

What Mariangela is saying about

The A.L.I.V.E. Workshops®



Several things inspired and prompted me to create **The A.L.I.V.E. Workshops®**. Firstly, over the portal of the Temple at Delphi was written “Know Thyself”. Then, Oscar Wilde, in a book he wrote in 1891 entitled

The Soul of Man Under Socialism

stated that, “Over the portal of the antique world is written ‘Know Thyself’; over the portal of the new world, ‘Be Thyself’ shall be written.” That really got to me. I started reflecting upon the fact that we’re incarnate at a time whereby the cycle or cycles during which soulfire was dimmed or extinguished, our divinity denied and our spiritual adulthood forestalled is ending. It is so clear to me that we are currently being heartily invited to co-creatively participate in the emergence of the next cycle by first knowing ourselves and then

being

our true selves, our authentic selves.

Then, I did a series of self-facilitated vision quests and discovered that not only do we carry in our memory the spiritual labels of having fallen from grace or being separated from Creator Source, but we also carry personal labels and imprints. To my way of seeing it, it’s horrible that the malignant fallout of these spiritual labels and imprints is mirrored in our anemic capacity to

faithfully and devotedly love, honor and respect ourselves.

Here's the thing – we incarnate with this veil that shrouds our conscious knowing and dilutes our desire for self-sourcing, co-creative spiritual freedom. What fascinates me, are the fables that speak of the time in our mother's wombs when the veil doesn't exist and during which we remember all the wisdom of the universe. But many of these tales end by narrating that at birth our Guardian Angel gives us a sharp blow that causes us to forget everything we've learned! So, somehow we arrive in an incarnational experience unable to remember the truth about our celestial origin and clueless about what we came here to do. In short, we're programmed to forget, and after eons of forgetting, we believe it is our nature to forget. We forget to the extent that we forget that we've forgotten.

In addition to incarnating with a veil, most of us are in the custodial care of parents who have been programmed to forget that their sacred function includes perceiving and upholding their offspring's soul blueprint, and who therefore can neither call forth our magnificence nor mirror back to us our genius. They, like us, are besieged by never ending shame cycles, engulfed in overwhelm generated from an imbalanced focus on material acquisitions and inundated by the grip of alienation shaped by distorted versions of power and success. As a result their endeavors to manage the immensity of their inherent inadequacy involves assigning labels and projecting imprints onto their susceptible offspring, giving birth to the much-heralded concept that "our genius is in our wound" - clearly a bone-chilling axiom of the old paradigm. This is, of course, is replicated by those who educate us and so on.

Understandably, we tend to want someone to whom we can assign blame or culpability and most people blame their past, their parents, life in general or God. Sometimes, we're even encouraged to do this by friends and family. We settle for the status quo because we lack a clearly potent way of recognizing who we really are. So how then can we get busy emerging or becoming who we are destined to become? How do we *be* our true selves when our soulfire is dimmed and key aspects of our essence lie buried beneath the rubble of far too many insidious labels and imprints?

The communion of sharing, stories, poems, processes, initiations, rituals and ceremonies that take place as part of the A.L.I.V.E. Workshops® are specifically designed to assist participants in disengaging not only from the numbing influence of historical spiritual beliefs and assumptions but also from the personal labels and imprints that dim the dazzling truth of who we are and why we are here so that the fire in your soul can be reignited and your essence reclaimed and embodied.

These workshops are a response to my deep inner knowing that it's time for us to rise from the ashes of self-denial, self-doubt, self-derision, self-loathing and self-condemnation and to fortify our capacity to not only know ourselves, but to be ourselves in such a way that we faithfully and devotedly love, honor and respect ourselves. It is time to answer the call of our soul. It is time to feast upon authentic sacredness and profound connection with our selves and each other.

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