

**SCHOOL OF SPIRITUAL PSYCHOLOGY  
ONLINE CATALOGUE**

# TRANSFORMATIONS

- ~ Click on Course Title for more information and/or to purchase.
- ~ All courses may also be applied as electives for Level III Professional Therapeutic Breathworker Certification with the completion of the course test which is linked at the bottom of the Course Description page.
- \* Courses with an asterisk (\*) before them do not have a test associated with their content and may require a paragraph indicating the specific value of the course to the student's professional development for Elective credit.

**[Creative Life Series - 6 individual seminars](#)** (24 CE credits) \$275 for all

This series of seminars lays the foundation for a holistic approach to life. Six major life areas are examined to infuse a greater sense of self-responsibility, creativity and thus balanced healthy approach to well being.

**[CLS Seminar 1: Spiritual Psychology](#)** (4 CE credits) \$47

Taking responsibility for knowing the spiritual basis upon which one lives and using the mind as a positive tool in the process of meeting challenges on one's journey are the subject of this seminar. Exercises to examine one's defining beliefs, initiate conscious changes and manifest positive results are given. The text, *Spiritual Psychology*, Milwaukee, WI: Transformations Incorporated, Revised Third Edition, 1998, by Jim Morningstar, Ph.D., is an adjunct to completion of exercises and further reading.

**[CLS Seminar 2: Body Mastery](#)** (4 CE credits – With Video) \$57

Engaging one's body as a greater source of guidance and positive feedback is the purpose of this seminar. The body will be studied as an energy conducting system, means of communication and a product of one's thoughts. Exercises for reading and releasing holding patterns will be demonstrated and practiced.

**[CLS Seminar 3: Prosperity](#)** (4 CE credits) \$47

Early life influences toward prosperity will be put in context of current behaviors. How one's attitudes effect habits of earning, spending, saving

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and investing and how this impacts one's overall sense of safety and happiness will be explored. Many practical exercises and practices will be given to identify and alter ineffective patterns.

**[CLS Seminar 4: Loving Relationships](#)** 4 CE credits) \$47

The lifelong influence of primary parental relationships is well documented. This seminar will give insight into the personal patterns in one's relationships that are having the most profound impact. Psychological and emotional exercises will assist in becoming more objective and effective in making conscious loving changes to increase fulfillment and pleasure in relationship with partners, family and friends.

**[CLS Seminar 5: Multilevel Awareness](#)** (4 CE credits) \$47

Expanding conscious awareness and exploring the boundaries of memory are topics for this mind-altering seminar. Now we begin to open the doors to other levels of "reality" for the purpose of enriching our present, learning lessons in alternate dimensions and deepening the sense of purpose and gratitude for this life.

**[CLS Seminar 6: Completion](#)** (4 CE credits) \$47

Strengthening the sense of self-acceptance and fullness while engaging fully in life goals is the aim of this work. Uprooting the self-defeating effects of birth drama, the parental disapproval syndrome, specific negatives, multilevel patterns and the unconscious death urge is undertaken with lecture and exercises. Participants confront their major excuses for perpetuating their sense of incompleteness.

**[Body Aliveness Series](#)** – 6 three-class individual seminars (34 CE credits)  
\$375 for all

These holistic practices have been developed over the past 30 years. Students will be introduced to the theory and practice of reading and releasing characterological and their corresponding physical energy holding patterns. Cues from the body, family history, symptomology and behavior of the client will be interrelated. This gives the practitioner several avenues of intervention in helping increase the client's self-awareness and self care. Specific verbal, postural, movement, and attitudinal interventions are demonstrated to assist in effecting positive changes more readily and more permanently than just verbal or physical intervention alone. Bio-spiritual

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energetic awareness and many of the techniques can be integrated effectively into clinical practice.

These seminars can be taken individually, but it is recommended they be taken in order given for best understanding and application.

**[BAS Seminar 1: Psychic Sensitive](#)** (6 CE credits with BAS video #1-#6) \$87

The prenatal period into the first year of life will be studied to identify how our basic sense of security is held in mind and body. How lifelong anxiety (e.g., "I'm not safe in my body or my world.") is structured into the organism and how this effects self image are demonstrated. The family messages, body language and adaptive and compensating defenses are examined. Innate strengths and coping mechanisms which when built upon lead to reintegration and a flowering of psychic and artistic talents as well as spiritual capabilities are revealed.

**[BAS Seminar 2: Empathetic Nurturing](#)** (6 CE credits) \$67

Development of the generalized life themes of deprivation/abundance during the first year of life is examined (e.g., "I'll never get enough." "If I love enough I'll be loved."). How one's body posture and expression daily reinforces the felt experience of self-sufficiency is shown. The family messages, body language and adaptive and compensating defenses are examined. How to utilize the E/N strengths and avoid collusion with the limiting E/N themes is discussed in assisting maximal integration.

**[BAS Seminar 3: Inspirational Leadership](#)** (6 CE credits) \$67

How Inspirational Leader themes (e.g., "To give into feeling is weak.") are developed especially during the first to third year of life is shown. The two variations of "overpowering" and "seductive" are explained and their body structure examined. The family messages, body language and adaptive and compensating defenses are given. The challenges of working with I/L clients and accessing of their strengths en route to their integration are explained.

**[BAS Seminar 4: Steadfast Supportive](#)** (6 CE credits) \$67

Freedom of expression versus closeness can become a lifelong struggle for Steadfast Supportive individuals. Themes like "No one appreciates me." can undermine all relationships and personal

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aspirations. How these themes are emphasized and structured into the body during the second to fourth year of life is displayed. The family messages, body language and adaptive and compensating defenses are examined. Therapeutic pitfalls and favored approaches are given in the process assisting the S/S client to achieve freedom of expression and eliminate humiliation and guilt as major life motivations.

**[BAS Seminar 5: Gender Balanced](#)** (4 CE credits) \$47

During the third to fifth year of life gender identity is being reinforced. How role confusion is introduced and themes like "If I assert myself spontaneously, I'll be rejected," are taken on and perpetuated is explained. Both male and female patterns of exaggerated compensation are displayed. The family messages, body language and adaptive and compensating defenses are examined. Working with G/B clients to lead to sexual integration is demonstrated.

**[BAS Seminar 6: Energetic Grounded](#)** (6 CE credits) \$67

Sustaining intimate relationships can be the major challenge for many who are otherwise successful in their life. A strong theme of betrayal during the fourth to sixth year of life can initiate unconscious themes like "No one is going to hurt me again," or "I'm a loving person that no one understands." The Energetic Grounded male and female repeat relationship patterns with little insight as to how to get beyond their defensive armoring. Their family messages, body language and adaptive and compensating defenses are examined. Direct techniques to assist E/G individuals to surrender safely to love and to unite their love and their sexuality are displayed.

**[SIP Core Integration](#)** – 5 individual seminars (14 CE credits) \$150 for all

Integrative psychology has antecedents in the fields of psychotherapy, systems theory and communications that have paved the way to more essential contact between human beings. Some of the most clear and effective theories and practices from the psychological domain are presented here. They open the doors to and interface with spiritual traditions that have been wise enough to train the mind rather than demonize it or try to eliminate it. Students will apply these practices to their own lives and relationships and learn first hand how to tailor the tools to their psyche as well as alter them for others.

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**[SIP Seminar 1: Goals/Personal Time Study](#)** (2 CE credits) \$27

How to approach goal setting from a holistic perspective and utilize physical, mental and emotional energy in synchronous ways to manifesting one's heart's desires is studied. Analysis of one's personal schedule and techniques for effective change will be demonstrated. The recommended text, *Spiritual Psychology*, Milwaukee, WI: Transformations Incorporated, Revised Third Edition, 1998, by Jim Morningstar, Ph.D., is an adjunct to completion of exercises and further reading.

**[SIP Seminar 2: Family Systems Study and Application](#)** (4 CE credits) \$47

Students will get a foundational understanding of the theory and practice of Family Systems Therapy. Concepts of individuation, triangling, family secrets, multigenerational projection process and others will be explored. Methods for examining students' personal patterns will be presented and their influence on their life and work will be demonstrated. This study is based upon the research and practice of Murray Bowen, known as the grandfather of family systems theory and treatment.

**[SIP Seminar 3: Communication: Pitfalls and Clearing Exercises](#)** (3 CE credits) \$37

Knowing how to recognize "Risky Rascals," those commonly used messages that purport to help, but which enmesh communicators emotional systems is key to assisting self and others to increase clarity and effectiveness. Recognizing communication styles and redirecting ineffective styles is the second goal of this seminar.

**[SIP Seminar 4: Therapeutic Breathwork Introduction](#)** (2 CE credits) \$27

The basic elements of therapeutic breathwork that has been developed since the 1970's and applied to areas of therapy, medicine and spiritual growth is presented through audio download or CDs and the recommended text, *Breathing in Light and Love*, Milwaukee, WI: Transformations Incorporated, 1994, by Jim Morningstar." Practitioners will be introduced to theory and application. Adaptation to breathing patterns of six different body types is shown.

**SIP Seminar 5: Levels of Existence and Spiral Dynamics** (3 CE credits) \$37

The general systems theory of the late visionary thinker and psychologist, Claire W. Graves, Ph.D., is presented along with its profound implications for understanding and predicting human behavior. Applications in the clinical, business and political arenas are graphically demonstrated by his students in their work, Beck, D. and Cowan, C. *Spiral Dynamics*, Cambridge, MA: Blackwell, 1996." Students may take an inventory (The Way I See It) and get a profile of their own belief systems and know how these systems compare to the emerging systems around the planet. Students will have a foundational understanding of one of the most comprehensive tools for charting the growth of human consciousness, individually and culturally.

**Personal Effectiveness Principles** – 8 individual classes (16 CE credits) \$175 for all

The Personal Effectiveness Principles training is a series of eight two hour and one half hour classes enabling participants to gain clarity about their life goals and success in achieving them. The course encapsulates concise and useful principles for mental mastery, emotional intelligence, goal setting and long term purposeful success. Techniques for effective communication, relationship building and energy maintenance through breathing fully and freely are also covered.

**PEP Class 1: Personal Effectiveness – Clarity and Passion** (2 CE credits) \$27

Learn and practice the two basic time-honored principles empowering one to rewrite the formula for one's personal success.

**PEP Class 2: Your Deepest Beliefs – The Analysis Principle** (2 CE credits) \$27

Engage in the process which uncovers the hidden personal beliefs which undermine one's effectiveness.

**PEP Class 3: Changing Your Mind – The Affirmation Principle** (2 CE credits) \$27

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Gain expertise in creating personally designed tools for mental mastery and life change.

**[PEP Class 4: Self Direction – The Goals Principle](#)** (2 CE credits)  
\$27

Apply the Four P's of effective goal setting and craft a blueprint for balanced responsible accomplishment.

**[PEP Class 5: Self Awareness – The Maintenance Principle and Breathing Your Body in Motion](#)** (2 CE credits) \$27

Monitor and maintain progress in manifesting results through challenges along the way.

**[PEP Class 6: Self Awareness – Effective Communication – Healing Vision and the Risky Rascals](#)** (2 CE credits) \$27

Recognize communication traps; practice healthy ways to engage others and strengthen environmental support.

**[PEP Class 7: Personal Laws and Relationship Patterns – the Keys to Freedom](#)** (2 CE credits) \$27

Find your "personal law" and sort out six major relationship patterns in yourself and others; use their strengths while minimizing their limiting influences.

**[PEP Class 8: Living Your Purpose – Doing What it Takes](#)** (2 CE credits) \$27

Clarify your life purpose and complete an implementation plan for ongoing progress beyond this course.

**[Transformational Psychology](#)** – 8 individual seminars (16 CE credits)  
\$160 for all

Beyond an overview of theory this course provides a variety of learning opportunities and leadership skills for integrating spiritual principles into one's career and everyday life with psychologically grounded techniques. Topics include dream mastery, creating a statement of purpose and a yearly holistic life plan, Gestalt leadership in life groups, inculcating a daily spiritual

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practice and preparing an hour-long public presentation. Taking spiritual leadership out of classroom theory into life and career requires development of personal disciplines which encompass one's work and finances, intimate and social relationships, personal growth and health, as well as recreation. The tools and techniques for making spiritual leadership real in the student's life are practiced and monitored to help them be integrated. Holistic healing skills are learned and applied to oneself in order for the student to truly be able to share them with others.

**Holistic Counseling** – 6 individual seminars (8 CE credits) \$87 for all

In six seminars, the issues and techniques of holistic counseling are explored and developed by Jim Morningstar, PhD. The Holistic Counseling Training is an opportunity to become more aware of how you give counsel to others and to consciously advance in your helping skills both personally and professionally. For practitioners and students who want to expand awareness and gain skills as counselors. Topics include personal purpose, successful contact and contracts, ethics, spirituality, diagnosis, establishing a practice as well as experience in current methods of effecting change in the whole person. Group and individual exercises in and out of class will enhance effectiveness as a non-intrusive change agent.

**Seminar 1: Introduction to Holistic Counseling**

(2 CE Credits) \$18

The theory and practice of holistic counseling is presented and distinguished from general counseling practices. Topics for the training course are outlined. Holism as a worldview evolving from systems thinking is detailed along with three basic tenants. Exercises to examine one's own holistic principles and to clarify one's purpose in pursuing a holistic orientation in practice are given. Goals for holistic practice are written.

**Seminar 2: Contact and Contract in Holistic Counseling**

(2 CE Credits) \$18

The quality of counselor contact with clients before, during and after session is examined from a holistic perspective. An exercise on counselor self perception is introduced. The issue of creating successful agreements with clients is addressed and basic principles outlined. Exercises to explore self expectations and self observations are explored. Awareness of one's ideals as well as one's actual

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behavior are the basis for a holistic counselor's effectiveness in guiding clients to self acceptance and positive life changes.

### **[Seminar 3: Ethics and Diagnosis in Holistic Counseling](#)**

(2 CE Credits) \$18

Professional ethics are examined from a holistic perspective. In-session behaviors involving self-disclosure and sexual energy as well as Out-of-session behaviors involving dual relationships are discussed. Ethics in the use of unresearched techniques and client confidentiality are also presented. Awareness of the counselors ethical basis is highlighted. Various systems of client diagnosis are presented as well as the theoretical basis underneath them. Ipsative vs. nomothetic standards are delineated and the current medical diagnoses are outlined along with its system of Multiaxial Assessment. The holistic paradigm is applied to diagnosis.

### **[Seminar 4: Theories and Techniques in Holistic Counseling](#)**

(2 CE Credits) \$18

A history and overview of the development of holistic counseling is presented. Individual theories and the practices associated with them are presented. These include the Family Systems Theory of Murray Bowen, MD, Gestalt Therapy of Fritz Perls, MD, Bioenergetics of Alexander Lowen, MD, Primal Therapy of Arthur Janov, PhD, and Therapeutic Breathwork of Jim Morningstar, PhD. The newly emerging field of Positive Psychology is introduced. The holistic paradigm is viewed in a developmental perspective.

### **[Seminar 5: Levels of Consciousness in Counseling](#)**

(2 CE Credits) \$18

The systems theory of Clare Graves, PhD and its growth into Spiral Dynamics\* is presented. The historical evolution of belief systems and its effect on individual development and growth is explored. How learning systems and their physiological and psychological underpinnings have evolved is described. How therapies have been generated to utilize evolving learning systems will be explicated. The counselor's own systems development and its impact on effectiveness will be discussed. An opportunity to identify one's levels of belief will be presented.

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### **Seminar 6: Spiritual Issues and Establishing a Practice**

(2 CE Credits) \$15

Holistic counseling by definition includes the spiritual realm of clients. How this is addressed while respecting the client's religious beliefs is addressed. Differing models of spirituality within the holistic field are presented. How the holistic counselor identifies his/her own spiritual core and connects with that of the client is explored. Composing a personal statement of purpose as a holistic counselor is undertaken. Issues involving the establishment of a practice including institutional vs. private practice, who you represent as a counselor, accountability, reimbursement, and work setting are discussed.

**Group Facilitator Training** – 6 individual seminars (8 CE credits) \$87 for all

Learning how to facilitate group energy to bring out the best in each participant, create a spiritual focus and accomplish group goals is the focus for this class taught by Jim Morningstar, PhD.

Students will study group process from a variety of theorists including making contracts and effective contact, boundary setting, handling challenges and coming to completion. In addition, members will construct a group relevant to their skills and interests that they will prepare to present in their community if they choose.

As the world population increases and along with it social tensions and inner isolation, there is an ever increasing need to work effectively and lovingly together. Facilitating empowering group interaction is needed in every occupational and social sector. This training is not topic specific, but covers the dynamics that are endemic to groups with a common interest and/or goal.

**Life InWellness Video Series** – 12 individual seminars (12 CE credits) \$170 for all

Jim Morningstar takes you on an engaging journey through 12 essential components of your life maximizing your effectiveness and joy as a human being. Each video class presents life enhancing information on one of the 12 areas of the Wellness Wheel.\*

Exercises are demonstrated and practical tips given to help ground the principles of healthy living in your body and mind. Practices are detailed to

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explore in between classes for installing the new habits you choose for your wellbeing.

These comprehensive interactive sessions illuminate the life areas of Self-Responsibility and Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing and Working, Communicating, Intimacy, Finding Meaning, and Transcending.

**[Video 1: Self-Responsibility](#)** (1 CE credit) \$15

Jim Morningstar, PhD, introduces the Life InWellness Series and the primary principles of the course: Self-Responsibility and Love. With a balance of self-responsibility (self improvement) and love (self acceptance) as the foundations of our being, living and wellness are synonymous. As we take this journey of well being together, each of us must find our optimal balance and inner wisdom, knowing when to take charge/make changes and when to adapt/go with the flow. Life gives us opportunities to do both each day. This first seminar gives us guidelines and exercises for keeping this balance, not just during the course, but for the course of our life.

**[Video 2: Breathing](#)** (1 CE credit) \$15

The Life InWellness Series would not be effective without teaching the basics of breath awareness and breath training. Over the past 25 years, there has been an explosion in the blending of ancient breathing techniques for health and spiritual awareness with contemporary growth and therapeutic practices. Jim Morningstar, PhD, who has taught breathing practices since the 1970s, shares the most useful of time-honored tools passed down through the generations combined with newly evolved discoveries to improve wellbeing and life satisfaction.

**[Video 3: Sensing](#)** (1 CE credit) \$15

It is through the senses -- seeing, touching, smelling, hearing, tasting -- that we come to know and enjoy the world. Our abilities to work, to feel pleasure, to communicate with others, and to impact the world are directly related to our abilities to appreciate and use our sensory input efficiently and creatively. In this class, Jim Morningstar, PhD, presents information and exercises to help us use our human sensory system to increase our potential for pleasure, satisfaction and meaning in our lives.

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**Video 4: Eating** (1 CE credit) \$15

"Let your food be your medicine, and your medicine be your food," - Hippocrates. The third energy input type in the Wellness Energy System is food. Eating is much more than the mechanical process of assimilating food, as we all know. It has layers of meaning and feelings attached to it that touch every aspect of who we are. Jim Morningstar, PhD, presents critical information and incisive exercises to help us come away from this class with practical ways to both enjoy our food more and have it better serve our wellbeing.

**Video 5: Moving** (1 CE credit) \$15

How does the fact that all life is in constant movement impact our health and wellbeing? How can we use movement consciously to maintain wellness and go in the direction we desire? Jim Morningstar, PhD, Director of InWellness presents in a 50-minute class basic aerobic, stretching and muscle building exercises that can be done right in the office or home. How to initiate an exercise program that fits the individual and how to maintain it to get the results wanted with pleasure is demonstrated.

**Video 6: Feeling** (1 CE credit) \$15

Because feelings have been the motivating force behind the greatest heroism and the greatest atrocities in human history, they are often treated with great caution if not suppressed entirely. Yet they are an essential ingredient not just to our survival, but to the enjoyment and fulfillment we all seek. Jim Morningstar, PhD, Director of InWellness' presentation on Feeling helps you explore the role of feelings in your daily existence and practice ways to have them increase the richness and intimacy in your life.

**Video 7: Thinking** (1 CE credit) \$15

Our capacity to think truly sets us apart from other life forms on the planet. But how much are we the master of our thinking or how much does our thinking master us? Psychological research tells us we think on average 40-50,000 thoughts per day as a conservative estimate. Many of these thoughts are variations of familiar themes which populate our mind. These themes can serve us or not on our life

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path. Or perhaps they served us at one point but have outlived their usefulness. The good news is that we have the capacity to examine our thoughts and the tools to change those that have overstayed their welcome. Few people, however, develop the skills to be objective enough to achieve even the simplest level of mental mastery. This class by Jim Morningstar, PhD, Director of InWellness, will give you the opportunity to practice powerful and effective tools on your thinking patterns that can have a profound influence on your life satisfaction.

**[Video 8: Playing and Working](#)** (1 CE credit) \$15

How we structure our life's activities of Working and Playing tells us much about our values. What we "have time for" is a product of what we prioritize as important as well as what is available in our environment. In our quest for a happy and healthy lifestyle, it is our attitudes toward working and playing which determine a great deal about our life satisfaction. This class by Jim Morningstar, PhD, Director of InWellness, will give you the opportunity to examine your attitudes and habits as well as some tools and incentive to create a nurturing and fulfilling balance of work and play in your life.

**[Video 9: Communicating](#)** (1 CE credit) \$15

Jim Morningstar, PhD, Director of InWellness presents - Communicating - the ninth life area of the wellness wheel. The quality of our communication is a major factor in our interpersonal and life happiness. Communication is at the core of all our relationships and determines the degree of cooperation or conflict we experience on a daily basis. This class will give us the opportunity to examine our communication style and effectiveness as well as ways to increase our abilities and satisfaction in the process.

**[Video 10: Intimacy](#)** (1 CE credit) \$15

Jim Morningstar, PhD, Director of InWellness examines - Intimacy - the tenth life area of the wellness wheel. Intimacy with our self and others reflects what touches us most deeply in life and gives worth to our existence. Intimacy takes us into our greatest vulnerability and also our most profound sense of pleasure and satisfaction. This class will give us the opportunity to explore how we create intimacy in our lives as well as ways to enhance and enjoy the intimacy we value most.

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**Video 11: Finding Meaning** (1 CE credit) \$15

Finding Meaning, the eleventh life area of the Wellness Wheel, creates a personal context for all the wellness topics and has profound implications for our ultimate health and well being. In this class Jim Morningstar, PhD, Director of InWellness will assist us to clarify what gives our life meaning and how we can choose to lead a more purposeful existence now and in the future.

**Video 12: Transcending** (1 CE credit) \$15

Jim Morningstar, PhD, InWellness Director, presents Transcending, the twelfth and final life area of the wellness wheel. Transcending promotes genuine growth and is more than just going beyond or escaping what was. It involves learning and incorporating from the past and building upon it. This is a true integration that is the platform for evolving rather than just abandoning all that came before. The final transcending "leap of faith" has preparatory steps that allow new heights to be reached, but also new roots to be grown. This effects a permanent change rather than a temporary high followed by a resounding crash. Our work in this class will allow us to strengthen those preparatory steps to our personal transcending on the physical, emotional, mental as well as spiritual levels and to integrate all the areas of wellbeing we have covered in our Life InWellness Series.

**Living Your Purpose Series** – 9 individual seminars (16 CE credits) \$160 for all

Application of spiritual principles in one's chosen life work is the theme of this course. Inner work will include the clearing and strengthening of one's energy centers as a regular practice. Outer work will entail the presentation and analysis of one's career autobiography and the completion of a major project relevant to manifesting purpose in life work.

Living and applying the spiritual principles which nourish our souls is the foundation for a sense of purposeful existence. This does not happen by chance. Unless the time and focus are given to this intention, we will continue to operate on cultural and familial survival patterns. Some research indicates the only measurable factor

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positively correlating with longevity is "job satisfaction." If the work we do on a daily basis is not building our vital energy, it is depleting it and decreasing our ability and motivation to work and play wholeheartedly. This course is directed to clarifying and infusing our life work with our highest purpose and supportively integrating the practices to do so.

These seminars should be taken in order given for best understanding and application.

**[The Sevenfold Path to Health and Happiness](#)** – 9 individual seminars (16 CE credits) \$160 for all

During this course students will learn and practice the techniques which best realign their body, mind and spirit. Students will identify their core issues and strengths of each of their chakras and use the most effective Bioenergetic, yogic, sound, and inner reflective exercises to get them humming with harmony. This material is based on the clinical expertise of Jim Morningstar, Ph.D. and wisdom of Anodea Judith, Ph.D. foremost authority on the chakra system and energy work.

This course involves practicing new life affirming exercises that improve the quality of lives daily, building upon what is done each class to truly grow in mastery, and develop tools which will continue to be useful throughout one's life.

These seminars should be taken in order given for best understanding and application.

\***[Living with the Ascended Masters](#)** – 9 individual seminars (13 CE credits) \$108 for all

This course is directed to investigate and open the doors of awareness to guidance and support available to humans from inner and outer sources. Ascended Masters represent higher consciousness that has been wisely and effectively used for personal development and spiritual growth in many cultures. Learning and working with the body's energy centers (chakras) will be emphasized. Students will be presented with practical tools, exercises and practices to implement these resources for self awareness and self-realization as well as support for planetary evolution.

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\***Living and Manifesting in My Light Body** – 9 individual seminars (13 CE credits) \$108 for all

Living in my light body frees me from the solitary confinement of mental and physical forms. I can then more consciously use the mental and physical planes for creative manifesting rather than survival drama. Each class in the series will present exercises for mastery of our light bodies from the eighth to the first chakra. All will have the opportunity to be supported in a special manifestation of their choosing. This course involves practicing new life affirming exercises that improve the quality of lives daily, building upon what is done each class to truly grow in mastery, and develop tools which will continue to be useful throughout one's life.

These seminars should be taken in order given for best understanding and application.

\***Being a Teacher of Light** – 9 individual seminars (13 CE credits) \$108 for all

To be embodied on this planet is to be a student and teacher of Light - for Light is where we come from, what we are made of and where we are going. We can become more conscious and masterful of how we live and grow in Light if we choose. This choice means devoting the time and attention to this mastery. Our class is a commitment to learn and share lessons of Light from acknowledged teachers, with each other and with our world. Each class we will steep ourselves in the light of a master's path and deepen our reverence for ours. All will have the opportunity to be supported in sharing and teaching from our own Light.

\***Ascension** – 9 individual seminars (13 CE credits) \$108 for all

Ascension in our usage of the concept is the process of heightening conscious awareness and effectiveness on physical, emotional, mental and spiritual levels. We focus on ascending in each of these levels personally, relationally and as a planet over 9 classes. Each member's growth will be supported by the practices taught and the detailed exercises in each class. Our work will culminate in a Personal Ascension Plan resulting from the exploration, experimentation and inspiration we share on this sacred journey.

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\****Being and Living the Love You Are – Video Course*** – 9 individual seminars (13 CE credits) \$150 for all

Love is the all-pervasive substance that holds the universe as One. To experience love as the ground of your being and to live from this foundation is to transform every moment of your existence into higher awareness. Each video class of this nine-class journey we will engage in practices that radically upend the roadblocks to owning the innocence and purity of being in your Sacred Heart and radiating this glow to your world.

\****Returning to Source: A journey of breath and intention – Video Course*** – 9 individual seminars (13 CE credits) \$170 for all

How to incisively address our most primal human challenges with loving intention and conscious breathing is the goal of this nine month journey Home. As the circle of our consciousness expands toward the infinite, it aspires to the heights of Ascension. And it also takes us to the depths of Beingness and all it entails to be divine in human form. This is the stumbling block for most en route to enlightenment. We shall with courage and shared intention experience and integrate both the heights and depths of our existence in coming Home to our ownership of our Source.

\****Integrative Life Teacher Training – Video Course*** – 9 individual seminars (13 CE credits) \$170 for all

This nine-session online course is an immersion in an integrative cutting-edge curriculum from experienced teachers and mentors that promotes growth as both a student and teacher. Growth requires passing on what is your best, whether it is simply by example or in other forms of transmission, e.g., in a seminar or classroom format. The more consciously you do this, the more effectively you and all around you grow. This course is about taking specific and concrete steps to manifesting your highest life purpose, requiring both courage and an intelligent plan. You can create and teach an inspiring presentation or class within nine months.

\****Integrative Life Community Building – Video Course*** – 8 individual seminars (13 CE credits) \$170 for all

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This eight-session course will give you the tools and support to be the Integrative life Community Builder that you are here to become. Life satisfaction, health, creativity and growth are all fostered in communities of like-spirited individuals. You are the founder of yours. You can search endlessly and join a multiplicity of groups, but unless you own the calling to your community of Heart, you will never be completely at home.

This requires you to first let go of all your preconceived notions of leadership in the world. You do not have to be rich, politically connected or charismatic to be a community builder. In fact, you may be sitting in the middle of your community right now and just not knowing how to fully activate and experience the rewards of it.

**[\\*Advanced Practicum and Apprenticeship In Community Building – Video Course](#)** – 8 individual seminars (13 CE credits) \$170 for all

The Purpose of the Advanced Practicum is to gain all the skills to manifest successful holistic businesses and teach courses that are the foundation for and support a thriving community. To have the tools available to teach these foundational courses and market them successfully when the time is right in your life. This eight-session course addresses the disillusion of traditional cultural and family systems which has left a glaring need for communities of trust and values. If addictive substances and pastimes are all that are available to those hungry for aliveness, that is where they will often turn. This is a critical time in our planetary history for grass roots leadership to bring value and substance to those seeking what is not being offered from traditional structures or mass media. To be of lasting value these communities must involve a long term (e.g., 6 months or more) commitment from participants and immerse them in the highest quality thoughts and experiences during this time to make a permanent consciousness shift.

**[Practicum in Breathwork](#)** – 2 individual seminars (16 CE credits) \$160 for both

The theory and practice of breathwork will be presented along with readings and techniques for integrating the practices into ones life and profession. Since the 1970s, there has been an explosion in the blending of ancient breathing techniques for health and spiritual awareness with

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contemporary growth and therapeutic practices. The result has been the evolution of powerful and incisive healing and consciousness changing modalities. This has given birth to the field of breathwork that has promoted significant advances in medical, psychological and spiritual domains. The call for professional training and supervision in theory and practice is immanent as breathwork is emerging as a primary technique in the practice of Spiritual Psychology. The Breathwork Practicum is a foundational course in this training.

These seminars can be taken individually, but it is recommended they be taken in order given for best understanding and application.

**[BP Seminar 1: Therapeutic Breathwork](#)** - 6 classes (8 CE credits)  
\$87

Students will be exposed to the core theory and techniques of breathwork. Adaptation to one's current professional service will be addressed. Should a practitioner choose to additionally complete all the Level 1 Breathworker requirements including direct supervision, certification at that level could be obtained. The recommended course text is: Morningstar, Jim (1994), *Breathing in Light and Love, Your Call to Breath and Body Mastery*. Wisconsin: Transformations Incorporated.

**[BP Seminar 2: Breathwork Supervision Group](#)** - 6 classes (8 CE credits) \$87

This series of classes is designed for students who are ready to or have begun to practice breathwork under supervision. Dealing with the major issues that arise in practice and hearing other students' challenges and feedback to them is central to this work. This can prepare the student for Level II and Level III (professional practitioner) training.

\***[Integrative Practitioner Supervision Series](#)** – 4 individual sessions (13 CE credits) \$48 for all

This four session supervisory series gives professional breathworkers and integrative practitioners feedback on issues relevant to their practice of healing arts. Topics addressed include: client challenges, creating the proper work setting, attracting clients, ethics and boundary issues, dealing with resistance, referral, use of substances, personal breathwork issues,

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homework, support group and further training, payment and completion. Practitioners grow from others' experience and increase their confidence and expertise.

**[Breathworker Certification Modules](#)** – 9 individual modules (76 CE credits) \$740 for 1-9

The Breathworker Training Modules focus in depth on specific aspects of being a competent and successful breathworker. Each module highlights different techniques for guiding oneself and others through the many and varied applications of breath for healing and growing. This ranges from breathwork's use in professional practice, water and group breathwork, pre-birth stages and the physiology and history of the use of breath mastery throughout the ages. Finally the finer points of body and energy reading as a breathworker are covered. This material when combined with clinical practicum is all applicable to certification as a professional breathworker according to the standards of the International Breathwork Training Alliance.

**[BC Module 1: Introduction to Breathwork for Professional Caregivers](#)** - (12 CE credits) \$97

The purpose of this training is to introduce breathwork skills to professionals in the healing arts. Breathwork is a conscious breath monitoring process which is used by health care professionals around the world.

**[BC Module 2: Breathwork in Water Training – Video Course](#)** - (8 CE credits) \$87

Recommended course text; required for Continuing Education and Certificate Program credit (not included): Taylor, Kylea (1994), *The Breathwork Experience*.

This training prepares the practitioner to give wet breathwork sessions. Both theory and supervised experience are given in profoundly moving method of healing and growth. The stages of pre natal growth, recognizing and releasing patterns which develop from them are detailed.

**[BC Module 3: Group Breathwork Training – Video Course](#)** - (8 CE credits) \$87

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Recommended course text; required for Continuing Education and Certificate Program credit (not included): Grof, S. Psychology of the Future. State University of New York Press, Albany: 2000

Understanding and working with group dynamics, creating group sessions, use of music, movement, art, successful teamwork, and supervision in facilitation will all be addressed in this day long training.

**[BC Module 4: The Anatomy of Breathwork](#)** - (8 CE credits) \$87

Recommended course text; required for Continuing Education and Certificate Program credit (not included): Minett, G. Exhale. Floris Books, Edinburgh: 2004

Participants will learn the foundational mechanics of healthy breathing and how to coach positive changes in dysfunctional patterns. The schools and styles of breathwork techniques will be presented and experienced so practitioners may choose the methods that fit themselves and their clients best.

**[BC Module 5: Energy Release and Body Types in Breathwork – Video Course](#)** - (8 CE credits) \$87

Recommended course text; required for Continuing Education and Certificate Program credit (not included): Morningstar, J. Breathing in Light and Love. Milwaukee, WI: Transformations Incorporated, 1994.

Participants will be trained in hands on and hands off energetic release work, reading body types and facilitating exercises for maximizing their strengths and integrating these techniques into the breathwork session. Application from infancy through adulthood will be addressed.

**[BC Module 6: Touch and Dynamic Movement in Breathwork – Video Course](#)** - (8 CE credits) \$87

Jayne and Kate are both veteran bodyworkers and Therapeutic Breathwork Trainers who present the theory and practical demonstration of the safe, ethical and effective use of touch and movement in breathwork sessions. Topics covered include the contract of touch, non-contact touch. touch as a clarifier, connector, communal

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and compassionate, catalyst, comic and mystery. Movement in breathwork is demonstrated as embodied intuition, presence. co-regulating and holy vision. The difference between exaggerated physical resistance and direct energetic processing is explained. The use of guided visualization, sound and music and touch in movement is presented along with an experiential group breathwork session involving the use of the techniques described.

**[BC Module 7: Breathwork and Healing Trauma](#)** - (8 CE credits)  
\$87

The aim of this Module is to elucidate the role that trauma plays in our development on all levels and the importance of the use of breathwork in healing the effects of trauma, as well as to engage in exercises and learn techniques which can safely and effectively be employed when working with trauma in a healing session to assist in integrating clarity and passion into one's life.

**[BC Module 8: Ethics in Breathwork](#)** - (8 CE credits) \$87

This Module explores the ethical principles of Therapeutic Breathwork through didactic presentation as well as experiential exercises. Particularly highlighted are the ethical concerns in dealing with a holistic approach and non-ordinary states of consciousness. Also considered are the challenges of client and practitioner safety and sexuality. The Global Professional Breathwork Alliance practice principles and ethical standards are presented.

**[BC Module 9: Shamanism and Breathwork – Video Course](#)** - (8 CE credits) \$87

We each have intrinsic shamanic abilities. Their purpose is to keep us whole by repairing the psychic damage incurred in life. The issue with many of us is that our shamanic tools have gotten rusty from lack of use. We live in a culture that values the rational over the intuitive, and that sends us to specialists rather than encouraging us to look within.

In this module, we learn how to awaken and develop our intrinsic shamanic abilities by re-memorizing the body/mind/spirit life-force connection through the Spirit of Breath. Together we fan the fire of our creative energy to transform everyday activities into

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Ceremonies that enliven the ever-present magic patiently waiting to be acknowledged and directed for healing and revealing the wholeness of our world.

### **eBooks and Videos**

\***[Breathing in Light and Love: Your Call to Breath and Body Mastery](#)** – (5 CE credits) \$10

Newly Revised and Updated...

Breathing in Light and Love: Your Call to Breath and Body Mastery - 2015 eBook by Jim Morningstar, PhD (289 pages)

How to translate the simple act of breathing into a life transforming process.

\***[The Complete Breath: A Professional Guide to Health and Wellbeing](#)** – (6 CE credits) \$12.95

An encyclopedia of contemporary breathwork theory and practice by current luminaries in the field. Breath is the foundation for all life processes. To breathe well is to live well. In this book you will explore and learn the complete breath. This is a metaphor for the complete life—an existence marked by inner balance, outer poise and gratifying accomplishment. (212 pages)

\***[Breathwork and Body Theme Training Video](#)** – (2 CE credits) \$17

This training video introduces practitioners to body theme identification and neurological, structural and behavioral correlates. It further demonstrates how specific release techniques can be used in therapeutic breathwork and other healing modalities most effectively with the body theme patterns.

\***[Therapeutic Breathwork Introduction and Live Demonstration - Video](#)** – (1 CE credits) \$11

This introduction is instructive for health care practitioners and prospective participants alike. (40 min. 42 sec.)

The video introduces the theory and technique of therapeutic breathwork as pioneered by Jim Morningstar, PhD. Drawing from time honored healing traditions and incorporating contemporary advances in

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somatic therapy and neuroscience, this incisive approach integrates verbal and nonverbal parts of the brain.

As such practitioners and participants can use it to effectively reach and help release chronic and acute dysfunctional holding patterns leading to the recovery of creativity and joy in life. The technique is demonstrated in excerpts from a live session with added commentary.

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