

## *Transforming Consciousness Series*

### **INTRODUCTION**

This series includes five short courses which provide an overview of ways of working with consciousness and is based on the book *Being Prayer--Transforming Consciousness: Good News of Buddhist Practice*. The book was written to provide a philosophical explanation for the experiential trainings offered in Insight and Mindfulness meditation courses. The series is recommended for anyone interested in cultivating the mind, as an introduction to those new to meditation practice and as a deepening and broadening experience for those with many years of experience.

This packet includes information relevant to all of the short courses of the series. You are welcome to take one course or all of them. Each follows the pattern explained in this document.

1. Be sure to read the introduction to the series. Information from the general introduction is included in the post test of each course.
2. Read the relevant chapter from the book or the digital download. Read using the study guide. Experiment with the suggested exercises.
3. In order to receive Continuing Education after reading and working with the text and exercises follow the directions at the end of the course for completing the post test and the course evaluation.



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Citta 101 is approved by the American Psychological Association to sponsor continuing education for psychologists. Citta 101 maintains responsibility for this program and its contents.

Citta 101 is also an approved sponsor in Texas for continuing education for social workers, counselors, and therapists.

Please contact your Board directly if you have approval questions about this or other courses. See our website at [www.citta101.com/ce.html](http://www.citta101.com/ce.html) for more detailed information about our programs.

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## CHECK LIST

1. Read the Overview to the series
2. Read the entire chapter from the book or from the PDF file.
3. Work with the Study Guide.
4. Submit the required course evaluation
5. Submit the Post Test
6. Documentation of completion of Continuing Education credit from Citta 101 will be emailed to you.

**Note:** This Citta 101 course written by Mary Rees is a product of Nutshell Publications®. The text is derived directly from the Nutshell Publications® *Being Prayer—Transforming Consciousness* a 2006 book written by Mary Rees. The chapters are available separately in downloadable PDF files. Each course in the series includes text elements (General Introduction and Course Introduction), study guide, a post test, and an evaluation form.

## SERIES DESCRIPTION

Psychologists, counselors, therapists and social workers will enhance your capacity to work skillfully with clients. This course reinforces and supports the need for intimate experience of your own body and mind and experiential development of these capacities. The course also provides an overview of the philosophy behind the development of mind.

## PURPOSE OF THIS COURSE

The purpose of this continuing education course is for you to experientially realize that mind and body each influence and are influenced by the other. Through direct awareness of your body, come to an experiential grasp of even the most sophisticated theology or philosophy.

## SERIES OBJECTIVES

By the conclusion of this series of sessions you will:

Session One: Preliminary Practices

- Develop familiarity with one's mind and kinds of consciousness
- Identify and foster qualities of mind conducive to skill mind states

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### Session Two: Knowing the Mind

- Experience different kinds of consciousness
- Sharpen the mind's capacity to observe.
- Make contact with direct experience, bare attention

### Session Three: Freeing the Mind

- Practice meditation skills that free the mind
- Recognize spaciousness of mind, even in difficult mind states
- Identify moment of volitional opportunity
- Name some common skillful and unskillful mind states

### Session Four: Shaping the Mind

- Differentiate experientially several mind states
- Develop skills for fostering skillful qualities and extinguishing unskillful.

### Session Five: Birthing Embodied Being

- Using developing openness and spaciousness of mind and sharpened capacity for observation of subtle mind/body processes for integrating practices of knowing, shaping and freeing the mind in daily life.
- Finding ways that life can flow or can be lived as dance

If you have any questions concerning this course, please feel free to contact Citta 101 at (713) 662-2743.

## **ABOUT YOUR TEACHER**

Your teacher, Mary Rees, is a professional educator focusing on processes and development of consciousness through Insight and Mindfulness Meditation. She is also a Spiritual Director and certified as an Educational Diagnostician with a Master of Science degree from the University of Nebraska at Omaha.

## **ABOUT TRANSFORMING CONSCIOUSNESS**

"How we see determines what we see, and Mary Rees will help you to see much better."  
Fr. Richard Rohr, O.F.M.

Author of *Everything Belongs*, Center for Action and Contemplation  
Albuquerque, New Mexico

"Mary...takes hard concepts like consciousness and mind and makes them accessible."  
Rodney Smith, Insight Meditation Teacher  
Author of *Lessons from the Dying*, Seattle, Washington

"This...is a book to be done, using the practice, not just to be read, grasping the concepts. As we do so we let *direct contact with life be our primary teacher* as Karl Rahner with his emphasis on human experience might corroborate."

Sr. Mary Dennison, rc, EdD

Director, Spiritual Direction Institute Houston, TX

"The readers will connect with it based on their own experience and practice, reflecting the principle that all things of a higher nature come when one is ready to receive them."

Mary Hendricks, MS, RYT

Yoga Alliance of Registered Yoga Teachers, Houston, Texas

"*Being Prayer*...offers practical skills through which anyone might step into the infinite possibility of who they are as a human being, from whatever background they come."

Sally Taylor

Tibetan Buddhist Gelugpa practitioner

Hermitage Cottage a spiritual retreat open to practitioners of all faith traditions or none

Co. Down, Northern Ireland

### **Purchase the book** *Being Prayer-Transforming Consciousness*

Buy from the author:

[http://www.citta101.org/agora/agora.cgi?cart\\_id=4454768.13685&product=Awareness&xm=on](http://www.citta101.org/agora/agora.cgi?cart_id=4454768.13685&product=Awareness&xm=on)

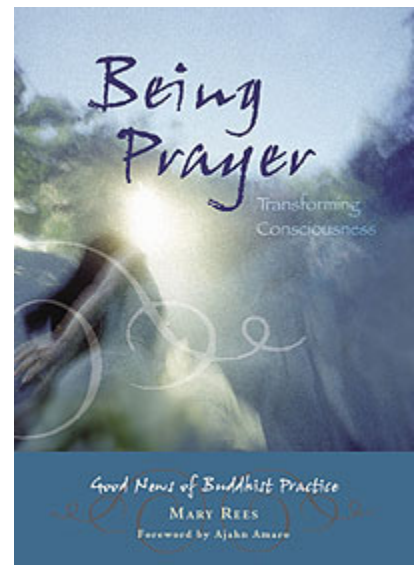
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Available in book stores

More about *Being Prayer—Transforming Consciousness* at

<http://www.beingprayer.com>



### **Purchase Chapters individually** in downloadable format

The downloadable chapters are available within the content pages for each course. You can also find them on the Nutshell Publications® website at <http://www.nutpub.com/edocs.html>