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# leonardjacobson

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t e a c h i n g s   o n   a w a k e n i n g

## **Mt Madonna 2017 “Opening Into Oneness” TOPICS**

### **MMR 17 Part 1: Wednesday Evening**

Topics include:

- When truly present, you are a fully awakened being
- You cannot think about the present moment
- In the mind we each live in separate worlds
- Who are you in this moment?
- You live in the world of Now
- In truth, there is no life outside of this moment
- Master of your mind/ego
- Transcending the story
- How to be at this retreat
- Asking clear questions
- Sharing Presence with a group
- Relating to others from Presence
- I am Presence is the awakened you
- Balance between high and low states
- Expression of anger
- Liberation from the story
- Needing someone to listen and care
- Prayer for the retreat

### **MMR 17 Part 2: Thursday Morning**

Topics include:

- The pathless path
- Liberating the story
- I don't know who I am, I just am
- Responsibility for feelings in relationship
- Fear of nothingness

- Filled with silence feels peaceful
- What is in the here and now?
- Looking for love
- Releasing the past
- Nothing every happened
- Day-to-day life can feel overwhelming
- Remembering the present moment
- Who am I?
- What are we doing here?
- Not wanting to be here
- Forgiving our parents
- Limiting beliefs formed in childhood
- Responsible expression of anger
- Correcting projection onto the guru
- Letting go of attachments from the past

### **MMR 17 Part 3: Thursday Afternoon**

Topics include:

- The ego promises but never fulfills
- Either you're here or you're not
- Responsible expression of hate and anger
- Liberating the story
- Overview of the teaching in two steps
- Step 1: Mastering the art of being present
- Step 2: Awareness of how we are pulled out of Presence
- Four aspects to Step 2
- False power in relation to others
- Transcending the duality of light and dark
- Transformation experienced in daily life
- Feeling separate
- Clear communication

### **MMR 17 Part 4: Thursday Evening**

Topics include:

- Doing the work to liberate the story
- Story of the lost suitcases
- Bring to consciousness your lost suitcases
- Anger with religious conditioning in childhood

- Our only sin is being lost in the story
- Your true purpose in being here
- Coming together of the major religions
- The Promised Land is here
- Revealing the Way
- Live surrendered to God
- God is this moment revealed
- Blaming God for the suffering
- Fundamental choice at the heart of free will
- Speaking to God from Presence
- Intelligence arising from Presence
- The true future unfolds through the present moment
- Notice feelings with love and acceptance
- Mission to save the environment
- In activism respond with the power of love not judgment

### **MMR 17 Part 5: Friday Morning**

Topics include:

- The mantra
- Out of the chaos into the calm world of now
- Right relationship with the ego
- The ego meditation
- Communicating clearly and effectively
- Mirrors of existence
- Flight or fight response
- I am the one you've been waiting for
- The ego's bag of tricks
- The promise of future fulfillment
- Awareness of what pulls you out of Presence
- "Abandon hope all ye who would enter here"
- Clear expression of anger and hurt
- Healing past pain in the inner child

### **MMR 17 Part 6: Friday Afternoon**

Topics include:

- Intolerance arising while parenting young children
- Seeking special gifts and recognition
- Presence is the true center between high and low states

- Meditation: acknowledging thoughts from Presence
- Infinite eternal silence at the center of your being
- Right relationship with repressed feelings
- Feelings arising in the moment
- Feeling unsafe arising from the past
- Presence as the foundation of your life
- Experiencing loving kindness
- Expressions of gratitude
- Invitation to the Great Masters
- Alert watching for threats
- Gratitude arising from Presence
- Being true to yourself in your expression
- Laws that apply to life in the present moment
- Key lessons to learn on behalf of the soul
- The master lesson
- Space to express anger
- The possibility of another way of living
- Fulfilling our service to God
- The master as the servant
- Love arising from Presence
- Raising children from Presence
- The power of Presence

### **MMR 17 Part 7: Friday Evening**

Topics include:

- Creativity and communication
- Expression of each unique being
- Find your two words
- Ego does not know what to do with Presence
- Identifying with our role within the story
- Ripples of light into unconsciousness
- Responding compared to reacting
- The choice to be here
- Sharing this moment in Presence with the flower
- Consciously allowing feelings to surface
- Make Presence your first priority
- Something unconscious keeps pulling us out of Presence
- Anger towards self is unhealthy
- Withdrawal and refusal to be here
- Responsible expression of repressed anger
- Happy and fulfilled in the world of the present moment

## **MMR 17 Part 8: Saturday Morning**

Topics include:

- Responsible expression of anger
- Liberating the scream
- Confessing expectations
- Arising in mastery
- Expressions of gratitude
- Confessing stupidity
- STOP talking in mid-sentence
- Confessing who you've become
- Presence is now recognized as the core
- Attending to messages in emotions
- Carrying repressed emotions is not healthy for the body
- Present moment is a doorway into the true past
- This is it
- Experience in eternal silence
- The power cards
- Victim strategy
- Liberating the need to fit into an unconscious world
- Expressing our unique individuality
- Presence supports balance in parenting
- Committed to awakening in this lifetime

## **MMR 17 Part 9: Saturday Afternoon**

Topics include:

- Expressions of gratitude
- Key questions to ask to explore your story
- Frozen by fear and pain of aloneness
- Learning how to be friendly
- Allowing the feelings that arise from Presence
- Healing a strong disturbance painful to endure
- Roadmap to come out of the story any moment
- The Repentance Meditation

## **MMR 17 Part 10: Saturday Evening**

Topics include:

- Releasing the need to be right
- The story was formed in early childhood
- In Presence we transcend the child's story
- The inner child meditation
- Expressions of love and gratitude in response to the meditation
- Recognizing the illusory nature of the dream
- Presence transforms the story
- The child has been looking for you in Presence
- Learning when to stop speaking
- Judgment of the inner child
- Speaking to a child about God
- Attunement to the inner child
- Meditation: We are finding our way home
- The ego's love for the inner child

### **MMR 17 Part 11: Sunday Morning Closure**

Topics Include:

- Many expressions of love and gratitude
- Repentance and healing of past abuse
- True nature of love
- Unique expressions of the One Being
- Presence meditation
- Opportunity for the full awakening of human consciousness
- Prayer of welcoming and inclusion and
- Guidance for going back home from the retreat