



Zulma Reyo
School of Consciousness

Prospectus



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

Zulma Reyó

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

Our training programme has three stages:

Phases I-II

Year 1 (Phase I):

Two modules of four days and two intensive retreats of 15 and 10 days

Year 2 (Phase II):

Two modules of four days and two intensive retreats of 13 and 10 days

Year 3 (Phase II):

Two modules of five days each and two 10-day intensive retreats

Phase III

Year 4 (Phase III):

Two 11-day intensive retreats

Year 5 (Phase III):

Two 11-day intensive retreats

Phase IV

Year 6 (Phase IV) optional:

One 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.

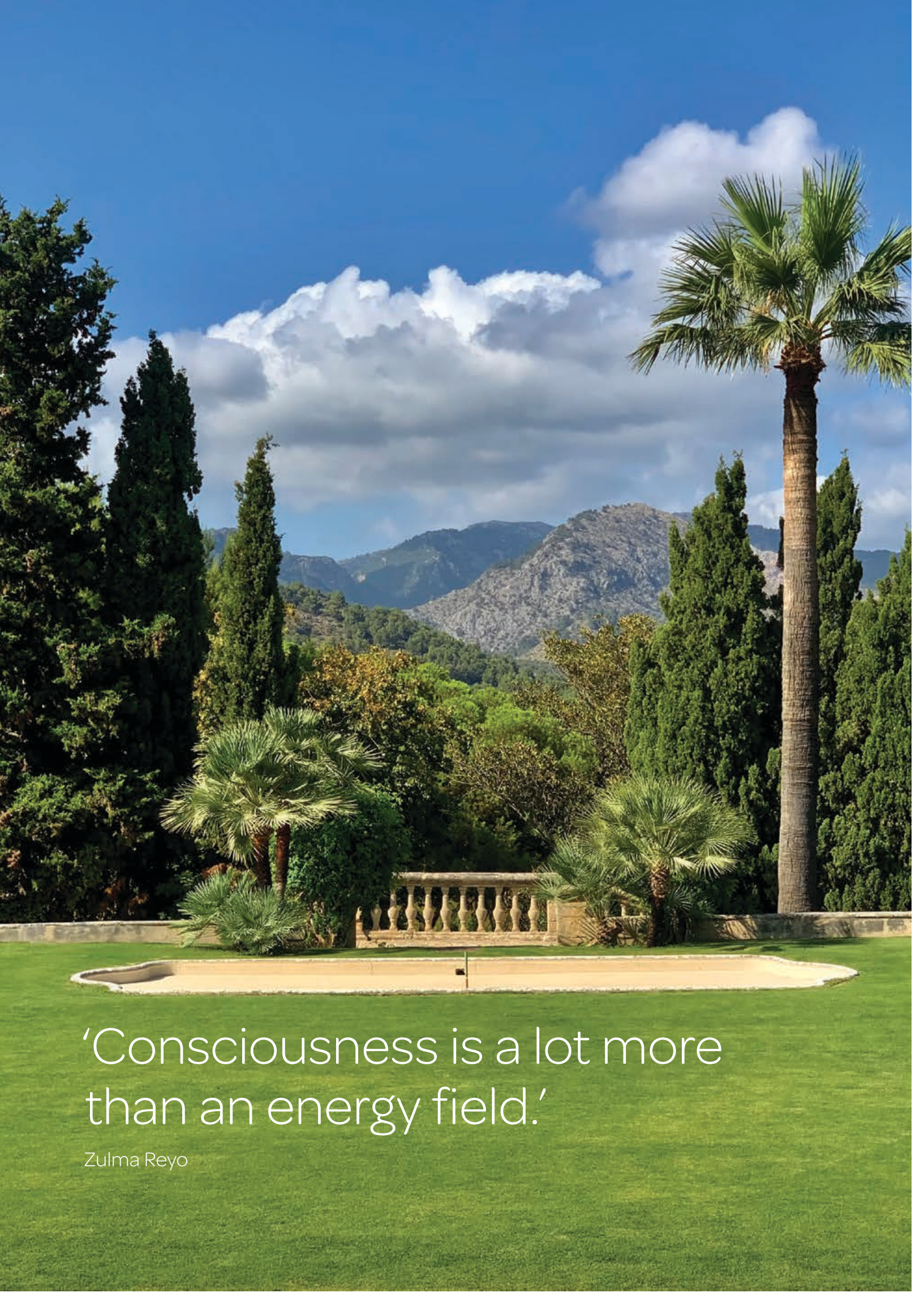
Our carefully designed programme consists of gradual, solid inner preparation for fine perception, correct thinking, flexible sensitivity, and true neutrality. Each module builds upon the previous ones with adequate time in between to implement, establish, and confirm new habits of perception and energy 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 lives 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.

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. Phases I-II offer basic Inner Alchemy training, while Phases III-IV are built upon the specialisation of Inner Alchemy. 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 phase through considered assessment of the student's abilities, understanding, and application. The last or fourth phase (the sixth year) is reserved for future teachers of Inner Alchemy.



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

Zulma Reyó

Course Description

Phase I – One Year

Basic Principles of Inner Alchemy: Personality Management

This initial stage introduces the hidden laws governing matter and spirit, aiming to create an unbreakable link with the soul. During this year, students confront their own personalities, including beliefs and both conscious and subconscious layers, while exploring the typologies related to different energy systems. This phase is particularly challenging and crucial for future work with soul and spirit dynamics.

At this stage, the programme delves deeply into the structure of the personal ego as it prepares for soul attunement. Students learn to identify the three fundamental energy layers of the personality: physical, emotional, and mental. Through continuous reflection on the questions 'Who am I?' and 'What am I?', students confront core issues such as tolerance, endurance, commitment, discipline, and life purpose. To be prepared to face and overcome ego reactions with understanding and integrity, students must fully accept the challenges involved in working on their ego or self-image.

Entry Requirements

Open to all individuals moved by a deep inner calling to be of service to humanity and are eager to explore personal growth and spiritual alignment.

Evaluation Process

At the end of the year, the school conducts an evaluation based on observed energy changes, student collaboration, participation, attitude, and the degree of integration with the group around service, commitment, and availability. Successful evaluation results in progression to the next phase.

Phase II – Two Years

Introduction to Dimensional Dynamics

In the first year of Phase II, students learn about their complex multidimensional structures, connecting with a higher mind and developing a holistic understanding. This stage marks the beginning of understanding higher consciousness as an intuitive rather than purely logical intelligence.

During this phase, students face a critical choice between the gratifications of personality and the calling of the soul. This period prepares students for a life of service, emphasising the importance of prioritising spiritual growth and soul collaboration over personal ambitions and material desires.

Entry Requirements

Completion of Phase I and a demonstrated commitment to personal and spiritual growth.

Evaluation Process

At the end of the second year of Phase II, students receive a Certificate of Completion, allowing them to apply the principles of Inner Alchemy in their personal lives. However, this does not grant the right to teach, use, or share the school's materials or practices. This certification confirms that the student has satisfactorily studied and applied the teachings of the school and is ready to live in alignment with them, serving as a model for a healthier, more connected way of life.

As the main purpose of the school is to train people to serve humanity, we believe that students who successfully finish Phase II and choose not to continue to Phase III and IV will be able to exert a positive impact on their surroundings, inspire others, and contribute to raising Consciousness globally.

Course Description

Phase III – Two Years

Specialisation of Inner Alchemy Principles: Professional Service

During these two years, students receive advanced training on the perception and management of personality and energetic manifestations. With the support of a supervisor, students prepare a project that demonstrates how they plan to integrate the teachings into their professional lives.

Upon completing Phase III, students are qualified to teach Inner Alchemy within their specialised fields but are not authorised to open a school or act as spokespersons for Inner Alchemy. They are considered 'specialists' and are expected to influence their specialised programmes and contribute to broader areas such as business, education, health, politics, and the arts.

Entry Requirements

Completion of Phase II and submission of a proposal outlining how the student intends to integrate Inner Alchemy Principles into their professional life.

Evaluation Process

Continuous assessment during the phase, culminating in the submission and approval of a project.

Additional Training Option

During Phase III, select students who demonstrate exceptional aptitude may receive intensive, parallel instruction for teaching and assisting at the school or in outreach programmes. These students will undergo rigorous in-house training, potentially leading to the establishment of their own Inner Alchemy Centres under the school's guidance.

All trainees will work in teams of three under the school until authorisation for independent teaching is obtained.

End of Training Programme Overview

Year 5 is designed for those professionals who wish to create, contribute to, or join an existing school of Inner Alchemy. This phase emphasises a broader application of the teachings, focusing on advancing the most comprehensive aspects of training.

Phase IV – One Year

Residency and Specialisation

This phase focuses on teacher training, emphasising the practical application of Inner Alchemy principles, including the refinement of personality and soul alignment for higher dimensional mastery.

During this time, participants also engage in residency or outreach programmes, under the guidance of the school, to further develop their skills.

The aim is always to guide others through direct experience, helping them understand and transform the Self, connect with dimensions of wisdom beyond the confines of the limited, rational or intellectual personality, and create a better world everywhere, in all walks of life.

Entry Requirements

Proven ethical conduct, a clear intention to serve and apply the teachings, and a comprehensive understanding of Inner Alchemy's posture and philosophy.

Evaluation Process

Completion of Phase IV involves demonstrating the ability to apply Inner Alchemy principles effectively in teaching and personal practice, under the supervision of the school.

A photograph of a wooden boardwalk or path winding through a dense, lush garden. The path is made of wooden planks and is bordered by low wooden posts. The garden is filled with various plants, including tall palm trees with long, thin fronds, and other tropical foliage. The lighting is soft and dappled, suggesting a sunny day with trees overhead. The overall atmosphere is peaceful and serene.

'Inner Alchemy helps you to
consciously manage your energy,
giving light to the world.'

Zulma Reyó

First Year: Windows of Perception

General Overview

Throughout each module, we incorporate breathing and bodywork exercises as part of the curriculum.

These activities help ground the teachings and facilitate embodiment.

Module 1

Four days

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

Introduction to the Personal Energy Bodies (PEBs): mental, emotional, and physical bodies.

Module 2

Four days

Exploration of personal and collective belief systems to understand their impact on inner work.

Introduction to Heart Intelligence and perception through the Personal Focus of Consciousness (PFC) and the senses.

Introduction to Personal Energy Awareness Tools, such as Stepping Aside and Short Introspection.

Further development of the physical, emotional, and mental bodies.

Module 3

15 days

Understanding the development of the Ego and Personality, with a focus on the role of thoughtforms in spiritual growth.

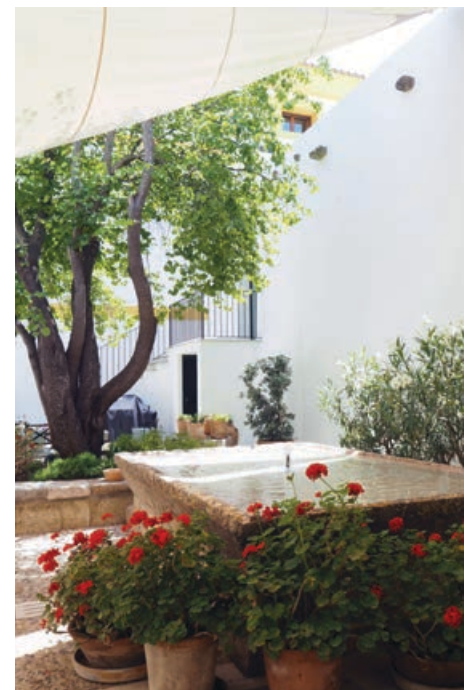
Introduction to Inner Alchemy frameworks and processes for transmuting the Ego and understanding egoism.

Deepening work on the Personal Energy Bodies, with techniques for reversing and refining automatic patterns.

Module 4

10 days

Year One review, with an emphasis on embodying the teachings.



Second Year: Energy and Force

General Overview

Throughout each module, we incorporate breathing and bodywork exercises as part of the curriculum.

These activities help ground the teachings and facilitate embodiment.

Module 1

Four days

Introduction to Human Energetic Anatomy, covering the seven Bodies, Chakras, and Aura.

Module 2

Four days

Introduction to the dimensions of Consciousness and multidimensional expression.

Basic energy acceleration practices to enhance personal energy flow.

Further exploration of Consciousness using the Inner Alchemy dimensional map.

Module 3

13 days

This module is rooted in ancient Tibetan, Egyptian, and Mesoamerican teachings on the death and rebirth process. It is an intensive, transformative journey that requires students to undergo a symbolic ego-death and experience a rebirth into a new self.

Ego death and rebirth of Consciousness as key themes.

Life review, focused on understanding personal identity and life purpose.

Reformulation and redirection of objectives, guiding students toward a new path of personal growth.

Module 4

10 days

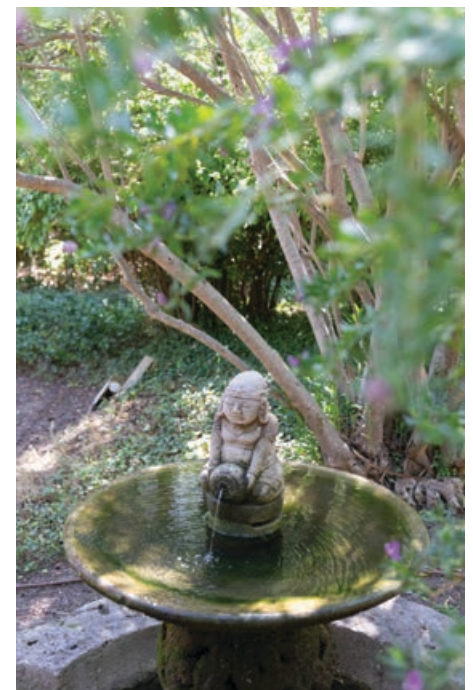
Work on the 'Mind' in all its levels and expressions, promoting mental clarity.

Training in mental flexibility and control, with emphasis on multidimensional activity.

Study of Consciousness and how it functions through the personality.

Preparation for living consciously, deliberately and constructively.

Intensification of Inner Alchemy energy work to consolidate previous teachings.



Third Year: Inner Alchemy Mastery and Self-Empowerment

Module 1

Five days

Introduction to The Rays and The Glamours, key concepts in spiritual work.

Energy generation and sustainability exercises to support long-term personal energy flow.

Module 2

10 days

Initiation ritual to mark the progression in the student's journey.

Review of energy work, including acceleration practices and multidimensional activity.

Intensified energy acceleration practices to enhance personal energy work.

Module 3

Five days

Introduction to Higher Perception and its role in spiritual growth.

Opening of the Third Eye, a key practice for higher perception and intuitive abilities.

Advanced practice in energy diagnosis to refine students' ability to assess energy dynamics.

General review of personal perceptual style, focusing on managing the energy bodies and the personal focus of Consciousness.

Module 4

10 days

Review of Alchemical principles from various traditions to deepen understanding.

Introduction to the Inner Alchemical initiation framework.

General review and presentation of final projects, summarising the student's journey and progress.

Progression beyond Year 3

If accepted, you will advance through a series of training and personal guidance leading up to the end of Year 5. During this period, you will develop and refine a specific project in your chosen field.

Upon successful completion of the project, and after it is deemed satisfactory by the School Board, you will be authorised to apply the teachings directly. This authorisation is limited to the scope of your project.

For those who choose to pause or continue their journey at a later date, there is an opportunity to join the Inner Alchemy Community. Within this community, you'll have access to a network of past and present Inner Alchemy students, focused on practising service and volunteer work.



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 fourth year of the programme, students attend two 11-day intensive retreats. In the fifth year, students attend two 11-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 completed in person is followed by applied fieldwork and reports. At each phase of the programme, a student's progress and suitability to advance will be assessed by ZRSOC staff.

To progress onto Year 4 and beyond, students will have to undergo a written and oral examination.

End of Training Programme Overview

At the conclusion of our training programme, starting with the Certification of Attendance at the end of Year 3, our goal is that you will take the wisdom and understanding you have gained to help others think and perceive differently, drawing insight and power from their indwelling Consciousness.

A gravel path leads into a dense garden. On the left, tall grasses and leafy plants border the path. On the right, a large tree with a thick trunk stands next to a bed of purple flowers and green foliage. The path is made of light-colored gravel and curves slightly to the left in the distance. The background is filled with various green plants and trees, creating a sense of a well-maintained garden.

‘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

About the School

Located in Mallorca, our Inner Alchemy programme at the Zulma Rey School of Consciousness consists of four clear phases and is currently offered only in the English language.

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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Our school is a non-profit
institution supported by

LIGHTEN

