



# Freedom in Every Moment

A 6-Month Tele-Conference Program with Neelam  
for students who have completed one short-term program

October 24, 2011 - April 9, 2012  
Mondays 6 PM MT

*Presence is our Nature and every moment of this life is an invitation. We can choose to follow what we already know even though it brings with itself dissatisfaction. Suffering is familiar and in a way, it makes us feel safe.*

*We can also choose differently.*

*We can decide to be present and to face what arises in the moment: the unresolved, unexperienced past that has been the source of unfulfillment. What comes from that decision is not always easy because at first we have to experience the challenge of what we wanted to avoid. Eventually that willingness brings us into a deeper place of finding the ground of Presence in the core of all experience.*

*A longer program is designed to give you the support to make the choice that you really want. It is guided by the direct experience of Presence and it provides you with plenty of opportunities and safety to learn how to face the arising past. Maybe the most important part of sitting together for six months is the continuous commitment to your inner process and to Freedom and the opportunity to deeply understand, learn and embody the teaching. It is the energy and momentum that we bring into being present that has the ability to stop the engagement with the past.*

*Freedom is a real opportunity in this life and this program is an invitation for that.*

*Love,  
Neelam*

## OUR INVITATION TO YOU

The primary purpose of this 6-month program is to find and deepen our recognition of Presence and our reliance on that. It is to immerse ourselves in the core principles of the teaching and to learn the tools that sustain our ability to be present in all circumstances of our life. It is also to address the past that is still interfering with our ability to be present.

## TOPICS TO BE EXPLORED

### Awakening

- What is Awake?
- Trust
- Staying the course

### Core Principles of the Teaching

- Presence
- Okayness
- Suffering
- Conditioning
- Individual Patterns of Conditioning

### Inquiry Skills

- Sensations
- How to “Be Here”
- The nervous system
- Trauma

### Relationships

- How to function from Presence

## A FOUNDATION IN PRESENCE

Sitting with Neelam is a rare opportunity. Through her tender being-in-Presence, Truth can find its way into our hearts and melt the most tenacious and strongly rooted conditioning, moving us toward the freedom we have been seeking. Sitting in a long-term program weakens our tendencies and we find new abilities and skills to support movement back to our Nature. Our foundation in Presence grows wider and stronger. We become more integrated and can more easily choose to be here rather than to believe the stories of the past. We grow in our trust as we see through our own experience and through witnessing the process of others, how we emerge stronger within as a result of allowing past to be met here in the present.

*“To find happiness, fulfillment and meaning in your life, give yourself fully to Freedom.”*  
Neelam

## PROGRAM DETAILS

### Pre-requisite

- One short-term program with Neelam
- A desire and willingness to give Presence “center stage” in your life

### Weekly Conference Calls

- Mondays, October 24, 2011 through April 9, 2012
- 6 PM MT

### 2 Regional/at-home Retreats

- December 3 & 4, 2011
- March 3 & 4, 2012

### Support (we have created many ways to support you in this 6-month journey)

- 2-3 Satsangs with Neelam per month (includes retreats)
- 1-2 group sharings per month facilitated by students trained by Neelam who have been leading groups for some time
- Partner Inquiry
- Written Assignments
- Recordings of all the sessions

### Donation Request

\$1450 - \$1150

### Free Open Informational Teleconference Call for this Program

Neelam invites you to join her and others for a free open teleconference call where she will speak about the program and answer any questions you may have. Contact us at [info@neelam.org](mailto:info@neelam.org) if you are interested in joining this call.

Time: Monday, October 3, 6PM MT.

### How Do I Sign Up?

Visit our [Donation Page](#), select “Make a General Donation”, and type “Freedom (INTERMEDIATE), 2011-2012” in the “purpose” box. If you have questions, contact us at [info@neelam.org](mailto:info@neelam.org). **Must register no later than 12 pm MT, October 15.**

*“Ongoing groups provide a safe container and lengthened opportunity to delve into deep-seated patterns of conditioning that I could never really see, or let be here prior to these programs.”*  
A.W.