

Living Loving Being



Fierce Grace Program

8 Online Sessions

2 1.5 Hour In Person Experientials Personalized to Goals

20 % off Kambo or Cacao Ceremony

Living Loving Being Expressive Arts Workbook

Living Loving Being "Yin Yoga in Therapy" Manual

Bibliotherapy (Access to Instrumental Literature)

Podcast Referrals

Topics & Explorations:

Setting Intentions

Inner Alchemy - Intrapersonal Wisdom

Values Compass - Living Your Purpose

My Body, My Compass

The Four Rivers & Four Directions

Altars as an Access Point

Ancestor Work - Family Therapy As Prayer

Inner Knowing & Life Direction

Frameworks & Resources:

Intro to Expressive Arts

Plant Allyship

Intro to Somatic Therapies

Psychologies of Liberation

Yin Yoga & Chinese Medicine

Everyday Animism & Ancestry

\$1212- You create Payment Plan ☺

\$300 upon Registration



Recommended Readings

Animistic Relational Lens

Braiding Sweet Grass- Robin Wall Kimmerer
Ancestral Medicine- Daniel Foor
The Healing Wisdom of Africa- Patrice Malidoma Somé

Leadership

Moving Toward the Millionth Circle – Jean Shinoda Bolen
Calling the Circle: The First and Future Culture- Christina Baldwin

Spirituality in Everyday Life

Ordinary Magic: Everyday Life as Spiritual Path- John Welwood
The Mystic Heart: Discovering Universal Spirituality- Wayne Teasdale (Speciality)

Reflection Practices

The Book of Awakening: Mark Nepo (REQUIRED)
The Radiance Sutras- Lorin Roche
Poetry by Mary Oliver

Mythos, Storytelling and Dreamwork

Women who Run with Wolves- Clarissa Pinkola Estes
Care of the Soul- Thomas Moore
Belonging: Remembering Ourselves Home- Tokopa Turner

Recommended Podcasts:

Mythic Medicine: Medicine Stories

Supplies:

Pastels
multimedia notebook no lines
one large 15x18 notebook no line

Some readings will be strongly recommended on a personalized basis, according to time restraints, interests, and process...



Schedule Summary

Fierce Grace Takes place between 4-7 months.
The experientials will be spaced through out. First 1.5 hour experiential for intention setting, and introduction on materials
Second 1.5 hour Experiential will practice modalities and provide integration (this is only for intensive clients)
Final 1.5 hour experiential functions as a blessingway and ritual closing this sacred journey. The ritual is cocreated between us and can utilize plant allies