



Medicine Horse Ranch presents

Discover Heart Portals August 18-20, 2017



Three Ways of Paying Attention

Each of us has three possible ways of paying attention and exercising our intuitive muscle. We have a preferred way, just as we have a preference for being right or left handed. In this seminar we will spend time engaging with the Medicine Horse Ranch herd in the Adventures in Awareness (AIA) inner-active exercises that offer a discovery process for our preferred access to intuitive knowing. By the completion of our two and a half days together, you will have practical knowledge of your personal intuitive process and develop skills in consciously exercising the human capacity for deliberately shifting your awareness. This practice is opportune in our current demanding culture and societal challenges. The seminar material is based on the study of archetypes, the constellated patterns of energy offering insight to our personal journey. Knowing more about our personal process helps us become more aware of others and their process. This awareness contributes to our group leadership roles.

The Process

The first afternoon together we will take a walk in nature among the Medicine Ranch herd. We are introduced to the horses and learn how to mindfully integrate ourselves into the landscape and the herd. We are invited to become conscious of where we habitually place our awareness. This activity is intended as a first step in building relationship with self. Do we naturally migrate to our heads, inquiring what the situation is about? Or do we discover our awareness in our heart, with a question like, who am I with? Perhaps, we're sensing a bodily response to our relative position in the environment.

Awareness of our intuitive process allows us to consciously 'witness' ourselves and others when the next day we engage with the horses in AIA activities focused on the procedures for learning Con Su Permiso. On our third day together, we will put our new skills together in the practice of Team Leads, a three step process that deepens awareness of our individual archetypes and ways of paying attention, and allows opportunity for further 'witness' practice.

Dates and Times:

August 18: 2 pm - 7 pm

(dinner included)

August 19: 10 am - 4 pm

August 20: 10 am - 4 pm

Location:

Medicine Horse Ranch
Tomales, CA

Facilitated by

Alyssa Aubrey, CECE and
MHR senior staff

Tuition includes light evening meal the first day, featuring locally grown and organic fare. Didactic materials for future reference and study are provided.

Tuition is \$795.00 (early bird special \$750.00, if paid by July 18th

Enrollment for this experiential training can be arranged by contacting Alyssa Aubrey
phone: 707-878-2440
email: office@medicinehorseranch.org