



## Waking Up From the Dream of Separation Part 1: "What Dreams Are Made Of"

### A FIVE WEEK INTENSIVE

#### **Dedicated to "removing the blocks to awareness of love's presence" (ACIM Intro.)**

*Healing does not occur at the level of the intellect. Healing happens in an instant free from fear and judgment which are the blocks to love's presence. Therefore this intensive is not an intellectual study of principles. We will join together to go deep within the mind, to find the cause of the problem and the Source of the Answer so that we may receive what is being offered to us and thereby give as we have received.*

- **Maximum group size-6 people.**
- **Kick Off Retreat: (4 hours)**
  - Set Guidelines (Review Clarity Process for Working in Groups).
  - Understand the healing process: What is in need of healing and how healing happens.
    - Learn that exposing the ego is a good thing.
    - Learn what to do when we are swimming in ego thoughts.
    - Learn how to make the invitation for Help (what surrender really means).
  - Opportunity to go through the healing process with support from the group.
- **Meet once a week as a group through Skype: (1.5 hours)**
  - Share insights to help deepen our practice.
  - Share practices we can use throughout the week to deepen our experiences.
  - We will all share our experiences from the week before.
- **Meet once a week one-on-one with me either over the phone or in person: (1-1.5 hours)**
  - To gain support.
  - To receive clarity and help in releasing and experiencing miracles.
- **Pot Luck Dinner Gathering: (2 hours)**
  - A time for sharing, reflection and learning.
- **Commencement Retreat at the end of the 5<sup>th</sup> week: (4 hours)**

### **What is Required from Each Group Member**

#### **We make a commitment to:**

- Heal from our distorted beliefs. This requires a willingness to expose what they are and allow Holy Spirit to be the Healer. This may be a bit uncomfortable, but that is why we are joining together; to minimize the fear and maximize the joy in learning and healing.
- Offer support, encouragement, love and gratitude to one another.
- Disengage from projection and accept (with support) that the cause of all upset is in our own mind.
- Commit to all of the gatherings and meetings.
- Put forth effort each day to practice. This may require writing down your thoughts, setting aside a few minutes to be still, and sharing within a group. For those who are uncomfortable sharing, please remember that the group will be small and intimate and we will develop relationships with one another, to establish safety and trust. You will only be asked to share at your comfort level.

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## **What is the purpose, structure and outcome of the 5 Week Intensive?**

The purpose of all the meetings including the one-on-one is to dive deep into the unconscious to see what the mind is holding onto that is blocking the truth of the Self. If we are not honest about what we believe than the blocks stay in our unconscious. Therefore the structure will be a disclosure of our problems, upsets, confusions, etc... We do this not to swim around in the unconscious but to be able to consciously make choices of what we want to keep in our mind as the truth. The longer we listen to the ego, the longer we stay in the dark. The faster we choose the Holy Spirit, the faster we are in the light.

I will provide exercises that we will apply to our life situations and experiences. As we go through the exercises we will be able to see where we have fallen into an ego trap and how to get free. The goal of these exercises is to free our mind of all distortion which creates an open space for truth to enter. This all serves the grander purpose which is to surrender all thought and listen to only One Voice- the Voice of the Self. It is this Voice that will guide us each step of the way out of darkness.

This is all done in a supportive environment free of judgment. We are all there to support the process of release. Remember; we all suffer from the same false judgments and when someone is courageous enough to expose the unconscious, they have just given *us* an opportunity to heal. The group will be our support system to do this because we need a great deal of discipline and motivation to journey inward and having others who are committed to the same process, will help us keep going.

Once we are at the end of the 5 weeks, the hope is that we will have all the tools, clarity, motivation, experience and connection to the Inner Teacher to keep this practice going and to heal. We must heal before we can help others. Who can give what they have not received? Therefore it can be said that the final outcome of our 5 week intensive is to receive what is being offered and then extend what we have received so everyone may experience the peace of God.

## **TBA: Dates, Times, Registration and Payment Information**