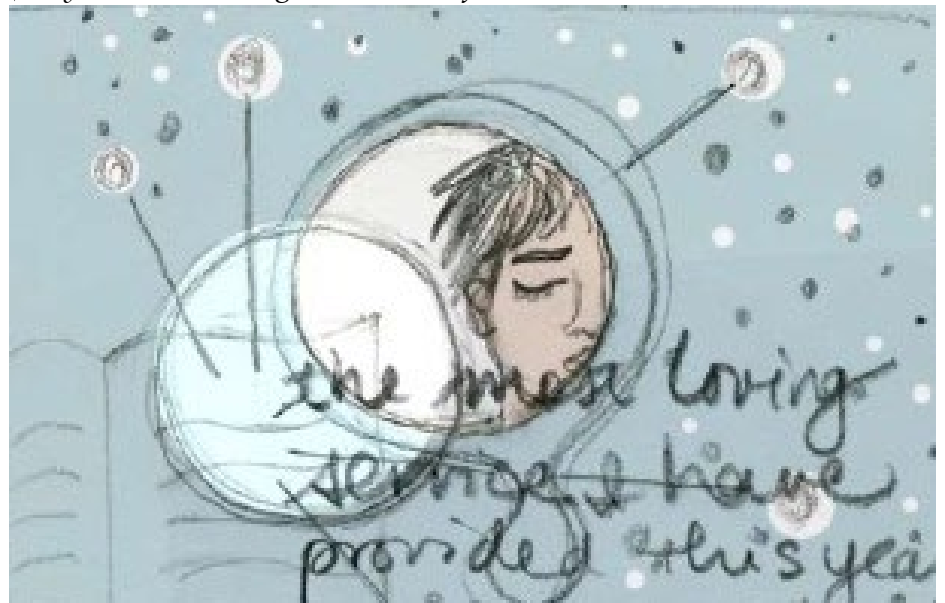


## My Lifetime in a Moment

*Beyond your physical presence (being 'here, in a specific spot'), you also bring along all your experiences, emotions and behaviors - the helpful along with the less than helpful. Becoming aware of the source of why we react the way we do allows us to overcome our destructive urges and make more conscious decisions. To respond rather than react. This frees us to fully use our strengths without fear.*



Our experiential path includes teachings, writings, meditation, group sharing and a bit of play. The exercises replenish your mental, physical, spiritual and emotional buckets.

### **The class is applicable for all.**

With My Lifetime in a Moment you'll learn to:

1. Live a confident life by responding to situations with clarity;
2. Become physically and mentally healthier by deepening your breath and mediation practices;
3. Live a conscious, in-the-moment life by creating and embracing an ongoing learning and growth path;
4. Be a part of a connected community committed to a better self, family, neighborhood and beyond;
5. Live a life of purpose by creating a vision for your community involvement.

**Save this date: May 16, 2022!**

**Our first experience will take place on May 16, 2022!**

My Lifetime in a Moment consists of three levels of participation. All three levels are included in the one investment.

### **Level One: Self Taught**

You will receive six workbook packets via email. These will be distributed weekly and can be completed separately from attending any of the available Zoom sessions. The workbooks are unique in that they are designed to be visited over and over again to continue to provide clarity and growth.

### **Level Two: Weekly Teachings**

For six consecutive weeks there will be a one-and-a-half-hour Zoom meeting. During this time there will be additional teachings, exercises and meditations. These meetings also provide a safe space for sharing and small group interaction. Week six will be for celebration and closure.

### **Level Three: Assimilation and Attunement**

It is important to put the learnings into practice. These additional one-and-a-half-hour Zoom meetings are for sharing, testing and learning from each other. It is a harbor for spiritual growth and development. These sessions begin the second week of the class and extend for 10 weeks total.

The entirety of the Zoom meetings (16 in all for a total of 24 hours) are included in the registration. All are optional. It is your choice to attend as many as you would like.

**On-line support and learnings (plus additional content) for all Levels will be available 24/7 via your personal portal**

**Investment: \$219** [Register here](#)

Past participants have offered these kind words.

[Comments from SJ](#)

[2 Minute Highlights](#),

[Zack Comments](#)

[Words from Kim](#)

First Teaching Zoom meeting is at 6:30PM, Central, May 16, 2022

The following meetings are on May 23, 30, June 6, 13 and the, 20th

Assimilation Zoom meetings begin on May 26, 2022 at 6:30PM, Central

Dates for the following meetings are June 2, 16, 23, 30, July 7, 14, 21, 28, August 4

Workbook emailings are weekly beginning May 13, 2022

If you have other questions, I would love to speak with you.

Please email me at [jeff@reclaimyourjoy.guru](mailto:jeff@reclaimyourjoy.guru). Or call at 312-783-2299

Blessings to you. I look forward to seeing you!

Jeff