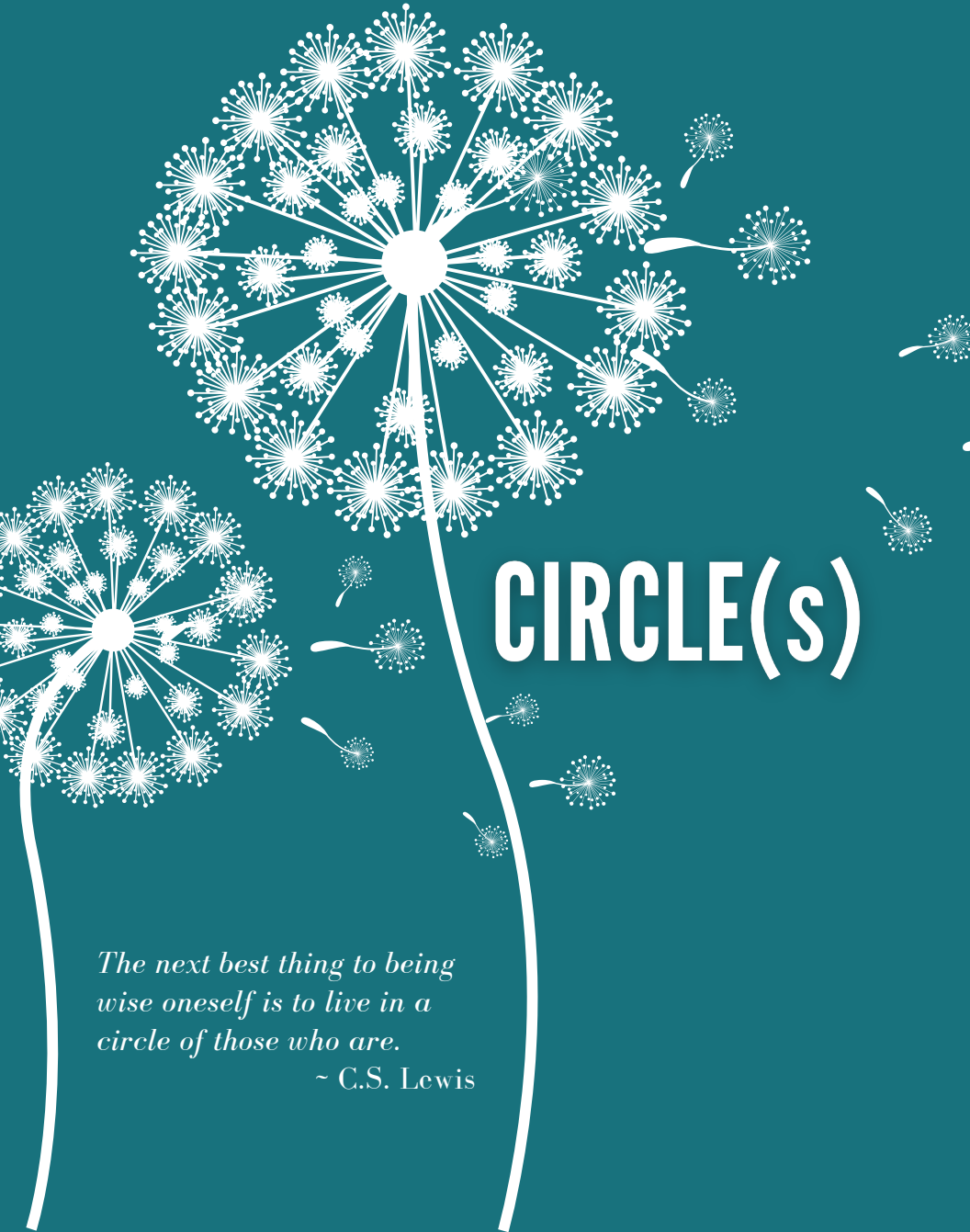


WELCOME + PARTICIPATION DETAILS



CIRCLE(s)

*The next best thing to being
wise oneself is to live in a
circle of those who are.*

~ C.S. Lewis

WELCOME.

If you're reading this, you have been invited to participate in a Circle of human beings who are pursuing a higher sense of self and believe the power of collective, supportive energy can open channels for healing, growing, and thriving on this beautiful planet.

It's all an experiment, really. The Circle will meet regularly for 75 minutes in reflection and discussion. Topics have been chosen carefully, and the guidelines for our time together are important to understand before committing to the group. All homework exercises are voluntary; choosing to do them will add to your experience.

The size of the Circle is small to allow for genuine connection in a safe, quiet environment. If even online, we are able to support one another best when our attention is focused and intentional. If RSVP's outnumber spots on any given month, an additional Circle will be added.

There are a handful of other guidelines. Read on for a schedule of what's ahead and how to ready yourself to join the Circle.

Hope to see you soon,

Natalie

MONTHLY WORKSHOP SERIES

WEEK 1

SELF-CENTERED ON PURPOSE

After introductions and guidelines, we'll dive into discussion of several unique perspectives woven together, including Dr. Morris Massey's Stages of Life, Dr. John Travis's Wellness/Illness Continuum, and Natalie's very own Are-Should-Could-Would-Are. The goal? Unapologetically dive into an examination of your Self. Start, restart, join me, and do the work. Voluntary Homework: Wheel of Life

WEEK 2

LIFE BEFORE THE JUDGE

After time spent sharing and connecting as a community, we'll examine what it means to return to your youth, especially before the Judge and several sidekick saboteurs joined the voices in your head, and with awareness of the potential of your inner child. Voluntary exercises and thought prompts, too, will help us transfer what we're learning into real life. Voluntary Homework: Welcome to My Room!

WEEK 3

LET'S CONSIDER DYING TOMORROW

You're eyeball deep returning to your youth on one end, hooray! Let's dive into the other and think about what we know to be true for your future. You are going to die. It's not something we talk about a lot for fear of...what...dying? Take a different approach to Death and see what we see, wanna? Voluntary Homework: You Want Me to Rest in What?!

WEEK 4

BE, DO, HAVE YOUR TRUTH

Backwards, forwards, now. It's not a competition. It's movement. Constant movement. Like a pendulum, you. Even without a language to describe what is happening, it's an energy you won't deny when synchronicities alight before your eyes. Radical trust. Critical self-examination. Listen in on a celebration of TRUTH by several amazing humans. Voluntary Homework: Set yourself free to Be, I dare ya.



THE BASICS

LIVE ON ZOOM. You will receive an email containing a Zoom link and instructions to join the scheduled Circle each week. For security, waiting rooms will be enabled and attendees will be screened before entering.

Participants are encouraged to meet their own needs in coming, going, and joining in. Just don't be disruptive! Take care with your mute and video, and use the chat function if speaking up doesn't feel appropriate. There are also reaction buttons you can use to raise your hand, clap, and smile. Even love!

Come prepared with a journal and pen, and join us from a comfortable, quiet area so that distractions are minimized and you can focus on yourself and the discussion at hand.

The collection of humans sharing is medicine for the soul. Please refrain from mixing other medicines, ie alcohol or recreational drugs, while in the CIRCLE.

INSIDE THE CIRCLE

Energy. While participation is voluntary and you shouldn't feel obligated in any way to be a part of a Circle, if you attend a Circle, please be mindful of the energy you are bringing and the energy that arises during the gathering. You are not required to be happy and upbeat to be present; if you are not feeling comfortable about sharing or the day has left you feeling like you just need to attend without participating, that is welcome! If during the course of the Circle, you feel a shift in your energy due to the topic or the conversation, it's worth noting and even sharing. If at any point you feel you cannot proceed with a Circle, you are free to leave. Please let your energy guide you.

Respect. We are all beautiful works in progress at different points on our journeys and in different states of awareness. We seek out diverse opinions and perspectives so that we can learn and grow. We may not agree with one another, but we will treat one another respectfully as we discuss and share details of sensitive topics. If at any point you feel disrespected, we will work together to resolve the issue. Blatant disrespect of any person or group of people will not be tolerated.

Discretion. Absolute confidence in one another's ability to keep the discussion within a Circle to one's self is required. For each of us to share, we must look around us without doubt that our story and perspective is safe. We will never speak of another's personal details outside a Circle without expressed consent.

Squirm. Growth happens when we leave our comfort zone, and in order to do so, some might squirm. It's awkward to speak about one's self, perhaps. Or to face a glitch in one's narrative may spark great anxiety. There are going to be tears and moments of intense silence we will witness; there will also be break-through's and emotions bubble up from the depths. You will be supported. You will support others as they squirm. Supporting others will make you squirm. Embrace every bit of it.

Asterisks. Like life, all of this is subject to change. We'll go with the flow and come from a place of love to make decisions on-the-fly for a Circle. The goal is create connection and support ourselves and others in reaching our highest potential.

Thank you for your willingness to participate in this grand experiment!

NEXT STEPS

Send an email to natalie@bloomstruck.com with any questions or concerns.

Mark your calendar. We'll start class on time and honor one another's commitment to being fully present.

Go live with intention. You are loved, worthy, and a beautiful human being. You deserve happiness and health. Pursue both with your whole heart. The universe will conspire to support you!



*Life is a full circle, widening until it
joins the circle motions of the infinite.*

~ Anaïs Nin