

Adepts

Mastermind

Date: 24 Sep 2018

PRESENT

Amelia, Emi, Arpan, Aspasia

Facilitator: Amelia

Notetaker: Aspasia

Vibe Checker: Arpan

Time Keeper: Emi

AGENDA:

- I. Centering Meditation: 5-10 min
- II. Check ins: 1 min each.
- III. Hot seats: 15 min each.
- IV. Action Items: 1 min each.

CHECK-INS (words) 3-5min

- **Emi:** accomplished: bath with epsom salt, it reduced fatigue that I have in the next morning, I take one every other day and then I do meditation! Didn't accomplished: I was supposed to to do property paper to the bank (for the new interest rate for the rest of the year) but i was avoiding it, and I couldn't do it, I received an email that I have to start

paying the mortgage (it's scary to talk to the bank but I feel I was approached by a spiritual guide that said that I am strong and I can do it)

Aha moment: had a message coming through with this sentence: From survival to creating (in radio and other places)

Academy that I am interested EarthShip

- **Arpan**: accomplishment: meditation. Happy about lost 15 pounds last week with plant base protein and workout. With his family and friends, discussed about exercise and meditation. It was a break through for him being a black sheep long time in family. With rag shampoo cleaned the house. With a beer friend, he is going to fitness(?). Christine Northrup
- **Aspasia**: Worked hard thu-today, done lots of technical, marketing, contents creation, new stuff. Erick's presence both being supportiveness and friction. More organized taking a good take care of herself. Had huge aha-moment - she used to self sabotaging but now has better self-image. Learned about faith from a Greek guy, how he survived his life with faith.
- **Amelia**: Celebrated happily her birthday with girl friends. Came along a long way to come to this point. Last ~30 years she felt the birthday was like a hell, had depressed feeling but not this time. She receiving gifts, flowers sent to her, and even a random guy at restaurant. Experienced red rose symbolically. Red rose bloomed after 1.5year which planted by Sky. She felt like spirits are communicating to help open more gift for her. Enjoyed the radio show. Stressed with lots of administrative task.

HOT SEATS (bullet points and feedback) 10min

Emi: I worked hard this week to be organized! I forget what I plan.

There is a guy that I follow about PermaCulture, especially in Seattle for a two week tour. I did the pendulum where it is for me or not. Kept telling it's not for me. I decided to not apply. And two days after i received an email, the vacancy was filled up, but in the same email there was the information about EarthShip which makes me really excited BECAUSE it's my dream village! I have drawn this image of this village some time ago. I feel it's something I can explore, I am worried about it because it is a month program. The retreat comes at the end of the academic

program, there are some scheduling conflict with the company i work for! But it is something I am interested in. I want to apply but I am hesitant.

-Amelia: You started by saying you are not true to yourself. I felt like the minute you started talking about Permaculture (I have done so much on Permaculture) but i feel it's a great distraction of where you are supposed to go! I want to learn about what you are doing with your money and I feel like your talent is on THE MONEY issue at hand, which is painful at the moment and you just need to push through! You are trying to escape doing the report to the bank, because you are afraid and you need to go closer closer to it and that's when the fear gets bigger and bigger! There is a jewel with staying with the MONEY! Stay with and book a personal meeting with me!

The home property interest rate thing is your priority!

Aspasia - felt the same way as amelia , she wanted to interrupt just when amelia did, she wanted to ask what the pendulum says about earthships. She feels you are also denying your real work and avoiding your gift. She follows a lot of teachers who talk about money who can help you look at the bank as you would the church. Shift the scarcity mindset into abundance one. She used to have a lot fears around money and scarcity mindset and she knows how scary it is but she knows you can work it out.

Arpan- first of all about the bank, feel free to call me for support. You mentioned you are frustrated, have gratitude for what you are already done. In shasta retreat we wrote something on a paper and threw it in a fire. Focus on what you DID finish rather than what you didnt. Everyone does it and its normal - gratitude helps. You mentioned being scared to talk to the bank, if you are nervous they hear it. If you SMILE while you talk they can hear that so they dont feel it.

Emi: with my pendulum, I could not bring down the ego level under 5% when I tried to measure earthship and the pendulum moved in neutral or both ways (This is before the call).

Arpan: Would like to hear feedback vertical alignment he did. Working with Chikako. THinking about infinity realized how small/tiny we are. Why we are living, what is life, what is one. His project - refugee people did not happen will try 9/15, targeted individual. After the dream it empowered.

Amelia: You are on purpose and things are happening. Your meditation was strong today. Thank you. She noticed you were holding more than last time. Practice mapping the energy in group field. When it is not cohesive add xxx. It is another expansion to go into micro/macro universal mind being rooted. People started to talk with you naturally about spiritual stuff, it will grow. She would like to see him doing at workplace. Your meditation of the cosmos was an initiation of new consciousness.

Aspasia: when he talked about infinity, she remember thinking there is merging between socially ingrained idea good vs bad, light vs dark, be re-defined. She feels oneness with different perspective, everything.

Aspasia: Share her business and where she is at now. "Faith it till make it" is using faith and knowingness, help people to achieve until they make it. Started her work as a meditation teacher, and led to move to coaching, created a style to help women to gain confidence, listen authentic self, and reprogram the mind. Her skill is based on NLP, therapy, counseling, business coaching, spiritual practice. Teaching 50% reprogramming 40% spiritual like meditation, spiritual concepts, hypnothis and kundalini yoga. Student age group is - . Created 6 week group coaching course and 1:1. Group participants can access to her free contents like 10 min video "how to connect higher self"

Arpan's feedback: Explained a lot but still do not get what you do. Go through existing contents blog, spiritual articles, find people are curious about. Add call to action in the content "content"

Amelia: She wants to hear more about to how to receive love. Especially women, clear block love, which is related to love.

Amelia:

ACTION ITEMS

& how do we want to feel this week?

We all start accountability every Tuesday Thursday night through whatsapp.

1. **Emi:**
2. **Arpan:**
3. **Aspasia:**
4. **Amelia:**

NEXT WEEK'S AGENDA