

# CLOUD MEDICAL | CLOUD COMMUNITY CIRCLES

*"Becoming a healthier human in order to help build a healthier world for all"*



**Health and Healing** are the Source Codes for the New Earth

It is time to deepen our understanding of what it means to be *healthy*, and what it means to *heal*.

Us -vs- Them doesn't work. There is no Them, **there's only Us**.

It is time to move beyond "Othering" of people, as well as disowned aspects of our own Selves.

We are in the midst of an evolutionary leap from **Me to We to All**.

It is time to become golden mirrors for one another, living in the spirit of "I am *with* you and *for* you".

And yet we are all unique, with gifts to contribute to **the Whole**.

"It is time to step into our power each day so that we may love, live, and die *fully* and without regret."



Cloud Medical is launching a deeper exploration of **health** held in the sacred container of group inquiry.

Many of us — even those who are teachers, therapists, mentors, healers, and leaders of all kinds — have felt the great strain of the past months.

It is time to replenish ourselves as peers, and as brothers and sisters. Now more than ever we need to come together so we can hold the light.

**You are invited to join us in this transformational group initiative.**



# “The Sangha is the new guru.”

Are you called to connect more deeply to your own heart as well as to the heart of the collective?

Are you inspired to nurture a more integrated approach to wellbeing, flow, and vitality?

Are you called to join others as partners in accountability, in service of our highest selves?

Are you called to participate in a coherent model for health, healing, and human flourishing?

### The premise:

- It's not so easy to uncover the “*gifts*” which we are here to offer and contribute—which come from our deepest place of wisdom—as they evolve and unfold over time.
- It's not so easy to discover what it is that we *truly want* beneath all the cultural programming & conditioning.
- It's not so easy to find a coherent, integrated, whole-person, and whole-community based model of health and healing which points us toward human flourishing and *thriving*.
- It's not so easy to clearly and precisely identify our most authentic and most important goals, actions, practices, protocols, strategies and next steps in order to *embody* our fullest abundance and potential.
- It's not so easy to master the balancing act of of radically “*letting go*” while simultaneously embodying inspired action from the place of our highest integrity and sovereignty.
- And...even when we do identify those steps and actions, it's not so easy to *stick to* the guiding principles.
- Yet we all have a role to play in *building* the most beautiful world that our hearts know is possible.

IT'S TRUE. NONE OF THIS IS EASY. BUT IT IS POSSIBLE WHEN WE COME TOGETHER IN THE SPIRIT OF GENEROSITY, OPENNESS, CURIOSITY, WONDER, AND AWE OF POWERFUL FELLOWSHIP WITH ONE ANOTHER STANDING TOGETHER IN ACCOUNTABILITY TO OUR HIGHEST SELVES

### The Principles:

- Attunement - Practicing embodied connection to our highest Self
- Contact - Practicing embodied connection to one another
- Co-Leadership - Practicing holding safe and nurturing space for others
- Curriculum - Learning about the 4 Quadrant model of health and healing
- Clarity - Defining and Refining what matters most
- Accountability - Supporting one another in creating boundaries of discipline and consistent practice

## The Questions:

- What does it mean to be Physically Healthy?
- What does it mean to be Emotionally, Psychologically, and Spiritually Healthy?
- What does it mean to be in Healthy Relationships with Others?
- What does it mean to have a Healthy Relationship with Money?
- What does it mean to have a Healthy Sexual Relationship?
- What does it mean to have a Balance of Healthy Masculine and Feminine fully embodied within me?
- What does it mean to have a Healthy Relationship with my Environment, Ecosystem, and Sanctuary?
- What does it mean to have a Healthy Relationship with my Work?
- What does it mean for me to play my part in building a Healthy Community?
- What would it mean to have a Good Death, both for myself and my Loved Ones?

## The Objective:

- To co-create a space for the exploration of, and deep inquiry into, the most essential questions of our lives with emphasis on the fullest expression of our most abundant health, healing, and thriving.
- And to do so within a container of collective inquiry, inviting us to push our edge of radical acceptance, openness, and vulnerability in a safe environment.
- While applying refined tools of accountability and support to help us uncover, clarify, and live in coherence with our most important health and life goals as we establish deeper connections to:
  - the 60 trillion mortal cells which make up our *physical bodies*,
  - to our *interiors*,
  - to *one another*,
  - and to *nature*.



**Cloud Medical will be launching our Cloud Community Circles project this summer. This will be a an initial “pilot” prior to a broader launch in 2022.**

<b>The Assemblage:</b>	24 Members, divided into 3 Pods of 8, with each pod having 2 Co-leaders. (For a total of 6 Co-leaders of 3 women & 3 men). Each Pod of 8 will also have pairings of accountability support partners.
<b>The Dates:</b>	June 6, June 27, July 11, August 1
<b>The Commitment:</b>	Attendance of all 4 Group work live sessions, plus attendance of weekly 15 minute check-ins with your accountability support partner.
<b>The Fee:</b>	\$200 (finances should not be a barrier, contact us to discuss further)
<b>The Venue:</b>	We have elected to start June 6, so that we are able to run as many sessions as possible outdoors. We have several beautiful locations identified, TBD.

## NEXT STEPS:

**STEP 1.** If this invitation resonates with you, please listen to this podcast. If after listening, you are inspired to participate in co-creating a community based on the concept of salutogenesis, then...

**STEP 2.** Check your calendar for the dates above. If you are able to commit to participating during those dates, then...

**STEP 3.** Please register by Wednesday May 19, 2021 by filling out this form.

We look forward to welcoming you!

*“I want to unfold!  
I do not want to remain folded anywhere,  
Because wherever I am folded, there I am a lie.”*

*Rainer Maria Rilke*



*Hi, I am Nasya.*

*I am a dreamer and I live intentionally.*

*I am a curious human. I am a coach, an educator and a facilitator. I am a dedicated and high energy sister, daughter and friend and am dedicated to create a meaningful space for you and create a community here.*

*I am determined to help communities and people in spaces you identify with create healthier visions and missions around what true community and belonging can feel and be.*

*I am a wide open space. To me, that means that I am limitless and always have more to discover. I am humbled every time I learn something new about myself and my soul radiates when I am creating something new. I love the simple things in life, the small details and experiences: neon socks, the perfect typography, floating in water, and ritual, lots of ritual, many a collaboration of ancient Jewish wisdom and my personal modern touches! I live for mindful, well-designed spaces and experiences.*

*I am grateful to share all of my wide open spaces with you. My now, my celebrations, my imperfections and my dynamic, messy, growing self with you.*



*Hi, I am David.*

*I am called into the exploration and deep inquiry of what it means to be healthy and what it means to heal—for ourselves and one another, for our community and our planet.*

*Some of the most potent and transformational experiences I've had in my personal life have taken place in various sacred containers of group work. In those settings I realized most clearly that there is little that matters more in life than meeting one another, and seeing one another, soul to soul. That is the real medicine and we are all healers. In such "We" spaces we find our way together and see our paths most clearly. Through such connection and attunement we embody the being which enlivens and inspires our doing.*

*I believe making room for All of us. I believe in Salutogenic Eudaimonics. And I believe that in the future the school, the monastery, and the hospital will all be one place. I am passionate about co-creating prototypes, micro-experiments, and idea-labs of such concepts right here in our beloved Boulder County community.*