Pathways for development

If you do not feel well-established in the prerequisites yet sense that what is presented in them may be interesting for you, or that you want to strengthen them in your practice in order to be able to take the course in the future, here are several pathways for development.

Here you will find some of the themes mentioned in the pre-requisites, with talks you can listen to. In some of them there are also courses that are offered by teachers who were trained by Rob, and these courses will lead in a direction that is coherent with these prerequisites.

Energy body and samatha:

- The Art of Concentration (2008 retreat at Gaia House)
- Practising the Jhanas (2019-20 retreat at Gaia House)

Working with emotions in the context of the Energy body:

- The Boundless Heart (2011 retreat at Gaia House)
- Joining the online course: 'Emotions and Awakening Developing Artful and Liberating Ways of Looking within Our Emotional Life' beginning in September with two of Rob's trained teachers. Details at: http://dharmacourse.org/

Emptiness:

- reading and practicing with the book *Seeing that Frees* by Rob Burbea
- Joining the online course: 'Approaching Emptiness: Exploring insight & emptiness practice based on Rob Burbea's presentation of the Buddhist path.' with two of Rob's trained teachers. Details at: http://dharmacourse.org/

Metta:

- Metta and Emptiness (Level 1) (2011 retreat at Gaia House)
- The Loving Kindness (Metta) Retreat (2010 retreat at Gaia House)

Soulmaking practice and theory:

- Path of the Imaginal (2015 longer course through Gaia House)
- Foundations of a Soulmaking Dharma (2018 retreat at Gaia House)

You can also email the Hermes Amara Foundation <hermes.amara@gmail.com <http://hermes.amara@gmail.com> > and write asking to be added to their emailing list. They will send you information about other courses, as and when they arise, taught by other teachers trained by Rob Burbea that you might be interested in.