The Valley of Relational Spaces

The Co-Creator Collective — The Valley of Relational Spaces is co-created by a collective of heart centered educators inspired by the possibility of meaningful connection online. All hosts are part of Sutra's eco-system of creators and most have participated in Sutra's Transformational Teaching Online mentorship program.

A festival celebrating the possibility of meaningful human connection online... HOSTED BY SUTRA

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Sutra (STR)

Stakeholder(s):
Heart-Centered Educators

Vision
A deeper level of awareness as a collective humanity

Mission
To offer relational spaces that invite heartfelt connection and shared presence

Values

  Relational Experience: A relational experience invites us to be together as we are. We slow down, listen deeply, and feel each other's presence. We share ourselves without fear of rejection or judgement.

  Acceptance: And we surface what is unspoken but communicated anyway in a space of mutual acceptance and understanding.

  Understanding
  Awareness: Our world is in a state of disruption. A new future calls us to operate from a deeper level of awareness as a collective humanity.

  Connection: This gathering is an offering of relational spaces that invite heartfelt connection and shared presence.

  Shared Presence
  Participation: Each session is participatory and models what is possible online through direct experience.

  Self-Discovery: Discover Yourself -- This journey is about discovering yourself through the presence and sharing of other people. Allow yourself to be surprised and inspired by what emerges through each gathering.

  Presence: Presence and practice -- Connecting with ourselves

Practice

  Self-Expression: Connecting with creative potential

Creativity

  Embodiment: Connecting with our bodies

Nature: Connecting with our planet

Conversation: Real conversations -- Connecting with each other
2021/01/06. Day 1

1200-1330. Agenda

Create the container for our overall journey

12PM-1:30PM EST - WEDNESDAY - JANUARY 6TH | Opening session — Welcome to the Valley of Relational Spaces. Our opening session creates the container for our overall journey. Connect with other participants, set your intention, and discover your own definition of a relational space through direct experience. We'll incorporate creative social arts to guide our inquiry in a playful and co-creative way.

Stakeholder(s):
Lorenz Sell
Natasha Sell

1400-1530. Transformation

Explore opportunities and challenges on the way to transformation

2PM-3:30PM EST - WEDNESDAY - JANUARY 6TH | River Crossings in the Valley of Relation — Pilgrims who venture into the Valley of Relation will experience thresholds that are like river crossings. Together we will explore the opportunities and challenges of these crossings on the way to transformation. What do we need to know and who is with us at these liminal places? The three crossings are the River of Identity, with its warm inviting pools; the River of Impasse with its class 5 rapids and The River of Incompleteness which stretches to the ocean.

Stakeholder(s):
Terry Chapman

1600-1730. Potential

Tap into transformational potential

4PM-5:30PM EST - WEDNESDAY - JANUARY 6TH | Annunciation: A Synergistic Seeing Experience — Synergistic seeing allows you to tap into an infinite treasure of transformational potential, opening your eyes to what seemed invisible before. We've inherited the gift of great artists sharing their ever evolving and expanding visual experiences with us through their paintings. In this session, we will use this process of intentional observation to explore the visual experience of Annunciation: the veil of mundane human experience suddenly pierced by a glimpse of divine intervention. This exploration allows us to transcend the limitations of language, providing us space to engage the infinite beauty of the world, activating our creative potential.

Stakeholder(s):
Elena Maslova-Levin

1900-2030. Talents & Tools

Map out hidden personal talents and tools

7PM-8:30PM EST - WEDNESDAY - JANUARY 6TH | Tapping into the Geography of You — Explore your internal landscape through writing so that you can map out hidden talents and tools. Discover the limiting stories you may be telling yourself and reveal new pathways to unfettered creativity. In this session, we'll begin with a grounding meditation and guided experience of felt senses. We'll use playful writing prompts to explore spaces we inhabit in our imaginations and daily lives. We'll discover and unlock images, words, and ideas that may spark a story or inspire fresh thinking on ideas you wish to bring into being.
Stakeholder(s):
Amy Wheeler  Lisa Halpern
2021/01/07. Day 2

0900-1030. Dialogue

*Explore the power of dialogue to create and affirm wisdom and transformation*

9AM-10:30AM EST - THURSDAY - JANUARY 7TH | The Power of a Peaceful Mind - 4 Steps to Accessing Wisdom in Uncertain Times — Together we will create a space for exploring the power of dialogue to create and affirm wisdom and transformation. In this group online experience we share simple techniques to reveal our inner knowing that will assist and uplift us in these uncertain times. As we practice these techniques together, and share with each other, each one of us learns and grows and lights up from within. That wisdom, embodied in us, now shines and exists forever.

**Stakeholder(s):**
- Hari Kaur

1200-1330. Re-Connection

*Experience the need for a revolutionary love force*

12PM-1:30PM EST - THURSDAY - JANUARY 7TH | Spiraling to Re-connection — This session is inspired by "The Work that Reconnects", by Joanna Macy. In a world that desperately needs a revolutionary love force to take over we will experience the healing power of gratitude, find compassion in honoring our pain for the world, embrace our connection with each other and with the self-healing powers in the web of life, and realize our potential to make a difference.

**Stakeholder(s):**
- Cecilia Furlan

1400-1530. Longings

*Explore creative ways to nourish heart-inspired longings*

2PM-3:30PM EST - THURSDAY - JANUARY 7TH | Soil of Life — Do you find it difficult to articulate your heart-inspired longing? How can you understand the seed of your longing more clearly? Where can you connect to a caring and nourishing community seeking similar clarity? Connecting to a deep seed of longing in you, you will explore creative ways to nourish this seed individually and in community.

**Stakeholder(s):**
- Mila Aliana

1600-1730. Open Session

*Gather and harvest what has emerged thus far in the conference*

4PM-5:30PM EST - THURSDAY - JANUARY 7TH | Valley Campfire Session — An open session for all participants to gather and harvest what has emerged so far.
1900-2030. Relational Conversations

Prepare to connect with others

7PM-8:30PM EST - THURSDAY - JANUARY 7TH | Sacred Discourse: Creating Relational Conversations — At a time when we need meaningful connections more than ever, it can be challenging to connect across relational conflict or differences. In remembering and experiencing our sacredness, we breathe a new way of being into all relationships — with family and friends, work associates, and communities. This session focuses on the first step of the Sacred Discourse methodology: Preparing for Connection with Another. We will focus on "who we are before we speak" - taking time to deepen into connection with ourselves, including our unique qualities that we can bring to any conversation or communication.

Stakeholder(s):
Tom McSteen
2021/01/08. Day 3

0900-1030. Helplessness

Share moments of awkwardness

9AM-10:30AM EST - FRIDAY - JANUARY 8TH | I See You - I Feel You — We invite you to experience yourself when you drop your defenses. Our own entrance point into the valley of relation was a moment of helplessness. We want to share this experience with you and tell you how it felt for us. It made such a difference. This cannot be explained. It wants to be experienced. We want to encourage a sharing, in small groups, of one single moment of awkwardness. Surprise yourself and talk from your experience.

Stakeholder(s):
Judith Hafner
Marie Flourie

1200-1330. Digital Connections

Experience a virtual space centered around deepening awareness of self and belonging

12PM-1:30PM EST - FRIDAY - JANUARY 8TH | Cultivating the SOIL for Digital Connection — Experience an extraordinary virtual space centered around deepening awareness of self and belonging. We’ll slow down our pace through body movement and observe our connection to nature as we tour the senses. Russ has spent years helping individuals and communities connect through intentional, direct experience. In this session he invites you into deep presence to share your insights with a community of fellow voyagers on this journey called life.

Stakeholder(s):
Russ Watts

1400-1530. Nature

Experience the power of memory to connect to nature

2PM-3:30PM EST - FRIDAY - JANUARY 8TH | Exploring Your Relationship with Nature — As human beings, we are part of nature. When we step into a relationship with nature, we are stepping into a relationship with ourselves. Forging a deep connection with the natural world can bring a sense of peace, balance, and satisfaction. It helps us step into the service of others and act as catalysts in our collective transition to a better world. During this session, you will experience the power of memory to connect you to nature. You will learn how to work with nature for guidance and insight, thereby deepening the understanding of who you are.

Stakeholder(s):
Tabitha Jayne
Annemarie Chilton
1600-1730. Safety, Connection & Growth

Invite individual and collective wisdom on how to establish safety for connection and growth

4PM-5:30PM EST - FRIDAY - JANUARY 8TH | Co-creating Containers of Safety for Connection and Growth — This interactive session will invite both individual and collective wisdom around a two-part journey. First, creating containers of safety in which all can become “like-hearted” enough to allow each other a supportive space in which to be themselves. Second, allowing and embracing the felt-sense of feeling “uncomfortable” (either within ourselves or with another) that inhabits the starting point of any emergent process of learning and/or change.

Stakeholder(s):
Mary Elaine Kiener

1900-2030. Convenings

Deepen awareness of considerations and questions to ask when designing group experiences

7PM-8:30PM EST - FRIDAY - JANUARY 8TH | Art of Convening: A Journey of Love In Action — As space holders, what does it mean to consistently create the conditions for meaningful connection and transformation in our meetings, gatherings, and conversations? In this session, we will dive into the Heart of the Matter to reveal the hidden structure of belonging by experientially walking through the Convening Wheel together. Here we invite you to deepen your awareness of considerations and powerful questions to ask when designing authentic, engaging group experiences. This awareness is the genuine expression of personal truth. Attentive listening to this truth is applicable in all types of situations and with a wide diversity of people. You will be able to apply these methods right away to enhance your capacity to hold space for transformation in your group experiences.

Stakeholder(s):
Claudia Eisinger          Craig Neal
2021/01/09. Day 4

0900-1030. Being & Becoming

*Break through the illusion of separation and tap into the experience of True Self*

9AM-10:30AM EST - SATURDAY - JANUARY 9TH | The Journey of Being and Becoming — What if we could have the experience that we are all One and, at the same time, each one of us shines in their uniqueness? In this session, participants will be guided into an inner exploration of their consciousness. We’ll break through the illusion that we are separate and we will tap into an experience of our One True Self. Emerging from that experience we will discover that each one of us is a unique embodied expression of this utterly intimate evolutionary field.

**Stakeholder(s):**
Philippe Joannis
Claire Molinard

1200-1330. Masculinity & Femininity

*Explore the interplay between masculinity and femininity in work*

12PM-1:30PM EST - SATURDAY - JANUARY 9TH | The Relational Valley at Work: Exploring the Masculine and Feminine — Human relationships form the structural fabric of human societies. Yet, when it comes to our professional lives we don’t think of how these relationships impact our health and wellbeing. Nor how the standards and qualities of leadership shape the relational integrity and culture of our institutions and corporations. There have been growing calls for “partnership-orientated leadership” that sees diversity as a strength and which embraces the importance of process and the emotional and social dimensions of work life. The focus of this offering is to begin to explore the interplay between the masculine and the feminine in our work life. It asks how are these attributes expressed and experienced in me and in my place of work? What can support the emergence of generative conversations between men and women about more conscious ways of relating that honours biology and preference?

**Stakeholder(s):**
Asiya Odugleh-Kolev

1400-1530. Open Session

*Gather and harvest what has emerged so far in the conference*

2PM-3:30PM EST - SATURDAY - JANUARY 9TH | Valley Campfire Session — An open session for all participants to gather and harvest what has emerged so far.

1600-1530. Embodiment

*Discover the movement that connects us from cell to cosmos*

4PM-5:30PM EST - SATURDAY - JANUARY 9TH | The Body is a River: Moving with Embodied Presence — The voice of your body is a guide to living well. It is central to entering relational presence with ourselves and others. In this session, you will learn how to listen to your body’s voice through breath, sound, and movement. Enlarge your capacity to live and relate from the inside out by honoring and empowering this voice. Move, speak, think, love, play, and work as a liquid organism in a bio-intelligent world. Stepping outside of the cultural models of “body” and “shape,” you will discover the movement that connects us from cell to cosmos: the movement of water.
Stakeholder(s):
Beth Riley

1900-2030. Culture

Guide participants through several experiences to explore culture as an embodied experience

7PM-8:30PM EST - SATURDAY - JANUARY 9TH | Embodied Culture — Our individual and collective embodied experience holds the key to understanding culture. Culture provides a perceptual frame for our sensory experiences that gives meaning, attributes value and offers felt emotion in resonance with groups of affiliation. In this session participants will be guided through several experiences to explore culture as an embodied experience.

Stakeholder(s):
Sarah Apedaile
2021/01/10. Day 5

0900-1030. Presencing

*Give and receive through guided meditation and intuitive journaling*

9AM-10:30AM EST - SUNDAY - JANUARY 10TH | Co-Creating a New Way of Being Together - Guided Meditation & Journaling — This session offers an experience of deep presencing. Together we will explore relational awareness to both self and others. Awareness offers a living connection of reciprocity, creating love within our experiences online. We will practice deep listening as a way to give and receive through guided meditation and intuitive journaling. Learn how to share your dreams of a healthy future culture - a culture where people feel the joy of being who they are.

**Stakeholder(s):**
Harriet Fagerholm

1200-1330. Emergence

*Recalibrate into a moment of new possibility*

12PM-1:30PM EST - SUNDAY - JANUARY 10TH | Circle of Emergence — Be ready to experience moments of wonder, surprise and joy as we journey into a space of deep renewal. Together we will dive deep to the still point of our being - a place where healing begins and inner vitality and self trust can emerge. A time to recalibrate, renew and breathe beyond grief, loss and challenge into a moment of new possibility.

**Stakeholder(s):**
Pritpal Kaur Khalsa

1400-1530. Businesses

*Discuss how to create purposeful businesses*

2PM-3:30PM EST - SUNDAY - JANUARY 10TH | Unveil Your Soul’s Identity: The Foundation for Creating Purposeful Businesses — During the course of our lives, we’ve all experienced peaks and valleys. We’ve tasted amazing elation, love, rest, stagnation or incredible terror. During these moments, our Sacred Talents were always guiding us. If you’re a small business owner, therapist, practitioner of healing arts, life or business coach, accessing this knowledge is foundational for heart-centred business and life. It’s a guide to access different levels of thinking and being for organic actionable next steps. No more second guessing ourselves because we’ll be more focused and confident in our decisions. Let’s create businesses that fit us and the people we need to serve. Join me in co-creating a safe space as we begin tracing the journey of our Sacred Talents, and celebrate the unveiling of our Soul’s Identity.

**Stakeholder(s):**
Chiara Borrello

1400-1530. Open Session

*Gather and harvest what has emerged so far in the conference*

4PM-5:30PM EST - SUNDAY - JANUARY 10TH | Valley Campfire Session — An open session for all participants to gather and harvest what has emerged so far.
1900-2030. Contagious Vulnerability

*Bring the participants together to share what’s alive for them and what’s on their hearts*

7PM-8:30PM EST - SUNDAY - JANUARY 10TH | Join Me for Contagious Vulnerability: Come Share What’s on Your M — Contagious Vulnerability is a mindfulness practice for mental wellness. At its core, Contagious Vulnerability is about authentic connection. Journeying inwards to curiously explore what’s alive for us, what’s on our hearts and having the courage to give voice to that in a safe, heart-led collective space. As we prepare to leave the precious valley of relation that we’ve been journeying through together over the past 5 days, you’re to join us for this closing session. To come together and share what’s alive for you and what’s on your heart. To witness and be witnessed. This deeply nourishing practice of courageous and contagious vulnerability will provide an opportunity for integration of all the gifts you’ve received during this festival of the heart.

**Stakeholder(s):**
Kate Greer

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### Administrative Information

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