

6-MONTH LIVING WORKSHOP

Elemental Journey



A PLACE FOR GAY-IDENTIFYING
SEEKERS TO HEAL, CONNECT, AND
GROW OUR DREAMS

Journey leader: Dr. Ryan Joseph Allen, Ed.D.
Register at ryanjosephallen.com



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**A PLACE FOR GAY-
IDENTIFYING SEEKERS
TO HEAL, CONNECT, AND
GROW OUR DREAMS**

**A co-created safe and magical portal to manifest together
as we heal our traumas through the 4 elements.**



We enter the journey in the fire element- burning and releasing past traumas and calling in what we are desiring.



As we collectively travel into air we open up our voices and get clear on what dreams we are creating and growing.



The movement into earth allows grounding and centering into our dreams.



The transition into water allows our dreams to flow in as we reflect and expand.

Journey leader: Dr. Ryan Joseph Allen, Ed.D. Register at Ryanjosephallen.com

WHY?

Gay created. Gay centered.



I created this living workshop to fulfill a deep passion of assisting other gay-identifying men in realizing and manifesting their dreams. I always felt as if I compared myself to my gay friends and coworkers and in return felt judged by other gay friends I had. This made trust difficult and sharing with them near impossible. As I healed my core wounds I wanted to create a safe place where we manifest our dreams, explore our trauma, and inevitably heal these wounds that hold us back from genuine and authentic connection with other gay men. My doctoral work was in posttraumatic growth and how we overcome and transcend the traumas that we have endured throughout life. One of my dreams in life is to help my beautiful community flourish, pinpoint their dreams, and launch their dreams into the universe with this *powerful manifestation co-created portal*. This living workshop places love at the forefront of all that we do. We are centered in the four agreements and nine alignments as we weave our dreams together. I'm so excited to take this journey with my brothers!

With love,

DR. RYAN JOSEPH ALLEN,
ED.D.



WHY?

Gay created. Gay centered.



Why I choose to manifest in a group with other gay men...

- We have vastly different traumas and scars with a great amount of commonality within these scars.
- We learn from other men's stories and growth.
- We build friendship as we weave our dreams together. We build brotherhood.
- We learn things that classrooms could never teach. Empathy, connection, and authenticity!
- We expand as humans and are supported by other men- many of our collective trauma stems from lack of positive and healthy male relationship (past and current).
- We get to connect to the planet and our own form of elemental medicine in a safe space.



HOW?

Gay created. Gay centered.



Through the 4 elements

- In fire we burn and release- intentionally calling in what we are desiring to create. In air we learn how to use our voice and solidify our dreams. In earth we ground and center in our dreams and learn how to truly hold space for others in a deep and authentic way. In water we flow, reflect, and receive the manifestation of our dreams.



Through group manifestation

- We cocreate a space of healing, vulnerability, and ultimately dream manifestation, which is structured through the 4 agreements and 9 alignments.



Through showing up for yourself and others

- Daily commitment to embodying your element in a sacred dream manifestation portal (10-15 minutes per day)
- Weekly group manifestation call (1-hour per week)
- Receiving the elemental medicine, sharing this experience in the group, and supporting your fellow brothers in the space as they travel on their journey
- Committing to the 4 agreements and 9 alignments



4 AGREEMENTS

For our dreamers



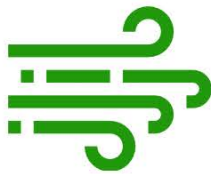
**1. Always do your
BEST**



**2. Don't make
assumptions**



**3. Never take
things personally**



**4. Be impeccable
with your word**



4 AGREEMENTS

For our dreamers



1. Always do your BEST: Your best is going to change from moment to moment, it will be different when you are healthy as opposed to sick. Under any circumstance simply do your best, and you will avoid self-judgment, self-abuse, and regret.



2. Don't make assumptions: Find the quiet courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness, and drama. With just this one agreement, you can completely transform your life.



3. Never take things personally: Nothing others do is because of you. What others say and do is a result of their own dream or perception of their rules. We all make rules about how things should be, but when you are immune to the opinions and actions of others, you won't be the victim of needless suffering.



4. Be impeccable with your word: Speak with integrity. Say only what you mean. Avoid using words to speak against yourself or to gossip about others. Use the power of your word to offer love, never use it to cause fear or pain in another (or yourself).



9 ALIGNMENTS

For our dreamers



LOVE
TRUST
RESPECT
CONFIDENTIALITY
COMMITMENT
COMMUNICATION
CLARITY
FOCUS
PRUDENCE



9 ALIGNMENTS

For our dreamers



- **LOVE-** Above all else we practice love for others and ourselves in all that we do



- **TRUST-** We trust the elemental process, others, and ourselves- we trust the dreams we are manifesting

- **RESPECT-** We carry respect as something on our hearts before we speak or act within the portal

- **CONFIDENTIALITY-** What's said in the portal and on calls is to stay within the group



- **COMMITMENT-** We honor ourselves and others by staying committed to the elemental journey/process

- **COMMUNICATION-** I communicate clearly and concisely to allow myself and others to be heard



- **CLARITY-** I speak with conciseness and wholeness

- **FOCUS-** I speak and show up with intention and drive

- **PRUDENCE-** Is it kind, is it truthful, is it needed?



FIRE

How can I embody fire?



- * How much power in myself can I feel?
- * What do I want to change/transmute in my life?



- * Which fear I have already released?
- * What does it mean for my life to make this commitment to my brothers and myself?
- * What part of me will I let go and/or give with this commitment?



- * What do I want to free/let go of in my life?
- * Which fears do I still need to overpass?
- * Which energy do I choose to connect to and what thoughts do I choose to strengthen my mind?



- * Which aspects of my life are being healed?
- * Is a flame with trust and faith inside me? And inside my dreamer brothers? In my life?



FIRE

How can I embody fire?



Burn and release

- Let go of what's hurting you
- Let go of what's holding you back
- Let go of what's expected of you
- Let go of what others say or do
- Let go of the trauma road blocks
- Let go of what you think you should do
- Let go of the past and future
- Let go of...

Call in

- Call in what you're replacing "it" with
- Call in growth
- Call in your dreams
- Call in healing
- Call in being seen and heard
- Call in your wholeness
- Call in...



DREAMER SPONSORSHIP PROGRAM

How can I support a fellow Dreamer?



All too often in life we have big dreams and aspirations and it feels like no one is in our corner to help those dreams come true. By creating a sponsorship program we are allowing other community members to sponsor in a dreamer who doesn't have the funds upfront to join.



One of my dreams is to see that financial hurdles are removed for those that are looking to manifest their dreams in a loving, supportive, and heart driven space. Our dreams are magnified when we collectively focus on them and support one another.



Half sponsorship opportunities are available as well as full sponsorship options. Please contact Ryan (859.835.2764 or ryan.allen@lovemustwin.org) for more details on the Dreamer Sponsorship Program or to sponsor someone in as a benefactor on their dream manifesting journey.



DREAMER COMMITMENTS

How can I join the portal?



Commitments of Dreamers

- 6-month daily involvement (minus Saturday which is our sacred pause day every week)
- Share daily embodiment
- Join us for a dreamer connection call once a week
- Understanding and enacting the 4 agreements and 9 alignments in your shares and embodiments of the elements



Requirements of Dreamers

- Must self-identify as a gay man
- Willingness to cultivate and share your dreams
- Daily and weekly commitments for consecutive 26-weeks (sacred pauses available upon request for big life shifts and changes)
- Sign the commitment letter
- Upholding community standards including the 4 agreements and 9 alignments





RYAN JOSEPH ALLEN

Author | Transformational Coach

Commitment agreement for participation in Dream Manifesting Portal 6-month program for gay-identifying men

Commitments of Dreamers:

- 6-month daily involvement (exception of Saturday which is our sacred pause day every week)
- Share daily embodiment
- Join via Zoom a Dreamer Connection Call once a week (60-minutes)
- Understanding and embracing the 4 agreements (always do your best, don't take things personally, never make assumptions, and be impeccable with your word) and 9 alignments (love, trust, commitment, confidentiality, prudence, clarity, focus, communication, and respect) in your shares and embodiments of the elements.

Requirements of Dreamers

- Must self-identify as a gay man (for clarity, transgender individuals identifying as males who are same-sex attracted are gay men)
- Willingness to cultivate and share your dreams
- Daily and weekly commitments for consecutive 26-weeks (sacred pauses available upon request for big life shifts and changes including but not limited to: moving, divorce/separation, death, illness, illness of family member, travel, health crisis, natural disaster, and emergencies of other kinds self-identified by participant).
- Upholding community standards including the 4 agreements and 9 alignments

By signing this commitment letter I agree to all the terms and conditions listed above. Any violation of the commitments and requirements above could result in removal from the Dream Manifesting Portal group at the discernment of the facilitator or Journey Leader at any time with no refund offered.

DR. RYAN JOSEPH ALLEN

CEO | Ryan Joseph Allen, LLC

Signature

Printed name

Date

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