

# Cultivating *Cosmic* Consciousness Workshop on Zoom

Facilitated by April Leffler  
December 3<sup>rd</sup>-5<sup>th</sup>, 2021

## REGISTRATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

**Cost \$200**

The workshop begins Friday from 5:00pm-7:30pm **Eastern Time**, Saturday 11:00am-8:00pm **Eastern Time** and on Sunday from 11:00am-3:00pm **Eastern Time**. Meal breaks will be given in addition to regular breaks for getting off screen. Join us as we gather together to explore, discuss and contemplate several of Justin Stone's musings including: The Reciprocal Nature Between Mind & Chi; Prajna; The Play within the Play; Cosmic Rhythm & the Growth of Certainty. Let us come together merging our collective wisdom and experiences which we'll weave into various exercises to further expand our awareness. We'll sprinkle T'ai Chi Chih moves as part of the exercises as well as in group practices. The learning experience will include discussion, practice sessions, **play**, reflection and breakout room exercises with the Intention to enhance and shift into our *Cosmic* Consciousness.

**Payment is due by November 28th, 2021.**

Please fill out this registration form and send it with your check made out to: April Leffler; 702 Prospect Ave.; Prospect Park, PA 19076. Payments may also be done through Venmo, PayPal or Zelle.

All questions and concerns, please contact April at 610-809-7523 or [lirpaleff@rcn.com](mailto:lirpaleff@rcn.com)

Please bring your Tan Tien, Prajna and an empty cup. ☺ Leave the mind at the door. ☺

**CULTIVATING COSMIC CONSCIOUSNESS**  
**December 3-5, 2021**  
**SCHEDULE**

**Friday, Dec. 3: 5:00PM-7:30PM**

**Saturday, Dec. 4: 10:00AM-12:30PM**

**12:30PM-1:30PM break**

**1:30PM-4:30PM**

**4:30PM-5:30PM break**

**5:30PM-7:00PM**

**Sunday, Dec. 5: 10:00AM-12:00PM**

**12:00PM-1:00PM break**

**1:00PM-3:00PM**

**Prajna**

- What is your understanding of Prajna
- Give examples of when you listened or not-what was the outcome?

**Play Within a Play**

- If TCC practice is a blueprint for the practice of Life
- One can be the micro while the other is the macro
- Then the practice of your/this Life can be the micro....what then is the macro?  
What is beyond/bigger/more expansive than this 'individual' life?

- Is there an individual life? Or is it all a part of a comprehensive universal soup or cosmic puzzle? (Your face before you were born- nei kung) (your individual puzzle piece/life is integral to the whole!) Read and contemplate the nei kung....
- Is there ever an ending to the micro-macro continuum?? What in one moment looks micro can morph into macro.
- When "your" life becomes overwhelming, imagine yourself on a stage and get off the stage and go sit in the audience as you watch "your life" with a different perspective..maybe even some distance. If that too, looks overwhelming, then move your seat from the front row to the back of the theatre and perceive your life from *there*. Still TOO much? Then go to the balcony and have a look from there! And so on.....
- TCC move- Around the Platter Variation??

### **Reciprocal Nature Between mind & Chi**

- What are we taught about life?  
 ~Work hard~ to 'get ahead'~no pain/no gain~ put your nose to the grindstone~give me 100%~ or more~ get busy~ try harder~you only have 1 chance to make a good impression~ hard work betrays none~ work harder than you think you did yesterday~I'm not worthy~ be productive~ don't just stand there, DO something... {How does all of this 'stinkin' thinking contribute to us applying MORE EFFORT in our practice of TCC and in our practice of Life??  
 VS  
 If it isn't fun, it's better left undone- Paul Reps  
 Follow Your Bliss-Joseph Campbell  
 Go with the Flow  
 Enter Cosmic Rhythm  
 Tell story- "smell my balls" VS I am filled with UNLIMITED value.  
**Exercises:**
  1. Sticky hands on zoom-lead/follow/ lead the chi/cosmic rhythm move you
  2. Goldy Locks TCC-Try too hard, how's that feel??!?
  3. Do rushed/busy TCC without resting/grounding/pauses-how's THAT feel?
  4. Rush thru the wt. shifts without feeling for a COMPLETION..... how does THAT feel???
  5. I LOVE THAT exercise
  6. Supersize another's dreams
  7. What are you "roles" VS who are you, REALLY??
- "I LOVE THAT" exercise <we create our own perception of reality> Refer to the T.A.T.-thematic apperception test in psychology.
- What do you practice, boy?
- Supersize the other's dreams.

- Energy follows thought-Everything you see that is man made was first only a thought. (Tell Wallingford pool story.)
- We create our own "perception" of reality

### **Cosmic Rhythm**

- Is it possible to NOT be in the cosmic rhythm??
- Are you flowing with the current or swimming against it? Hint: you'll know by how you are feeling.
- Sticky hands exercise

### **Growth of Certainty**