

# Sacramento Waking Down in Mutuality Workshop

## Friday, March 26 - Sunday, March 28

# Mutuality: The Art of Awakened Relating

This weekend course will be a way of looking at the Waking down in Mutuality work through the specific lens of Mutuality itself and the way in which Mutuality is at it's core. The course will be a balance of conceptual and experiential participation, including work in small groups.

### Our exploration will include:

- How Mutuality actually contributes to and deepens the experience of embracing both our human nature (Down) and Divine nature ( Waking).
- Seeing that "Waking" (including the second birth) and "Down work" (including the wake-down shakedown and the rot) are not simply ends in themselves and are in a certain sense, preparation in the service of being capable of deeper Mutuality.
- How mutuality is an expression and honoring of the fact that revelation happens through "others" in non-separateness from us, and that our ability to be in mutuality with others is related to our ability to listen to life (and our own internal guidance) itself.
- That our awakening together on the planet now can be understood as a group process, because we are truly not separate.
- The ways in which the commitment to mutuality is a commitment to our continuing unfolding, and an honoring of each individual being at the same time.
- This weekend is also an excellent introduction to the its WDM work, in that it shows the way that it is unique in its approach.

Presented by certified teachers of Waking Down in Mutuality



**Cielle Backstrom** has offered sittings, workshops and private sessions as a Waking Down in Mutuality teacher since 2006. She also uses Inner Relationship Focusing and Peruvian based shamanic healing processes to assist individuals in unfolding and navigating the fullness of divinely human awakening.



**Michael Grossman** has been a Waking Down teacher for 6 years, offering sittings in Sacramento and the San Francisco Bay Area.

Price: \$325 · \$295 if paid in full by Thursday, February 25

This course is open to all. Tuition support and payment plans are available.

Info, registration, and online payment at:

<http://awakenedmutuality.org/events/mutuality-course-march-2010/>

Questions: [gayatrischilberg@yahoo.com](mailto:gayatrischilberg@yahoo.com) or 916-456-3681

Schedule: Friday evening , 7-9:30 PM - Saturday and Sunday, 10 AM-6 PM

Location: Sacramento, CA.

Produced by The Institute of Awakened Mutuality - [www.awakenedmutuality.org](http://www.awakenedmutuality.org)

