

HC Learning Research Guide

Exploring Religious, Spiritual, Scientific,
Metaphysical, and Ancient Wisdom

*Learn from many traditions and
discover your own understanding*



Explore



Learn



Compare



Reflect



Grow



Religious and Mystical Traditions

Judaism

Covenant, wisdom, and
mystical understanding

Key Texts: (click to explore)

[Hebrew Bible \(Tanakh\)](#)

[Talmud](#)

[Midrash](#)

[The Zohar](#)

[Sefer Yetzirah](#)

Key Themes:

Creation

Covenant

Tree of Life

Shekhinah (Divine Presence)

Mystical Union



Christianity



Love, grace, and spiritual
transformation

Key Texts: (click to explore)

[The Holy Bible](#)

[The Desert Fathers- Works](#)

[Meister Eckhart- Works](#)

[St. Teresa Avila- Works](#)

[St. John of the Cross- Works](#)

[Thomas Merton- Works](#)

Key Themes:

Love & Grace

Spirit

Faith

Mystical Union

Inner Transformation

The Light Within

Islam

Submission, unity, and Divine
love

Key Texts: (click to explore)

[The Qur'an](#)

[Hadith Collections](#)

[Rumi- Works](#)

[Ibn al-Arabi- Works](#)

[Al-Ghazali- Works](#)

Key Themes:

Tawhid (oneness)

Surrender

Inner Purification

Divine Love

Spiritual Journey

Deen



Gnosticism

Inner knowledge,
Divine spark within



Key Texts: (click to explore):

[Nag Hammadi Library](#)

[Gospel of Thomas](#)

[Gospel of Truth](#)

[Gospel of Mary](#)

Key Themes:

Gnosis (Inner knowledge)

Divine spark

Awakening

Liberation

Dualism & unity

Eastern & Indigenous Religious and Wisdom Traditions

Hindu Traditions

Dharma, karma, and the
unity of all life

Key Texts: (click to explore)

[Bhagavad Gita](#)

[Upanishads](#)

[The Vedas](#)

[Yogi Sutras of Patanjali](#)

[Vedanta Texts](#)

Key Themes:

Dharma (Purpose, Order)
Karma (Action, Reaction)
Moksha (Liberation)
Self-Realization
Meditation & Yoga
Consciousness



Buddhism

The path to liberation through
wisdom and compassion

Key Texts: (click to explore)

[The Dhammapada](#)

[Pali Canon](#)

[The Tibetan Book of the Dead](#)

[Zen Teachings](#)

Key Themes:

Mindfulness
Impermanence
Compassion
Enlightenment
Non-Attachment



Taoism

Living in harmony
with Tao

Key Texts: (click to explore)

[Tao Te Ching](#)

[Zhuangzi](#)

[I Ching](#)

Key Themes:

Tao (The Way)
Wu Wei (Flow)
Balance
Nature
Simplicity



Indigenous Traditions

Sacred connection to
the Earth, ancestors,
community, and
nature

Key Texts: (click to explore):

[Maya: Popol Vuh](#)

[Andean:
Huarochirí Manuscript](#)

[Yoruba: Odù Ifá](#)

[Other Sacred Texts Reading](#)

Key Themes:

Harmony with Nature
Ancestral Wisdom
Ceremony & Ritual
Sacred Stories
Community
Respect & Balance

Ancient and Foundational Traditions

Ancient Wisdom & Hermetic Traditions

Foundation of Western
Esoteric philosophy

Key Texts: (click to explore)

[Corpus Hermeticum](#)

[The Emerald Tablet](#)

[The Kybalion](#)

[Asclepius](#)

[The Chaldean Oracles](#)

Key Themes:

Universal Laws
Correspondence
Mentalism
Alchemy
Symbolism
Consciousness



Ancient Egyptian

Teachings of balance, the soul, and
the journey beyond

Key Texts: (click to explore)

[Pyramid Texts](#)

[Coffin Texts](#)

[The Egyptian Book of the Dead](#)

[Teachings of Ptahhotep](#)

Key Themes:

Ma'at (Truth & Balance)
Soul Journey
Afterlife
Sacred Geometry
Symbolism
Divine Order



Ancient Greece

Philosophy, virtue, and the
inquiry of truth

Key Texts: (click to explore)

[Pluto- Republic](#)

[Plato- Phaedrus](#)

[Plato-Timaeus](#)

[Aristotle- Works](#)

[Pythagorean Teachings](#)

[Stoicism- Key Texts](#)

Key Themes:

Tao (The Way)
Wu Wei (Flow)
Balance
Nature
Simplicity



Knowledge Path, Tools, and Research

Alchemy

The art of transformation



Key Texts: (click to explore)

[Splendor Solis](#)

[Rosary of the Philosophers](#)

[Atalanta Fugiens](#)

Trusted Online Resources

Sacred Texts

Perseus Digital Library

The Gnostic Society Library

Stanford Encyclopedia
of Philosophy

Google Scholar

Sacred Geometry

The language of
the universe



Key Topics: (click to explore)

[Flower of Life](#)

[Metatron's Cube](#)

[Fibonacci Sequence](#)

Research Standards

Explore with curiosity, not certainty

Compare ideas across many
traditions

Consider historical context

Distinguish between interpretation
and evidence

Remain open to growth and new
perspectives

Astrology

The study of
cosmic influences



Key Topics: (click to explore)

[Natal Charts](#)

[Cycles and Archetypes](#)

[Vedic Astrology](#)

Reflect & Integrate

The goal is not to adopt someone
else's beliefs,
but to deepen your own
understanding and live with greater
wisdom, compassion, and
awareness.

Your journey is unique and your own.
Trust it. Honor it. Live it.

Tarot & Symbolism

Archetypes for
insight and reflection



Key Topics: (click to explore)

[Rider-Waite Symbolism](#)

[Marseille Tarot](#)

[Intuition & Guidance](#)

Psychology & Consciousness

Exploring the mind
and human potential



Key Thinkers: click to explore)

[Carl Jung](#)

[Viktor Frankl](#)

[Ken Wilber](#)