



thePRACTICE

PRESENT · PEACEFUL · PURPOSEFUL

system

Be Here: Developing focus, presence, and inner presence; the transition from absence to presence.

say yes: Learning how to solve inner conflict and negativity; the transition from suffering to peace.

we are one: Realizing oneness and opening yourself to others; the transition from me to us.

PROGRAM STRUCTURE

PART I BE HERE: THE TRANSITION FROM ABSENCE TO PRESENCE

Lesson 1 Introduction to the system and altruistic intention

MODULE 1 Developing presence

Lesson 2 Introduction to presence

Lesson 3 How to develop presence through meditation

Lesson 4 Bringing presence into your life

MODULE 2 Cultivating inner presence

Lesson 5 Inner presence: the awareness of the inner experience

Lesson 6 Bringing inner presence into your life

Lesson 7 The Egoic State

Lesson 8 Expressions of the egoic state

PART 2 SAY YES: THE TRANSITION FROM SUFFERING TO PEACE

MODULE 3 Inner peace

Lesson 9 Say yes: The practice of surrender

Lesson 10 Processing the negative emotional charge

MODULE 4 Conscious alignment

Lesson 11 The state of alignment

Lesson 12 Conscious Creation

PART 3 WE ARE ONE: THE TRANSITION FROM ME TO US

Lesson 13 The path of the heart

BONUS MATERIALS

Lesson 14 Conscious lifestyle

Lesson 15 Embodying the system