

The Wheel Of Wholeness

Waking Up To Your Infinite Self

On this page I provide tips on starting the course. Please refer to this page or email me directly with any questions at connectcreatewholeness@gmail.com

Welcome, I'm so glad to have you here!

- Our first live group on January 6th will be our only short meeting - 1 hour long.
- A suggested study timeline is on the following page and a basic completion timeline for materials is at the end of this packet.

This is a guideline, please adjust according to your schedule and availability to give attention to the work.

- The audio lessons are intended to be listened to before engaging in the written materials in the PDF Guidebooks. The link for this lesson is at the start of each guidebook.
- At the end of each Guidebook is an Inner Invitation, which is a contemplation for 15-minute sitting.

If you are ready to begin the Guidebook, consider sitting in silence with the Inner Invitation before starting the reading portions.

I encourage participants to use it daily, The Invitation is an integral part of this material - listening in silence for 2-5 minutes at a time is great.

Suggested Weekly Study Timeline
The Wheel Of Wholeness
Waking Up To Your Infinite Self

December Week 1

- Listen to audio lesson and sit with the meditation (32 minutes)
- Read pages 1-7 of the guidebook - through Key Concept 1
- Complete questions 1-6 in your notebook (approximately 75 minutes)

• **December Week 2**

- Read pages 8-19, pausing to complete the questions as you go.
- Listen to the meditation again or sit with the Inner Invitation on pg. 20
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December Week 3

- Listen to audio lesson Foundation I, 2 and meditation (28 minutes)
- Read pages 1-7 of the guidebook - through Key Concept 2
- Complete written reflections in your notebook (approx. 75 minutes)

• **December Week 4**

- Read pages 8-13, pausing to complete the questions as you go.
- Sit in contemplation with the Inner Invitation on pg. 20
- Listen to Foundation I, 3a. audio lesson (25 minutes)
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January Week 1

- Listen to meditation (3b.) (18 minutes)
- Finish opening reflection question
- Attend our first Live Zoom Group (Tuesday, January 6 - 1pm EST)
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January Week 2

- Review Key Concepts (pages 1-11)
- Finish recording your answers to the written reflections for Foundation I, 3 - in your notebook
- Make note of any questions or topics to bring to our Live Group Saturday, January 17th 1-3PM EST

Please prepare yourself for live meetings by ensuring you have:

- The ability to use a computer/tablet/phone and stable internet access to be online in our Live Zoom meeting
- A quiet place for sharing and listening
- Quality headphones/speakers to hear clearly
- A notebook dedicated to written reflections for all levels of the course
- Notified in advance of any dates you cannot attend live
- Bringing specific questions, insights, or areas of confusion to live groups for discussion

Live Group Schedule

Foundation Live Meeting Schedule

Live Group Intro Meeting on Zoom	Tuesday, January 6th, 2026	1:00-2 PM Eastern Standard US Time
Foundation I, Live Group Meeting on Zoom	Saturday, January 17, 2026	1:00-3 PM Eastern Standard US Time
Foundation I Live Group Meeting on Zoom	Saturday, January 31, 2026	1:00-3 PM Eastern Standard US Time
Foundation II Live Group Meeting on Zoom	Saturday, February 14, 2026	1:00-3 PM Eastern Standard US Time
Foundation II Live Group Meeting on Zoom	Saturday, February 28, 2026	1:00-3 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

Live Group Schedule

Meetings are 2 hours long and will be recorded

Immersion Level Live Meeting Schedule

Immersion I Live Group Meeting on Zoom	Saturday, March 14th, 2026	1:00-2 PM Eastern Standard US Time
Immersion I Live Group Meeting on Zoom	Saturday, March 28th, 2026	1:00-3 PM Eastern Standard US Time
Immersion II Live Group Meeting on Zoom	Saturday, April 11th, 2026	1:00-3 PM Eastern Standard US Time
Immersion II Live Group Meeting on Zoom	Saturday, April 18th, 2026	1:00-3 PM Eastern Standard US Time

Basic Study Material Timetable

Review	Listen	Reflect
December 1-14 Foundation I Section 1	Audio Foundation I, 1	Written Exercises by January 6th
December 14-21 Foundation I Section 2	Audio Foundation I, 2	Written Exercises by January 17th
December 28-Jan 17 Foundation I Section 3	Audio Foundation I, 3	Written Exercises by January 31st
Jan 31-Feb 14 Foundation II Section 1-2	Audio Foundation II, 1 & 2	Written Exercises by February 14th
February 14-March 6 Foundation II Session 2, Immersion I Audio Lesson	Audio Foundation II, 2 Audio Immersion I, 1	Written Exercises by February 28th Begin Intro lesson Immersion I, 1 by March 7



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