressing need is *pressing*, it simply must be solved; it's important long-term, because by working with your pressing need, you learn about how life urges us to grow through our own desires, challenges, failures, and successes.

*Your Step of Realization:* In Course #106, you learn about the Nine Steps of Realization (see p. 16). At IAM, we see our responsibility as taking the student to the Ninth Step of Realization: the illuminated heart. Your Step of Realization is about your internal model of reality, that which determines how your life unfolds, creating the challenges that appear in every area of your life and forging your attitude toward others and yourself. The mentor is always considering how your challenges deepen your experience of your Step of Realization. Though you will not reach the Ninth Step in the two years of the University of the Heart, you will create a mentoring relationship which will serve as a container for your progress toward this goal, which we consider to be the medium-term work.

*The Development of Your Character:* The long-term work is to be a better example of your Archetype: a wise, magnanimous, inspiring, loving person. Your mentor considers the life situations where you live up to your ideal, and in what situations you fall short. (We all fall short sometimes.) The development of character is the work of a lifetime, but great



progress can be made with the right kind of attention and guidance.

### *The Spiritual Role of the Mentor*

On a practical level, the mentor customizes HRM to the mentee's needs; spiritually, the mentor's role is to meditate for the student, to use meditation to feel the heart of the student, and to that feeling to form a bridge on which the student walks to the goal. The reason that mentoring is so effective is that the men-

tor's work is based on the inner experience of meditation.

### *Mentor Supervision*

The mentor receives monthly supervision to ensure that the IAM Mentoring Process is being followed, to give the mentor support, and to provide a forum for ongoing communication about the students' progress.

*When I was 27 I met my mentor, Pir Vilayat Inayat Khan. Over the 35 years I knew him, he not only showed me what I had missed in myself, he taught me how to see into the hearts of others.*

*I valued so much the opportunities I had to speak privately with him. We talked about the path and how it works, and discuss the challenges and difficulties of my life and how they related to the path. I gained immeasurably from the insight and strength I received.*

*He was my greatest supporter, the one who knew me best, and the one I*

*trusted most. He was genuinely concerned about my worldly problems, and he also knew they were the catalysts for my growth. There were problems with my business, with my relationships, and with my health. By working with me on my pressing need, he was able to help me with my heart's growth in practical ways.*

*He always knew my path, where I was on that path, and what was next. This gave him more hope than I had for myself, for he could see beyond my crises to the progress I was making.*

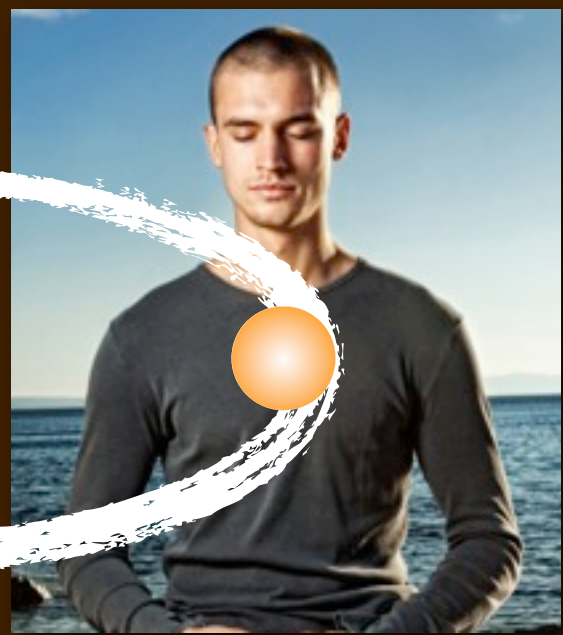
*He happily celebrated the steps I went through in realization, and he urged*

*me on by prescribing exercises I could do on my own.*

*He modeled a character that was more important to me in the end than anything he ever told me. He was a great man, a noble man, who constantly placed the welfare of others ahead of his own. He showed me the difference between the politeness that masks one's feelings, and the character that expresses one's heart to demonstrate its greatness. I gained a more whole and grand version of myself than I had known before.*

Puran Bair

*The mentor creates an energetic link with the heart of the mentee*



*The mentoring process is a key part of the University of the Heart;  
Two years of mentoring sessions are included*

For more on mentoring, and to see a list of mentors, visit [IAM-U.org/mentoring](http://IAM-U.org/mentoring)

# Group Retreats

A regular practice of Heart Rhythm Meditation brings the incredible experience of being in the heart, which opens more and more to include all things and all beings. It is this experience that makes the philosophy you learn in the courses come alive.

Led by IAM founders Puran and Susanna Bair in collaboration with other IAM teachers, the group retreat provides a setting where you have all the support you need to really deepen your experience of Heart Rhythm Meditation. For those who are new to meditation, the group retreat is a way to gain experience that will be key for the individual retreat (see p. 27). The group retreat will lead to a real and lasting opening of your heart.

*The group retreats are all about the experience of the heart*

The group retreat experience includes guided

meditations, partner and group exercises, lecture and discussion, walking meditation and movement, and special activities which include music, whirling, and walking on fire. Time is set aside to create friendships, discuss the teachings, and share experiences.

The group retreat vaults you ahead, causing a synergistic effect with the rest of the curriculum—your work in the courses will be enriched, your daily practice of HRM will deepen, and your work with your mentor will gain an added dimension.

Two 5-day group retreats are included in the IAM University of the Heart program. IAM holds a Summer retreat in New Lebanon, NY, and a Winter retreat in Santa Barbara, CA each year. Four group retreats will take place during the 2010-2012 class, and students may choose which two of these retreats they would like to attend.

*Two 5-day group retreats are included in the IAM University of the Heart program*



*I came to the retreat feeling very confused. I had a burning in my throat, heart palpitations, and an overwhelming sense of anxiety about the state of my life. I cannot express how wonderful each and every person was. So warm, so loving, so welcoming. I felt free to speak my mind with no threat of judgment or criticism. The meditations were moving, deep, and effective. I am leaving the retreat with a new family. I feel more grounded, have a greater clarity of my direction, and a better sense of who I am, what I want, and the greatness that I can give. And a bonus... my palpitations are gone! Amy Bassett-Wells*

*I am reminded of the words to the song, To Sir With Love: "How do you thank someone who has taken you from crayons to perfume? What can I give you in return?" That sums up not only my retreat experience, but my experience in working with Puran and Susanna Bair. They have helped me move from the world of crayons (appearance) to perfume—the perfume of my soul and all the illuminated souls who work through me. How they do it, I don't know. I just show up and leave transformed and embraced with perfume. What can I give in return? Service to humanity. Jeannie Underwood.*

*The retreat process is so carefully guided and prepared that even though one has left one's ordinary world behind I felt that I had come home—to the home of my soul, to such a great degree that when I return to my "ordinary" life, I left transformed and engaged. Elijah Imlay*

*I had a feeling of complete transformation. My heart felt expanded to a new level and I felt like I was in a completely different body of radiant love and light. Linda Turner*

*The IAM group retreat process is an accelerates change at all levels of a person's development. By changing the way I perceived reality, the model I held of the way physical, emotional, and interpersonal change happens was completely restructured. You realize your true nature, and the transformative understanding becomes real in your heart—which I experienced as the heart of All. Judith Simpson*

*In seven years of working with Susanna and Puran and practicing HRM, I have changed the quality of my life from one that was selfish, narcissistic, and self-absorbed to one where I strive to be of service to others: my family, my friends, my co-workers and our world. I feel more open to life, full of hope, trust, joy and gratitude. Greg S. Murphy*



# Individual Retreats

The IAM *Retreat Into The Heart* involves personal guidance and a totally customized retreat experience. The IAM University of the Heart includes one individual 7-day retreat, which is the most advanced and intensive method we have to give the student the experience of the heart. We are drawing upon an ancient spiritual tradition of retreats, following the example of those masters, saints and prophets who have pioneered the method of spiritual retreats, and utilizing the deep and long experience of our specially-trained IAM Retreat Guides. The retreat is conducted in solitude, in a specially dedicated environment.

Each retreatant works with an IAM Retreat Guide, who has a great deal of personal retreat experience and skill in meditation. The Retreat Guide creates a schedule and gives practices based on your level of experience, your special needs and challenges, your step of realization, and the kind of energy in your heart.

The Retreat Guide holds one group meeting each day with all the retreatants. You'll benefit from the group experience of meditation during this meeting, and the instruction the guide gives on some core practices that the whole group will do.

The Retreat Guide also meets individually with each retreatant once a day, to further customize the experience and check in with the retreatant on how the process is going, and how the energy is building. The Retreat Guide prepares a

schedule for the retreat with input from the retreatant, and a book for the week full of inspirational readings and details on the practices.

Daily breath-work, Heart Rhythm Meditation, sounds, prayers, songs, Heart Rhythm Movement, music, walks in nature, journaling, and talks with the Retreat Guide are all tools in the process. You will be "in-process" continually; even the breaks for meals and sleeping are part of the retreat. It is an unspeakable delight to be in your heart, immersed in love, for days without end.

You will find the retreat to be very deep and profound, with a great deal of personal guidance and support.

*The IAM University of the Heart program includes one individual 7-day retreat: The Retreat Into The Heart*

## *Accommodations*

IAM's Retreat Into The Heart Center is in the foothills west of Tucson, AZ. (We also have retreat facilities under development in several other locations). Our Retreat Into The Heart Center has facilities for several retreatants at one time, so that you can enjoy the incredible group energy that builds up when committed people come together to experience the One Heart.

Each retreatant gets a private room; our Tucson center is nestled in the beautiful hills overlooking the city of Tucson. The peaceful energy of the desert wilderness is strong here; the retreat huts are sheltered by 150-year-old saguaro cacti, ocotillo, palo verde and mesquite trees.

Each day, the retreatant will enjoy one meal in the evening; breakfast, lunch, and snack foods are stocked in each re-



treatant's refrigerator.

Students have the flexibility to schedule their 7-day retreat during one of our retreat periods (see the Calendar for more details). It's important that the Retreat Into The Heart be considered as one 7-day block, as the experience builds each day. To end it early would diminish the experience greatly.

You know you're ready for the Retreat Into The Heart when you have a clear goal and intention for the retreat, and when you can sit in meditation for at least an hour.

*When I came to the retreat I was weary and in doubt about the reality of help and sustenance beyond what I could generate for myself. Each day brought new uplifting evidence, affirmation of the presence of aid in many forms, that was accessible to me. My perspective on life has changed: I know I am not alone in my journey and can call upon the support of the One in many meaningful ways. Tim Sippola*

*The energy of the meditation practice during the retreat has allowed me to seek the courage and love within me, the depth of my inner heart, to embrace the beauty and light within, reflecting through me to move forward with the support of truth, based on my principles towards my life purpose. Hildegard Donna Brady*



# Graduation Certificate

The experience of the IAM University of the Heart culminates in your graduation from IAM-U. Graduates of IAM-U will have achieved a level of mastery of the skills and knowledge of our curriculum, as well as having gained some experience of the splendor and beauty of the heart.

## *Evaluation*

Because the University of the Heart curriculum has five parts (Courses, Monthly Skills Development, Mentoring, Group Retreat, and Individual Retreat), the student is given feedback and evaluation by several different faculty members.

Evaluation of students is pass/fail, and involves assessment by the student's Webcourse Teacher, Monthly Skills Development Teacher, Mentor, Retreat Guide, and the Founders, and discussion between all the teachers to emerge with a group consensus. Over-lapping areas of evaluation and a group discussion among evaluators create a unified set of standards, reducing the possibility of bias.

Evaluation takes place continually, and the student has the opportunity to check in with each teacher to get a sense of their progress. At the beginning of each course, the student will receive a list of the knowledge and skills required to pass the course, and the student can follow along with the assessment process through self-evaluation. At the end of each course, the student will be assessed on each item, and the result will be given to the student as either a pass or fail for the course. Students will be able to check their transcripts online as well.

If the student does not pass initially, the student will have the opportunity to discuss the reasons why and be evaluated again. Our goal is for every student to pass every requirement, and we are committed to working with students until they pass with confidence.

## *Graduation*

The student who has met all the requirements of the program and passed all parts of the evaluation will receive a Certificate of Graduation from the University of the Heart and be publicly recognized at our Summer 2012 Group Retreat (See the Calendar, p. 22). All students are welcome to attend the Summer 2012 retreat, which counts as one of the two group retreats included in the program. Students who have already taken their two group retreats may attend the Summer 2012 retreat for an additional fee; see [IAMheart.org](http://IAMheart.org) for more details.

The IAM University of the Heart Graduation Certificate does not currently represent a degree; however, we are in the process of seeking accreditation, and we expect that our Certificate of Graduation will be recognized as a Master's Degree when the accreditation process is complete (because accreditation is a multi-year process, we cannot foresee the exact date). At that point, all Certificates of Graduation issued in the past will be changed to Master's Degrees, and students will be mailed a diploma. For more information on accreditation, see p 37.



# UNIVERSITY *of the* HEART

## *Inaugural Celebration*



Join us for the inaugural celebration of IAM-U on Sept. 3-5, 2010, in Tucson, AZ. The University of the Heart opens its doors on Sept 11, 2010, with the first Monthly Skills Development sessions in our six local cities. This will be a very special event!

*Friday, Sept 3, 2010:* Join us for the IAM-U Inaugural Dinner and Fundraiser; come support the University of the Heart and meet the President, Founders, and Faculty, and hear presentations from some of our honored guests and partners.

*Saturday, Sept 4, 2010:* The day begins with a welcoming address by IAM-U President Dr. Asatar Bair, followed by a presentation, *"Creating the Culture of the Heart"*, by IAM co-founder Susanna Bair. The morning concludes with a panel discussion with the IAM-U Faculty and invited guests on the question, *How does the shift from mind to Heart occur?* After lunch, the discussion continues with a question and answer session and small group discussion. Then we'll hear the insights of IAM co-founder Puran Bair on *The Path of the Heart*. After dinner, we come together to celebrate with live music and dancing.

*Sunday, Sept 5, 2010:* Come and spend some time in nature with a hike through the beautiful Sonoran desert. September is a wonderful month to spend time outdoors in Tucson, and this time is for informal conversation with Puran, Susanna, Asatar, and the IAM-U faculty. We'll enjoy a picnic lunch in nature, then return for the Worship of the Heart service, which is an integrative form of worship that brings out the essence of religion: the sacred connection with the unity of Being that is felt deep within our hearts.

# Faculty

The IAM University of the Heart faculty are a treasure of wisdom. Each teacher has been trained extensively in Heart Rhythm Meditation and the philosophy of the heart, and each one draws upon a great deal of personal experience in meditation and inner work.

Our faculty are drawn from many different fields and walks of life, adding depth and richness to the teachings through their creativity and uniqueness.



Alistair Beattie  
Clevedon, Britain

Alistair Beattie, LL.B., M.Sc., serves as a webcourse teacher and mentor for IAM-U. He has been practicing meditation for many years, and is a graduate of IAM. His discovery of Heart Rhythm Meditation had a profound effect on him and allowed him to approach meditation and attunement to the Heart in a more intimate way than he had ever previously imagined. When he first participated in the webcourse, he was surprised and moved at the degree of intimacy and sharing that was possible in cyberspace.

Alistair made a big change in his career to work independently as a researcher and consultant and he gives credit to meditating with his heart in taking this big step forward. Meditation has continued to sustain him in his personal and work life. He credits his marriage and a new richness in his personal life to the power of Heart Rhythm Meditation.

*I am grateful for this opportunity to help facilitate this experience for others and am honored to be a teacher and to contribute to this wonderful work, which the world needs so much at this time. AB*



John Happel  
Denver, CO

John Happel, MS, serves as the IAM-U local teacher for Denver, Colorado, and as a mentor and webcourse teacher. He is a graduate of IAM, and has been a student on the path of the heart for more than 30 years. John's constant work is to remain attuned to the energy and feeling of one's heart while living and working in the world.

John's background is in construction, engineering and business. He holds an MS and BS in civil and structural engineering and a BS in environmental science. He started and currently leads a successful design-build construction company. Along with Dilsha, his wife and business partner and their employees, they add beauty to the world with each project they build. In his work he tries to create harmony and balance between the often conflicting demands of employees, subcontractors, suppliers and clients. He and his wife Dilsha have three sons.

*The work of the heart is the most important work of today. Everyone is searching for a light to guide them on their path through life. Heart Rhythm Meditation can provide this light. I am delighted and honored to be asked to teach and to share some of what I have learned along this path with other students. JH*



Elijah Imlay, MA, serves as the IAM-U local teacher for Ventura, CA, webcourse teacher and mentor. He is a graduate of IAM and has been a student on the path of the heart since 1973. Elijah's background is in social work and psychotherapy; he works in a Transitions Program for young adults, ages 18-25. Elijah's gift is working with people who need healing from deep emotional wounds and the courage to move forward in their lives with a renewed optimism and purpose. He and his wife are both published poets.



Elijah Imlay  
Ventura, CA

Doug Johnson, M.Ac., L.Ac., Dipl.Ac, serves as the IAM-U local teacher for Tucson and as a mentor. He has a background teaching and practicing acupuncture; he teaches Classical Five Element Acupuncture extensively in both clinical and academic settings, and currently maintains a private acupuncture practice in Tucson. His teaching of Heart Rhythm Meditation grows out of his delight in seeing how the healing and opening of the heart changes peoples' lives.



Doug Johnson  
Tucson, AZ

John Kroeker, PhD, serves as a local teacher for Boston, MA and as a mentor. John has been a student of the heart for many years. He has volunteered his time to help IAM grow, and is currently serving as a member of the IAM Board of Directors.

John holds a Ph.D in Neurobiology and Behavior from Cornell University. His background includes a long history of basic research in neurophysiology, neural modeling, and speech recognition. His current research is into the fundamental mechanisms of speech and hearing. He is the Chief Technical Officer at a leading interactive healthcare outreach company. You can read his blog at [heartriver.blogspot.com](http://heartriver.blogspot.com) and find his company information at [elizacorp.com](http://elizacorp.com).

*IAM training has been invaluable in my business life. Heart-centered leadership is a extremely effective for building and harmonizing and motivating groups and is appreciated as a breath of fresh air by group members. JK*



John Kroeker  
Boston, MA



Zia Moore  
Toronto, ON

Zia Moore serves as a webcourse instructor and mentor for IAM-U. She is a graduate of IAM and has a long history of service to IAM, including as a past member of the IAM Board of Directors. In her work and life, she is dedicated to helping people to listen, speak and act from their hearts. She is the co-founder of a software training and consulting company. Zia lives in Toronto with her husband and their son.



Karen Poulson  
Chicago, IL

Karen Poulson, MA, started her studies with Heart Rhythm Meditation in 2003 and is certified as an IAM teacher and mentor. Her ongoing studies offered her opportunities to volunteer as a co-host to IAM in Chicago, to teach group classes, to begin mentoring individuals, and to serve for four years on the IAM Board of Directors. During the Energize Your Heart Book and Seminar tour, she moved to Tucson to work as the IAM Director of Communications. Karen now serves as the local IAM teacher for Chicago, IL, where she lives in a renovated post card factory on the lakefront.



Liz Smith  
Houston, TX

Liz Smith, MA, serves as the IAM-U local teacher in Houston, TX, and as a mentor. She has studied with IAM for over ten years, and is a graduate of IAM.

Liz was a social worker with adolescents in crisis before becoming a public school teacher; she has taught school children over twenty years, including teaching Computer Literacy to 7th and 8th graders. Through patient attention and caring she encourages her students to discover their full potential. Liz has one son who is presently attending college.

Ecstatic dance and meditative movement are a regular part of Liz's life. These practices have nourished her love and appreciation of the body and given her many joyful experiences. Amazingly the body is able to flow into many twists, turns and shapes. Liz has deepened these practices by teaching and facilitating classes.

# Mentors

*Asatar Bair*

*John Bassett*

*Alistair Beattie*

*John Happel*

*Elijah Imlay*

*Doug Johnson*

*Elijah Khan*

*John Kroeker*

*Zia Moore*

*Karen Poulson*

*Judith Simpson*

*Liz Smith*

*Linda Turner*

*Jeanie Underwood*

# Tuition

## IAM-U Curriculum

2 Group Retreats (5 day)  
1 Individual retreat (7 day)  
24 Mentoring sessions (1 hour)  
24 Monthly Skill Development sessions (all day) or two 12-day Residency sessions  
8 Webcourses (8 weeks)  
4 meetings with Puran and Susanna

**Total tuition cost = \$12,250**

At IAM-U we offer spiritual training in a rigorous, university setting. This training in the mysticism of the heart incorporates an authentic spiritual tradition and modern science, in a structured, evidence-based and goal-oriented format. Our curriculum has five pillars, each designed to provide the student with the knowledge, skills, and experience necessary to walk the path of the heart to its completion, and each designed to give the student individual attention and feedback.

We aim to offer students the best possible training in meditation available anywhere. Because of our commitment to individualized attention to students, our program is extremely limited in size. We can only admit 20 students per city. Thus we seek to admit the students who have the greatest desire for what we have to offer, and eagerness to apply what we have to teach.

If this program is the longing of your heart, we will help you make it happen.

We are committed to working with each qualified student to find a payment option that works. We offer a variety of payment plans and other financial options, including a monthly payment as low as \$500. We are committed to offering 5% of our students full financial aid packages, to be allocated on the basis of individual students' needs. Our Financial Aid Committee will carefully review each application and work with each candidate to design a financial aid package that works for the student and the University of the Heart. Our Financial Aid Application is found at our website: IAM-U.org.

We gratefully accept contributions to the IAM University of the Heart Financial Aid Fund, to allow us to expand the amount of financial aid we are able to give. The Institute for Applied Meditation is a 501c3 non-profit organization, and all contributions are tax-deductible. We can also offer qualified students the opportunity to complete work study credits, working for IAM-U to obtain credit to pay the tuition.

*If this program is the longing of your heart, we will help you make it happen.*

Call (520) 299-2170 for more details.

Apply online at IAM-U.org

## Refund Policy

If you find our program is not for you, you may receive a refund depending on the amount of the program you have taken. During the registration period, if cancellation occurs within 3 business days of payment, we provide a full refund. If the student wishes to cancel before the program begins, we provide a full refund less a \$200 registration fee. If the student has begun the program, but taken less than 10% of the curriculum, we give a refund of 90%; if the student has taken more than 10% but less than 20% of the curriculum, we give a refund of 80%; if the student has taken more than 20% but less than 30%, we refund 70%; if the student has taken more than 30% but less

than 40%, we refund 60%; if the student has taken more 40% but less than 50%, we refund 50%; there is no refund for the student who has taken 50% or more of the curriculum. See Table 1 for a list of the percentage values for each part of the curriculum. Because we offer the student flexibility in scheduling retreats, the percentage of the curriculum a student has taken will depend on what the student has taken at a particular time. We strive to be the best 2-year program in applied meditation available anywhere; we hope our refund policy gives you the ability to experience our curriculum with peace in your heart.

TABLE 1: Contact, Expected Student Hours, and Credit Hours for the IAM-U Curriculum

IAM-U Curriculum	Teacher Contact Hrs	Expected Student Hrs	Credit Hrs	% of IAM-U program
Group Retreat 1 (5 day)	40	40	4	6.67%
Group Retreat 2 (5 day)	40	40	4	6.67%
Individual retreat (7 day)	14	112	7	11.67%
24 Mentoring sessions	24	24	3	5%
24 Monthly Skill Development or Residency	144	144	18	30%
Course #101	12	56	3	5%
Course #102	12	56	3	5%
Course #103	12	56	3	5%
Course #104	12	56	3	5%
Course #105	12	56	3	5%
Course #106	12	56	3	5%
Course #107	12	56	3	5%
Course #108	12	56	3	5%
4 visits by Puran and Susanna	24	0	N/a	N/a
Daily HRM practice	0	475	N/a	N/a
<b>Total</b>	<b>382</b>	<b>1,283</b>	<b>60</b>	<b>100%</b>

# *University Policies*

## *Absences, Changes in Student Status and Re-admission*

Students who miss a portion of the curriculum have the following options. If a student misses a group retreat and provides notice of 21 days, the student may take the next available group retreat at no charge. If insufficient notice is given, there will be an additional charge to reschedule the retreat. If a portion of a group retreat is missed, the student will be able to make up for it by adding the number of days missed to the individual retreat, at an additional cost of \$250 per day. If a student has scheduled a 7-day individual retreat and must leave early, the student may arrange for additional days of individual retreat at a rate of \$250 per day.

If the student misses a mentoring session and 24 hours of advance notice is given, the student is encouraged to reschedule. If less than 24 hours of advance notice is given, the student may reschedule the session with an additional charge of \$90. If the student misses a Monthly Skills Development session, the student may be allowed to make up for it, depending on the schedule of the local teacher. If the local teacher is not available, another teacher may be able to help the

student make up the credit. (See p. 35 for a list of credit hours for each part of the curriculum). An additional charge of \$400 will apply.

Students may need to temporarily withdraw from the University of the Heart due to unforeseen events. Students may be eligible for a refund, depending on what portion of the curriculum they have experienced. Students wishing to take a leave of absence must notify the Dean of Students in writing. Students taking a leave of absence will be re-admitted at or before the same point in the calendar when they began their leave, which may mean the student must wait.

## *Probation, Suspension and Expulsion*

Students in violation of the Student Code of Conduct (available at [IAM-U.org](http://IAM-U.org)) may be subject to disciplinary action, including probation, suspension, or expulsion from the program.

# Materials & Equipment

## *Materials*

The materials for IAM-U include books, recordings, handouts, and other materials. We provide the handouts free of charge, and some of our books are available in eBook format for a reduced price.

The total cost of all the required materials is less than \$250. See [IAM-U.org](http://IAM-U.org) for a complete list of required and recommended materials.

## *Equipment*

Since a portion of the curriculum is online, it is necessary for students to have access to the internet.

## *Recommended*

We recommend that students purchase the emWave package, which is used to measure Heart Rate Variability, as described in *Energize Your Heart* by Puran and Susanna Bair. The emWave is not required, but it is part of the evaluation we use, and students will find it interesting and helpful as a companion to the material we present on HRV. More information about the emWave is available at [IAM-U.org](http://IAM-U.org).



## *Accreditation*

The IAM University of the Heart is actively pursuing accreditation as a degree-granting institution through an official accrediting organization. (Due to the protocols involved, we cannot give the name of the accrediting organization.) We have structured our program to conform to the rules and regulations that govern graduate programs at colleges and universities.

Accreditation is a multi-year process, and we expect it to be ongoing, but IAM-U is absolutely committed to becoming an accredited institution. One requirement of the accreditation process is to produce a graduating class.

We will post updates on our website, [IAM-U.org](http://IAM-U.org), about our progress through the accreditation process.

# About

## The INSTITUTE *for* APPLIED MEDITATION

IAM is a non-profit spiritual school that develops and applies Heart Rhythm Meditation for integrating physical, emotional and spiritual life to consciously create love, harmony and beauty.

IAM offers courses in meditation, mentoring, teaching, and healing that draw on the methods of the great mystics of all traditions for opening, healing, listening to, energizing and applying the spiritual heart in life. IAM was founded in 1988 by Puran and Susanna Bair.

At IAM we see our role as helping our students graduate, meaning the student has attained the 9<sup>th</sup> step of realization and has manifested that realization in a noble and harmonious character. IAM serves as the larger school that graduates of the IAM University of the Heart may turn to for continued support on the path of the heart.

More information about IAM can be found at: [IAMheart.org](http://IAMheart.org)

### 2010 Board of Directors

Jack Carpenter, Chair

Puran Bair

Susanna Bair

Robin Carpenter

John Kroeker

Dee O'Neill

Judith Simpson

Lynn Stevens

Jeannie Underwood

## About SUFISM

Sufism is a philosophy of unity, recognizing seekers of unity in all traditions and in none, in whatever name or form. Sufism is often said to be the mystical side of Islam, but this is like saying that because the Irish wear green, green is Irish. Sufism is the search for truth, and cannot be limited to any single tradition. IAM is a Sufi school; the method we use originated with the Christian Apostles. We come from an authentic mystical tradition and we continually seek to update that tradition to keep it relevant and progressive, for though wisdom itself is timeless, teachings that do not evolve often become mired in dogma.

For more information about Sufism, visit [IAM-U.org/sufism](http://IAM-U.org/sufism).

### Administration

Susanna Bair, President

Puran Bair, Vice President

Asatar Bair,  
President of IAM-U

Greta Bair-Dubay,  
Director of Marketing

Jack Carpenter, Treasurer

Lynn Stevens, Secretary

## About HAZRAT INAYAT KHAN

Hazrat Inayat Khan (1883-1927) was an Indian musician and Sufi master who lectured in the United States and Europe. He is thought to be one of the first teachers to bring Sufism to the West. He spoke on the unity of all religions and presented a comprehensive method of developing the heart. His teachings form the single most important influence to our work in the Institute for Applied Meditation.

IAM has created an online database of Hazrat Inayat Khan's teaching so that it can be easily accessed and studied: [hazrat-inayat-khan.org](http://hazrat-inayat-khan.org).



health

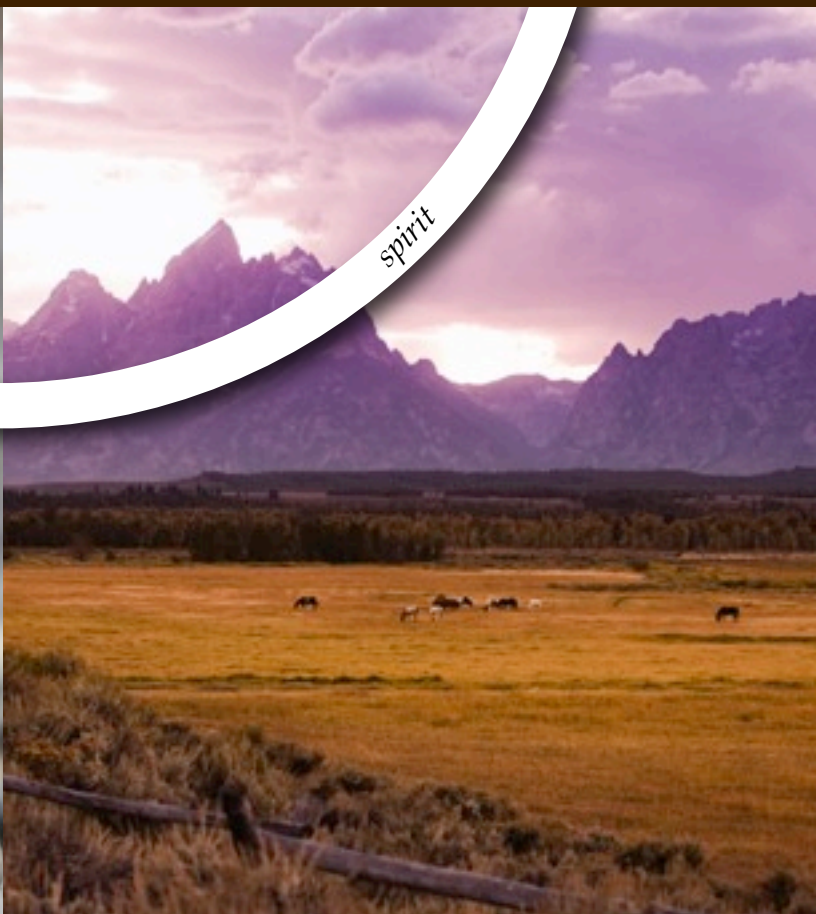


relationships

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purpose



spirit