

The Power of Presence

A Masterclass in Spirituality

on

Syllabus & Schedule

Four 2-Hour Classes will take place each Saturday at 12:00 pm ET.

Then three 1-Hour Group Mentoring Sessions will be provided with additional experiences and sharing.

These will also take place on Saturdays at 12:00 pm ET (or a bit longer).

Classes will be Live via Zoom. Students are required to be present and to participate in activities and sharing.

Jan 16th - Orientation Session: One-hour introductory session

12:00 pm – 1:00 pm ET

Jan 23rd – Module 1: Light: The Bigger Picture

Presence and Consciousness

How Present Are We?

Astrological Awareness

Definition and Cultivation of Subtle Energies through the Chakras

5D Awareness

Connection with Sun and Moon Cycles

Jan 30th - Module 2: Cultivating Your Chi

Techniques to Enhance Personal Chi

Enhancing Intuition through Silence, Meditation, Mindfulness, and Breathwork

Awakening/Initiation Experiences – waking and dreaming world

Re-Naturing - Activate Your Nature Connection

Intro to Terrapsychology

Feb 6th - Module 3: The Land: Luminous Sacred Space

Luminous Sacred Space

Discovering & Creating Places of Power

The Influences of Terrapsychology

Ritual and Ceremony for Honoring the Land

Astrological Influence of Timing

Use of Mandalas and Nature's Gifts

Space & Time - Healing the Ourselves and the Land

Feb 13th - Module 4: Community: Being Present in Today's World

Shifts in Consciousness - Dawning of a New Era – 5D

Balance of Masculine and Feminine Energies

Daily Life Practices - Bridging Spiritual Mastery + the Ordinary World

Learning to Rebalance Our Chi – Breathwork, Five Elements

Assisting Others in Connection

Initiation Ceremony

Group Mentoring Sessions – Feb 20th, Feb 27th, Mar 6th

Activities may include a silent nature retreat, presence exercises, dream incubation, personal astrology information.