SOUL-CENTERED LIVING I
A 10-Month Certificate Program in Spiritual Psychology™

Curriculum Guide
It Starts Within You

The educational paradigm the University of Santa Monica brings forward is both radical and simple:

The transformed world you seek around you can only emerge by first transforming the world within you. That world is your own consciousness.

For the past 35 years, USM students and graduates have discovered their own answers unique to life’s essential questions and have used their transformation in consciousness to actively transform the worlds of business, medicine, media, coaching, counseling, law, education, family, and more.

What they have discovered is available for all to discover—

A transformed world and a transformed life are only as far away as your own consciousness.

And that starts within you.

“There is no question that USM is on the leading edge, creating a model of what education could be, should be, and, in fact, HAS to be!”

—Dr. Jean Houston
Author
The Possible Human
A Mythic Life
A Passion for the Possible
The University of Santa Monica is dedicated to communicating the Principles and Practices of Spiritual Psychology™ Worldwide through the process of Soul-Centered Education.
A Soul-Centered Approach to Education

“Soul-Centered education recognizes Spiritual Reality and begins with the assertion that, rather than humans who have a Soul, we are Souls having a human experience. This principle evokes a radical paradigm shift, which results in a dynamic educational process whose goal is to bring forward the Beauty, Wisdom, and Compassion inherent in every human being.”

—Mary R. Hulnick, Ph.D.  
Chief Creative Officer

The words instruction and education are often used interchangeably in today’s world of learning. Rightly used, instruction refers to the process of imparting information or knowledge in a systematic manner and then being able to retrieve it upon demand.

Education, which derives from the Latin word educare, literally means, “to draw forth from within.” A true educational system is highly experiential and designed to provide information, knowledge, opportunities, and encouragement that assist students in the exciting discovery of their inherent and unique talents and abilities. It also challenges them to share their gifts in their world. Much more than simply learning how to earn a living, it is a process for learning how to live a fulfilling life.

Soul-Centered education, then, is a process by which the inherent nature of each Soul is revealed, not only conceptually but also, and more important, experientially. Experiential education is the process of learning through experience, and is more specifically defined as “learning through reflection born from doing.” In such a process, knowledge is transformed into Wisdom as one learns how to utilize everyday life experience in service to their Spiritual Awakening as well as living a more meaningful, purposeful, and fulfilling life.

“My hope and wish is that one day, formal education will pay attention to what I call ‘education of the heart.’”

—Dalai Lama
The Soul-Centered educational process is:

■ SACRED
First and foremost, Soul-Centered education respects the inherent worth and value of each and every human being. This orientation assumes the importance of deeply held values including Unconditional Loving, Acceptance, Compassion, and Peace.

■ HIGHLY EXPERIENTIAL
While the acquisition of knowledge is important, it is only when knowledge is applied experientially that results can be observed and students can discern for themselves the value of what they are learning. Thus, each class becomes an experiential learning laboratory.

■ PRACTICAL AND RELEVANT
All new information has value in that it is immediately usable rather than simply theoretical. By the time the very first class is complete, students have learned Principles and Practices they can immediately apply in service to both their Awakening and enhancing the quality of their lives.

■ SUPPORTIVE
USM is known for its Heart-Centered Learning Environment in which the worth and dignity of each individual is acknowledged, valued, and respected. When you ask a graduate from the University of Santa Monica what makes the USM community unique, they’ll likely tell you about the deep bonds, lifelong friendships, and sense of homecoming—of finding their place in a conscious and supportive educational community.

■ DEEPLY HEALING AND TRANSFORMATIONAL
When a Soul-Centered educational process is sacred, highly experiential, practical, and relevant, participants experience themselves transforming in two distinct, yet mutually related ways. First, their consciousness Awakens, expands, and uplifts, and second, their lives transform positively and they experience greater fulfillment, meaning, and purpose. These are natural and automatic results.
■ **Loving Excellence**
At USM, we recognize that there is always a newly developing, as well as an ancient, body of knowledge worth knowing. The goal is to honor those who have preceded us and, by standing on their shoulders, see further than they saw, thus adding depth and dimension to the art and science of USM’s curriculum in Spiritual Psychology™.

■ **Alive and Dynamic**
An accurate indicator of a Soul-Centered educational process is the presence of aliveness, engagement, and vitality in each and every student. One of the most often shared comments by students is, “I could hardly wait to return to class this month.”

■ **Joyful and Fun**
The Joy of learning speaks for itself. Whoever said learning couldn’t be fun? At USM, we laugh a lot, not at each other but with each other, as we share our humanity and uncover the Aliveness, Joy, Creativity, and Majesty of the Authentic Self.

■ **Creative**
As transformation occurs, students open up to new levels of creativity that had previously lain dormant. Within an atmosphere of mutual support and encouragement, coupled with a supportive educational structure and process, newly recognized creative inspirations are encouraged and channeled into positive expression.

■ **Inspirational**
As students experience greater levels of creativity and develop interpersonal and life skills, they naturally create opportunities to fulfill their deepest aspirations. This leads each student in discovering and implementing exciting and fulfilling ways for making a more meaningful contribution with their lives.
Each person has the potential to make a profound, meaningful difference with their lives.

The University of Santa Monica’s unique Soul-Centered approach to education provides students with practical tools, skills, and processes that open the door to what has been called throughout the ages, “Spiritual Awakening.” Your Awakening automatically results in living your life more fully in alignment with your Soul’s purpose while also making a more meaningful contribution with your life.
SOUL-CENTERED LIVING I
A 10-Month Certificate Program in Spiritual Psychology™

For over 35 years, the University of Santa Monica has offered pioneering graduate Programs in Spiritual Psychology, supporting over 4,000 students in Awakening more fully into the Awareness of who they truly are and living more in harmony with their life’s purpose.

Soul-Centered Living I is designed for those of you who are Aware that there must be more to life, and you are ready to explore the uncharted territory of your own consciousness—where what you are seeking actually resides. What you’ll discover, as have many before you, are your own answers to life’s most essential questions.

1. Who am I?
2. What is my purpose?
3. How can I make a more meaningful contribution and live a more fulfilling life?

What is Soul-Centered Living?

The essence of Soul-Centered Living is Awakening into the Awareness of who you truly are and living your life from within that Awakened state.

HALLMARKS OF SOUL-CENTERED LIVING INCLUDE KNOWING HOW TO ...

- Use all of life’s experiences in service to your Awakening, and access the practical tools to do so
- Embrace that your Essential Nature is Loving, and live accordingly
- Free yourself from mental anguish and emotional suffering
- Translate your life’s purpose into meaningful and achievable goals
- Recognize when you are having a Spiritual experience
- Experience the Freedom available from accepting 100% personal responsibility for your life
- Navigate the unfamiliar waters beyond your Comfort Zone
- Live into Joy and True Happiness here and now
SOUL-CENTERED LIVING I: A 10-Month Certificate Program in Spiritual Psychology™

Soul-Centered Living I—USM’s 10-month Certificate Program in Spiritual Psychology—has been created from the foundation of over 35 years of experience in offering progressive graduate Programs in Spiritual Psychology.

This Program focuses directly in the areas that will most enhance and assist students in Awakening in consciousness, healing unresolved issues, and integrating their Spiritual growth and expansion into their everyday lives.

And we’ve integrated exciting new dimensions into the Program including:

- **Between-class online activities** available 24/7 to assist students in their application and integration of the Principles and Practices of Spiritual Psychology in their daily lives.

- **Additional Soul-Centered processes** designed to support students in clarifying and aligning with their life purpose.

This 10-month Certificate Program consists of two synergistic experiential learning modalities:

- **In-person classes** meet one weekend a month October through June and one week during the summer.

  Faculty talks are informational, relevant, and always followed by processes designed so participants can directly experience the material discussed during the lectures.

- **Online activities** between classes have been developed to support students in their application and integration.
The Soul-Centered Living | Program Includes Eight Elements

1. 31 Soul-Centered Basic Skills for Awakening, Issue Resolution, and Revelation of the Authentic Self; see list of Skills, page 19.

2. 33 Spiritual Psychology Principles for learning how to live and flourish within the Spiritual Context; see pages 20–21.

3. Tools for Creating and Living a more Fulfilling Life both personally and professionally.

4. Processes for Clarifying and Aligning with your life purpose.

5. Practices for effectively working at each level of consciousness.

6. Ways of Caring for your Self as a Divine Being having a human experience.

7. Opportunities for regularly connecting, and giving and receiving support from the USM Community.

8. Between-class online activities designed to support you in integrating and applying the Principles & Practices of Spiritual Psychology in your daily life.
“Despite deriving some benefit and insight from the spiritual books and ideas I studied for many years, filling the mind with spiritual concepts had limited value. Uniquely, USM emphasizes experiential learning and the practice of Spiritual tools, engaging the heart, not just the mental realm of the ego. I have healed issues from the past that merely talking about in therapy had not resolved. It is hard to adequately describe the value of this course, but it will improve every area of your life exponentially and is a life-altering and enriching experience.”
“From the vantage point of Spiritual Psychology, we see that we are Souls who have come here in this lifetime to fulfill Spiritual curriculum. As Spiritual beings, our primary goal is not to change life on this earth. Rather, life on this earth exists the way it does to provide us with experiences through which we can transform ourselves—meaning learning to express the essence of who we are in fuller and deeper ways. And the best description of our inherent nature is that we are, at our core, comprised of the energy we call Loving. So Spiritual Awakening is about becoming more and more aware of our nature as Loving beings. The irony is that the only way life on this earth transforms is when enough people transform themselves. It’s from this place of inner transformation that we can make a meaningful contribution in our world.”

—H. Ronald Hulnick, Ph.D.
President, USM
What Is Spiritual Psychology™?

If you look up the word *psyche* in the dictionary, you’ll find, “breath, principle of life, Soul.” But if you look up *psychology*, you’ll find, “the science of mind and behavior.” Somehow, in the translation from essence to practice, the most important aspect of “psyche” has been lost. At the University of Santa Monica, we recognize our task as reintegrating the Spiritual dimension back into the essence of an authentic psychological inquiry. It is this reintegration that evokes the emergence of a Spiritual Psychology.

Spiritual Psychology is the study and practice of Conscious Awakening. To engage in this genre, we must begin by distinguishing the essence of human Awakening—what does it mean to Awaken? In short, it means learning how to identify, recognize, and navigate successfully within the Context of Spiritual Reality.

Practically, Spiritual Psychology means learning how to surrender—or let go of—anything that disturbs one’s peace. It also means sacrificing our illusions of separation. Essentially, this “surrendering” and “sacrificing” is work that can and has been called “healing,” which includes healing on the physical, mental, and emotional levels in service to the deeper revelation of who we truly are as Loving, Peaceful, Compassionate, and Joyful beings. We refer to this level of Awareness as the Authentic Self.

Spiritual Psychology is a technology that empowers students to convert their everyday life experiences into rungs on the ladder of Spiritual Awakening. This educational process results in students experiencing greater connection with who they are and their life’s purpose. This newly discovered Awareness results in enhanced levels of meaning and fulfillment both personally and professionally, which, in turn, empowers them to make a more meaningful contribution with their lives.
Why Spiritual Psychology™ ... And Why Now?

Change is taking place at an unprecedented pace on our planet. The nature of this change is historically different from anything we have previously experienced. The world is being challenged to learn how to get along or pay enormous consequences.

From within the context of Spiritual Psychology, the only way to truly promote peace is for more individuals to become more peaceful in how they live their lives. In this context, it is accurate to say that as people Awaken Spiritually, they naturally become more peaceful. It is also true that peace is an individual process. The more one learns to surrender whatever they experience within that disturbs their peace, the more peaceful they automatically become.

Spiritual Psychology at USM is a response to this global need. The curriculum is uniquely designed for students to learn the skills of what we refer to as issue resolution. And we define an issue as anything that disturbs your peace.

As a student, you learn how to not only embrace who you are as a Spiritual Being having a human experience but also to use that recognition as a foundation for “healing.” As the evolutionary tide is rising and larger numbers of people are Awakening to the Awareness that they are, in fact, Divine Beings having a human experience, the Principles and Practices of Spiritual Psychology provide both a context and practical tools for living into that Awareness in everyday life.

As students grow in self-mastery, they discover these very skills are exactly the ones that open doors professionally, as they are highly valued globally. As one highly successful USM graduate recently put it, “A USM education prepares graduates for careers in every field and in professions that haven’t even been invented because they learn a way of being and communicating that is highly facilitative independent of the business environment.”

“Educating the mind without educating the heart is no education at all.”

— Aristotle
“At a time when my internal cup was empty, USM filled me with insight, inspiration, and a deeper connection to who I truly am. For anyone on a path of healing, growth, or service, USM offers food for the soul, enlightenment for the mind, and peace for the heart. This school honors and respects every student in such a wonderful way. Regardless of who you are or what you do in the world, a USM education is a life-transforming gift that will sustain and support you all the days of your life.”

—Iyanla Vanzant

USM Graduate & New York Times Best-Selling Author
One Day My Soul Just Opened Up
Peace from Broken Pieces
These 31 Spiritual Psychology™ tools are the practices that are integral to Soul-Centered Living. Through their consistent use, they serve to facilitate inner and outer transformation, enhance communication with Self and others, and support you in Soul-Centered Living.

1. Seeing the Loving Essence
2. Heart-Centered Listening
3. Freeing Yourself From Limiting Interpretations of Reality
4. Asking Open-Ended Questions
5. Conscious Sharing
6. Setting Bedtime Intentions
7. Perception Checking
8. Facilitating Responsibility I—Choice
9. Facilitating Responsibility II—Ownership
10. Positively Reinforcing—Prizing
11. Facilitating Commitment to Self
12. Reframing Issues As Blessings
13. Silence
14. Exploring, Expressing, and Accepting Feelings
15. Reflecting Feelings
16. Seven Steps to Issue Resolution
17. Giving Effective Feedback
18. Receiving Feedback Effectively
19. Stepping Free—Living Beyond Your Comfort Zone
20. Neutral Observation I
22. Identifying, Owning, and Accepting Projections
23. Facilitating Positive Self-Talk
24. Accessing Intuition
25. Facilitating Compassionate Self-Forgiveness
26. Facilitating Lesson Awareness
27. Tracking Projections I—Limiting Projections
28. Tracking Projections II—Positive Projections
29. Identifying and Clarifying Your Heartfelt Dreams
30. Asking for What You Want
31. Facilitating Clear, Positive Intention
33 Spiritual Psychology™ Principles

These Principles are truly the foundation of this Soul-Centered Education. Over the last 35 years, Drs. Ron and Mary Hulnick have shared these Principles to illuminate the nature of the Spiritual Reality within which we live. They serve to help us understand who we truly are, and to move us into the revelation of our spiritual nature.

1. God is everything in existence both seen and unseen.
2. The nature of God is Love.
3. Since we are all a part of God, our essential nature also is Love—and we have the opportunity of knowing our Loving nature experientially, Here and Now.
4. We are not human beings with Souls; we are Souls using a human experience for the purpose of Awakening.
5. Earth functions as a school for Spiritual Awakening, meaning Conscious Awareness of Principles #2 and #3 (above). Everyone registers for their specific Curriculum.
6. Physical-world reality exists for the purpose of Spiritual Awakening; thus, all of life is for learning and growing spiritually.
7. Graduation is based upon mastering your lessons resulting in Wisdom and Compassion.
8. Everyone has the potential, resources, and destiny to graduate. There is no failure—only repeated opportunity.
9. Everyone will graduate. The only real variable is time and the only real time is Now.
10. Your primary goal is not to change the school; your primary goal is to graduate.
11. Awakening is a process, not an event.
12. Awakening can be accelerated by learning and implementing the Principles and Practices of Spiritual Psychology.
13. Your Spiritual Curriculum consists of unresolved issues as well as opportunities for Service, sharing your gifts, and living into your Heartfelt dreams.
14. An unresolved issue is anything that disturbs your Peace.
15. Unresolved issues are not bad; they’re simply part of your Spiritual Curriculum.
16. Unresolved issues are blessings, as they are opportunities for Healing and Awakening.

17. Accepting personal responsibility for your Spiritual Curriculum is empowering and opens the door to Freedom.

18. Nothing outside of you causes your disturbances.

19. All “because,” i.e., anything that disturbs your peace, are, in Reality, triggers to unresolved issues that are part of your Spiritual Curriculum, providing an opportunity for true Healing.

20. Outer experience is a reflection of inner reality.

21. Personal internal reality is subjective. Therefore, what you believe determines your experience.

22. Experiences you judge, you attract. They tend to proliferate, repeat, and multiply.

23. You create your future by how you respond to experiences now.

24. There are no mistakes—only opportunities for Learning, Healing, and Awakening unto Love.

25. How you relate to an issue is the issue, or how you relate with yourself while you go through an issue is the issue.

26. Healing is the application of Loving to the places inside that hurt or suffer, or Healing is the “Flooding with Loving” all the places inside that hurt or suffer—thereby dissolving them.

27. In your Universe, your word is your law; thus, the power of intention.

28. The mind is a tool to be used in service to the Heart.

29. Maintaining supportive disciplines is a demonstration of Self-Loving.

30. Intimacy is a natural and automatic by-product of honest, caring Self-expression.

31. Judgment is self-condemnation; Self-Forgiveness is restoration; and Compassion, Acceptance, Peace, and Joy naturally follow.

32. Loving, Healing, Awakening, and Evolving are all the same process whereby you experience deeper and deeper Awareness of your Essential Nature we refer to as your Authentic Self—already fully present and characterized by Unconditional Loving, Wisdom, Joy, Peace, Creativity, Compassion, Happiness, etc.

33. A life lived in Acceptance is a life devoid of unnecessary emotional suffering. It’s a life filled with Love.
Who We Are—USM’s History

The University of Santa Monica, formerly known as Koh-e-nor University, was founded in March of 1976 in Los Angeles, California. The inspiration for the University came from its Founder, distinguished educator, internationally known lecturer, and best-selling author, John-Roger. His vision was of a graduate school of the highest caliber, where students from across the globe could come and learn how to live in this world, to be in the here and now, and to be involved in the unique process of spiritualizing themselves.

In 1978, John-Roger met Dr. H. Ronald Hulnick and Dr. Mary R. Hulnick, both of whom were on the faculty of New Mexico State University in the Department of Counseling and Educational Psychology, where they trained professional counselors at the master’s and doctoral levels. For the next two years, the Hulnicks and John-Roger shared a continuing dialogue about educational philosophy and the importance of practical mastery education. These three noted educators found they shared a dream of enlivening, relevant, Soul-Centered education, and committed to working together to bring forward an educational institution based on these values-centered precepts.

The Hulnicks envisioned an internationally known graduate school serving many students from diverse backgrounds whose educational and professional objectives were different from those usually met by higher education institutions. Their focus was on relevant information practically applied within a context of cooperation, support, and caring. This approach tends to result in a synergistic learning environment where high achievement standards are attained and maintained. In September of 1981, the first students were admitted.

Today, the University has graduated over 4,000 graduates who are living examples of Soul-Centered education. With Soul-Centered Living I, USM’s 10-month Program in Spiritual Psychology™, this unique, transformational education is available to more people than ever before.
“The University of Santa Monica provides a wonderful environment for real education and spiritual transformation. It draws a high-caliber, spiritually mature student who has clear intentions. When you bring together the sincerity of the student, the cutting-edge Programs that the University offers, and the quality of teachers that are facilitating the Programs, you have an authentic wisdom school. I have witnessed many of the students matriculate through the Program, and I can see they have walked hand in hand with quality.”

—Rev. Dr. Michael Bernard Beckwith  
Founder/Director, Agape International Spiritual Center 
Author, *Spiritual Liberation: Fulfilling Your Soul’s Potential*
Drs. Ron and Mary Hulnick are recognized as pioneers and worldwide leaders in the field of Spiritual Psychology™. As USM’s Founding Faculty and Co-Directors, they designed the University’s extraordinary curriculum, and they continue to serve as senior faculty.

Over 35 years ago, it was Ron and Mary’s vision to develop graduate Programs where the hallmarks of the educational process are characterized as experiential, engaging, relevant, meaningful, supportive, inspiring, practical, nurturing, and, ultimately, transformational. USM graduates around the world share that being with Ron and Mary in the classroom is, without exception, one of the most transformative, Loving, and memorable experiences that they will cherish for a lifetime.

The Hulnicks are the Executive Producers of the University’s award-winning documentary Freedom to Choose, which took first place at the 2009 Emerging Filmmaker Showcase at the Cannes Film Festival.

Ron and Mary are both licensed Marriage and Family Therapists, and Mary is also a licensed Clinical Psychologist.

Their most recent book, Loyalty to Your Soul: The Heart of Spiritual Psychology, has been described by Caroline Myss as a “stunning masterpiece of primary importance.”

Loyalty to Your Soul: The Heart of Spiritual Psychology was published in February 2011 by Hay House and has been distributed in English in Africa, Australia, Canada, China, England, India, and the United States. It has also been released in native languages in Canada (French speaking), Germany, Hungary, Portugal, Romania, and Spain, and is soon to be released in simplified Chinese on Mainland China.
“It is becoming more and more clear that increasing numbers of people globally are responding to what we refer to as an Evolutionary Impulse. Perhaps you are someone who has realized that true happiness and fulfillment are not goals to be achieved by success in the material world. Rather, they are the result of Awakening into the realization of who you truly are, what your purpose is, and how you can make a meaningful contribution in your world. If so, welcome to the ranks of those who are discovering what it means to be Loyal to Your Soul.”

—Drs. Ron and Mary Hulnick
Students & USM Community

**Students**

Students at the University of Santa Monica are adults with diverse cultural and varied educational, professional, and personal backgrounds. USM’s Programs are designed to accommodate those with both professional and family responsibilities. The weekend format allows students to come from great distances to participate—our student and graduate community comes from cities and countries around the globe.

**USM Community**

An important product of the University of Santa Monica is the quality of the learning environment. As a conscious educational community, we are continually cultivating and evolving in service to all participating. At USM, everyone is a student, including currently enrolled students, staff, faculty, and alumni. USM’s intention is congruence between what is taught and the process through which it is taught.

**University Facilities**

The University of Santa Monica administrative offices and classrooms are located on the corner of Wilshire Boulevard and 21st Street in Santa Monica, California. These facilities are elegant and spacious, and located close to many excellent restaurants and hotels.

**A Schedule You Can Live With**

Classes meet one weekend a month, October through June, plus one week in the summer. This schedule allows adults with busy personal and professional lives to participate.

**Weekend Schedule**:  
**Friday:** 7:00 – 10:30 P.M.  
**Saturday:** 10:00 A.M. – 9:00 P.M.  
**Sunday:** 9:30 A.M. – 7:30 P.M.

*All ending times are approximate. Meal breaks of 1.5 to 2 hours are provided on Saturday and Sunday along with other short breaks throughout each day.*
Next Steps

ADMISSION—NEXT STEPS
USM accepts only 255 highly qualified students each year. Classes begin once a year in October and spaces fill quickly. When the class fills, prospective students are placed on a waiting list. Registration and submission of a completed Application for Admission are required to reserve your space in the class, pending your acceptance into the Program. If it is your intention to participate, we encourage you to register and complete your Application early in order to receive priority consideration for admission. To begin your application, visit www.universityofsantamonica.edu/admissions/overview.

INTRODUCTION TO SPIRITUAL PSYCHOLOGY™ EVENINGS
Introduction to Spiritual Psychology Evenings provide an excellent opportunity to learn more about Soul-Centered Living I: A 10-Month Certificate Program in Spiritual Psychology, meet the faculty, and talk with current students and graduates. Introduction to Spiritual Psychology Evenings are held on select dates throughout the year. To register for an upcoming event, visit the Event Page at www.universityofsantamonica.edu/events.