



## Curate Copy Example

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**EXAMPLE copy.** *You are welcome to swipe* 😊

### **What is Curate Your State?**

For six weeks, a small group will gather weekly and dive into discovering the means and mechanisms of cultivating a more satisfying state of being.

We ALL experience circumstances and encounters that rob us of inner steadiness. Yet, these same encounters can become doorways to a more steady and higher state of consciousness, more aligned with who we are, not just who we think we should be and who we think others think we should be.

*"On a low level of consciousness there are no solutions and on high level of consciousness there are no problems."*

~ Roberto Assagioli

In addition to learning skills, we will focus on becoming established in a deliberate practice. The heart of practice is embodiment, taking the time to engage in self inquiry, discover points of tension, resolve them through one of the methods you will learn in the course and settle into the spacious awareness associated with non-dual awareness.

In addition to attending each session, participants will be expected to devote 30 - 45 minutes to daily practice, at least 6 days a week, for the duration of the course and attend the full day retreat. The intention is for participants to become established in habits that support the curation of more satisfying, steadier and elevated states of being.

This course is a luscious introduction to the personal practice of Acceptance and Integration Training.

Why do I think you will love it?

Life has a way of distracting us:

- we can have the highest regard for our people yet don't consistently treat them in ways that reflect our caring for them
- some circumstance demands our attention and we get tangled up in stress and tension

- any number of stressors take us off course, and before you know we are wound up in limited ideas about ourselves, others and life.

Before you know it, we are trudging along on a path and wondering how we ended up snagged in what can feel like a mental and emotional briar patch.

In this course, you will learn to liberate yourself from this tangled energy and RESTORE your state to a more satisfying state of being. Typically, such states reveal previously unseen solutions and contribute to decreased reactivity, increased compassion and more skillful choices.

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### **Here's what I'll be covering and why I think it matters:**

- An exploration of the principles and phases of Acceptance and Integration Training will give you a ground for creating a crucible of transformation that will support your practice.
- Efficient self-inquiry methods for discovering sources of tension inhibiting your state
- Reliable tools to neutralize this tension
- One of our sessions will be devoted to the **Gnostic Intensive** – opening doors for you to experience who YOU are, what LIFE is, and what OTHERS are.

### **Why am I so passionate about offering this to you?**

I am so so excited to share this. Over these past few years, I trained enough people to KNOW that we ALL have what we need to cultivate steadier and higher states of being. Why would we not do that? Life is so very precious and so very short. Isn't it time to experience the beauty and preciousness of it?

We all allow our appreciation for our people and our lives to slip away in the charged tension of life's demands. What if you knew how to walk your journey with greater ease of being? How might that change things for you?

Life seems to flow over so many of us with all its ups and downs while we are tossed about in the churning. Instead, we can USE these very natural life challenges to become established in a state that is closer to who we really are.

## **WHO is it for? Who is it NOT for?**

If you are drawn to discover and cultivate a more satisfying state of being

AND you are willing to engage in deliberate practice for the duration of our course

AND you will join us for the course sessions, including the retreat . . .

RESERVE your spot.

If you are curious but not willing to devote the time to deliberate practice, this may not be the time for you to join us.

## **What are the details?**

### **Why is this a MUST for them?**

**Scarcity** prompts people, this can be the numbers you will serve, early bird registration fees, etc..

**A call to action:** Reserve your spot now, message me, let's talk about if this is the right course at the right time for you, etc.

**Offer FUEL:** Bring a friend discounts, extra bonuses for registering by a particular dates, etc.