

# 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

