

MATRIXWALK 2018-19



Thank you for your interest in MatrixWalk.

Our work together is centered on three main components all of which are based in a small, safe, consistent community setting:

- 1) PERCEPTION SKILLS – the 94% of livingness we cannot see, hear, feel, taste or touch but that we know exists and interfaces with us often
- 2) WHOLE HUMAN COMMUNICATION SKILLS – expressing ourselves deeply and authentically with words, body language and energy
- 3) SELF MASTERY – working to tame and empower our minds and brains, our psychological selves and other aspects of our identities

This is an advanced program for mature students (17-104) who are strong, healthy, and ready to take their lives to the next level.

Participants will need to be able to actively and fully participate in all weekend activities, which may include moderate incline hikes of five miles or so, and ceremony experiences, which will limit sleep and creature comforts. MatrixWalk is a powerful rite of passage experience and participants are recognized as emotionally, spiritually and physically fit coming in; this is not a program for you if you are deeply in crisis or require medical-model intervention, diagnosis or care. If any aspect of this is in question, please touch in with Lexi to determine if this will be a supportive environment for your unfoldment.

The following questions are to help us understand your current orientation, needs, and call to the program. These are for you as much as for Lexi to help clarify your intention and set your goals right from the start. What is your “why”? Please respond to these however you see fit—creativity, brevity, lengthy out-pours—all welcome and appropriate!

- 1) WHY THIS, WHY YOU, WHY NOW?
- 2) What are your three greatest assets?
- 3) What are the three things most deeply challenging you right now?
- 4) How do you handle stress? Conflict? Strong feelings?
- 5) What has your experience of community been and what do you long for in this arena?
- 6) What do you care most about in all the world?
- 7) What are you most afraid of-both in yourself and in others?

Please also feel free to share any goals, needs, or other important information about yourself or your circumstances that will best prepare you for this event, and us for serving you. Please email your response to lexi@lexidelgado.com.



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