



Healing Ground
Collective

Being on the Frontier Course Overview

September 2020



Course Overview

Being on the Frontier is an immersive, experiential program delivered across nine (9) modules, over nine (9) months. Each module includes a live tutorial, facilitated by Prue Blackmore with documents and tools to undertake the required exercises available online.

Module 1 - Welcome to Being on the Frontier - Life Cycles

We begin by exploring where are we on the journey between life and death? What pearl on the string of time are we existing within right now? What is this time about? How does it speak to me? What does it speak to me about? Why do I think the way that I do? Where did these thoughts come from? What are my roles and how authentic am I being? The journey begins

Module 2 - The Physical Form - the Avatar of experience

The physical body facilitates the experiences, diversity and is the container of all that is in your experience of being human on this planet at this time. When we are ill, or things get broken we often go into fear or resentment of what our body is doing to us - same with aging. The body is an integral part of our experience here and when this happens, we fragment our connection. However it also is the warehouse of all we hold and need to release - when we are ready - innately intelligent with its own consciousness - this extraordinary vehicle holding myriad universes of bacteria and viruses is an honest reflection of where we are and is a source of healing - if allowed.

Module 3 - The Mind - its meanderings and machinations

There is the conscious mind – 10% – that which is the monkey chatter in our heads on a daily basis. Analysing, sorting, commenting and distracting. Of the 60k thoughts you had today you had 59,998 of them yesterday. The great buddha describes it as *“a wild elephant being ridden by a mad monkey”*. The job for us all is to remove the monkey and domesticate the elephant – otherwise it will trample all before it.

The unconscious mind – 90% - where all shadow resides, where all the fragmented pieces of self, dwell, the aspect of you combining archetypal imagery, complexes and internal demons – and which makes all of your decisions for you – is where we need to go – to help calm the system and gain control of the mind.

Module 4 - The Heart - the seat of the Soul's awakening in form

Your emotional body is the engine room of your creative self. Thoughts create and recreate feelings in an automated way, and our desire to seek pleasure and avoid pain then motivates all behaviour. All humans are disenfranchised from their emotions in childhood. And yet every action generates feeling. Until a dam wall builds up in us and our emotions start spilling over the top - leaking - creating over the top reactions to the smallest things. In recovering the emotional body, releasing the flood, we can then dwell in the river of our emotional body - allowing it to inform us and our intuitions - allowing the heart to awaken to its natural state - unconditional love.



Module 5 - The Shadow - the denied and fragmented Self

In the “Shadow” realm of our unconscious lies all the parts of self that have been split off as unacceptable to our primary carers, our society and other influences of childhood. This is an automatic process. What your parents cannot accept in themselves they reject and project onto you, so you split that part off and bury it.

Not because it is necessary but because it is about survival. We have golden, unrealised and negative shadow – all waiting for recognition and integration. Your judgements are the guide to what is waiting within.

Module 6 - Sexuality - the creative source - Kundalini

Sexuality - or more appropriately the denial of sexuality - or the Kundalini of our creative essence - has been an oppressive tool used against humanity for a long time, to keep us small. Most potently via patriarchal religions on the planet.

There was a time in the human experience when sexuality was liberated and celebrated and venerated as the expression of the divine. With temples to its training and use and sublimation of this physical act of expression into other forms of creativity or to awaken the kundalini or divine fire within. It is time to reclaim freedom here.

Module 7 - The Soul - Merging with the “I Am that I Am”

The Genius within. The Daemon. The bright spark - the watcher. The presence that we move ever closer to - as we evolve through our incarnations in human form. The energy we return to between incarnations. The Soul - on its own journey - guiding and preparing the way. Intensity is the key. Good or bad is irrelevant. This module will assist you to navigate more deeply into this space.

Module 8 - Energy - the Multidimensional Self

3D has been the dense, restricted, limited world that you have operated from - that humanity has operated from - but it is not the only reality. Its limitations of gravity science, expression and existence - do not hold true in other realities. What is reality - really? What is possible when we stretch?

Module 9 - On the Frontier - Group Presentations

Each member has a chance to share what they have learned about themselves as they showcase their art pieces, masks, objects, poems that may have evolved over the journey - for themselves and for the joy of all.



What we expect from you - participants policy

We expect you to be aware that this journey will evoke many things for you and not all of them will be comfortable. It is important to understand that you are never given anything you cannot handle - despite what the voice in your head may tell you to the contrary.

When things rise for you use the "who am I" doc in the resources to allow you to breathe through the process - they are only feelings - despite their intensity sometimes and won't harm you. As they rise breathe them up and then ask, what do I need to know here?

People doing this program are encouraged to have access to a good therapist [do some research here] and Prue Blackmore is also available to help you process things as they arise, if needed, for her usual fee.

Be honest with yourself. Remember that if you are feeling it - it is yours. You will move more rapidly through old wounds if you take responsibility and be accountable for your own reality.

