



*The First Session of A Course in Miracles*

*The*  
**Belief Boardroom**

Tuesday, February 10th  
5:30 - 7:30 PM

*Dinner, Snacks & Social*

*Bring your journal*

*Come as you are.*



# A COURSE IN MIRACLES

— *An Evening Journey of Healing & Renewal* —

Healing trauma.  
Rebuilding the self.  
*Learning to move through darkness.  
Harnessing the power of pain  
and transforming it into beauty.*

This is an evening course for those who have walked through shadow  
and are ready to meet themselves with compassion, clarity, and courage.

- ✧ The principles of A Course in Miracles
- ✧ Cognitive therapy & conscious reframing
- 🌿 Healing trauma with understanding & gentleness
- 🌀 Moving through pain without being defined by it
- 💖 Rebuilding identity, safety, and self-trust

— *A blend of:* —

- ✧ Lessons & Reflection
- 💞 Friendship & Shared Humanity
- 🌿 Nature & Grounding Presence
- 🧠 Cognitive Therapy & Insight
- 💞 Community & Belonging
- 🌙 Deep Inner Expansion

Come as you are.  
Walk beside others.  
*Turn lived experience into wisdom.  
Let what hurt become what heals.*

*Evening Course • Community-Based • Heart-Centered*



# *Come As You Are*

*A Free 10-Week  
Healing Journey*

*Free Healing Program • All are welcome*

*In this sanctuary  
we will explore:*

- ✦ Why does unworthiness linger even after so much effort?
- ✦ What is the darkness teaching you?
- ✦ How can you heal gently through your past?
- ✦ What within your patterns is ready to be released?
- ✦ What inside you aches for love and tenderness?
- ✦ How can we transform pain into light?

## *Journey of Inner Transformation*

*Together we will explore:*

- ✦ Healing and softening past trauma
- ✦ The power of sharing in sacred circle
- ✦ True, raw honesty & vulnerability
- ✦ Tools to untangle depression, anxiety & unworthiness.
- ✦ Feeling energy, joy, wholeness, and purpose.

## *Come Home to Your Heart*

*This is a free offering of love.  
Come as you are, bring your journal,  
and step into a circle of kindness and truth.*

- ✦ Release burdens that weigh heavy on your spirit
- ✦ Cultivate forgiveness for self & others
- ✦ Find belonging in shared, gentle truth
- ✦ Awaken to the light that has never left you

*You are not too broken,  
too wounded, or too late.*

*You are a soul worth healing.*



# COME AS YOU ARE

## A Free 10-Week Healing & Self-Reclamation Program

This program is a gentle, welcoming space for those navigating pain, uncertainty, grief, or inner emptiness. There is nothing you need to fix, prove, or become before arriving. This is a place of honesty, safety, and shared humanity. Over ten weeks, we explore healing not as perfection, but as remembrance — of worth, meaning, connection, and inner light.

### Program Structure

This is a come-as-you-are evening program rooted in compassion, community, and lived experience. Each session blends guided discussion, reflection, practical tools, and sacred circle sharing. The emphasis is on real healing through understanding, gentleness, and connection with others.

### Topics Explored Over 10 Weeks

- Why do I feel unworthy?
- Why do I feel empty?
- What is the darkness teaching me?
- How can I heal through my past?
- What patterns within me are holding me back?
- How can I bend the spoon — shifting perception and belief?
- What inside me needs gentleness?
- Healing past trauma with compassion and understanding
- The value of sharing with others
- True, raw honesty — vulnerability that heals
- Sacred circle and community support
- Tools to move through depression, anxiety, emptiness, fear, lack of direction, and unworthiness

# WEEK 1 – RETURNING TO SELF: SAFETY & SELF-WORTH

## *Laying the foundation*

- Understanding self-worth beyond performance, roles, or approval
- Why unworthiness forms and how it becomes internalized
- Creating inner safety before deep healing
- Identifying inherited beliefs about “not being enough”
- CBT tools to observe self-talk without judgment
- Gentle body awareness to ground the nervous system
- Establishing intention and sacred container for the journey

## WEEK 2 – ANXIETY & THE OVERACTIVE MIND

### *Learning to soften the inner alarm*

- Understanding anxiety as protection, not failure
- How the nervous system stores fear and anticipation
- Identifying thought loops and catastrophizing patterns
- CBT tools for calming the mind and reframing fear
- Breath and body practices for regulation
- Learning to sit with uncertainty without panic
- Replacing self-criticism with reassurance

# WEEK 3 – DEPRESSION, EMPTINESS & LOSS OF HOPE

## *Finding light without forcing positivity*

- Understanding depression as depletion, not weakness
- Exploring emotional numbness and shutdown responses
- Identifying grief, suppressed anger, and unmet needs
- CBT tools for working with low motivation and heaviness
- Gentle re-engagement with pleasure and meaning
- Body-based practices to reconnect with vitality
- Restoring hope through compassion, not pressure

## WEEK 4 – TRAUMA & THE BODY

*Healing where words could not go*

- Understanding trauma as a body experience
- How past events live in the nervous system
- Recognizing triggers without self-blame
- Learning titration and pacing in healing
- Body-based grounding and safety tools
- Releasing shame around trauma responses
- Reclaiming agency, choice, and self-trust



# WEEK 5 – ADDICTION, NUMBING & ESCAPE

*Meeting the unmet need beneath the behavior*

- Understanding addiction as an attempt to soothe pain
- Identifying emotional avoidance and coping strategies
- Compassionate inquiry into urges and patterns
- CBT tools to interrupt automatic behaviors
- Building healthier regulation and comfort strategies
- Releasing shame and secrecy
- Strengthening honesty with self and others



# WEEK 6 – INNER CHILD, FAMILY & ATTACHMENT

## *Healing relational wounds*

- Understanding attachment patterns formed in childhood
- How family dynamics shape self-belief and safety
- Identifying roles you were assigned and still carry
- Reparenting practices for inner stability
- CBT tools for boundary setting and self-advocacy
- Grieving what was missing without self-abandonment
- Cultivating compassion without minimizing harm



# WEEK 7 – PASSION, DESIRE & ALIVENESS

## *Reawakening the spark*

- Reconnecting with joy, curiosity, and desire
- Understanding how trauma dulls passion
- Identifying what drains vs nourishes you
- Challenging beliefs that joy is unsafe or undeserved
- Body practices to awaken aliveness
- Giving permission to want and dream again
- Reclaiming creativity and play



# WEEK 8 – PURPOSE & LIFE PATH

*Why am I here?*

- Exploring purpose beyond productivity or success
- Identifying soul values and inner compass
- Understanding seasons of life and transition
- Releasing comparison and external timelines
- CBT tools for meaning-making
- Aligning choices with inner truth
- Trusting your unique life path



# WEEK 9 – BUILDING A STRONG INNER FOUNDATION

## *Stability from within*

- Creating inner structure, routine, and support
- Strengthening emotional regulation skills
- Identifying supportive vs sabotaging patterns
- Developing resilience without hardening
- Body practices for strength and grounding
- Integrating lessons learned so far
- Cultivating consistency and self-trust



# WEEK 10 – INTEGRATION, HOPE & INNER LIGHT

## *Carrying the work forward*

- Reflecting on growth and inner shifts
- Honoring the courage it took to show up
- Learning how to sustain healing beyond the program
- Letting go of old burdens and identities
- Strengthening hope as a lived practice
- Connecting to inner light and wholeness
- Closing the circle with gratitude, community, and intention