

Foundation Level I

Remembering Wholeness

In a world increasingly shaped by fragmentation—of thought, identity, and experience—it has become both urgent and healing to remember the wholeness that has never truly been lost. This course is an invitation to return to that wholeness—not as an idea to strive toward, but as a living truth already present within you.

Purpose of the Course

The purpose of this course is to inform and support the natural unfolding of the recognition of the Whole Self in you. Using concepts and insights from depth psychology, the neuroscience of belief, and traditional wisdom from various spiritual perspectives, we will explore the mechanics of separation. From this working understanding, we will move into experiential exercises—journal prompts, contemplation, and self-inquiry—that invite you to look from your own direct, first-person experience and draw conclusions from what you find.

It is both understanding and learning to allow individuation—the lived experience of wholeness—to occur. This course is designed to bring you to the doorstep of your inner realm and offer you the tools to allow that process for yourself. In practice this may look the same, but experientially this will be unique to you.

Being One

This comprehensive guide is not a program of self-improvement or a framework for becoming a new self. The pursuit of “fixing” ourselves often reinforces the very sense of separation we hope to dissolve. Instead, we will explore what has always been here beneath the layers of conditioning: the undivided oneness that is the basis for every experience.

In Foundation we will use psychological insight, embodied attention, and the dance of direct experience, we will look together at the parts within—not to fix or destroy them, but to see them, hear them, and include them in the wider field of awareness. This is not theoretical work; it is experiential, practical, and deeply personal. Written exercises are in every course level and take about **2 hours** to complete, at your own pace. These invite reflection and integration of the material.

Each level includes:

- 1 Audio Companion Lesson & 1 meditation (together average about 18 minutes)
- 1 comprehensive digital course guide with writing exercises
- 1 contemplation to use as an inner inquiry before moving on

The Value of Support

While the recognition of your true nature is your own, it is a path best walked with others. Just as my own journey was supported by community, guidance, and insight from scientific and spiritual works, you may find that support makes this process more encouraging and easy. Being among others who have felt this reality allows for deeper conversation, shared insight, and the intimacy of knowing that who we are enjoys sharing this knowledge.

This is a journey of remembering and discovery—one that is yours alone to walk, yet one we will share together in mutual support. Live zoom groups meet twice a month per level and once initially for the intro meeting.