

Barbara Marx Hubbard - Advanced Emergence Training

What You'll Learn: Course Overview

The Emergence Process is described in Barbara Marx Hubbard's inspiring book, *Emergence: The Shift from Ego to Essence*, recommended reading for this course. We will also be including practices from Barbara's book, *52 Codes*.

Week 1: Entering the Inner Sanctuary (Sept 6)



In this session, you will be guided to:

- Create an Inner Sanctuary, a place of peace and inspiration where you leave behind the concerns and pressures of daily life
- Set aside time each day for peaceful contemplation inside your sanctuary with a journal beside you
- Discover and deepen your connection to your Essential Self as you recall times of inspiration and guidance
- Identify and integrate the specific qualities of your essence that you most love such as joy, peace, security, love, wholeness and wisdom
- Strengthen your relationship with your own inner guidance by asking questions of and receiving answers from your Essential Self

Week 2: Contemplating the Glory of the Beloved (Sept 13)



In this session, you will be guided to:

- Spend as much time as you can in your Inner Sanctuary in Essential Self contemplation
- Become the director of your attention – instead of focusing on current problems and concerns, practice directing your attention to the Beloved presence within
- Learn the discipline of relaxation – whenever you feel tense or pressured learn to relax, stop, breathe, smile, relax and return to Essence
- Become intimate with your Essential Self – continue to contemplate the qualities of your Essence you most love and affirm these qualities are you
- Learn to facilitate Emergence Circles

Week 3: Facilitating Your Own Emergence Circles (Sept 20)



This week our experienced Emergence Circle facilitators will guide you into the process of speaking out of the sacred silence and building and maintaining Deep Resonance in groups. You will receive intensive guidance and practice on how to form and lead Emergence Circles of your own.

In this session, you will be guided to:

- Deepen your practice of leading Emergence Circles
- Create and sustain resonance in a circle
- Receive guidance on how to use and lead attunements and meditations

- Learn to develop Emergence Circles into HUBS, circles out of which shared actions, and plans for contributing to the December 22nd celebration can evolve organically
- Support others in creating Emergence Circles and HUBS

Week 4: Incarnating Your Essential Self (Sept 27)



In this session, you will be guided to:

- Imagine the Essential Self is incarnating, entering your body/mind and transforming it
- Put this purpose first – as much as you can, make your life a continuous process of placing your attention on the presence of your Essential Self
- Lift the local selves into a higher frequency vibration by loving your own local selves and dissolving the sense of separation between ego and essence
- Allow yourself to feel a new freedom from anxiety, pressure and compulsions
- Continue practicing Emergence Circle facilitation

Week 5: Inviting the Beloved to Take Dominion (Oct 4)



In this session, you will be guided to:

- Prepare for the Beloved to take dominion by taking a moral inventory to deliberately release whatever you no longer choose to have happening in your life

- Prepare your inner sanctuary for a special event, filling it with flowers, candles and music. Allow the silence to deepen
- Express your passionate desire for union with your own Essence as if it's a marriage ceremony – ask for a complete union of the Human and Divine within you

Week 6: Experiencing the Bliss of Uniting the Human and Divine (Oct 11)



In this session, you will be guided to:

- Form a deeper chamber within your inner sanctuary, the “rose chamber of union of the human and divine”
- Experience the Essential Self as a radiant presence, glowing and emanating light
- Be introduced to a powerful process for healing your wounded local selves
- Experience your local selves becoming facets of your Essential Self rather than fragmented negative aspects of your personality
- Be guided by your Compass of Joy
- Be in resonance with others, affirming the highest in others
- Transmit bliss and fall in love with others at the essence level

Week 7: Shifting Your Identity as You Enter “Childhood” (Oct 18)



In this session, you will be guided to:

- Shift your identity to embody your Essential Self

- Recognize you are the guide who's been guiding; the voice you've been hearing; the Beloved you have loved
- Begin to speak and write as the voice of your Essential Self
- Experience an "inner smile" and practice "initiatory love"
- Practice powerful affirmations, such as I AM love; I AM wisdom; I AM power; I AM the Beloved and feel your presence substantiating as them
- Move from witness consciousness to causal consciousness and cultivate greater receptivity to the larger design

Week 8: Transferring Authority to Your Essential Self (Oct 25)



In this session, you will be guided to:

- Examine your attitude toward authority in your life and develop your own authentic power
- Transfer authority and responsibility to your Essential Self
- Re-parent yourself by evolving and maturing your internalized mother and father and strengthen the inner masculine and feminine aspects of your being
- Become a loving parent to yourself and forgive your own unskillful behavior as you do that of a child

Week 9: Educating Your Local Selves (Nov 1)



In this session, you will be guided to:

- Learn to work with the Almaas Process, a deeply transformative process and core training for Emergence, developed by eminent spiritual leader A.H. Almaas, founder of the Diamond Approach
- Learn a deeply transformational two-step process and experience generative healing and cooperation between the Ego and Essence
- Practice the process through which the ego becomes the guide to essence and trust in the guidance of your new fused identity as ego/essence
- Create an expanded Inner Sanctuary and enter a “Sunlit Garden of Cocreation”
- Develop the practice of creating “heaven within” yourself
- Stop trying to figure out or solve anything and experience the problems of your local self being dissolved, not solved
- Move from local, linear time to non-local, non-linear time, the pure awareness of the present
- Experience self-evolution through self-elevation

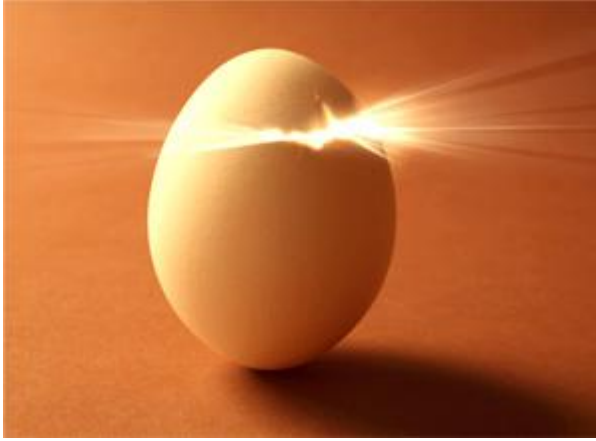
Week 10: Repatterning Your Life and Creating the New (Nov 8)



In this session, you will be guided to:

- Take a deeper moral inventory, asking, “What do I want to let go of that is no longer serving me?”
- Allow your life to repattern itself
- Experience ease of effort replacing overwhelm and discover greater flow in your work and life, seamlessly blending being and doing
- Realize you are fully “response-able” – you can respond to every need that arises as your Essential Self
- Presence your own Essence as your true nature

Week 11: Fulfilling the Promise as You Enter “Youth” (Nov 15)



In this session, you will be guided to:

- Nurture your “vocational arousal” as the expression of the unique impulse of evolution within you
- Clarify your soul’s purpose and your contribution to Birth 2012
- Attune and become co-creative with others by fostering resonance with those you love and work with
- Align with the deeper patterns that are creating all of existence and yourself
- Move toward becoming a Universal Human that evolves as an expression of the magnificent, organizing universal intelligence; realize that the “force of creation” is with you *as you*
- Experience you are one with the Essence that Pervades the whole Universe

Week 12: Going Beyond Emergence – Next Steps for You (Nov 29)



In this session, you will be guided to:

- Learn about entering the “Ascension Chamber” – newly experienced by Barbara – and open to even higher frequencies of this new phase of your development
- Discover how you have “emerged” in our time together; what are the most meaningful insights and experiences you have had

- Determine the next steps for you after Emergence and what you are passionate about creating
- Discover how you want to contribute to the larger Shift and what resources you need to make that happen
- Explore how you are called to engage in the Dec. 22nd Birth 2012 event from an Emergence Perspective
- Gain support in spreading Emergence Circle and Hubs in your community and beyond
- Celebrate your Emergence as a Universal Human

Bonus Session #1: Ritual on Becoming Your Essential Self and Living as Essence

Guest Faculty: Oscar Miro-Quesada



In this session you will be guided in a powerful shamanistic ritual that will lead you towards an embodied experience of the sacred union of the Human and Divine and your birth as your Universal Self.

Don Oscar Miro-Quesada is a respected Peruvian kamasqa curandero, UN Observer to the Permanent Forum on Indigenous Issues, OAS Fellow in Ethnopsychology, originator of Pachakuti Mesa cross-cultural shamanism, and founder of The Heart of the Healer Foundation.

Oscar has dedicated his life to the revitalization of ethno-spiritual wisdom traditions as a way to restore sacred trust between humankind and the natural world. A popular international teacher and master ceremonialist, his work has been featured on CNN, Univision, A&E and the Discovery Channel.

Bonus Session #2: How to Put Essence Into Action

Guest Faculty: Karen Buckley, Executive Coach



In this session you will learn how to ground your Essence in action and maintain the higher frequencies of your Essential Self while engaging and taking action in the world.

Karen Wilhelm Buckley has developed wise evolutionary leaders and organizations for over 20 years. As Director of The Wisdom Connection, Karen works with women leaders. As principal of *Communicore Consulting*, Karen is an executive coach and consultant bringing experience and expertise to the field of organization development. Her clients develop skills and strategies to effectively guide evolutionary change and build engaged performance. Karen is a fellow of the World