



***Remember to reach for the stars,
and they won't be able to resist flying into your hands!***

~ Katherine McNamara

Spring Leadership – March 19-23, 2020

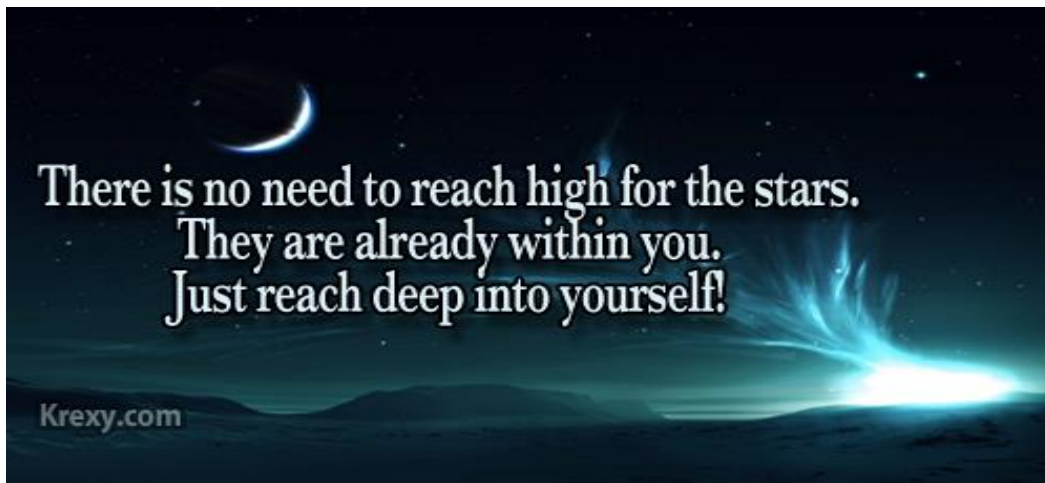
It is not only a New Year, but it is a new decade. We come together for Leadership to make important changes and continue to expand into our full potential. It is important to continue to learn and experience new concepts and bring these skills back into our work with our clients. I want to begin by asking you these questions once again. When was the last time you had a breathing session? How long has it been since you dug deep inside yourself? How committed are you to your personal / spiritual growth? What is still unresolved for you? What is it that you desire? How does ambivalence or resistance keep you stuck in the same old place?

The New Year provides the opportunity for profound change and this promises to be an exciting Leadership. We already know that the work with Integral Breath Therapy is the fast track to healing. However, I think it holds even more possibilities and has an even greater untapped potential. IBT easily allows us to integrate various techniques into the basic format. This program grew out of the integration of various methods and continues to expand. I think it is important for us to continue to incorporate new tools and techniques into the basic IBT model.

In line with entering a new decade, the focus of this program is about manifesting your ultimate destiny. Many of us know what we want and have had successfully attained many of our goals. For each one of us, I believe there is so much more potential than we even realize. It is easy to get bogged down in the process of living and become stagnant. Have you stopped short of what is possible? I am not speaking about working harder as some of us work too hard already. I am referring to opening wider and clearing at a deeper level. All this while being fully conscious and completely awake.

We know that we are Spiritual Beings having a physical experience. As the energy flows through the four levels, the blocks encountered keep us from achieving the experience of full and complete empowerment. Each level needs to be cleared along with the shadow aspect held inside. The chakra energy system is an integral part of this energetic clearing process. When we take responsibility for fulfilling our destiny and begin acting with the power of intention, we not only take fate into your own hands, but become the hands of our own fate.

Doorways will inevitably open for us to step through, and every choice is a creative act toward realizing the ideal life. We not only recognize but have the ability to follow our instincts and intuition. We recognize opportunities when they are presented to us and are able to seize the golden moments. We begin to recognize the decisions that do not serve this greater picture and can more easily push them aside. Obstacles become challenges to be overcome, and the journey becomes an adventure rather than a journey we are being forced to take. Our destiny may be waiting for you, but whether or not you meet your destiny is up to you. Your fate is in your hands.



While we are together, I wish to discuss the creating a member option to the website. I do believe that we will be able to provide a benefit to our community. I have so many materials that I want to pass on... Meditations, exercises, workshop outlines, and more. I want these resources to go to those in our IBT community.

THE PROGRAM - We will continue to explore the reasons why this completion phase is blocked. We will work with the breath in a more assertive way as one thing that happens to us all is that we often go just so far, and then.....

1. New tools for taking the fast track to transformation
2. Working with the four levels and the energy flows in a new and more powerful way.
3. Clearing the chakras and energy blocks
4. Exploring the personal and collective Shadow
5. Connection, Manifesting, and Spiritual Expansion
6. Spiral, Power, and Chakra Breathing.
7. Spiritual Direction Sessions
8. And more...

THE PROGRAM - This spring Leadership will take place at COD Ranch in Oracle, AZ. It is close to El Rancho Robles, but is located just up the road at 37 S. Cod Ranch Rd, Oracle, AZ 85623. COD Ranch is steeped in charm, has a great meeting room, a swimming pool, and a hot tub. Flying into Phoenix is an option, so organize yourself accordingly.

We will begin at 10:00am on Friday morning and will conclude by noon on Monday. It can be challenging, but I do what I can to keep the price at a level that allows for everyone to participate. The total cost for the weekend, including lodging and meals is now \$775. Private Rooms have an additional charge of \$65 per night for the three nights of the program. There are limited numbers of private rooms available, so be sure to let me know as soon as you can if you desire this option. We will have overnight lodging available on Thursday night for an additional fee of \$100-\$125 depending on single or double occupancy. This fee includes breakfast only. For those who arrive in time, we will go out to dinner. Let me know if you need any additional information.

You are invited to continue your personal journey in a community of amazing people who are on the path of continued Spiritual growth and self-discovery. Please RSVP your intention to attend by **making a deposit** at <https://www.integrationconcepts.net/store/spring-leadership-deposit-2020> Once you are registered, Alan will take over and collect your arrival and departure information, meal restrictions, and rooming preference. Facebook is a great way to connect to others for ride sharing as the information is visible to everyone. Questions, please call 520-544-5181.

Blessings, Carol