

MYSTICS RISING Mentorship Program

- INITIATION Curriculum -

Welcome to the MYSTICS RISING Mentorship Program!

We begin our journey together through the 3 month deep dive, *Initiation*.

Below you will find all the details of what your experience could entail, it is truly unlimited. Remember, our curriculum is completely customized, and ebbs and flows, just as you do. No pressure. No dogma. Just realness.



YOUR MENTORSHIP INCLUDES:

- 9 - Private Phone Coaching Calls, 75 minutes
- 2 - Private Custom Ceremonies, 2 hours
- 1 - Equinox / Solstice Group Online 2 Day Retreat
- + MYSTICS RISING C.O.R.E. Curriculum (*Video, Audio, PDF support*)
- + Library of Recorded Resources
- + Weekly Live Group Virtual Monday Mystic Meetings, 60-90 minutes
- + Weekly Text Support
- + Text / Email Access to Shae

Rule #1 - You do you!

The entire time you are in my presence I will constantly be encouraging you to be more YOU! So please remember there is no pressure coming from me, or the Universe, or your parents, (*fill in the blank*), to do more during this journey than is manageable and fruitful. There's nothing to prove to yourself, or anyone else. Only focus on what helps. Decide not to hurt yourself through this.

Rule #2 - You are allowed to change!

Change is the only constant, and our goal is to always work WITH Reality, not against it. You change, you grow, you shift, you feel too scared, you want more, you want less . . . I got you. Just tell me what you're experiencing and we'll work with it, together.

Rule #3 - Follow the Joy!

So . . . what would YOU love to explore? Even if it kinda scares you a little bit. Let your own interest and intuition guide you. What would be Medicine at this moment?

Rule #4 - There are no limits!

And remember . . . we are literally our only limit. I promise you, I see you in your unbelievable majesty, and I'm going to help you feel that too. Oftentimes it's not actually our shadow that most scares us, but our Light! I personally practice *No Limits*, and will always reflect that truth back to ya.

YOUR OPTIONS: (*you can move up or down this list at any time*)

~Phone Calls Only

Our calls are the most potent aspect of our work, and they alone will alter your life.

+Practice Your Homework

Best decision you can make! Apply what we uncover in our calls to your daily life.

+Add *Initiation* Content

You will receive additional *Initiation* content along the way. Add in what helps.

+Add Membership Content & Live Classes

Remember the Monday Mystic Meetings are there for your expansion, plus more.

+Add a Deeper Dimension

Find something you're curious about? Let's add it to our calls. Joy leads the way.

+Schedule Your Private Ceremonies

You have 2 private ceremonies available to you . . . seize them and transform!

+Attend the Equinox/Solstice Online Retreat

Plan to attend the quarterly online retreat & experience the magic of the season.

+Take a Supported, Solo Self-Retreat

Want some big medicine . . . I'm here to support your deep dive within!

+Create a Home Practice

If it feels right, let's co-create your personal, uniquely you, home practice.

+Add Additional Shae Services

You can always purchase more phone calls with me, or add additional study via:

-Awaken thru Ashtanga -Presence thru Pilates -Medicine thru Massage

+Upgrade to an Awaken Adventure

Experience my most potent medicine . . . enter the wilderness, and return, re-wilded!

MENTORSHIP SUBJECTS of STUDY with Shae:

-Sanskrit, Yogic Philosophy

-Yoga Breath-work

-Yoga Chants / Mantras

-Nervous System Strengthening

-Crystals & Other Consciousness Tools

-Meditation

-Yoga Japa Mala

-Hawaiian Oli's (*chants*)

-Altar Creations

-Reverence Rituals

SACRED TEXT STUDY:

For your 3-4 month journey through *Initiation*, I am suggesting you study the sacred text, the **TAO TE CHING**. And I recommend the translation by **Stephen Mitchell**.

Although totally optional, if you have not read this book yet, it's ideal for a super short, but powerful, daily read. The practice of daily inspirational reading is profound, and this text in particular is golden. I have studied (*and attempted to embody*) deep spiritual philosophy for over 30 years (*I even have a degree in it!*), so if this practice resonates with you, let's make the most of it together! But, of course, reading isn't for everyone, and is NOT required during *Initiation*.

Also, if you decide to continue through the MYSTICS RISING Mentorship further through *Master's in Me*, our studies of spiritual texts will continue and deepen. Why? Because there's absolutely no way I'd be the person I am without the very texts we will be studying, and their wisdom has awakened millions of others.

YOUR PRIVATE CEREMONIES:

During *Initiation* you have the opportunity to experience 2 private online ceremonies with me. These virtual online calls are approximately 90 minutes to 2 hours in length. And because our curriculum is customized, you get to choose from a few options:

- Initiation Ceremony** - a potent experience where you commit to yourself & your mission
- Solo Self-Retreat Ceremony** - a release & receive ceremony held during your solo self-retreat
- Solstice / Equinox Ceremony** - experience a private ceremony customized to your journey
- Birthday Ceremony** - a client favorite, we digest your entire past year & envision your next
- New Year's Ceremony** - if our work coincides with the new year, let's manifest a new you

ONLINE & SELF-LED RETREATS:

An integral part of my own awakening/ healing journey has been the practice of self retreat and pilgrimage. I have now done at least a dozen such solo spiritual journeys, and stand behind the miraculousness that can occur from them. Therefore, I am making this an exciting focal point in the MYSTICS RISING Academy experience and curriculum.

I will host an online virtual 2 day retreat for all members and mentees every Equinox / Solstice
The next online virtual retreat is: **Fall Equinox Retreat Sept. 23rd-25th, 2022**

For Initiates (*those enrolled in Initiation*), I will also offer the possibility of a coach supported self led retreat. I will guide you in the process of creating a safe and sacred experience. This is very potent medicine and is not for everyone, but has perhaps altered my life more than any practice I've done, so I'm excited to share its medicine.

AWAKEN ADVENTURES:

And for those who want their transformation to be exponential . . . please inquire about my *Awaken Adventures*; private curated in-person retreats. I host them here in Hawaii, in Costa Rica, and in Rugby, Tennessee. These *Awaken Adventures* are beyond a normal 'retreat', and are far more like a transformative pilgrimage. They are a wonderful add-on at the end of *Initiation, Master's in Me*, or the *PhD in Me* mentorship programs. Although not included in the Mentorship program, MYSTICS RISING members receive priority scheduling and reduced pricing.

MENTORSHIP SELF INVESTMENT

\$3333 if paid in full or 3 payments of \$1111 or 4 payments of \$888

Payments can also be made twice a month. And payment dates can be customized.
Once your first payment is received, you are in! Woohoo!



Welcome to the Mystics Rising Mentorship Program!

With great gratitude,

Shae Bryant - *Mystic & Mentor*

www.MysticsRising.com

www.ShaeBryant.com

www.AwakenAdventures.com