



Zulma Reyo
School of Consciousness

Prospectus



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'Light workers. Teachers.
Leaders. We're calling you.'

Zulma Reyo

A Note from Zulma

‘Learn the law of life and
rise in consciousness.’

Zulma Reyo



Thank you for your interest in the teachings of Inner Alchemy. At our school, we address the fundamental questions of reality, the nature of life and Consciousness, and how we may uncover and commune with our Soul. We offer a solid theoretical basis, providing the practical tools and methods for lasting change. Based upon wisdom drawn from a multitude of sources and practical experience (through meditations and exercises), the syllabus explores three main levels:

Mind – the study of our mind, group mind, and higher mind, revealing how thinking and feeling alter perception and influence (us and) our surrounding reality.

Whole-self integration – the study of the human energetic anatomy, personal faculties, powers, and energetic practices and principles.

Self-mastery, healing, and transformation – leaping into higher vibrational states of being with the tools and ability to manifest a greater purpose.

The aim of these studies is to enable alchemical ‘transmutation’ and to prepare students to live in service whilst upholding the principles of Spirit. Students are encouraged to contribute to world service through their way of life and professional expression. The teachings are expansive and personalised: it is not a ‘one size fits all’ approach.

Course Description

A five-year training programme with optional sixth year of residency.

Year 1 (Phase I):

4 modules of 4 days each and a 15-day intensive retreat

Year 2 (Phase II):

4 modules of 4 days each and a 13-day intensive retreat

Year 3 (Phase II):

2 modules of 5 days each and two 10-day intensive retreats

Year 4 (Phase III):

Two 10-day intensive retreats

Year 5 (Phase III):

Two 10-day intensive retreats

Year 6 (Phase IV) optional:

1 year residency and specialisation

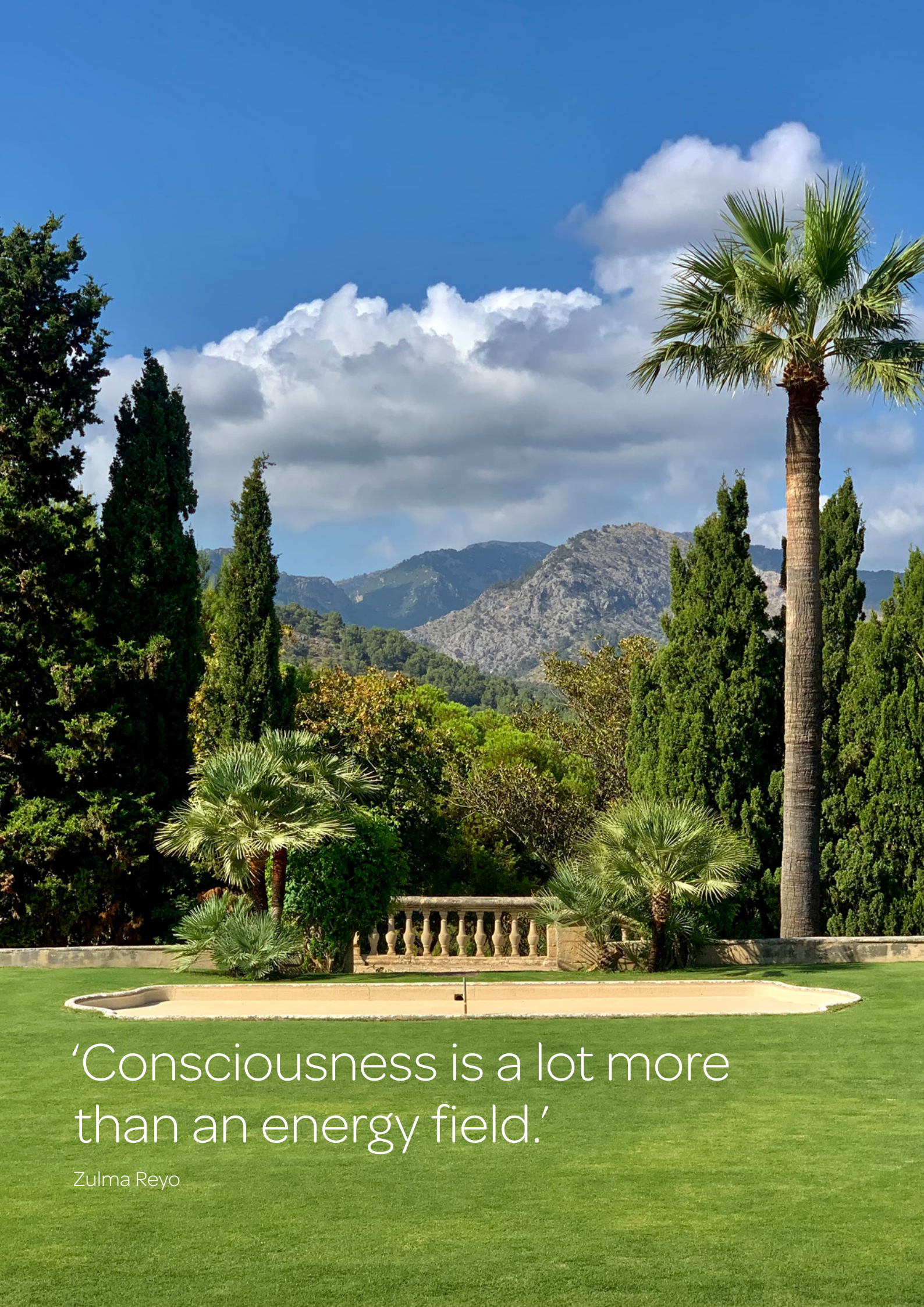
Each module includes daily bodywork (e.g., yoga, movement, etc.). Please allow a day on either end of a module/retreat for arrival and departure.

Our carefully designed programme consists of gradual, solid inner preparation for fine perception, correct thinking, flexible sensitivity, and true neutrality. Each module builds upon the previous ones with adequate time in between to implement, establish, and confirm new habits of perception and energy usage. In this way, ingrained patterns of wrong thinking are dissolved in favour of wholly new ways of living. The ultimate goal is to safely implement deep changes in our life which cannot be secured by mere method or information. The full training enables a person to draw from their ordinary resources, now underscored by the awareness of subtler more powerful levels of multidimensional reality. Our programme begins with extensive in-depth self-awareness and culminates in mastery over self, established upon genuine inner power.

Students fall into two areas: those who wish to teach (and potentially open Inner Alchemy centres) and those who wish to implement the principles of Inner Alchemy into their professions.

The school's syllabus demands dedicated focus and application in daily life, based on the understanding of esoteric laws, and supported by a posture of constant self-observation and self-discipline. To secure success, the principles of the teaching must become a priority, to the exclusion of other systems and techniques. The programme may not be combined with other approaches that function at different vibrational levels, since this may cause confusion or friction for the student. Furthermore, the nature and extent of the workload that awaits a participant must be understood. Real learning requires much "unlearning" and time. We advise studying the Inner Alchemy book, especially the parts related to commitment, purpose, and service.

The curriculum is divided into four phases, separated by evaluation based on performance and sustained commitment. The first phase is available to everyone who is accepted. The school determines whether a student can pass onto the second, third, and ultimately the fourth phases through considered assessment of the student's abilities, understanding, and application. The last or fourth phase (the 6th year) is reserved for future teachers of Inner Alchemy.



‘Consciousness is a lot more
than an energy field.’

Zulma Reyo

Phase I – One Year

Basic Principles of Inner Alchemy: Personality Management

This first stage reveals the hidden laws that govern matter and spirit with the intention of progressively creating an indissoluble link with the soul.

This year specifically involves confronting one's own personality: beliefs, conscious, unconscious, and even subconscious layers, as well as the typology corresponding to different energy systems. It is perhaps the most challenging stage and is of vital importance for later work with soul and spirit dynamics.

At this point, the programme delves deeply into the structure of the personal ego as it prepares for soul attunement. Here, the student learns to identify the three basic energy layers of the personality as physical, emotional, and mental energy fields, confronting them over and over with the basic question, "Who" am I? Or rather, "What" am I? Basic issues referring to tolerance, endurance, commitment, discipline, and life purpose constantly underlie the work of this year. To be ready to face and overcome ego reactions with understanding and integrity, the aspiring student must be fully accepting of the difficulties encountered in working on one's ego or self-image.

The evaluation done by staff at the end of this year's work will determine whether the student should continue with the advanced training in Phase II.

Phase II – Two Years

Introduction to Dimensional Dynamics

During the first year of Phase II, the student learns about their complex multidimensional structure. They learn to connect with higher mind and develop holistic understanding. Here the linear mind begins to infer the workings of higher Consciousness as sentient rather than logical intelligence.

During this time, the student is faced with a great choice between personality satisfactions and the calling of the soul. This phase distinctly prepares the student for a life of service. The choice now reflects the importance and priorities demanded in the material world for personal meaning and significance, and the higher calling of spirit and soul collaboration.

At the end of the second year of Phase II (the third year of training), the student is asked to present a project that will clearly demonstrate they understand and are able to handle the teaching in practical ways. If acceptable, the student receives a certification that allows them to become a *practitioner* in their chosen field, although not yet a teacher of Inner Alchemy.

Now the student may proceed to the third phase.

Phase III – Two Years

Application of Inner Alchemy Principles: Professional Service

In the first year of this phase (the 4th year of the programme), the student experiences an in-depth integration of Inner Alchemy principles in action. This involves a blend of 3rd dimensional activity integrated with the soul's calling and abilities.

In the second year (the 5th year of the programme), students enter a special form of internship, which requires work as volunteers in projects where the school's ideals or purposes are demonstrated. At the completion of this level, they are entitled to teach Inner Alchemy within their restricted areas, but not yet to open a school or be a spokesperson for Inner Alchemy.

Phase IV – One Year (Optional)

Residency and Specialisation

This is a year of direct application of Inner Alchemy objectives, which include dynamics but also fine attunement of the psyche through higher dimensional levels of intelligence. Once a student is accepted for this phase, they will be working physically in our school in Mallorca, monitored under the guidance of ZRSOC staff.

The graduate is eligible to open an Inner Alchemy School following the model of ZRSOC in Mallorca and supported by it.

Note: Further specialisation might be required.

A lush garden scene featuring a wooden deck made of weathered planks and posts. The deck is surrounded by dense greenery, including tall palm trees with long fronds, a tree with reddish-purple leaves, and various other plants and grasses. Sunlight filters through the foliage, creating dappled light on the deck and ground.

'Be humble. Burnout comes
from overambition.'

Zulma Reyo

First Year:

Windows of Perception

Module 1

4 days

Introduction to the basic principles of Inner Alchemy and the Alchemical Alignment.

Introduction to different bodies (energy fields): the mental, emotional, and physical bodies.

Introduction to different levels of 'perception' and how to shift to multiple perceptions through better understanding of the different energy bodies.

Introduction to the 'senses' and the levels of sensory awareness needed in the alchemical work.

Module 2

4 days

Understanding the Personal Focus of Consciousness (PFC) and The Senses.

Discernment and analysis of personal and collective belief systems.

Further work on the physical, emotional, and mental bodies.

Energy body management and modulation.

Module 3

15-day intensive

Understanding the role of thought-forms and personality in spiritual development.

Understanding the so-called Elemental or ego formation and its sub-personalities.

The role of Enneagram typologies and the subtle energy dynamics involved in understanding personality, opposites, and relationships.

Further work on the three energy bodies, including ways to reverse and refine automatic patterns.

Work on discernment and basic perception of personal dynamics.

Module 4

4 days

Introduction to three distinct levels of interaction with others and with information management, namely:

1. The ordinary linear process of perceiving and evaluating detail.
2. The higher holistic neutral perception that still embraces detail.
3. The highest/finest more subtle inner perception that involves the intelligence of the heart and the entire body.

Basic auric-reading instruction (energy distribution patterns).

Introduction to the Egyptian system of 'Bodies of Perception' (Khaibit, Sekem, Khu).

Module 5

4 days

Further work on the personality: Learning methods to regulate the automatic manifestation of emotions and beliefs.

Management of emotional sensitivity.

Breathing practices.

Basic introduction to energy acceleration of frequency meditation practice.

A practical guide to the Chakras.



Second Year:

Energy and Force

Module 1

4 days

Introduction to different dimensions of Consciousness.

Introduction to perception through the intelligence of the heart, Soul, and through spirit 'realities'.

Discerning fake versus authentic connection to different dimensional realities.

Basic energy acceleration practices.

Work on the out-of-body chakra system (exploration and personal validation of perception).

Module 2

13-day intensive

The teachings for this module are based on ancient Tibetan, Egyptian, and Mesoamerican writings on the death and rebirth process. This is a deeply transformative intensive process that calls upon each student to delve deeply and unreservedly into him or herself and to enact a sort of ego-death and rebirth into a different possible self.

Topics include:

The death of ego and rebirth of Consciousness.

Life review and understanding of personal identity and life purpose.

Reformulation and redirection of objectives.

Module 3

4 days

Introducing The Rays and The Glamours.

Work on the 'mind' in all its levels and expressions.

Training in mental flexibility, control, and multiple dimensional activity.

Module 4

4 days

General revision.

Study of the ways in which Consciousness functions through the personality.

The chakras as windows of perception.

The chakras beyond the body and finer levels of dimensional perception.

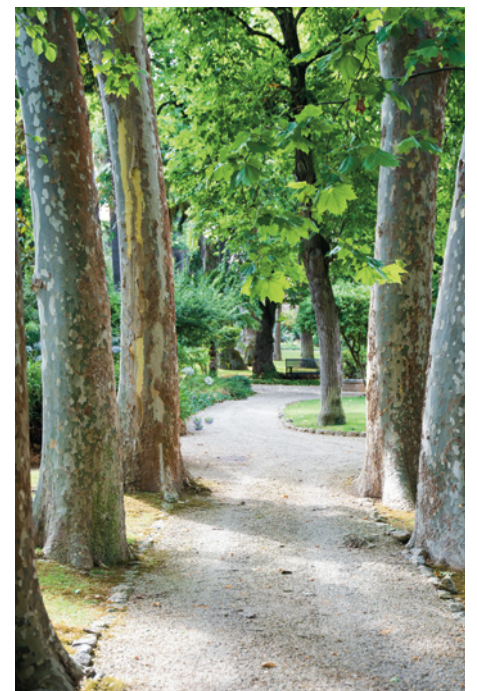
Further exploration of fake versus authentic connection with different levels of Consciousness using the Inner Alchemy dimensional map.

Module 5

4 days

Focus on preparation for living consciously, deliberately, and constructively.

Review and intensification of Inner Alchemy energy work.



Third Year:

Inner Alchemy Mastery and Self-Empowerment

Module 1

5 days

Introduction to higher perception.

Review of Alchemical Principles from different traditions.

The Lataif.

Intensified energy acceleration practices.

General review with focus on the student's personal perceptual 'style', including management of the energy bodies and what we refer to as the Personal Focus of Consciousness.

Energy generation and sustainability exercises.

Module 2

10 days

Initiation ritual.

Review of energy work, including acceleration practice and multi-dimensional activity.

Module 3

5 days

Advanced practice in energy diagnosis.

Mind emptying practices.

Opening of the third eye.

Module 4

10 days

Work on higher dimensional perception, such as communion with the Angelic and Elohim realms and connection with the Masters.

General revision and presentation of project.



Fourth and Fifth Years: Application of Inner Alchemy Principles & Professional Service

Individual research and assistance by staff tutors on the student's personal specialisation.

Experience of different meditational practices of various religions (e.g., silent meditation, mantra chanting, Sufi dancing, White Tantra, use of Yantras), as well as more contemporary approaches to meditative states.

In the 4th year of the programme, students attend two 10-day intensive retreats. In the 5th year, students attend two 10-day intensive retreats and additionally are required to work as volunteers in projects where the school's ideals or purposes are demonstrated.



Sixth Year: Residency and Specialisation

This optional one-year residency takes place at our school in Mallorca, under the guidance of ZRSOC staff.





Assessment

Every module is followed by applied fieldwork and reports. In the second half of the third-year, students are asked to present a project, developed throughout the semester with the help and guidance of the school's tutoring staff.

At each phase of the programme, a student's progress and suitability to advance will be assessed by ZRSOC staff.

Goal

At the end of our training programme, it is our sincere hope that you will take the wisdom and understanding you have gained to help others think and perceive differently, and to derive insight and power from indwelling Consciousness. Your acceptance into our programme will be based on your disposition towards teaching and service upon completion of your training.

The aim is to show others by direct experience and contact how to understand and transform self, connect with dimensions of wisdom beyond the confines of the limited personality, and create a better world.

A photograph of a long, narrow outdoor swimming pool. The pool is surrounded by lush greenery, including palm trees and other tropical plants. The water is clear and blue. The pool is framed by a concrete deck. The image is taken from a slightly elevated position, looking down the length of the pool. The lighting is bright, suggesting a sunny day. The overall mood is peaceful and inviting.

'Lead others into
a better future.'

Zulma Reyo

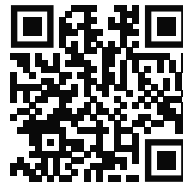
Application Process

Prerequisites

All applicants to our programme must have read the introduction to the recently updated and revised edition of *Inner Alchemy: The Path to Mastery* by Zulma Reyo. This book can be accessed at no cost on the school's website.

Apply here

Potential candidates will be interviewed. All accepted applicants will undergo a specialised Inner Alchemy energy diagnosis which will be reviewed yearly.
www.zrsoc.com/en/apply



About the School

Located in Mallorca, the Zulma Reyo School of Consciousness (ZRSOC) provides a full five-year training programme (with an optional sixth year), which is available in two languages: English or Spanish.

Financial Aid

Asociación Alquimia Interior España is a not-for-profit association and provides full scholarships to students, although donations are gratefully received. Travel grants are also available to those in need of financial assistance. We are happy to discuss this with you.



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Instagram, LinkedIn

Our school is a non-profit
institution supported by

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