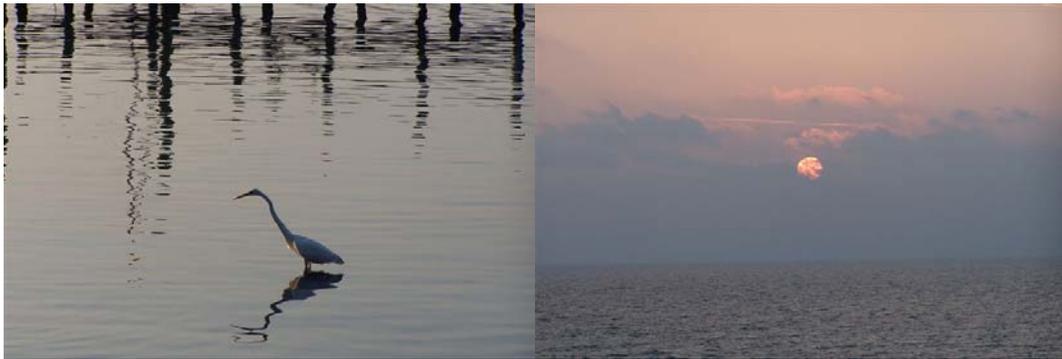




## **Emerald Coast Enlightenment Progressive November 9 - 12, 2006**



The Enlightenment Progressive is a 3 day residential retreat which provides an opportunity to come into conscious union with the truth of yourself, life, and others. The method used combines age-old practices of reflective contemplation with verbal communication in a structured and non-distractive environment. Each participant selects and focuses on one of five fundamental questions during the retreat: Who am I? What am I? What is Life? What is another? What is love?

A dozen times a day, participants choose a partner and sit facing them on a pillow or chair a comfortable distance apart. Each one spends half the time contemplating and communicating and half the time as the attentive listener receiving the partner's communication. The instructions are simple: Set out to experience directly the essential Truth underlying your question and then tell your partner whatever occurs to you.

There is a rest, walk, inspirational talk, silent contemplation, yoga stretch, or meal after each dyad. Advancements in consciousness development are woven throughout from a multi-dimensional foundation of practices for participants to cultivate mindfulness during the Progressive and to use these tools as they transition back to the 'real world.' To facilitate this integration of consciousness, non-verbal movement exercises are combined with cognitive and experiential exploration through guided group hypnosis, practical breath work meditation, speed dyads, and more.

Co-mastered by Carol Hicks and Stephen Beck, this retreat will be held at a private home on Perdido Beach, Florida. Cost for the intensive is \$400 which includes meals and accommodations. Check in is at 7:30pm on the 9th and it ends Sunday night, Nov. 12 at dinner.



**Carol Hicks, MA, is a marriage and family therapist at the Wellness Institute in Pensacola, Florida. She is the author of "The Answer Within: A Clinical Framework of Ericksonian Hypnotherapy" and "Tales of Enchantment" - a collection of goal oriented therapeutic metaphors. Carol attended her first Enlightenment Intensive in February of 2001 and proceeded to transform everything in her life accordingly. She took the master's training at Origin in Satley, California in June, 2002 and mastered her first intensive the following month. She is the proud mother of two mostly grownup children who she credits with teaching her much of what she knows! She particularly enjoys fire, edgezones around the world, swimming with dolphins, and enchantment in all its manifestations. Visit her website: [www.answerwithin.com](http://www.answerwithin.com) for additional information on her orientation.**



**Stephen R. Beck is a Clinical Social Worker in private practice in Portland, Oregon. While his first love is family therapy, he works with couples, individuals, and dissociative disorders. He is an accomplished Self Relations practitioner and teacher and is expanding his practice to work with the dying, hospice, loss survivors, and the professionals who care for those experiencing loss. He enjoys life with wife Emily and daughters Lena & Elise at their 6 acre wooded home site west of the city. He frequents the theater, writes fiction and poetry, and goes surfing every chance he gets. He is constantly inspired by the nature of spirit gifted to each individual at birth and the soul that emerges in the life of every human being.**



## YES! SIGN ME UP

For the upcoming Enlightenment Progressive with Carol Hicks and Stephen Beck  
To register, print this page and mail with your deposit of \$100 or payment in full to:  
Carol Hicks, 1821 Escambia Avenue, Pensacola, FL 32503. Call at 850-432-7820 or 850-572-  
0431. Email to [Carol@answerwithin.com](mailto:Carol@answerwithin.com)

Retreat date: \_\_\_\_\_

Location: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

PHONE/FAX: \_\_\_\_\_

Enclosed is my payment in full \_\_\_\_\_ or deposit of \_\_\_\_\_

Please bill my visa or mastercard \_\_\_\_\_ Expiration \_\_\_\_\_

Previous Intensives attended, if any: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What I want to get from this Intensive experience: \_\_\_\_\_

\_\_\_\_\_

Current state of health: \_\_\_\_\_

### **Readiness preparations:**

The time to begin contemplating your question is now. You will select one of these four questions to actively contemplate during the entire period of the intensive:

\*Who Am I?   \*What Am I?   \*What is Another?   \*What is Life?

If this is your first Enlightenment Progressive, it is recommended that you take the 'Who Am I' question before proceeding to any of the others. If you have any questions about your question, please email or call and we can discuss it. In the meantime, just hold your question in mind and pay attention to the various responses you will get.

### **Emerald Coast Progressive Schedule:**

6:00-6:15 Arise and dress  
6:15-7:00 Opening talk (first morning)/Dyad  
7:00-7:30 yoga stretches and breathing exercises and tea  
7:30-8:15 Dyad  
8:15-9:15 Breakfast and household tasks  
9:15-10:00 Dyad  
10:00-10:45 Dyad  
10:45-11:30 Walking contemplation  
11:30-12:15 Dyad  
12:15-1:45 Lunch and household tasks or rest  
1:45-2:30 Dyad  
2:30-3:15 Master Talk  
3:15-3:45 Sitting contemplation  
3:45-4:00 Snack  
4:00-4:45 Dyad  
4:45-5:45 Yoga stretches and/or rest  
5:45-6:30 Dyad  
6:30-7:30 Dinner  
7:30-8:15 Dyad  
8:15-9:00 Walking contemplation  
9:00-9:45 Dyad  
9:45-10:00 Prepare for bed  
10:00-6:00 Sleeping contemplation

### **Final Words:**

This is going to be a great retreat. The schedule is somewhat grueling but the rewards are great. Expect to have deep and life impacting experiences. The sometimes heroic effort it takes to temporarily suspend your customary roles and put yourself in this rare opportunity will be worth it. We look forward to seeing you here soon.

Carol and Stephen (co-masters)