

Session #1

Wake the Ineffable Up: Stop Surviving, Start Thriving!

Emerge, Explore, Expand, Evolve, and Embodiment:

Introduction to the I, We, and All Spaces



You're being invited to open yourself to the field of humanity and beyond: to participate in an awe inspiring journey from the ordinary to the extraordinary, and from the isolated me, to the inherently ineffable all.

Emerge into a new way of being; explore your inner self more deeply; expand your interbeing/relational capacities; evolve more consciously, and embody your new realizations—right along with the whole of the living field.

We will be discussing:

- The 5-E framework: Emerge, Explore, Expand, Evolve, and Embodiment
- Introduction to the I, We, and All Spaces
- Explore the physical, mental, emotional, and spiritual realms through experiential exercises

Session #2

The Hero's Journey to Authentic Self-Expression:

A Path of Compassionate Self-Awareness

The "I" of the I space



Come and explore being Present, Open, Willing and Sovereign in your life.

We will be discussing:

- Authenticity
- Inner biosphere
- Self-compassion
- Self-kindness
- Fools Journey/Levels of Competency

Session #3

Continuing the Hero's Journey:

Awareness of Interpersonal Obstacles

The “We” of the I Space



Addressing the obstacles and triggers that show up in our relationships with ourselves, community, and in the world.

We will be discussing:

- Limiting self beliefs
- Subconscious/hidden Shadow
- Interpersonal obstacles
- Intentionality

Session #4

Cultivating Soulful Self-Compassion Through Inner Communion

The “All” of the I Space



We explore how we can commune with “All That Is”, through the open portal of our own inner soulfulness, and with the loving support of our Sovereign, or Higher Self.

We will be discussing:

- Self-Awareness within the All
- Self-Compassion within the All
- Mindfulness
- Tranquility and Balance

Session #5

“Dream WEavers”

The “I” of the We Space



“Thar’s gold in them thar hills!”

A magical mystery night where you can share your dreams, hear other people’s dreams, and find common themes that can bring greater understanding and commonality to us all.

Discover how to be your authentic self through the collective exploration of the world of dreams and ponder this: Would you take your dreams more seriously if you knew they held clues to how to have a life that was empowering for yourself, as well as others?

Session #6

Exploring Collaborative Communication and Its Challenges

The Heroic Saga Continues...

The “We” of the We Space



Ask yourself:

- “What is the most transformative realization you have had?”
- “When have you found yourself most challenged in your life?”

We will be discussing:

- What a hive of co-creative energy and platonic intimacy looks like.
- Building collective trust fields together.
- What gets in the way of effective communication.
- The importance of vulnerability in relationships.
- Ways of resolving conflict.

Session #7

Co-Creative Awareness:

Appreciation For Our Wondrous Universe

Trust and Surrender as Part of the Collaborative Journey

The “All” of the We Space



Have you ever asked yourself:

- How do you experience trust in your relationships?
- How do you experience trust in the Universe?
- How do you find your level of trust and/or surrender affected by others in communal space?

We will be discussing:

- How Curiosity and Compassion can deepen connections and grow understanding.
- Bringing Playfulness into your relationship with everything that exists.

Session #8

Meet the “Field” Day!

Cultivating Awareness of the Energy Moving All Around and, Within Us

Bringing Greater Self-Awareness Into the Present Moment

The “I” of the ALL Space



Welcome to Life!

In this session we are going to explore how we communicate with the world, and how it speaks its many languages to us. This is your invitation to cultivate being fully present with, and conscious of, what is happening both around you and within you, right here and right now.

We will be discussing:

- How you communicate with the world, and how it speaks its many languages to you.
- The five aspects of human beingness/consciousness.
- Being fully present, while integrating what is happening both within you and around you, right here and right now.

Session #9

Spiritual “Hokey-Pokey” The “We” of the All Space



Experience the All through play and movement.

Sense the pulse of the ineffable Allness drawing us together as a We.

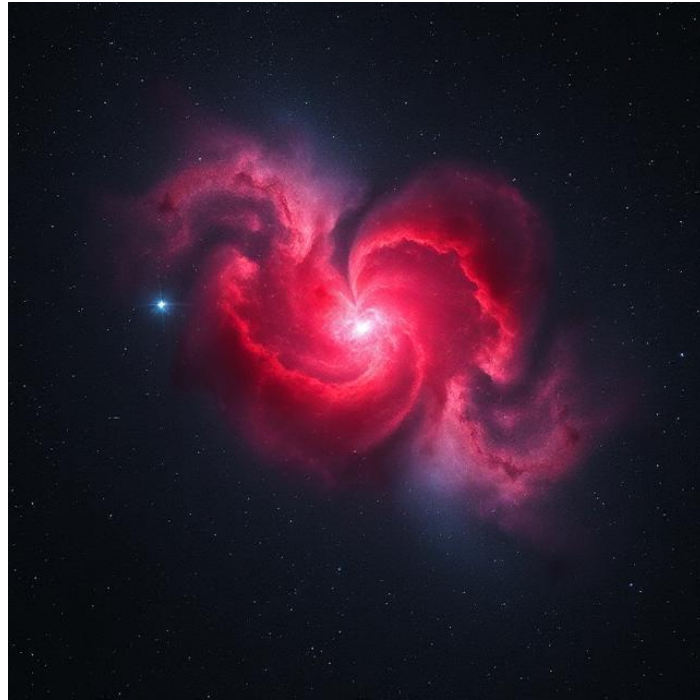
Expand yourself and embody the power of shared communion and awe.

Session #10

Thriving Within the Ineffable and Unknowable

The Hero's Journey: Arrival Day!

The “All” of the All Space



What more is there?

- Experience yourself as an evolving, conscious choice point, as a field of living awareness, within the totality of the ineffable.
- Realize that *who* you are is *exactly* who you are supposed to be.
- **Inhale, Exhale, REPEAT...CELEBRATE!**