

The Sacred Journey — Explorers Guidebook

Dear Journeyer:

The following is an *Explorer's Guidebook* to the Path of Life, called "The Sacred Journey." If you had arrived on earth with a Guidebook, the descriptions and diagrams that follow, would have likely been included in your manual. This orientation book has been compiled to assist you create the best life possible and while utilizing everything you have to create everything your soul wants. Enjoy your journey.

Introduction to the Human Experience - Preparatory Survey Session:

The guidebook includes handouts that follow this Exploratory Series. You will be able to read the descriptions at your leisure. Please use the Exploration Sheets after class if you wish or wait to use them in conjunction with the Orientation to the Sacred Journey Course.

Orientation to the Sacred Journey Course or Seminar:

Please bring this Explorers Guidebook along with you to your Sacred Journey Course or Seminar. Thank you.

Appreciatively Yours,

Douglas Moreton.

p.s. Credit has been noted at the bottom of Diagrams created by other authors. These author's books are available at end of todays Exploration or from the www.thesacredjourney.com

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HAND OUTS: NUMERICALLY LISTED IN ORDER OF PRESENTATION

(Two sided handouts, description on one side diagram where possible on backside)

EXERCISE SHEETS: ALPHABETICALLY LISTED IN ORDER OF PRESENTATION

1. Welcome, Introduction, Purpose, Overview, Invocation (*front*)
Map of Our Sacred Journey Today (*back*)
2. Why does a spiritual being want a human experience? Where did we come from, what are we here for and are you going to eat that? Spirit - Matter - Soul materialization.
Involutionary Arc and Evolutionary Arc of the Soul: Individuation to Fusion
3. An Overview of the Journey, Spirits Intent, The Souls Context and Process (*front*)
Nurturing the Soul, living a rich and fulfilling life (heights of ecstasy, depths of ...) (*back*)
4. The Process along the 'Way'; Law - Learn, Grace - Discover, Truth - Create; Reveal, Experience, Express; Paradoxes/Ironies, Knowing Our Divinity: Servant, Heir, One

Truth - truth is always more than it seems; living a discerning life, free of judgement; Doctrine, learning truth discovering truth, creating truth Esoteric Meaning, Mystical Application, Paradoxes and Ironies
5. Expansion and Manifestation. We stay on the path by dynamically balancing Expansion and Manifestation, capacity & demonstration. (*front*) Transformation Chart (*back*)
6. Spiritual Anatomy - Spirit, Soul, Personality, Mind, Emotions, Body (*front*)
Therapies and Methodologies for Integration (*back*)
7. Soul Predispositions v. Persona, Nature v. Nurture (*front*)
Personality Types, Temperaments (*back*)
8. Astrological Types: Personality Integration and The Soul Quality (*front*)
Chart (*back*)
9. Spiritual Qualities (*front*)
Fruits and Gifts (*back*)
10. Transformational Healing to Transformational Living - Core Concepts
Life Lessons - We choose are circumstances to learn lessons which help discover Qualities of the Soul While Cultivating Character and expand capacities of the personality, while revealing the gifts we shall share in service. Our problems are our gift back to god, and spirit's gift through us to others

11. The Sick Cycle and the Wheel of Health

12. Healing the Cause to Being at Cause and Living out of Choice
Transforming Core Programming (Core Programming Chart)

13. Precepts Chart (universal principles)

14. Aligning Our Personality: Will, Wisdom-Love, Action
Integrating Head (Faith) and Heart (Surrender), Heart and Gut (Trust)

15. Understanding the Three Paths
Utilizing Archetypes

16. Stages of Development: Personality Formation, Psycho-social Development,
Passages - Season's of Our Life,

17. Spiritual Development, Formation of Faith,
Spiritual Awakenings, Spiritual Challenges,

18. Expressing Life Purpose *The Legacy of a Life Well-Lived in Loving Service*
We have a purpose for our life that unfolds by expressing our soul qualities in loving service.
Will (intention, purpose) guided by Wisdom and expressed with Love as Action (service).

19. Mission, Vision
Strategic Development Plan

20. New Group of World Servers - Purpose

21 . CONTINUING THE EXPLORATION - ***“Let Your Life Shine ”***
Next Steps; Discovery Exercises; Prayer
The Sacred Journey - Life Purpose Sessions, Follow-up Workshops
The Center for Manifestation - Mission, Vision, Plan
Completion, Benediction