

Who's it for:

People who want to work with Nature to do deeper soul work
People who want to alchemize personal pain for the sake of a contribution to the collective
People who are concerned about the future and want to do their part
People who want to access their gifts and strength when it matters most
People who want to learn a Nature process they can practice with others
People who are ready to take metta, the 3Rs and the path of devotion to a deeper plane

Requirements:

Time to spend in nature at least once a week
Willingness to share stories with a partner in the group
Felt sense/draw/pull that this is the work you need to do right now

Also helpful:

POD Basics
Understanding of metta
Familiarity with the concepts of unmapping and unhooking

Question:

How do we alchemize our pain so it can be medicine for ourselves and others?
What does it mean to be in service to the collective when the world is falling apart?

Overview:

Together we'll work with a series of maps to help us uncover the gifts that get lost when we are subsumed by the system. You'll learn how you got lost, how to retrace your steps and how togetherness, being in nature and learning how to both honor and grieve what the system has done to us can be a path through to meaningful contribution.

Intro:

Overview of the course + content
Setting up group call calendar
Getting into pairs for mirroring

Session One:

The wheel of human development
Introduction to working with the season of fall
Nature discernment process explained

Session Two:

The loss of innocence
Failed passages into adulthood and how capitalism interrupts the process
What it means and how to repair

Session Three:

Treasures in the dark

How your shadows hold the keys to your core gifts and essential resourcefulness

Storytelling process to uncover what you know in the dark

Session Four:

Transmuting your poison into medicine

Understanding how your personal losses hold the keys to your contribution

Storytelling process

Session Five:

The beauty of a consecrated life

What it means to be of service to the collective

Protecting and incubating seeds of change

Session Six:

The importance of daily practice

How metta and the 3Rs can serve as a greenhouse for your work to come forward.

Unmapping from the elitism of personal development to learn and grow together