



October 12-14, 2007 Camp Pottowatomie

Note: First-time co-ed training and only P2S in 2007!

- Would you appreciate some new tools to live your life more fully?
- Do love and joy somehow escape your moment-to-moment experience?
- Do you often forget or get sidetracked from your mission?
- Would you like to experience your life as more of a celebration than a series of sufferings?
- Do your personal growth successes not transfer to your close relationships or career?
- Or do you just need to be pointed down the path of the next step,

Making the decision to attend this training or any other training requires the desire to change. When you are ready, consider our commitment to you:

Our teaching is to combine love and faith with the path of courage and strategy. We believe that it is possible to convert to an ongoing path of spiritual renewal. Grace and ease are the gifts of this path. Picture a life of gratitude and celebration rather than living with regrets and remorse.

This training is committed to creating healthy choices and then dynamically showing you how these choices can be manifested here and now. The "Path to Spirit" training has been offered over 50 times to over 470 individuals. The results of the training are far-reaching and long lasting.

What happens at the Path to Spirit training?

- We challenge each "pilgrim" (participant) to fiercely love themselves in the moment. The container is loving and supportive of you being in a meditative and curative space. Processes and teachings include an emphasis on:
 - deep meditation with visualizations throughout the weekend
 - conscious eating while consuming delectable organic food
 - physical fitness, beginning with yoga
- We offer a process of transcending your human "burdens" through the steps of *surrender, acceptance, forgiveness, and thankfulness*. When combined with warrior effectiveness, the work of spirit creates opportunities for peaceful growth.
- Individual processing is based on psychodrama, gestalt and "shadow" work. The work on mission is practical spirituality based on the "call of spirit".
- The "spirituality" offered at the training flows out of your belief system and relationship to Spirit. All religions and their belief systems are welcome.

Leaders:

David Lindgren co-created the Path to Spirit Training and is committed to its ongoing leadership. David Lindgren is co-founder of the Chicago New Warrior (NW) community, co-founder of the original NW Network, certified NW leader, and a psychotherapist/coach.

Jack Chapman was one of the original 10 Guides who were at the 1st training in May, 1997. Jack is a career counselor in his professional life and is an author of a book on negotiating salaries. Jack has attended and/or led over 35 Path to Spirit trainings.

Logistics:

Time: Training begins on Friday at 1:00 PM and is completed by Sunday at 4:30 PM.

Place: Camp Pottowatomie in Wisconsin, which takes about a 2-hour travel time.

Staff: 'Guides' are men and women who have completed the training

Who can attend? Men who are graduates of NWTA and/or other personal growth trainings and women who have graduated from WOMEN WITHIN or who have done personal growth work. Interviews will be conducted in advance of the training to be sure this program is a good fit for each participant.

Cost? \$650 per person covers training, housing, food and materials. Please Note: when the time is right to attend, we will find a way together to finance the training. Transportation will be through participant carpools. See DISCOUNTS below for those who register early for both P2S & Mastery!

RELATED GROUPS:

Power of Spirit: Power of the Spirit workshop is offered to I-Groups or E-Circles and any other men's or women's' groups to introduce the training.

Mastery Groups: Each "pilgrim" is offered an opportunity to attend an 8-week follow-up program to integrate the concepts of the training into your personal life. Past graduates of the training are invited to participate.

SAVE BIG and REGISTER for BOTH P2S and MASTERY by September 28th!!!-Early Registration
REGISTER YOURSELF & A FRIEND AND SAVE \$200 EACH! – Only \$700 per person
REGISTER EARLY & SAVE \$150 on P2S and Mastery
PAY by EASY TERMS (\$200 Month): MAKE YOUR FIRST PAYMENT by Sept 28th and save \$ 100

TO ENROLL, CALL **DAVID LINDGREN** at 312 415-7455 or email at mandavidl@aol.com.
CREDIT CARD PAYMENTS ACCEPTED – VISIT WEBSITE at www.pathtospirit.com to register.