

Treasured Soul

We arrive
On this Wondrous
Blue Sphere
We call
Home.

Earth

Innocent
Dependant
Sponges

Gathering
Tactile
Sensory
Information

Then...
Emotions~
Feelings~
Thoughts~
Ideas~

•Sensory•
•Cognitive•

Processing
Always processing

The Newbie Us
Human Spirit
Craves
Love~
Understanding~
Support~
Guidance~
Nourishment
Body, Mind, Soul

What if we don't receive that
Get that
Are surrounded by that?

What happens?

We rush to find it
Almost anywhere
Any where

Except
Inside

The sick
Damaging
Toxic
Filters through
And settles
Into
Our very Core

We've been programmed to own these false
Ideas

We believe the
Limiting
Damaging
Demeaning
Parasitic

Messages that have been force-fed
Upon
And into
Us.

And then

Something

Happens.

Our Souls cry out to
The Universe!

Why?
How could and did this happen?

I am a Child
Of God

Deserving
Entitled to My Best Life

This Shit
Needs
To
Go

We search
First
outside
Then

We discover our Inside

Gathering
Surrounding
Building, replacing
Redesigning
That which we truly know to be

Our Treasured Soul

thom mason ©



“on my journey” Transformational Coaching

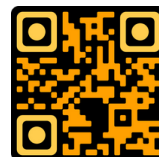
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\$997.00 + room

includes:

Joy Full hour hors d'oeuvres

Breakfast - Sat/Sun/Mon

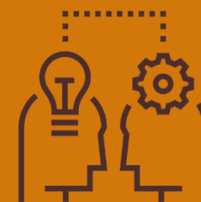
Lunch - Sat/Sun

Dinner - Sun

all 4 workshops, journals, art supplies,
trapper binder, notepad, pens
Swag Bag!

“Finding Your Inner Joy”

Weekend ReTreat



on my journey

“helping The World find its
Inner Joy...
One Person at a time.”

Hurry, space is limited!

September
19th~22nd,
2025



Join Us for a Joy-filled Weekend at the Majestic Macomber Hotel, just steps from the Beach in Cape May, NJ!

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Expect to be awed as you reestablish a connection with your Inner Joy through 4 Transformational workshops.

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A Joyful Hour of casual conversation as we gather Friday evening, transitioning to a shared dinner, and Meditation to top off the evening.

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Saturday & Sunday will offer:
Early morning SunRise Meditations.
Continental Breakfast followed by
2 Workshops, lunch, a Joyful Hour, and an evening Meditation.

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Saturday evening you're invited to explore the delightful surrounding neighborhood within easy walking distance offering many diverse culinary choices. The Macomber hosts the "Best of The Best" Union Park Dining Room.

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Sunday dinner will be a creative, shared dinner we'll make together at the Macomber.

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Monday Morning is our Sunrise Meditation followed by a Grand Rising Joy-filled "send-off" Continental Breakfast and our Closing Ceremony.

Friday:

3p - Welcome/check-in
4-6p - JoyFull Hour
6:30p - Dinner
9:30p - Sleep Well Meditation

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Saturday:

6:42a - SunRise Meditation
8:30a-10a - Grand Rising Breakfast
10:30a-11:45a - Workshop I
Inner Joy, Where is it? Why is it Elusive?
12:15p-1:45p - Lunch
2:15p-3:30p - Workshop II
Finding Our Inner Joy
4p-6p - JoyFull Hour
Dinner on Your Own
9:30p - Sleep Well Meditation

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Sunday:

6:43a - SunRise Meditation
8:30-10a - Grand Rising Breakfast
10:30a-11:45a - Workshop III
Inner Joy Poetry/Journaling/Open Mic
12:15-1:45p - Lunch
2:15p-3:30p - Paint & Sip Art Creative
4-6p - JoyFull Hour
6:30p - Create Dinner Together
9:30p - Sleep Well Meditation

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Monday:

6:45a - SunRise Meditation
8:30a - 10a - Grand Rising/JoyFull Send Off
Breakfast
10:30a - LOCKING IN OUR INNER JOY
Closing Ceremony
11a- Check-out

Thom Mason

Unlock Your Full Potential with
"on my journey" Transformational Coaching
Empower Your Journey to Success
Transforming lives through personalized
coaching and guidance.

About Me

I, myself, am a Survivor of major Life Traumas.

I've been "on my journey" for over 47 years...

I know, firsthand, what Trauma does to our Brains. Anxiety, forgetfulness, lack of interest, unable to concentrate, loss of appetite, overeating, toxic behaviours. Been there, done that. Let me help you find a way out of that cycle.

"I help People who are experiencing Trauma in their Lives. Be it from losing a Loved One, Domestic Violence, or Sexual Abuse. As a Survivor myself, I know what Trauma does to Us. It limits our belief in OurSelves which translates into so many limiting behaviours. By creating a Safe, Loving, Soul-based environment to start the Healing Process, You will begin to move forward. I'll guide you to practices to reduce anxiety, shift Your Mindset, and work on those limiting beliefs that hinder finding Your True Inner Joy"