

VISIONARIES

# Actualization Journey

## Courageous Expansion

— *for Individual & Collective Transformation* —

Experience the power of Presence and co-creation.  
Listen to the voice of life and begin to follow its direction.  
Let go of what limits you and welcome what empowers you.  
Overcome or dissolve perceived obstacles with ease and grace.

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## *Awaken Your Visionary Self*™

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NATURALLY ON PURPOSE™

### **Follow Life's Lead**

*Slow down, go deep, and come to align with Life.*

- Connect with conscious creators and change-makers.
- Share your vision. Acknowledge and overcome challenges.
- Ignite creativity for your projects. Discover latent opportunities.
- Tap emergent wisdom, access innate intelligence and internal guidance systems.

### **Align, Empower and Actualize**

- Gather energy and/or your team.
- Create alignment and harmony for clear forward movement.
- Come to notice insights and connections that support initiatives as they arise.
- Bring an open heart and mind.

Phase 1: OPENING

**Align with Being** - *Connect with Life*

Phase 2: CO-CREATING

**Co-Create with Life** - *Follow the Inspired Impulse*

Phase 3: ENGAGING

**Expand with Trust** - *Usher What's Emerging Into Being*

# Three Phases

## Phase 1—OPENING ATTUNED CONNECTION

### **Align with Being**

*Connect with Life*

Recognition: *Embody Awareness through Presence*

- Practice Presence and make room for inspiration and creativity.
- Access life's intelligence, your inner wisdom and internal guidance systems.
- Notice what sparks your curiosity and aliveness and where it comes from.
- Feel the flow of life force and wisdom within you and around you.
- Cultivate a calm and balanced Presence.
- Let life be your guide.

## Phase 2—CO-CREATING FROM EMBODIED VISION

### **Co-Create with Life**

*Follow the Inspired Impulse*

Activation: *Create from a place of Authenticity*

- Connect deeply with what is essential.
- Tune in to what matters most to you.
- Connect with your core values and intent.
- Embrace the present moment and welcome what emerges from it.
- Learn and grow from emergent wisdom as you connect with self and other.
- Exercise your agency, accept challenges and embrace opportunities.
- Engage yourself fully as you come to realize your vision.
- Express your authentic self with confidence and joy.
- Inspire others to do the same.

## Phase 3—ENGAGING INSPIRED MOVEMENT

### **Expand with Trust**

*Usher What's Emerging Into Being*

Realization: *Empower Self & Other*

- Embody aliveness and joy, energize yourself and others.
- Share your vision and take action with courage as you connect deeply with the world.
- Inspire and empower, co-create with awareness from Presence.
- Follow the natural progression of your journey.
- Experience the power of shared wisdom and inspired generativity.
- Witness the impact your generative contribution makes.
- See the larger movement you are part of that creates positive change.
- This is aligned action, conscious co-creation—courageous expansion.

# Week-by-Week

*Actualization Journey*

Phase One — OPENING: ATTUNED CONNECTION

**Align with Being**

*Connect with Life*

*Recognition: Embody Awareness through Presence*

Week 1 — **Slow Down, Create Space**—*Accelerate Actualization, Paradoxically!*

Week 2 — **Awakening Actualization** (& Why Awakening)

Week 3 — **Already There:** Your Visionary Self

Week 4 — **Being There:** Awareness, Awakening & Actualization

Phase Two — CO-CREATING: EMBODIED VISION

**Co-Create with Life**

*Follow the Inspired Impulse*

*Activation: Create from a place of Authenticity*

Week 5 — **Co-Create:** Naturally On Purpose

Week 6 — **Realize:** That Which Is Essential

Week 7 — **Emergent Wisdom:** Arises From Your Essence Identity

Week 8 — **Accept The Challenge:** Your Visionary Work

Week 9 — **Create** from Stillness & Spaciousness

Week 10 — **Take Action:** Create Continuity

Phase Three — ENGAGING: INSPIRED MOVEMENT

**Expand with Trust**

*Usher What's Emerging Into Being*

*Realization: Empower Self & Other*

Week 11 — **Emanate Light:** Create with Joy

Week 12 — **Bridge The Gap:** Embody Your Vision, and Connect with Your Mission

Week 13 — **Expand Your World:** Your Unfolding Path

Week 14 — **Declare Your Commitment** or Dedication

# Summary of Practices

*Week-by-Week*

Phase One — OPENING ATTUNED CONNECTION

**Align with Being**

*Connect with Life*

Recognition: *Embody Awareness through Presence*

Week 1 — **Create Space**: *Presence Practice*

*Connect with life.*

- Slow down, tune in to spaciousness & stillness.
- Connect with the breath, and aliveness of the body.
- Embody awareness through Presence.

Week 2 — **Access Intelligence**: *Connect with Source*

*Become aware of the body, the heart, and your environment.*

- Come to experience harmony as you align with being.
- Create space for inspiration & creativity.
- Allow life to be your guide.

Week 3 — **Follow Life's Guidance**: *Come to Know Flow*

*Tap internal guidance systems.*

- How is life guiding you?
- Recognize wisdom as you embody awareness.
- Come to know the life-force behind all things.

Week 4 — **Flow with Life**: *Engender Equanimity*

*Move through the world with light.*

- Welcome opportunities to accept and release.
- Let go of attachment to outcomes.
- Come to co-create with life.

Phase Two — CO-CREATING FROM EMBODIED VISION

**Co-Create with Life**

*Follow the Inspired Impulse*

Activation: *Create from a place of Authenticity*

Week 5 — **Connect Deeply:** *Envision Co-Creation*

*Align with the creative force of life.*

- Bring your attention to the stillness and spaciousness deep within.
- Come to trust and allow life to move through you.
- Be a channel for manifestation.

Week 6 — **Surface** *your Heart's True Desire*

*Participate in the dance of creation.*

- Shine the light of consciousness on and embrace what is arising.
- From the depth of your being comes great joy.

Week 6, part 2 — **Share Wisdom** and *Inspired Generativity*

*Engage inspired acts of creation.*

- Make contact with your heart.
- Open yourself to universal intelligence.
- Participate in the interconnected orchestral symphony of life.

Week 7 — **Discover Emergent Creation:** *From Actualization To Manifestation*

*Come to realize what is to be manifested through you.*

- What is actualization for you?
- Discover what is to be made manifest through you.
- Connect with what is arising from deep within.

Week 8 — **Overcome Obstacles:** *Exercise Your Agency*

*Shine the transformative light of consciousness on challenges as they come.*

- Deepen your connection with the transcendent dimension.
- Come to see obstacles and challenges as opportunities.
- Find yourself empowered.

Week 9 — **Activate Creativity:** *Engage, Connect with What Is Essential*

*Recognize and strengthen co-creativity with life.*

- Embody expansion and the joy of living.
- Allow yourself to expand with trust and faith.
- Come to find yourself naturally moving forward.

Week 10 — **See Clearly:** *Manifest, Come to Realize Your Vision*

*Co-create that which is to be actualized.*

- How is life moving through or speaking to you?
- Open yourself to the wisdom of life.
- Allow life to show you the way.

Phase Three — ENGAGING INSPIRED MOVEMENT

**Expand with Trust**

*Usher What's Emerging Into Being*

Realization: Empower Self & Other

Week 11 — **Energize:** *Embody Aliveness & Joy*

*Access the deep well of creativity that fills your heart with joy.*

- What beckons your attention and awareness?
- Draw on wisdom that resides deep within.
- What are you ready to move with?

Week 12 — **Grow & Extend:** *Increase Your Capacity for the Unknown*

*Deepen awareness of what is true and unchanging.*

- Invite new levels of connection, openness, and seeing.
- Create familiarity with the deep well of your being.
- Explore the outer edges in the direction of your inspired self.

Week 13 — **Courageous Expansion:** *a Natural Unfolding Progression*

*Align with and come to trust your essential self.*

- Move through the world with compassion.
- Experience your brilliance.
- Enjoy expansion.

Week 14 — **Conscious Co-Creation** and *Aligned Action as part of a Larger Movement*

*What do you now have capacity for?*

- Welcome the dance of life.
- Find yourself inspired by the joy of living.
- How do you see yourself engaging with the world?

# Emergent Wisdom

Circle-up regularly with like-minded and supportive others. Come to grow personally, professionally and spiritually. Deepen connection with yourself, with others and with the world.

Discover EMERGENT WISDOM, deeply sourced insight which arises from the fertile field within. Deepening awareness naturally brings alignment for inspired action.

Insights arise from this space. Come to live authentically, joyfully, and with a profound sense of purpose.

## **Engender Equanimity**

Cultivate equanimity and a calm state of mind as you carry present moment awareness throughout each day.

## **Follow Life's Movements**

Allow life's intelligence to guide you. No longer force or attempt to control outcomes. Rather, trust and surrender to the flow of life. Open yourself to new possibilities, opportunities, and synchronicities. Listen to your intuition, your inner voice and your heart.

## **Empowered Visioning**

Increase your co-creative capacity as you deepen connection and expand awareness: come to see and realize your vision from a place of equanimity, aliveness and joy. Embody that which is essential—central—to all that you are up to.

## **Leading Movements**

If you want to build or inspire a powerful team, a lively community, or a lasting organization join us in these leading movements: slow down, go deep, and plan your way forward from a place of Presence.

Connect with like-minded conscious business leaders and change-makers. Share your vision. Address challenges. Overcome perceived obstacles. Meet new opportunities. Learn new methods and discover approaches that spark creativity for and bring innovation to your projects. Tap emergent wisdom as you access collective intelligence and inner guidance systems.

Create alignment and harmony for clear forward movement. Gather energy, and your team. Come to notice important insights and connections that support your initiatives as they arise. Bring an open heart and mind.