

## **The Soul Recognition Experience**

Soul Recognition is an experiential workshop. During Soul Recognition you will have a journey that acknowledges your soul, its important contribution to your wholeness and well-being, and its role in connecting you to your life's purpose. Your soul helps you feel your connection to all things and to remember your place in the universe. Your journey will open pathways in your body for the fullest expression of your essence and personal power.

There are two key elements that we endeavor to bring to The Work: First is the field of union which the facilitators and participants hold to engender safety and to acknowledge the oneness which is inherent between all of us - within all things. During the journey this element of union is key for sustaining the field with love and harmony, thus creating the safety to go deeply within to open to our true nature.

The second aspect, the opening, is a profound time of listening to the soul and being guided by that aspect of the self that is beyond this life and conditioning. Together we invite the psyche to acquiesce to the soul, so that the soul "opens", expresses, and clarifies. Whatever is held in the outer framework of our perspective - our beliefs, habits, or viewpoint, is released during the journey to allow a not-knowing, fluid, peaceful space to be experienced. This opening thus creates a deep experience of pure being. From this place there is no story, no viewpoint, no right or wrong, nowhere to go, nothing to do - just pure being.

Together we practice the dance of union, being in the oneness and learning to function as a pod or unified field. We ground and anchor these journeys through a series of expressive activities and exercises designed to assist us to live freely and spontaneously. We open, expand, touch our aliveness and connect with our essence, truth and purpose.

Remember that your soul knows how to open. This is a natural and very beautiful process. The facilitators are there with you to support this unfolding and to hold the space for your honoring. There is nothing you need do to make it happen.

We look forward to being with you.

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