



# 2024 Course Catalogue

*Fields of Understanding*

*School of Principled Consciousness*





## Welcome to Fields of Understanding 2024

The purpose of education is to create a higher sense of what is possible.

With Principled Consciousness students learn to feel abstractions  
and with training, feel safe to explore the invisible unknown  
and achieve the poetics of adventures.

These pathways are granted when erroneous beliefs and  
misconceptions melt into new forms of angular measurement  
of attainments and opportunities.

Are you open to widen your freedom through  
routes of behavior that make your future more predictable?

Join us this year. Choose from a spectrum of courses.  
Embark on a course with multi-leveled direction.  
Consider 2024's fresh and absorbing course called,

**“VC – Breaking The Linked Chain of Defenses That Keep You Bound ”.**

*“Join us for a year of reorganization, growth, and camaraderie  
with like-minded people from all parts of the world!  
Join our 17th year to enhance your personal brilliance!”*

Dr. Susan Gurnee

Fields of Understanding School of Principled Consciousness P O Box 5, Todd,

North Carolina, 28684 USA [www.fieldsofunderstanding.com](http://www.fieldsofunderstanding.com) [info@fieldsofunderstanding.com](mailto:info@fieldsofunderstanding.com)



## ARE YOU READY TO TAKE A LONGER CHALLENGE TO EXPAND YOUR COGNITION?

Make 2024 the year you study at  
Fields of Understanding  
School of Principled Consciousness:

Using self-chosen year-long projects, entering students are given methods to achieve goals by including the use of Universal Principles. In its 17th year, Fields of Understanding offers fourteen yearly programs and one newly formulated course, allowing you to delve into specific themes to widen your cognitive skills and alter defensive and dualistic decision-making habits. Engage in the use of inner programming to further your learning. Each year-long curriculum provides monthly study materials – including ebooks in English or German, audio files, Resonance Art Prints, as well as regular phone consults with founder Dr. Sue Gurnee.

Two optional five day-long Group Forums and bonus events help learners practice what they've learned through daily applications with other studying students.

**Registration period: October 31, 2023 until January 11, 2024.**

Download your application form from  
[www.fieldsofunderstanding.com](http://www.fieldsofunderstanding.com) and send it to  
[info@fieldsofunderstanding.com](mailto:info@fieldsofunderstanding.com) pre January 7, 2024.

*Fields of Understanding* School of Principled Consciousness



October 2023

## Dear Prospective Student,

Thank you for your keen interest in joining this innovative way to make positive changes to your daily life.

Enjoy diving into the descriptions of our programs of study 2024 that features our new course **“VC – Breaking The Linked Chain of Defenses That Keep You Bound”!**

After committing to your self-designed curriculum from the specific branches of Principled Consciousness trainings outlined below, you can learn methods to increase your powers of cognition in accordance with highly principled models.

Correlating each step of your work with energetic counterparts, you can gain a supportive awareness of the inherent connection between your thoughts, intentions, actions, and outcomes.

As a year-long student you are embarking on a unique and personalized program. For the extent of your enrollment you have access to the scholarship, experience, and sincere feedback of founder, Dr. Susan Gurnee. Her mission is to help you achieve your goal while you use your year-long project study as a metaphor for your life. With this correlation you will accomplish an important objective. Widen your awareness and take your learning and expanded consciousness into daily life.



## Overview of Year-long Curricula 2024

### **Foundational Study** *(see page 9)*

The first training course given 17 years ago by Dr. Gurnee was planned as a one-year experiment. In this course, students design a personal project to accomplish in a year's time by incorporating the tenets of Principled Consciousness. This set of twelve lessons is a glorious way to practice the use of vibrational coherence through every-day decision-making.

For students who are eager to take their experiences to a deeper level, three continuing 12 module courses with ebooks and soundfiles are offered: **Continuing Students, On-going Students, Returning Students.**

### **Foundational Verities** *(see page 11)*

A popular course for those who have studied with Sue Gurnee and/or want a fast-track introduction to many of the precepts important to a comprehensive overview of how Universal Principles can aid decision-making.

### **Cherished Relationships** *(see page 13)*

This long-awaited course honors the factors and dynamics of supportive vibrational alignments beyond outlined classifications characterized in a system designed by Dr. Gurnee.

NEW in 2024

Overview of Year-long Curricula 2024

## **“VC – Breaking The Linked Chain of Defenses That Keep You Bound ”** *(see page 12)*

A year-long investigation and in-depth study of twelve vicious circles of false conclusions that lead you to pseudo-solutions about your situation at any moment. Using tools of logic, courage and experience break the chains of denial that keep you bound. Generalized assumptions can produce expectations that lead to emotion-filled frustrations.

By using well-laid awareness categories, widen your ability to find these in a gentle way in this 12-part manner with a personal process each month via ebook sent in English or German with workbook sections for personal notes, and ½ hour phone consults with Dr. Gurnee if needed. This course is worth 24 Continuing Educational Units (CEU’s).

## **Walking In The Path of Peace** *(see page 15)*

Following a path of peace may seem arduous. Yes, it is a solo experience. For those who engaged in any type of extended hiking experience, your mind wanders into many crevasses that otherwise may be left unnoticed. This year-long solo trek, as it is called, is not designed to leave you feeling alone. Quite the contrary. It allows you to embrace greater possibilities using the power of the invisible inner assets.

### **Mutuality Training (A One or Two Year Course)** *(see page 18)*

This comprehensive course explains the unseen connections that are formed during interactions. Actively reshape daily encounters into servicable exchanges that include unceasing forms of determinative, valid, and practicable events.

### **“36 Cycles” Advisor Course** *(see page 16)*

Take the year’s offerings in a week-by-week manner to enhance life-changing standards modeled through 36 Cycles, Nine Directives, 12 Principles, Four Elements, and 10 Categories that you experience through the year. Release non-beneficial influences through a spectrum of transitional statements designed just for you. Beyond using this work for your personal expansion, after learning the steps, become a qualified “36 Cycle-Advisor”. Assist others to gain insights from key values of time-framed cycles from spring equinox throughout the year.

### **Study Course in Radiesthesia\*** *(see page 17)*

Beyond learning about applied kinesiology taught concisely in Sue’s courses, in this series of 12 chapters you can attain a high level of skill to build patterns of reliable accuracy. Methods to locate water, underground fundamentals, and other elements at distance using radiesthesia. Become a clear and correct user of this skill by widening your intentionality and alignment with invariable accuracy.

*\*Radiesthesia is the study of muscle-response testing / applied kinesiological methods using ideomotor and the autonomic nervous system to access fact-filled information.*

**Fields of Understanding** School of Principled Consciousness



## **Establishing A Unified Direction** *(see page 20)*

By request, this splendid course was produced to give you contributory affiliation of your unconscious, subconscious, and other levels of consciousness. Through each of the 12 modules students can follow steps to release subversive components from voluntary and involuntary processes inside.

## **SpiralAction Method™ Core Components** *(see page 21)*

A whirlwind of wonderful ways to gain sensory-oriented techniques to unwind areas of personal discord using gently programmed movements. This potent Six-Step process leads people to uphold alert composure as a foundational support for venturing into the unknown.

## **SpiralAction Method™ Facilitation Essentials** *(see page 22)*

For those who have understood the Core Components and have a deep longing to delve deeper to become a certified instructor of this multi-dimensional Six-Step process. This training course weaves personal development and systematized knowledge needed to complete the distinction of certification.



## Foundational Study – Creating With Principled Consciousness

*Ebooks in English or German / Audio lessons in English*

*Optional: Resonance Art Series “Creating With Principled Consciousness”*

Under the direction of Dr. Gurnee, students choose an individual project to spend the calendar year completing. All projects will have in common that they provide beneficial solutions to challenging self-devised themes. The one-year self-defined project fosters an uncompromising adherence to ethical principles that sustain honesty and build habits of outstanding character. The steps of the self-chosen project become a personal representation of your newly formed inner managerial patterns. This study endeavor releases your powers to catapult change, nurture growth, and insure development.

Each year, students receive an abundance of lessons contained in twelve monthly ebooks and audio files. These are designed to carefully synthesize thought and action through conscious inner command of perception and action.

Through this supervised independent course of study, students will have access to consultations with Dr. Gurnee through telephone, 12 monthly ebooks, sound file lectures, and project coaching.

Optionally, students can choose to obtain Resonance Art prints from the Series “Creating with Principled Consciousness”, especially produced by Susan Gurnee to support students’ self-development and confidence while enhancing the work done throughout the year.

The series of 12 is available in CD sized format, at request also in the size 8”x 8” (21x21cm). Resonance Art prints are not included in tuition fee.

Students who have completed one year can build other instructive projects or continue the previous year’s project as:

## **Continuing Students**

*Ebooks in English or German / Audio lessons in English or German*

## **On-going Students**

*Ebooks in English or German / Audio lessons in English or German*

## **Returning Students**

*Ebooks in English or German / Audio lessons in English or German*

**Year-long Courses Fields of Understanding 2024**



## Fields of Understanding's Foundational Verities

*Ebooks in English or German*

*Including Resonance Art Series "Gazing Series", 12 prints, CD sized format*

Verities are principles that hold factual relevance in life situations. These serve as fundamental truisms foundational to build trust in one's beliefs, behaviors, or reasonings. These principles have withstood the vagaries of time. They can be relied upon in new encounters and can sustain noble intentions. This popular course uses six critical themes from which to find continued innovational discernments.

Foundational Verities addresses the topics of Security, Creativity, Power, Appreciation, Communication, and Social Intelligence. Instead of a supportive sound file, students will receive Resonance Art prints in a Series "Foundational Verities". These vibrational art prints created especially by Susan Gurnee, are designed to support students' self-development work throughout the year. The series of 12 are available in CD sized format and are included in the course fee.

By special request, the size 8"x 8" (21x21cm) Resonance Art prints from this series can be purchased by those enrolled or not enrolled in this year's course.

New in 2024:



## “VC – Breaking The Linked Chain of Defenses That Keep You Bound ”

*Ebooks in English or German*

### **Why Do I Still Get Angry?**

A year-long investigation and in-depth study of twelve vicious circles of false conclusions that lead you to pseudo-solutions about your situation at any moment. Using tools of logic, courage and experience break the chains of denial that keep you bound. Uncover assumptions and fear-based models of what your future may bring. Generalized assumptions can produce expectations that lead to emotion-filled frustrations. Past sufferings can shape habits of illogical rationality about potentials and possibilities with a support your convictions with frameworks of reality. How? By using well-laid awareness categories, widen your ability to find where habitual inner power struggles gain their momentum and create dualistic filing. Search where any subtle forms of hostility or aggression, withdrawal or preferred isolation signal that inner mutuality is disturbed.

This twelve-module course includes a monthly ebook sent in English or German audio files, workbook sections for personal notes, and ½ hour phone consults with Dr. Gurnee to further decipher how to use new found ways to explore. This course is worth 24 Continuing Educational Units (CEU's).

**Do you want to reanimate contented feelings currently covered by subtle layers of pain or mistrust?**

Year-long Courses Fields of Understanding 2024

Follow the chapters of this course to gain perceptive insights to aid your lifestyle. Topics include:

- Elements of Participation • Forms of trust • Inner communications
- Power struggles • Trust, Faith, and Wishful Thinking • Reality Checks
- Confidence



## “Cherished Relationships”

*Ebooks in English or German*

This course is not targeting how to fix a failing marriage or how to find a desired partner. No matter what culture we begin with, as we grow and determine our view of relationships through experience becomes a fast track to spiritual growth and social development. While in relationships knowledge about freedom, authenticity, comfort, and strife are quietly investigated.

Through storytelling and metaphors, access the systems offered to find your personal inner contradictions that disturb you from gaining cherished relationships. Open your mindset beyond any cultural self-definition. Like the Tao that can't be spoken, learn about forces and the field effects that register from one particular body/brain receiver to the corresponding experience of another. Open to create worlds that overlap and express beyond the ability of verbal expression.

Dynamic responses bring deeper exploration. Learn how to step into the cloak of clarification to build relationships you cherish. This is not gender or age or geographic or cultural specific. It is a way of anogogic. It begins with tenderness and effort. Treat yourself dearly to shelter and protect your own being. Give new forms of consideration to those with whom you desire to share. When you have undertaken this task and reached beyond selfishness or self-centeredness, you can begin this flight beyond words.

This course creates a map for the soaring of your human spirit and for your emancipated life on earth. Each month you will receive three tasks to practice for 28 days and an ebook for support and encouragement.

It is suggested you take this after one or more of the five foundational courses (Foundational Study, Continuing Students, Ongoing Students, Returning Students, or Foundational Verities).

Prerequisite – muscle response testing skill  
Attendance at a Sue Gurnee event on location or online.

Please note, there are no other projects involved.

This is a course that can bring new meaning  
to interactions both near and far.

**Year-long Courses Fields of Understanding 2024**



## “Walking In The Path of Peace”

*Ebooks in English or German*

This 12 part excursion is designed to bring sovereignty to hidden conflicted areas inside where destructive patterns may keep you from supportive and contented inner peace.

Chapters in this course include the workbook study of:  
Abilities • Awareness • Closeness • Creative consciousness • Development • Fear • Images and Imagination • Inner attitudes • Intuition • Truthfulness • Outer influences • Transformation

To maintain a freedom from daily disturbances and to build tranquility into actions, risk to boldly walk in a path of peace.

In this way it is possible to access a stress-free state of security and calmness. It is on this path where all things have meaning. Instead of automatic defense responses, access inner liberty to integrate intrinsic inner congruency.

This power aids your ability to manage conflict. Any absence of inner conflict can bring comfort to your physical system so that behaviors follow with Principled Consciousness.



## **“36 Cycles” Technique – Advisor Course**

*Ebooks in English or German*

After ten years of testing, this comprehensive compilation of principles, directives, and categories is here to be shared. Take the year’s offerings in a week-by-week manner to enhance life-changing standards modeled through 36 Cycles, Nine Directives, 12 Principles, Four Elements, and 10 Categories that you experience through the year. Release non-beneficial influences through a spectrum of transitional statements designed just for you.

Beyond using this work for your personal expansion, after learning the steps, become a qualified “36 Cycle”-Advisor. Assist others to gain insights from key values of time-framed cycles from spring equinox throughout the year.

Included in this course are chapters that contain history, outline of study, preparational exercises, four foundational elements, the Family of Planets, working with 36 Cycles, references, and bonus material.

**Year-long Courses Fields of Understanding 2024**



## Study Course in Radiesthesia

*Course material in English or German*

After mountains of requests, this year you can strengthen your ability to use your autonomic nervous system and the Power of Energetics to locate ground water, buried metals, maligned earth configurations, and physical maladies. Join Sue, a life member of the American Society of Dowsters who has presented dowsing topics to professional dowsters in the USA since 1986. For decades Sue has increased her skills related to this ancient art and gained insight into practical secrecies from some of the most celebrated luminaries. During this course you will receive a three-part history of dowsing around the world, an assortment of methods to use your ideomotor reflexes, and an expanded study of the use of maps and charts to gain insights from your inner intelligences.

One of the first registered accounts of the professional use of dowsing to locate metal ore dates back to 1556. Sue will take you further in history to ancient Egypt. Through historical evidence, you can learn how this powerful skill was used as part of cultural hierarchy through the antiquities. Filled with practical training, this course will help you amplify your skills of applied kinesiology as well as map and chart work. For those who have practiced the art of kinesiology as well as those interested in expanding skills to widen intuition, this is a foundational course that can lead you to many enjoyable hours of exploration.



## Mutuality Training

*Ebooks in English or German*

If you do not understand yourself, it is difficult to comprehend what is taking place around you. After years of research and testing, Dr. Gurnee has systematized the importance of mutuality into six stages with identifiable patterns. These can be observed in others and understood inside.

Since mutuality is necessary for the process of any form of creation, learn how to find the ingredients inside to build interactions with qualities that hold genuine and supportive elements.

A two-year comprehensive study course, the “Six Stages of Mutuality” as taught by Dr. Gurnee, is designed to widen your understanding of the powers you possess during both professional and social interactions. Whether you are in the arts, in service, science, or other interaction-filled occupations, increase your interpersonal relationships.

Participants learn how to widen opportunities that can open and expand understanding with courage, reason, and goal-directed flexibility. Monthly ebooks and individual coaching by Dr. Gurnee are included.

*(This training can be combined into a one-year 24 module course with the permission of Dr. Gurnee)*

**Year-long Courses Fields of Understanding 2024**

## Mutuality Keys 1–3 (Year 1)

Taught in sets of three platforms, Year 1 establishes the first three key trainings. These are directed toward collaborative relationships. Chart how your participation and contributions evolve into desired or undesired consequences. This training can be used daily with family, at work, or within your own personality. Progress through these stages can be plotted using the keys of understanding offered in this 12 -module training. These three stages (Keys 1–3) help you practice the qualities of participation, creativity, and the subtle aspects contained in goal-directed accomplishments.

## Mutuality Keys 4–6 (Year 2)

**(Prerequisite for this course: Mutuality Keys 1-3)**

If you do not understand yourself, you will have difficulty understanding others. If you do not love or respect yourself, it is almost impossible to love or respect what you encounter. In these next three Keys, capture the seemingly fleeting awarenesses of your operating system. Notice how subtle forms of defense can hinder the development of first three levels of any relationship. Learn how satisfactory outcomes can be prematurely diverted. When the first three keys have become valued, then a gateway can open to sustained appreciation and sincere forms of communication. Trust-filled collaborative associations can easily follow using Mutuality Keys 4-6. Three stages (Mutuality Key 4–6) for sustained collaboration using communication, trust, caring and assurance – to enhance your personal relationships, team support, long-term associations, and family evolution.



## Establishing A Unified Direction

*Ebooks in English or German*

“Unified Direction” is achieved when both conscious and unconscious thoughts are free of inner conflict. Until that time, achievements are hindered by contradictory attitudes, concepts, and beliefs that disperse energy and scatter objectives.

Unconscious thoughts are classified as involuntary. These often hold fear-based false conclusions that over-ride and determine the orientation of the conscious voluntary thoughts and reactions. This course is influential in its manner to systematize and uphold mutuality between the involuntary and voluntary parts in one’s operating system. Throughout the year, build new pathways of confidence and clarity with easy-to-follow charts and personal worksheets. Each month, students receive elegantly adorned information-packed charts and worksheets.

This brilliant one-year course is offered to inquisitive learners and those with previous training at Fields of Understanding. Scheduled throughout the year are telephone consultations and facilitation by Dr. Gurnee.

Year-long Courses Fields of Understanding 2024



## SpiralAction Method™ Core Components

*Ebooks in English or German*

An intensive one-year course allowing participants to gain a sensory-oriented technique to quickly unwind areas of personal discord. Using the power contained in gently programmed movements, this well-tested technique is impressive. It allows participants to retune themselves to uphold alert composure, useful and influential for creating expressive daily decision-making.

Raise understanding about your outlooks towards struggle and stress. These and many shielding areas are addressed in depth throughout the year. Learn to use an efficient and practical system to expand maintainable and effective results that reflect your intentions.

Course includes:

Amazingly crafted and thoroughly engrossing videos, twelve splendidly laid out ebooks for their charming ease, and scheduled phone-coaching with Dr. Gurnee.



## **SpiralAction Method™ Facilitation Essentials**

*Ebooks in English or German*

For those who have successfully completed the SpiralAction Method™ Core Components course, this is an opportunity-filled year. Do you want to learn how to teach SpiralAction Method™ to others? This special training course weaves personal development topics with the steps needed to prepare for certification. With certification you will gain the joy and materials to spread this effective method in your own classes and events.

Students who want to train to become certified SpiralAction Method™ Instructors and have already worked on their self-development in the one-year SpiralAction Method™ Core Components course, will receive 6 monthly modules from which to review, memorize, and continue their personal evolution. In August, a SpiralAction Method™ Immersion Class is offered for further training, practice, and re-certification testing.

The tuition fee for the Immersion Class is included in the yearly tuition. For more information contact Dr. Susan Gurnee. After successfully passing the certification process, SpiralAction Method™ Instructors order an Instructors' package with authentic SpiralAction Method™ tools. These permit them to offer certified SpiralAction Method™ weekend seminars. This Facilitation Essentials Course is only open to students who have successfully completed the SpiralAction Method™ Core Components training with Dr. Susan Gurnee at Fields of Understanding.

**Year-long Courses Fields of Understanding 2024**

Please note:

Students interested in becoming certified SpiralAction Method™ Instructors need to make an appointment with Dr. Susan Gurnee to discuss which are the most appropriate courses to take for their certification process.

For evolved students with relevant background, experiences, and leadership skills as well as a solid foundation and understanding of Principled Consciousness, a special admission can be granted allowing students to join without previous studies of SpiralAction Method™.

Admission to the SpiralAction Method™ Facilitation Essentials program is based on Dr. Gurnee's evaluation.



## Group Forums For Qualified Students

Apply to attend optional five-day Group Forums. These are designed specifically for those who are currently enrolled in the School. The Group Forum fee is not covered by the yearly tuition. These additional offerings support the students' individual projects through camaraderie formed through experimentation through the group association.

The Group Forum 2024 events include daily ebooks as well as daily meetings with Sue Gurnee and fellow students. Dates for Group Forum weeks will be published by December 2023.



## Yearly Tuition and Fees

Tuition for a year-long course that includes distance learning material in English or German (as available) and project reviews: \$6,500

For all year-long courses: a non-refundable registration fee of \$400 is due by the end of the registration period. This fee covers application processing and administrative duties.



## Payment Schedule 2024

Due by Jan 11:	Registration/administrative fees	\$400
Due by Jan 25:	Tuition	\$1,000
Due before March 10:	Tuition	\$2,000
Due before June 6:	Tuition	\$2,000
Due before Sept. 2:	Tuition	\$1,500

For payment by checks in US funds, please make tuition checks payable to FIELDS OF UNDERSTANDING. For payment information for international and domestic bank transfers, please contact us at : [office@fieldsofunderstanding.com](mailto:office@fieldsofunderstanding.com).

OPTIONAL GROUP FORUM AND OTHER SEMINARS AND EVENTS 2024 (for currently enrolled students) are not included in the yearly tuition.



## Mission Statement

Fields of Understanding is passionate about nurturing the spirits of integrity, ethics, and mutuality. Linked to Universal themes that honor conscious decision-making, students are given models of clarity from which to widen their spectrum of goal-oriented decision-making skills.



# 2024



[www.fieldsofunderstanding.com](http://www.fieldsofunderstanding.com)

*Fields of Understanding* School of Principled Consciousness

P O Box 5

Todd, North Carolina

28684 USA

[www.fieldsofunderstanding.com](http://www.fieldsofunderstanding.com) [info@fieldsofunderstanding.com](mailto:info@fieldsofunderstanding.com)