

Dear “Deep Currents” Participant:

Welcome to the **GOLD “Deep Currents” course**. Please clear your schedule for all of our **one-hour, twice weekly, Monday and Friday** calls, at 8:00 a.m. Pacific Time (that’s 9:00 a.m. MT, 10:00 a.m. CT and 11:00 a.m. ET). **Calls begin on Monday, October 31, 2016, and the series will conclude on Friday, November 25, 2016.**

At a glance, please reserve the following dates on your calendar:

October 31, 2016	November 14, 2016	Your conference call number is: 123-456-789
November 4, 2016	November 18, 2016	
November 7, 2016	November 21, 2016	
November 11, 2016	November 25, 2016	
		Your “Deep Currents” passcode is: 123456#

YOUR COURSE SCHEDULE

See **page 2 of this welcome letter** for the scheduled dates and times for your course. Please record the dates and times (as well as your homework assignments) for each session in your calendar.

Arrange to have all of your calls and communications taken by a family member or work associate during session times.

YOUR COURSE FACILITATOR

Call course facilitator **Kathy Hearn** at **123-456-789** if you have any questions. You can also reach her by email at Kathy@Kathy.com.

ORDER YOUR BOOK IN TIME FOR THE FIRST SESSION

Please immediately order your copy of the David Whyte book “Crossing the Unknown Sea.” It is available at www.DeepCurrents.org under “**What You Need**” in the top right corner of the page, or you can purchase it at Amazon.com or a local bookstore. Bring your copy of the book to our first session call.

LOG IN FOR THE FIRST TIME

Prior to the first session, please log in to www.DeepCurrents.org with the following information. **Please note that both the user name and password are lowercase.**

- **User name:** Your email address (all lowercase)
- **Password:** **gold00111** (all lowercase)

This will provide access to “Your Course,” which is located in the top right-hand corner of the navigation bar on the home page.

Take a look at the David Whyte videos, journaling questions, and the electronic journal for recording your responses. We will discuss these features in more detail during our first session.

TECHNICAL SUPPORT

If you have issues logging in, please contact administrator **Holli Sharp** at HSharp@CSL.org or 720-279-1644.

ACCESS YOUR GIFTS & RESOURCES

Our commitment is that you experience greater access to your unique gifts and resources. The commitment requested of you is reading the assignment, responding to journal questions, and vulnerably sharing with colleagues during scheduled sessions.

Our work together is far more at the level of *being* and less at the level of *doing*. If you take “Deep Currents” seriously, you will be pleased with new awareness and insight in all realms of your life.

We look forward to our first call on **Monday, October 31, 2016 at 8:00 a.m. Pacific Time** (9:00 a.m. MT, 10:00 a.m. CT and 11:00 a.m. ET). The sessions will conclude on Friday, November 25, 2016.

Please bring this welcome email with you to our first conference call session.

DEEP CURRENTS SCHEDULE

All sessions are conducted at 8:00 a.m. PT/ 9:00 a.m. MT / 10 a.m. CT / 11:00 a.m. ET

Date	Session	Videos/ Journaling
10/31/16	1 - Navigating Deep Currents : Introduction Chapters 1 – 10 (skim)	David Whyte, Live in San Francisco , “Presence” Journal Questions: 1 – 5
11/4/16	2 - Courage & Conversation – Chapter 1 The Mountain Farm – Chapter 2	Start Close In Journal Questions: 6 – 10
11/7/16	3 - At The Cliff Edge of Life – Chapter 3	Song For the Salmon Journal Questions: 11 – 15
11/11/16	4 - A Star for Navigation – Chapter 4	Sweet Darkness Journal Questions: 16 – 20
11/14/16	5 - Out of Ireland – Chapter 5 The Awkward Swan – Chapter 6	Return Journal Questions 21 – 25
11/18/16	6 - The Fatal Shore – Chapter 7 Outlaw Imaginings – Chapter 8	Sometimes Journal Questions: 26 – 30
11/21/16	7- A Marriage with Silence – Chapter 9 Crossing the Unknown Sea – Chapter 10	What to Remember When Waking Journal Questions: 31 – 35
11/25/16	8 - Crossing Reflections – Chapter 1-10 Keats and Conversation – Chapter 11	The Journey Journal Questions: 36 – 40