

A painter's palette with various colors of paint (red, blue, green, yellow, white) and a brush. The background is a blurred, artistic composition of colors.

2023 Course Catalogue

Fields of Understanding

School of Principled Consciousness



Welcome to Fields of Understanding 2023

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
and engage in greater possibilities.

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

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

Join us this year. Choose from a kaleidoscope of courses.

Embark on a course with new direction.

Consider 2023's fresh and thought filled course called,

"Walking in the Path of Peace: a solo trek".

*"Join us for a year of insights, growth, and camaraderie
with like-minded people from all parts of the world!
Join our 16th year to enhanced 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 info@fieldsofunderstanding.com

**ARE YOU READY
TO TAKE A LONGER CHALLENGE
AND EXPAND YOUR NETWORK OF CO-LEARNERS?**

Make 2023 the year you study at
Fields of Understanding
School of Principled Consciousness:

Using self-chosen year-long projects, entering students are given insights from which to achieve goals using choices that include the use of Universal Principles. In its 15th year, Fields of Understanding offers twelve more yearly programs, allowing you to delve into specific topics and focus areas to widen your perceptions and alter defensive and dualistic decision-making habits with the use of energy programs. Each year-long curriculum provides splendiferous 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 take what they've learned into a daily practice with other studying students.

Registration period: October 25, 2022 until January 14, 2023.
Download your application form from www.fieldsofunderstanding.com and send it to info@fieldsofunderstanding.com

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 in your life.

Enjoy diving into the outlines of our programs of study 2023, including our new course “Walking In The Path of Peace”!

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 manifestation 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 project as a metaphor for the directions of your life. With this correlation you will accomplish an important objective, and take the learning and expanded consciousness into your future daily choices.



Overview of Year-long Curricula 2023

Foundational Study *(see page 8)*

The first training course given 16 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 in 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 10)*

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 11)*

This long-awaited course honors the factors and dynamics of maintaining supportive vibrational alignments beyond the outlined classifications in the six Stages of Mutuality.



New in 2023

Walking In The Pace of Peace (see page 13)

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 I call, is not deigned to leave you feeling alone. Quite the contrary. It allows you to embrace greater possibilities using the power of invisible facets you hold inside.

Widen your options and opportunities by joining others who decide in 2023 to take this mode of travel through each month with ebooks and sound files as well as orienteering points to intermittently help you traverse the months of the year in an edifying and personal way.

“36 Cycles” Advisor Course (see page 14)

In a highly rated course for those who wish to counsel others, the 12 months of the year and accompanying vibrational influences are presented in an organized system. Each cycle offers a myriad of insights and qualities with which people can attune to strengthen activities to align with the rhythms of each cycle.

Study Course in Radiesthesia* (see page 15)

Beyond learning about a full body dowsing method taught concisely in Sue’s courses, in this series of 12 chapters you can gain a high level of training to build patterns of reliable accuracy to locate water and other focuses at distance using radiesthesia. Become a clear and correct user of this skill while widening your intentionality and alignment with truth.

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

Mutuality Training (A One or Two Year Course) *(see page 16)*

This comprehensive course includes the unseen connections that are formed during interactions. Actively reshape daily encounters into fulfilling exchanges that include unceasing forms of appreciation, caring, and trust.

Establishing Unified Direction *(see page 18)*

By request, this splendid course was created to give you a supportive affiliation of your unconscious, subconscious, and other levels of consciousness. Through each of the 12 modules students can follow steps to release crosscurrents of energy from voluntary and involuntary processes inside.

SpiralAction Method™ Core Components *(see page 19)*

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

SpiralAction Method™ Facilitation Essentials *(see page 20)*

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 knowledge needed to gain 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 decision-making patterns. This 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 that build the careful synthesis of thought and action through conscious decision-making.

Through this supervised independent course of study, students will have access to Fields of Understanding through telephone and Skype, 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 created by Susan Gurnee to support students’ self-development 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 glorious 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



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 truths and are foundational to build trust in beliefs, behavior, or reasoning. These have withstood the vagaries of time. They can be relied upon in new encounters and can sustain noble intentions. This newly developed course uses six critical themes from which to find continued evolutionary insights.

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.



“Cherished Relationships”

Ebooks in English or German

It has long been believed that relationships are the fast track to spiritual growth and development. This may follow that while in relationships knowledge about freedom, authenticity, comfort, and strife are quietly investigated.

This course is not targeting how to fix a failing marriage or how to find a desired partner. Using the power of energetics, find verbal contradictions that align with the classical language of mystics. Learn to describe the indescribable to 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 in another. Open to create worlds that overlap and express beyond any ability to be verbally expressed.

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 living. 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.

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

There are no other projects involved.

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

New in 2023:



“Walking In The Path of Peace!

Ebooks in English or German

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

Chapters in this course include 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, walk in the 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 things have meaning. Instead of automatic defense responses, accessing inner wholeness becomes available as you integrate supportive 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 exciting practice is ready to be shared. Beyond using this work for your personal expansion, after learning the steps, become a “36 Cycle” Instructor to assist others.

After completing this 12-module course, become certified. Help others gain insights from key values enhanced through the power of energetics.

Direct your innate skills as a mentor. Help individuals find life-changing standards modeled through 36 cycles, Nine Directives, 12 Principles, 4 Elements, and 10 categories. Release non-beneficial influences through a spectrum of transitional statements.

Encourage others to build responsibility and determination to achieve wider fulfillments.

“Like a boat on a river, use this comprehensive system to help maneuver into appropriate potentials available for a buoyant future.”



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 Dowzers who has presented dowsing topics to professional dowzers 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 intelligence.

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 full-body dowsing, finger and arm dowsing, as well as map and chart work. For those who have practiced the art of kinesiology as well as those interested in expanding skills of divination, this is a foundational course that can lead you to many enjoyable hours of fulfillment.



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 and 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)

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)

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 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 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.



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 potent. It allows participants to retune themselves to uphold alert composure foundational for creative expressiveness and daily decision-making.

Gain understanding about your outlooks on struggle and stress. These and many shielding areas are addressed in depth throughout the year. Learn to use an efficient and practical system to gain maintainable and efficient 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 pre-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 receive 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.

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.

Fields of Understanding has an established way to hold distance events, if required due to international travelling circumstances. The Spring Group Forum 2023 event will be hold at distance with daily ebooks and audio files, as well as daily meetings with Sue Gurnee and fellow students via Zoom. Dates for Group Forum weeks will be published by December 2022.



Yearly Tution 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 courses: a non-refundable registration fee of \$300 is due by the end of the registration period. This fee covers application processing, the distance physical exam, and handling charges.



Payment Schedule 2023

Due by Jan 14:	Registration / handling fees	\$300
Due by Jan 21:	Tuition	\$1,000
Due before March 15:	Tuition	\$2,000
Due before June 15:	Tuition	\$2,000
Due before Sept. 15:	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.

OPTIONAL GROUP FORUM AND OTHER SEMINARS AND EVENTS 2023 (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.

2023



www.fieldsofunderstanding.com

Fields of Understanding School of Principled Consciousness

