

# **The Journey to Consciousness**

## **The Journey to Consciousness: Class One**

### **The Freedom from Attachment**

In this first course on the Journey to Consciousness, we learn how every issue in the personal growth process starts out from a stage of denial. We explore the difference between being a victim and resorting to blaming everyone and everything else for all of his or her problems versus the willingness to take self-responsibility for creating your own life. Taking responsibility is the first essential step on the Journey to Consciousness towards lasting personal change and improvement, and an essential piece in guiding others to reaching their personal improvement goals.

This leads into an in depth exploration of attachment, such as addictive behavior. This study is not limited to traditional drug and alcohol addiction. It challenges us to consider the reality that we all are controlled and limited by attachments and addictive behaviours. Without knowing it, our freedom and ability to make sound, fruitful and choices relevant to the realization of our fulfillment is often compromised.

This class teaches the questions to ask and the listening and observation skills to identify and elicit the personal history, emotional associations and lifestyle that result in limiting attachments and addictive behavior. These skills are demonstrated, practiced and supervised in caregiver-client sessions. Participants quickly develop the communication skills and insight to identify the underlying threads and themes beneath attachment and addiction. This awareness naturally translates into our own personal growth: better recognition of how and when the attachment and addiction within ourselves and how it plays out in our own lives.

These communication and awareness skills are combined with a highly effective balancing technique that supports the release and resolving of addictive behaviours.

## **The Journey to Consciousness: Class Two**

### **The Art of Creative Resistance**

Research suggests that longevity and health is a reflection of our ability to adapt to change. We all resist change, but few realize the power resistance has in our everyday lives.

Most of our resistance is active beneath our conscious awareness. This class teaches a dynamic model that allows us see our resistances in action. We define the reasons why resistance has such power. We learn that resistance is a creatively learned coping skill originally designed to keep life familiar and generally risk-free. This class presents the tools to identify, negotiate and eventually overcome internal resistance. When resistance is harnessed and re-directed, it adds to our creativity, becoming an instrument and catalyst for change and fulfillment in our personal relationships, careers, desires and ambitions.

This class also explores the concept of healthy leadership. We all possess innate healthy, authentic leadership as a part of our human make-up. As you understand, uncover and begin attending to your own personal resistant trends, your authentic leadership, your healthy, caring inner authority will naturally emerge.

This enables you as caregiver, to support others in working with resistance and realizing the emergence of their own Authentic Self. The course also provides for you, the caregiver, the tools and ability to evaluate when your own personal issues are leading the client's personal process, and once identified how to harness your own issues and allow for the client's personal growth journey.

Three foundational communication concepts foundational to ARC **BodySpeak™** are introduced: Pacing, Contact and Creative Questioning. These concepts are demonstrated and practiced in a caregiver-client setting, to support personal inner change as well as improving the caregiver's ability and effectiveness working professionally and non-professionally with clients.

Personal growth and change should be natural, gentle and sensitive to the timing of each individual. Join us and learn how to invite healthy change into your life.

## **The Journey to Consciousness: Class Three**

### **BodySpeak™: Dynamic, Authentic Open-Hearted Communication**

A cornerstone of ARC teachings is how stress and emotional issue directly influences the occurrence of pain, discomfort and physical well-being. This class presents the reasons how and why emotion and stress become the symptom.

We explore how healthy emotional expression may prevent the incursion of physical issues. We learn the value of developing healthy relationship with your emotions, and how healthy emotional expression may prevent physical pain and

discomfort. We identify how working with resistance leads naturally to healthy emotional release and expression.

In a study of anger we learn to identify the difference between rage and healthy anger expression. A relationship with anger leads to greater vitality, increased motivation, and profound resistance to the effects of stress that can lead to disease.

BodySpeak™ is a key to this process. BodySpeak™ is a simple, non-invasive communication tool that gently, safely and successfully re-trains our emotional patterns into roles that are supportive for our present needs. There are eight communication steps inherent to BodySpeak™. All eight steps are introduced, studied and their applications demonstrated in detail.

Under the guidance and supervision of the teaching staff, you will receive personal guidance in the practice of BodySpeak™ both on yourself and on others.

## **The Journey to Consciousness: Class Four**

### **The Process of Integration**

When resistance is being actively addressed, and emotional expression is healthier, we enter the next stage on the Journey to Consciousness, the Process of Integration.

Integration is where we begin developing relationships with the various parts of our emotional system. For example, instead of your anger being an emotion you avoid, it becomes an ally for stronger, flexible boundaries or greater motivation and vitality. Or, a relationship with your creativity may stimulate you towards ideas and insights that have the potential of financial reward. An integrated emotional system is one where there is trust, communication and cooperation within the system, where all parts of yourself are actively working in cohesion towards greater goals for better health, fulfilling relationships or abundance in your life.

We invite you to join us in a deeply satisfying inner exploration in one of the core classes on the Journey to Consciousness.

## **The Journey to Consciousness: Class Five**

### **The Ties that Bind**

This valuable course explores relationships, co-dependent behaviors and forgiveness.

We partake in self-study to identify the many forms and variants of co-dependency that may be prevalent in our day to day lives. As well as emotional-based co-dependency, we uncover the ties that still bind us to unhealthy relationships. Unhealthy relationships may be ones that were once unfulfilling and energy draining, or the current relationships that no longer serve us. Students are shown the way to detach from these ties and curtail the energy loss that can result from them.

This class has a shamanistic and spiritual flavor to it. Participants are introduced to such ancient self-cleansing and self-restoring practices as the Recapitulation Method.

The nature of forgiveness will be defined, and how forgiveness can become a justified way to avoid confrontation and necessary emotional expression is explored. As an outcome of this fascinating process, we will discover the difference between authentic forgiveness and when forgiveness is used as a form of resistance or avoidance.

This class teaches an effective yet gentle, safe method to support both yourself and other on the process towards greater forgiveness – and how to ultimately accept that despite all else, you have ultimately done your very best.

## **The Journey to Consciousness: Class Six**

### **A Return to Consciousness**

In this last course in The Journey to Consciousness Program, all teachings and topics within the program are reviewed. Two new dynamic BodySpeak™ techniques are introduced. Each skillfully identifies specific qualities of body movement to challenge or support the emotional system. These techniques are effective “short-cuts” to emotional balance, release and integration.

The class is interwoven with a series of discussion groups that focus on being in service in all aspects of our lives: in our careers, as parents, friends and caregivers. Discussions are held on transference and how to recognize when transference is colouring personal or professional relationships.

In a supervised setting, students are given the opportunity to give supervised ARC sessions to members of the community who have been chosen by faculty members.

Finally, there is a ceremony of completion and the presenting of certificates to celebrate the completion of the program.

### **What Have Others Said?**

*ARC more than met my expectations, given that I began the series of seminars looking for ways to work with energy and ended up also learning about myself in ways I never counted on. More than satisfied, I was also transformed in the experience.*

*Professor James Clauss, University of Washington*

*"It's the only method that has been able to lay out for me a specific and logical reasoning behind why change happens when the techniques are applied. There is no mystery here; this is not based in some airy-fairy, vague concept of "spiritual growth", but rather on a very logical sequence of reactions based solidly in psychological reality. It just makes sense, and all of it is based in a well-ordered system that serves real, lasting change.*

*ARC is the only healing technique I have ever learned that actually delivers on its promise: Permanent change."*

*Kristen McHenry – The Heart and Hope Foundation*

*"Pietro and Melanie both have the unique ability to be exceptional workshop leaders as well as personal one-on-one therapists – unlike anyone else I've ever come across. I haven't found anyone that can also combine their one-on-one talents with their workshop abilities. With their profound work you can get your life back."*

*Angelique DeNance – Seattle, Washington*

*Pietro and Melanie are the best teachers anywhere. They succeeded in moving us all into a greater awareness of who we are. Everybody should take ARC because it opens you up to each other. It creates a community within you and this extends out to everyone.*

*I cannot say enough about the course and the way they put it together. It's unlike anything else."*

*Jacque Brock – Retired Registered Nurse, Powell River, BC*

*Pietro and Melanie are people and teachers I trust unconditionally. They have amazing skills personally and professionally yet they do not try to hide their fallibility and humanness. They are approachable and take responsibility for their own words and actions. They are not afraid to say sorry or admit they made a mistake.*

*ARC offers people complete acceptance as a student and a human being. ARC teaches amazing techniques and concepts for healing oneself and others that really work on a physical and a deep emotional level."*

Anita McHarg – Pre-school Teacher, Seattle, Washington

**The Journey begins now.**

**Come and open the door to possibilities!**