

Please prepare yourself by
making sure you have:

A comfortable and quiet place
for listening to the audio
sessions

15 minutes a day for
contemplation

The ability to use a computer or
phone for Live Zoom groups

A notebook dedicated to written
reflection portions of the course

Live Group Schedule

Meetings are 2 hours long and will be recorded

Foundation I Live Group Intro Meeting on Zoom	Tuesday, January 6th, 2026	1:00 PM Eastern Standard US Time
Foundation I Live Group Meeting on Zoom	Saturday, January 17, 2026	1:00 PM Eastern Standard US Time
Foundation I Live Group Meeting on Zoom	Saturday, January 31, 2026	1:00 PM Eastern Standard US Time
Foundation II Live Group Meeting on Zoom	Saturday, February 14, 2026	1:00 PM Eastern Standard US Time
Foundation II Live Group Meeting on Zoom	Saturday, February 28, 2026	1:00 PM Eastern Standard US Time

Group immersion and support is a key aspect of this inner-work.

All group meetings will be recorded.

In the case that you cannot make a certain date or time, please notify by emailing connectcreatewholeness@gmail.com

Study Material Timetable

Timeline	Listen	Explore
Week 1 Foundation I Section 1	Audio Session 1	Written Exercises by January 6th
Week 2 Foundation I Section 2	Audio Session 2	Written Exercises by January 17th
Week 3 Foundation I Section 3	Audio Sessions 3, 4	Written Exercises by January 31st
Week 5 & 6 Foundation II Session 1	Audio Session 5	Written Exercises by February 14th
Week 6 & 7 Foundation II Session 2	Audio Session 6	Written Exercises by February 28th



You will receive your course materials by email.

Our first live group is January 6

Please complete Foundation I, Guidebook Section 1 before our first group meeting.

There will be discussion around the written prompts in the guide, so please bring what you have.

Thank you! I look forward to seeing you soon.

Please contact connectcreatewholeness@gmail.com or go to wholenesswisdom.com to contact for support or questions