

# Atlantic University Alumni News!

**Your 2019 Conferences Calendar is Available NOW!**

## **FIND YOURSELF AT THE BEACH**

A.R.E. Headquarters Conferences presents topics that enrich and inspire, featuring some of the nation's top speakers. Will this be the year you "find yourself at the beach"?

**See What's Coming Up!**

### **Jim Pyra, Practicing and Researching Hypnotherapy**



**Jim Pyra, MA**

Jim Pyra, a 2017 Master of Arts Transpersonal Psychology graduate who also completed the Graduate Certificate in Integrated Imagery & Regression Hypnosis, has released a book about his own experience with superconscious transmission as well as correlations among a series of regression hypnosis sessions.

In *14: A Wisdom Transmission*, published by Mimsy Borogove Press, Jim draws upon his personal experiences to propose ways of

using the techniques he used to more deeply examine his own symbology and spiritual topography as part of regression hypnosis sessions working with other subjects. With certifications in clinical Hypnotherapy and Transpersonal Hypnotherapy, he continues to help his clients explore their inner worlds through his general hypnosis practice, focusing on helping people realize their potential. Jim's hypnotherapy practice can be found at [www.jimpyra.com](http://www.jimpyra.com).



**Joanne DiMaggio, MA**

After eight years of research and rewrites, Joanne DiMaggio reports that her book on the life of Thomas Jefferson Davis, nephew of Gladys Davis, is finished and currently in search of a publisher. The book, *Edgar Cayce and the Unfulfilled Destiny of Thomas Jefferson Reborn*, focuses primarily on the first nine years of T.J.'s life in which he lived on and off in the Cayce household. It touches on the lessons Mr. Cayce taught T.J. as they fished together on the lake; the extraordinary

people the young boy met in those pivotal years; the challenges he faced with his biological parents; and his special relationship with Gladys. Most of all, it examines T.J.'s life reading, given when he was only a few days old, in which Mr. Cayce identified one of his past lives as that of Thomas Jefferson. It explores Cayce's prediction that T.J.'s soul could do for the world what Jefferson did for this country---and the circumstances and people whose decisions altered the path that Cayce's Source had illuminated as a possibility for that soul's journey in this life.

With that completed, Joanne has started working on her next book, *I Did It To Myself: How Our Pre-Life Agreement Influences our Present-Life Experiences*. This book is based on research she conducted with over 25 volunteers who underwent a past-life regression and then explored their time in the afterlife, planning their current life. It answers such questions as what it feels like to die; what the afterlife is like; the Council of Elders session; defining the soul's next mission; the role of our soul family; picking a body; and memory triggers. It also includes comments made months later by participants who reflected on how what they discovered all tied together in creating the life they now are living. She hopes to complete the writing by the end of summer.

To follow her progress and learn about her work, sign up for her newsletter on her website: [www.joannedimaggio.com](http://www.joannedimaggio.com).

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## Transcendence in the Classroom

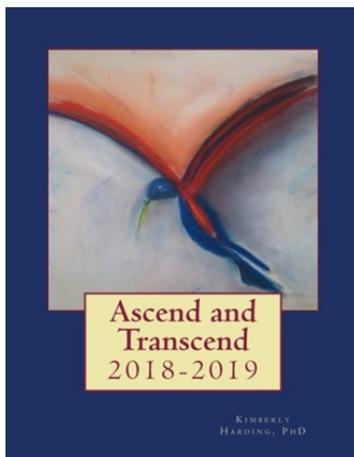
My studies at Atlantic University (MA, 2011, Transformative Studies) continue to inform



Kimberly Harding, PhD

my work as a college professor in the department of sciences. As we know, learning is difficult. Learning, though, becomes next to impossible if presence is lacking. For learning, and effective teaching to occur, we must create an environment in which they can manifest. In order to facilitate educators and learners build such environments, I designed the book *In a State of Presence, All Things are Understood*. The book presents approximately 40 prompts to stimulate moments of awareness for both teachers and learners. The prompts take about approximately 10 minutes to complete. In these 10 minutes, the classroom experience transforms.

Building upon this work, the institution for which I teach, Colorado Mountain College, asked me to create a series of mental health and well-being activities for our students. From this request, I created a program known as *Ascend and Transcend*. This seven-week program (including introduction and summary week) covers five steps of the Arc of Transcendence: Choice, Presence, Awareness, Ascendancy and Transcendence. Based on the prompts provided, students and professors can apply these concepts to academic endeavors or general life experiences.



The *Ascend and Transcend* program has continued to grow into new areas. We are creating an *Ascend and Transcend* program that focuses on the transcendent aspect of nature. A portion of this program is being reviewed for use in elementary schools. An *Ascend and Transcend* program examining *Death and Dying* will also be incorporated into some of our college courses in the coming academic year.

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## Alumni Directory

Are you listed on the [Alumni Directory](#)?

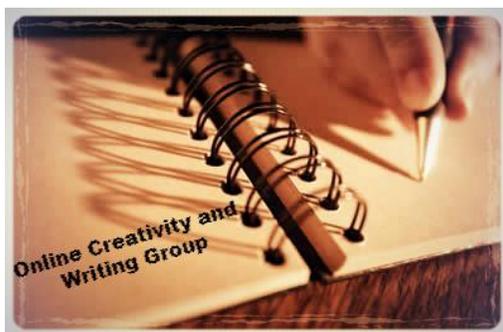
If you are interested in being listed on the directory, send us your name,



photo, credentials, and website. This directory is available on the Atlantic University website in the [Alumni section](#).

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## Online Creativity and Writing Group



**Writers!** You are invited to join the Facebook group, "[Creativity and Writing Group of Current and Former AU Students](#)."

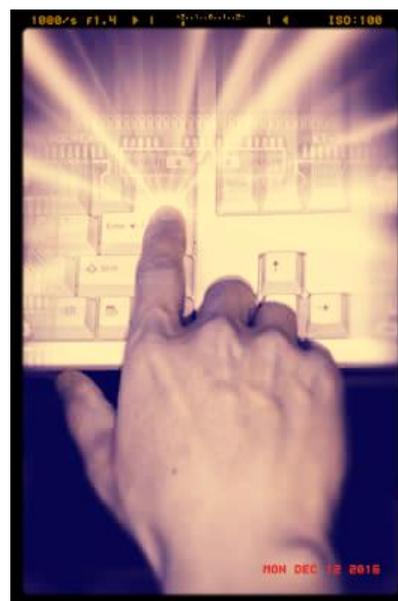
In this group, you can share your creative goals and successes, announce your newest publications, and ask for advice about writing and publishing. This Facebook group is open to all current Atlantic University students as well as graduates.

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## Alumni Giving

Become a monthly donor today! Giving a little each month makes a big difference to Atlantic University.

Your donation will help sustain and grow Atlantic University's mission - to provide a high quality graduate-level distance education learning environment for adult learners that integrates body, mind, and spirit to help people achieve higher human potential and transform their lives, better understand their relationship to all life, and be of profound service to others.



**Learn more about how you can contribute by visiting [Alumni Support](#).**

## Do you have special news to share?

Have you opened a new business? Did you publish book? Want to write a short article? Do you

have other exciting news to share? If so, please email the details and a photo to [alumni@atlanticuniv.edu](mailto:alumni@atlanticuniv.edu)

[Alumni@AtlanticUniv.edu](mailto:Alumni@AtlanticUniv.edu) | 800-428-1512

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