



Journey in Community

New Skills for New Times

January – May 2010

Bellevue, Washington

**Community ~ Authenticity ~ Openness ~ Courage ~ Grace ~ Intimacy ~
Depth ~ Right Livelihood ~ Emotional Honesty ~ Wholeness ~ Essence**

Journey in Community is a powerful transformational experience that encourages growth and collaboration so you blossom in new ways. During this process, you'll be held with intention making it possible to:

- discover the unique gifts you bring to the community and the world
- expand your capacity to lead, trust, & collaborate
- tap into your intuition, innovation, creativity & resourcefulness
- design & step more fully into your life vision
- live with even greater emotional balance, fluidity, interdependence & strength.

Specific activities include:

- **Contemplative activities**, such as walking the labyrinth & meditation
- **Creative experiences**, such as brain-writing, story-telling & music-making
- **Physical activities**, such as body sculpting, stretching & movement
- **Group exercises**, such as Energy Psychology Clearings and role playing
- **Personal empowerment work**, including sharing responsibility & an individual session with the facilitators

If you are uncomfortable in a group, you are not alone. Many people lose themselves and their personal power in groups. Journey in Community offers a safe environment, where you can explore your growing edge and be even more effective in the future.

Comments from Past Participants:

“...the best investment I’ve ever made.”

“The breakthroughs that I achieved have been life-altering.”

“After each session, I looked at myself and how I was living my life in a different way.”

“I noticed not only a change in attitude with my fellow members; I also noticed physical changes in their appearance and energy.”

“I continue to carry with me the lessons I learned and tools to help along the way.”

Co-Facilitators:

Oceana del Fuego is a counselor, musician, writer and artist. She has specialized in facilitating personal growth and transformation for over 15 years. Oceana has significant experience with spiritual crisis and spiritual emergence. She has recently been through a difficult experience with cancer that has enhanced her wisdom and appreciation for life.

Sherry Helmke is a career and “follow your bliss” catalyst who brings people and teams together to create positive, life-affirming, inspiring results. She has served as the Executive Director of a non-profit leadership development organization, developed programs for individuals in industries ranging from aviation manufacturing to healthcare delivery, and co-created the successful WE-CAN Women’s Circle project.

Our Schedule:

January 2010	Fri., Jan. 15, 7 – 9 p.m.	Sat., Jan. 16, 10 a.m. – 6 p.m.
February 2010	Fri., Feb. 12, 7 – 9 p.m.	Sat., Feb. 13, 10 a.m. – 6 p.m.
March 2010	Fri., March 12, 7 – 9 p.m.	Sat., March 13, 10 a.m. – 6 p.m.
April 2010	Fri., April 16, 7 – 9 p.m.	Sat., April 17, 10 a.m. – 6 p.m.
May 2010	Fri., May 14, 7 – 9 p.m.	Sat., May 15, 10 a.m. – 6 p.m.

Because this is a community experience, attendance is mandatory for all meetings.

Investment:

Investment is \$1249-\$1349, depending on the payment option you choose. This includes the Journey in Community Notebook and activities. \$249 deposit is due at the time of your acceptance into the program. Space is limited, so please apply early.

How To Apply:

Application for this program involves self-exploration and clarification. Oceana and Sherry won’t judge you. Together, the three of you will determine if this experience is a good fit for you at this time. Please embrace the application in the spirit of expanding your self-awareness. Most people gain something simply from filling out the application! Download your application at www.oceanadelfuego.com or www.newviewnow.com or call Oceana at (425)430-5474 or Sherry at (253)534-5051.

Experience your true potential! Space is limited, so please apply early.