



Medicine Horse Ranch presents

Discover Heart Portals

May 2 -4, 2014



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 horses in the AIA inner-active exercises that offer a discovery process for our preferred access to intuitive knowing. By the completion of our first day and a half 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 current demanding culture and societal challenges. The seminar material is based on the Enneagram as taught by Helen Palmer, a text in Tacheria, a two year school of Spiritual Directorship.

The Process

First afternoon together, after the releases are signed, we take a walk in nature where the horses are turned out. We are introduced to the animals 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 this 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' our self and others when we engage with the horses in the AIA activities focused on the procedures for learning Con Su Permiso. By completion, we will put our new skills together in the practice of Team Leads, a three step process of further 'witness' practice.

Dates and Times:

May 2nd: 2 pm - 7 pm

May 3rd: 10 am - 4pm

May 4th: 10 am - 4 pm

Location:

Medicine Horse Ranch
Tomas, CA

Facilitated by

Barbara K. Rector, MA, CEIP-ED
Alyssa Aubrey, CEGE

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 \$595.00,

Early bird tuition: \$550.00 (if paid by 4/15/14)

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