



Rosa Veritas
Learning



Metaphysics in Action

Study At Home
Introduction

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Learning

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STUDY AT HOME

Introduction

Welcome. We trust that you will be enriched and empowered through your study of this unit, *MS1: Metaphysic in Action*.

As we build knowledge of our nature and being, our spiritual origins and destiny, we are enabled in our ability to embody our true self, embrace our potential and shape our life and expression. With self-knowing comes greater self-mastery, and we increase our freedom to be, to move and to live.

Rosa Veritas Learning accompanies individuals in their growth to spiritual maturity through deepened knowing. And with such knowledge, freedom. There two main streams of study available – Metaphysical Studies and Esoteric Studies – each comprising a number of units, e.g. MS1 Metaphysics in Action, MS2 Metaphysics and Communication etc. Further information about these units is available on the website: www.rosaveritas.org/learning



Metaphysics in Action

The unit *Metaphysics in Action* develops our understanding of ourselves as a being having a nature beyond the physical. It focuses on developing metaphysical principles, understanding their impact on our lives and setting goals for applying these principles to our daily living.

On page iii of this introduction you will find an overview of the content of each of the eight study topics that make up this *MS1 Metaphysics in Action* unit.

Within each study topic you will find three sections:

- The first section is the main content which includes “Putting the principles into practice.”
- The second section is a written task which you will send to your tutor.
- Then follows a section with additional reading that enriches the content.

You will greatly benefit from completing the study topics regularly and with rhythm. If you aim to work through one topic per two or three weeks, this will give you time to carry out the practical tasks which are an integral part of this study and to see changes taking place in yourself and how you think about and respond to events in your life.

The use of a journal is an essential part of this Unit. It is an important tool for applying the principles you learn to your daily living. It is suggested that every day during the period of study of each study topic you use your journal to reflect on how the principles are being applied.

The main process for using this journal is to take one of the principles of focus for each study topic and use it to develop a personal goal towards which you wish to work. It is important that you are specific about what you will do and how. Helpful questions to ask are: What will I do?, How will I do it? and When will I do it? or What situation would trigger me to do it?

This journal is for your personal use and will not need to be sent to your tutor.

Tutor

Your enrolment (purchase) in this Study at Home course includes the provision of a *Rosa Veritas Learning* tutor who will work with you through the course via email.

To be allocated a tutor, email your request to learning@rosaveritas.org and your assigned tutor will be in touch.

If you wish to be credited with completion of this unit, you will need to work with an assigned tutor. Communication will be via email and you and your tutor can make mutually suitable arrangements when you begin your work together.

You may choose to study this unit by yourself, without credit, in which case you do not need to request a tutor be allocated to you. If this is the case, we trust you will enjoy working with the *Metaphysics in Action* study materials.

Credit and Certification

If you want *Rosa Veritas Learning* to credit you with this unit and issue a certificate of completion, you need to provide your tutor with a copy of the written task for each of the eight Study Topics.

Overview of the Unit

Study Topic 1

I AM A SPIRITUAL BEING

Content

What is metaphysics? The nature of spiritual truths. The origins of metaphysics and the ancient mystery schools. Who am I? Our essential nature as spiritual beings. What is the nature of spirit? What is the relationship between our spiritual nature and our physical nature?

Putting the Principles into Practice

*The “Who Am I?” exercise.
Setting your goal for the unit.
Choosing your principle for this study topic.
Filling in your journal.*

Written Task

How does the notion that you are a spiritual being change your view of life?

Additional Reading

*Practising Metaphysics
The Historical Development of Metaphysics
Who Am I?
Dare To Be Human*

Study Topic 2

REINCARNATION AND KARMA

Content

Reincarnation and the eternal spirit. Memory and its unconscious influence. Avoid hypnosis. Why do we come back? Why do we have to die? The time between incarnations. The purpose of your incarnation. The law of karma. Accept responsibility. The blueprint of your life. The fallacy of freedom. Watch your thoughts. The consequence of feelings. Building the future.

Putting the Principles into Practice

*Reviewing your practice of the principle so far.
Choosing your principle for this study topic.
Filling in your journal including how you plan to practice your chosen principle.*

Written Task

What are the implications of reincarnation for how you see birth and death?

Is karma always negative? Give an example from your own life.

Additional Reading

*Reincarnation Questionnaire
Reincarnation, East and West
Karma: The Balance of Joy and Sorrow
Pointing the Finger: The Culture of Victimisation
Rules for Being Human*

Study Topic 3

SYMBOLS AND GETTING IN TOUCH WITH SPIRIT

Content

The relationship between the physical and spiritual worlds and its implication for the relationship between the microcosm within and macrocosm without. The nature and force of symbols in our understanding of this relationship. Exploring our personal symbols and ways of working with them.

Putting the Principles into Practice

*Reviewing your practice of the principle so far.
Choosing your principle for this study topic.
Filling in your journal including how you plan to practice your chosen principle.*

Written Task

What is a symbol? Describe one of your personal symbols and how it came to have meaning to you.

Additional Reading

*A Guide to Knowing Yourself
Maps of Consciousness*

Study Topic 4

UNDERSTANDING AND WORKING WITH MY SUBCONSCIOUS

Content

The superconscious and your life's blueprint. The subconscious. The conscious. A psychological model for ordinary people. A psychological model for the metaphysician. Transforming the subconscious. Subconscious reactions or conscious responses. The emotions and taking control of them. The difference between emotions and feelings. Negativity is stronger than positivity. Two ways to cleans the mud-pit. The conscious cultivation of certain attitudes. The use of affirmations and feeding the subconscious positive images.

Putting the Principles into Practice

*Reviewing your practice of the principle so far.
Choosing your principle for this study topic.
Filling in your journal including how you plan to practice your chosen principle.*

Written Task

What effect has using an affirmation had on your state of mind so far?

Additional Reading

*Self-Awareness
The Twelve Great Principles of Life: Attitudes to Cultivate*

Study Topic 5

MY MIND IS THE BUILDER

Content

In this Study Topic we explore the spiritual nature of thought, the origins of thinking, the nature of both rational and spiritual thinking, the difference between the process of thinking and the thoughts produced. We also consider the difference between living thought and dead concepts and the importance of selecting the thoughts we wish to keep and the ones we don't. The relationship between thinking and emotion and learning to use the mind positively. The importance of concentration and means of increasing our power to concentrate are also explored.

Putting the Principles into Practice

*Reviewing your practice of the principle so far.
Choosing your principle for this study topic.
Filling in your journal including how you plan to practice your chosen principle.*

Written Task

The consistent application of metaphysics leads to greater self-awareness. Indicate how your self-awareness has changed since the beginning of your study of the unit Metaphysics in Action.

Additional Reading

Realising Your Potentials: The Twelve Mind Faculties

Study Topic 6

THE USE OF THE WILL AND RIGHT ACTION

Content

Defining the will. Real Self or ego. The expression of the will. The development and training of the will. Economic security. The triangle of creativity. Doing the good as opposed to feeling good.

Putting the Principles into Practice

*Reviewing your practice of the principle so far.
Choosing your principle for this study topic.
Filling in your journal including how you plan to practice your chosen principle.*

Written Task

Involves setting yourself a task with which to apply various exercises for developing the will and reporting on these.

Additional Reading

*Yes or No: The Choice is Yours
Doing the Good*

Study Topic 7

MY PHYSICAL EXISTENCE

Content

The seven year cycles. Living fully in the world. The five senses. The extra-senses. Sound physical health. Establishing a balanced lifestyle. The use of money and its relationship to your energy levels. Planning and reviewing your day.

Putting the Principles into Practice

*Reviewing your practice of the principle so far.
Choosing your principle for this study topic.
Filling in your journal including how you plan to practice your chosen principle.*

Written Task

You will explore the seven cycles of your life as they have been so far. You will then write birthday greetings for two of your friends utilising what you have learnt about the life cycle that they are currently experiencing in their life.

Additional Reading

*Balanced Lifestyle Diagram
Metaphysics: The Path to Freedom*

Study Topic 8

INDIVIDUALITY

Content

The purpose of evolution. The I AM, the Real Self, or Christ. Being fully human. Group consciousness and individual consciousness. The importance of the individual in history. Still animalistic. The ability to change. The growth in consciousness. Wisdom as the outcome of metaphysics. Where has the seed fallen?

Putting the Principles into Practice

*Reviewing your practice of the principle so far.
Choosing your principle for this study topic.
Filling in your journal including how you plan to practice your chosen principle.*

Written Task

Assessing your achievements and setting new goals.

What is your understanding of metaphysics now, as a result of your study of this Metaphysics in Action?

Additional Reading

None

Glossary of Terms

Archetype

An archetype is the 'perfect pattern' in the realm of spirit of that which is manifest in matter. Archetypes therefore transcend culture and race, reflecting the oneness of the spirit that is within all people. They are seen in the common themes that run through the mythologies of all peoples. On the personal level, archetypes impinge on us through the images of our subconscious.

Being

Anything that exists has being, therefore being is the state of existing. It can also mean the fundamental nature of a thing.

Body

The physical body is the means by which we manifest ourselves, communicate with others and interact with our environment. It is subject to the laws of the physical world, and therefore is associated with life and death.

Clairaudience

The ability to hear sounds and voices not audible to the physical ear.

Clairvoyance

Clairvoyance literally means 'clear seeing'. It is the ability to perceive subtle levels of reality which are beyond the perception of the physical eye.

Conscious mind

This is the rational part of our consciousness, the logical reasoning mind. It is important to distinguish between the conscious level of our being and consciousness. The conscious mind is only one part of our consciousness.

Consciousness

From the Latin *conscire*, 'to know'; the faculty of being aware, of feeling, thinking and perceiving. Consciousness can be broadly equated with the soul.

Ego

The aspect of self which is related to this lifetime; a limited concept of who and what we are. The ego is necessary for our development into individuals, but it eventually has to be transcended. It is intimately connected with the personality.

Emotion

An emotion is a force that works on the body in a non-conscious way; it is stimulated by the senses and operates from the solar plexus level without the involvement of the soul. It is reactive and ego-based.

Essence

The true nature of a thing; the indispensable quality which makes a thing what it is; the inner nature of a thing which does not change whatever its outward manifestation may be.

Evolution

The process by which matter is transformed by the in-dwelling spirit. This transformation comes about through the emergence of consciousness.

Feeling

Feeling is the response that arises from the soul to either an exterior or an interior stimulus. It could be considered a refined emotion.

God

The First Cause of all that we know; an infinite, eternal, divine being. In metaphysics, God is Divine Mind which creates through thought.

I AM

The I AM is also called the real self, the human spirit. It is the eternal, unchanging part of our being, the seed of divinity within us.

Imagination

Imagination is a spiritual faculty; it is the ability to see the spiritual content in our mental pictures.

Individual

Literally the word means 'that which cannot be divided.' An individual, therefore, is one who is not divided within self. The individuation of humanity is the present thrust of evolution.

Involution

The process of crystallisation by which the cosmos has condensed from the spiritual world is called involution. This means that matter is spirit made visible, that essence is united with substance. Involution takes place on both the cosmic and the individual level.

Karma

The law of karma states that for every action or cause there is a reaction or effect, as demonstrated in the saying, 'Whatever a person sows, that they will also reap.' The purpose of karma is to correct the imbalances within the soul.

Maya

A Sanskrit term meaning illusion. Illusion is limited reality, conditioned by the laws of physical existence such as time, gravity and motion.

Post-existence

The belief that the soul continues to exist after death.

Pre-existence

The belief that the soul exists before conception.

Psychic

The psychic person works from the adrenals level and receives pictures and impressions while in an unconscious or reverie state. This type of clairvoyance is at the expense of the mind, and belongs to the old order of things.

Psychometry

Psychometry is a technique for determining the characteristics of a person by means of an object which belongs to them and which carries their vibration.

Pure thinking

This type of thinking is not caused by anything external. It arises from the direct action of the spirit on the soul, and is called intuition.

Reincarnation

Reincarnation is the soul's entry time and again into the physical world in search of experiences whereby it can move into closer union with the real self.

Situation ethics

This ethical stance places responsibility on a person to decide their actions as a result of their own thinking in an actual situation, rather than on the basis of a set of absolute rules.

Soul

The soul receives the impress of all the experiences we go through and is shaped by them. It is a developing rather than static part of our being, changing as we enter into a greater consciousness. The soul achieves immortality through uniting with the spirit. It is the mediator between the body and spirit and operates through the three faculties of thinking, feeling and willing.

Spirit

The spirit is the eternal aspect of self. It is of another realm, and therefore is not tied to the body. It is the spirit which motivates the soul to reincarnate.

Subconscious

The subconscious is the repository of all our experiences. It contains all that is not currently available to the conscious mind. It uses the language of pictures to communicate with the conscious mind, for example, in dreams. This level is sometimes called the personal unconscious.

Superconscious

One of the three levels of consciousness, this is the realm of spirit, the source of wisdom and knowledge. It communicates to us through the subconscious, using symbols and images. This level is sometimes called the universal or collective unconscious.

Synchronicity

This term was used by Carl Jung to describe situations where the simultaneous occurrence of two things cannot be explained causally, and hence must be regarded as a meaningful arrangement.

Willing

Willing is the ability to give substance to our thoughts and feelings by acting upon them. At present it is very much an unconscious ability, but in the future it will become more and more conscious.