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# leonardjacobson

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teachings on awakening

## **Mt Madonna 2016 “The Presence Experience” TOPICS**

### **MMR 16 Part 1: Wednesday Evening**

Topics Include:

- Leonard welcomes the group
- What it means to awaken
- Being present
- Coming out of hiding
- What do you want from this retreat?
- Presence and healing
- Settling into the world of now
- Exercising the choice to be present
- Coming into right relationship from Presence
- Stepping out of the story
- Liberation from the cycle of abuse
- What is the theme of your dream?
- An alternative to suffering
- Leonard offers guidance for sharing

### **MMR 16 Part 2: Thursday Morning**

Topics Include:

- Coming out of the dream
- Swimming in the silence
- Distinguishing between awakened Presence and mind/ego
- Making a shift into Presence

- Healing and releasing the past
- Presence is the true master
- Right relationship with the inner child
- You are responsible for how you stay in your story

### **MMR 16 Part 3: Thursday Afternoon**

Topics Include:

- Finding our way home
- Healing the inner child
- The inner child meditation
- Two songs for the inner child
- Being all that you are and living life fully
- Feeling the abundance of this moment
- Expressing gratitude towards Leonard
- Guilt, blame, and true responsibility
- Sharing about the inner child meditation
- Anxiety and feelings
- The art of letting go
- Leonard invites "the hidiers" to participate

### **MMR 16 Part 4: Thursday Evening**

Topics Include:

- Expressing gratitude towards Leonard
- Being present with children
- The true parents
- The rage meditation
- The two-step path of awakening
- The truth at the heart of all religions
- Attunement to Presence
- Revealing who you've become in your story
- Bringing awareness to limiting beliefs from childhood

- Opening into the truth of who you really are
- Beyond success and failure
- The worry meditation
- Bringing consciousness to the ego's involvement in your life
- Expressing yourself wholeheartedly

### **MMR 16 Part 5: Friday Morning**

Topics Include:

- You are love
- I love you because I am love
- The pursuit of substitute needs
- Freedom from other peoples' stories
- Motivational strategies of the ego
- Liberating judgment
- Beyond everything and nothing
- A moment in Presence

### **MMR 16 Part 6: Friday Afternoon**

Topics Include:

- The ego's strategy of "I know and you don't"
- Having the courage to be present
- Finding the right question
- Bringing Presence to the inner child
- Our stories are not that important
- Sharing appreciation towards Leonard
- The ego is waiting for the true master
- Right relationship with the ego
- The ego's bag of tricks
- The true master
- Reconciling the belief, "I don't want to be here"
- Finding heaven on Earth

- God never goes away
- Meditation with God

### **MMR 16 Part 7: Friday Evening**

Topics Include:

- Who benefits from awakening?
- A new model for awakening
- Right relationship with God
- Returning to knowing what you want
- Responding to feelings in the moment
- Anger's message
- True power
- The power cards"
- Healing self-anger
- Looking into the true mirror

### **MMR 16 Part 8: Saturday Morning**

Topics Include:

- Making Presence your first priority
- Liberating anger
- The heart of all human suffering
- Coming into balance with separating and coming together
- The story of Adam and Eve
- Getting caught in the pursuit of substitute needs
- Freeing ourselves from the pursuit of the substitute needs
- The beggar meditation
- New motivational strategies for the ego
- The ego meditation

### **MMR 16 Part 9: Saturday Afternoon**

Topics Include:

- Revealing the story
- Making Presence a living priority
- The true savior
- Experiencing Oneness
- Being present and living in the world of time
- The non-neurotic needs of Presence
- "The woman with the brain tumor"
- Leonard suggests going for a Presence walk
- Expressions of love and gratitude towards Leonard
- Forgiveness and repentance
- The forgiveness meditation

### **MMR 16 Part 10: Saturday Evening**

Topics Include:

- Expressions of love and gratitude towards Leonard
- Hearing the truth
- The awakening of human consciousness
- In Presence, there is no opposition

### **MMR 16 Part 11: Sunday Morning**

Topics Include:

- Choosing who we want to be
- Become a disciple of the present moment
- "I don't know who I am. I just am."
- Feeling the sadness of the inner child
- Listening to the ego without judgment
- Expressions of love and gratitude towards Leonard

- Being all that you are
- The present moment never goes away
- The ego's surrender
- Hugs and goodbyes