

February & March – 2010

## 7 Steps in Exploring the Heart & Mind

7-week DAY OR EVENING continuing class offered in Cornville

Evening classes: 6pm-9:30pm

*(bring a snack)*

\$12 per class *(incl. CD recording)*

*(Discounted to \$70 if paid in full up front)*

This 7 week class series is un-like anything else we have done before, here in Cornville. It may more properly be thought of as a series of mini-workshops. Almost the equivalent of 2 – 2-day weekend workshops. (Basically on a financial basis this is an incredible value – about 25% of the normal cost of 2 weekend workshops.)

The beauty of spreading out these teaching / experiential processes, is the time for integration that then is possible. The main integrative focus will be working with the Chakras, in such a way that it becomes part of one's direct experience – a 'felt' knowledge or understanding. Not just an intellectual awareness or overview.

### On integrating the intuition and intellect.

When we understand something energetically it carries 'volumes' of understanding. When just understand it intellectually, generally it means we think we 'get it' – but we don't. We just think we do. (This is a tough nut to crack, this idea that with our intellect we only grasp a small part of the greater reality.)

The intellect is a fine tool. And it may be that we start with an intellectual grasp of something and with that background slowly progress to a deeper integration – a move to 'feeling and knowing'. Intuition works in many ways and at times we may intuit something and later grasp an intellectual awareness to go with the deeper knowing. It is often like that. Like two horses pulling the 'cart' of our awareness down the road of life. The intellect and the intuition working together bring greater success and happiness.

### Questions to inspire.

So what is this course really about?

Of course we cannot achieve some rapturous state of permanent consciousness in 7 weeks. But we can grasp an energetic feeling / knowing of some strong basic tools and insights – that will serve for years to come.

For example: Grounding, as relating to the Base chakra.

What is it really about? Do we actually know how deep grounding feels?

How does grounding relate to a balanced awareness of the crown chakra? What awareness (touching perhaps on deep mysticism / or revelation) can the opening of the base chakra help facilitate? (Hint – a lot.)

What about the *Heart chakra*? How often are we touched by the insight, power and compassion that a grounded, balanced and open heart may 'gift' us with? It is something of a revelation in it's own right, as the heart is opened on a deeper level.

*The Curriculum Process – (with an overall focus on the 7 Energy Centers)*

(A) *Integrative Discussion*

(B) *Deep Meditation processes and techniques*

(C) *Energetic Tools for meditation, healing and intuition/clairvoyant awakening*

The 4 hour (day time class) or 3 & ½ hour (evening class) process is designed to function in 3 parts for each class in terms of time. (There will be time for some basic physical food for the body – so bring a bag lunch / evening repast.)

(A) *Integrative Discussion*

We will combine some reading and study (not too much) each week.

The reading material (read between classes) is to help facilitate your own deeper understanding and will provide some of the focus for discussion.

We are attempting to neither 'pump-up' or 'deflate' the ego, but rather to step through it – to a higher ground of being.

A better grasp of the nature of the ego is something that affects us all.

Discussion may help illuminate each of us, in our shared process.

Lin will act as the moderator, with the focus of drawing out individual insight, that can and will emerge. As each person gets to look at the ego programming that we (individually and collectively) accept as normal. We can be 'normal' no longer – when we start to see how the ego wants to punish us and hold us down.

We need to have a grounded, balanced ego in order to start to be able to let it go - to transcend it. There is a place in consciousness where we can 'wear' the ego lightly, like a happy playful child. Hopefully some of the energetic experiences we will be using, will help bring this 'divine child self' into greater presence for each of us.

(B) *Deep Meditation processes and techniques*

This area of focus may provide some of the most powerful personal insights and sense of integration. Something of the group energy may act as a catalyst to stepping beyond our 'ordinary' meditative experience.

Some of the processes and techniques grow in their intensity and value for personal meditation. Thus providing tools for meditation outside the group

environment. This can help balance the individual's desire for deeper experiences of meditation and the actual practice of that happening.

*(C) Energetic Tools for meditation, healing and intuition/clairvoyant awakening*

Drawn from 30 plus years of teaching workshops and retreats. Spirit has basically been the instigator of these various methodologies (usually given in meditation – in the moment – in the workshop process.) These 'gifts' from Spirit form a large repertory that we can draw upon.

*What about the focus of Spirit – flowing through Lin in trance?*

There will be some trance sessions during the 7 weeks, probably 2 or 3 sessions.

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Questions

*Why now (as opposed to a class or workshop at a later date?)*

Why not - the sooner we can find more of the 'central way' or 'Middle Way' as termed in Buddhism, more of our deeper resources, the happier we can be. We can experience a life more deeply grounded in the Divine Presence.

*What is the cost and how is the registration process going to work?*

The COST is \$12 per class or the whole series can be pre-paid for at \$70. You may pre-register for the complete series of 7 classes if you desire. They will begin with the first Wednesday – February 3<sup>rd</sup>. And run consecutively through March 17. (We always suggest that you meditate on such a decision – or it may 'just feel right' too go for it.)

People need to sign up for at least the first class, if they just want to 'check it out' and see if they will like it. Classes 1 and 2 are still open. (For example: some one finds out about the class series after the first class. We will help that person get caught up with as much of the material as we can. So they can integrate nicely into class #2.)

After that classes #3 – #7 are projected to be closed. This is important, as we will be building the work of the next class on what we have dealt with previously.

*Do I need to buy a bunch of books? Will I get any materials 'gifted' to me from the class?*

We will be drawing from 3 major books:

- \* 'A Course In Miracles' from the Workbook.  
Daily Lessons (1-49): getting started with your personal application of the daily lessons with the support of a group
  
- \* 'Anatomy of the Spirit; the Seven Stages of Power and Healing'  
(by Caroline Myss, Ph.D.)

- \* 'There is a River' (by Thomas Sugrue). We will focus on the last chapter - on the evolutionary journey of the human soul.

You may already have some of these, or some could possibly be borrowed from a friend for this 7 week process.

*'Gifted' recorded materials*, included in the price of the classes.)

We will record parts of the class process;  
primarily of the teaching activities and trance sessions.

There are 2 options for receiving the recorded material:

(1) They will be up-loaded into a secure web site – and you will receive an email & password to down-load that recording. We plan to have the 'up-load / down-load' process completed the next day after each class.

(2) Or you can have a CD mailed to you within the next 1 or 2 days after the class. Of course the up-load / down-load process is much quicker. (Provided you have a broadband connection.)

## **GOALS**

Most of all we hope to bring you a deep sense of the wonder and majesty of your own personal search for Truth, for God/Goddess. And more self-knowing and respect for who you are becoming (and of course incredible beauty of who you are/have been, always and forever in the knowingness of the Divine.)

Namaste – Torill and Lin

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Teachers:

**Lin David Martin:** Trance Channel, Clairvoyant, Healer, Teacher & Author

**Torill Elen Roennekleiv:** Healer, Intuitive & Alexander Technique Teacher

For registration, please call: **928-274-1911, or 928-634-1345**

**Check us out at:**

**[www.LinDavidMartin.com](http://www.LinDavidMartin.com)**