



STAR JOURNEY™

Star Journey Symbol Method



Workshop & Teaching Information

System Overview

Star Journey Symbol Method is a dynamic tool for self-reflection, helping one tap intuition and inner knowing. The system is used for problem solving, decision making, and exploring relationships.

Star Journey uses a set of 96 simple symbols to reflect real life situations through visual metaphor. Examples are: the Sun, depicting a person's sunny side; the Cup, the challenge of acceptance (cup half-empty or half-full); and the Tower, the mental approaches of reflection and focusing attention.

"Games of meaning" yield a selection of symbols in response to a player's question or topic. Then a guided process helps a person use both right and left brain functions (including intuition, creative visualization, imagination, free association, and analysis), first to gain clarity, and then to develop new ways to view and resolve challenging situations. Symbols also inter-connect to form the system's geometric Circle Pattern, which is an elegant, new mapping of consciousness or the inner self.

No special study is needed to use Star Journey. It is easy, fun, positive, empowering, and consistently provides valuable insights. Its symbols, keywords, and all its techniques lead the player to discover his or her own unique meaning.

Star Journey's motto is:

"The Answers are Within You."

A Multi-media, Multi-platform system

Although Star Journey began with physical books and Symbol cards, it now exists in new forms, due in part to the growth of technology. New media and formats help present Star Journey as a multi-dimensional tool.

These additional formats include:

- **Interactive** – Web tools involving use of Symbols, Circle Pattern, e-Book, etc. on its website: www.star-journey.com
- **iPhone / iPad** – Portable, Star Journey symbols for use "on the go"
- **Virtual world** – Symbols and Circle Pattern combine creating an experiential island in Second Life, where 3D symbols are part of a landscape of Gardens, Seas and Stars.
- **Live stream** – Live broadcasting of sessions in Second Life to viewers on the internet, includes live audience interaction and video library of past sessions

Audience

Star Journey, the system and its workshops, is designed for the general public, especially those with interests in Consciousness, Spirituality, Personal Growth and Psychology. Sessions are also useful for those in helping professions, including therapy, counseling, nursing and others. Classes range from beginning to advanced levels. There is also an academic track of courses developed for universities and institutes.

Session Content, Objectives and Activities

Workshops provide first-hand experience on how to use the Star Journey method for self-reflection, including dealing with real life questions and learning new ways to bring about constructive change in one's life.

Attendees use physical Symbol cards and Circle Pattern, and they are also shown how these work in other media and formats. This includes the 3D virtual world Second Life in which the Symbols and Pattern combine vividly in an experiential landscape. Workshops combine hands-on use with instruction and lecture. Group participation is encouraged, including questions, discussion, and sharing ideas and perspectives.

Deeper understanding of the Star Journey system comes with advanced sessions exploring the Circle Pattern. This is a cosmological model whose dynamics include of a classic Cycle of Growth, a matrix of archetypal, universal Star energies, and a new charting of human experience called Levels of Consciousness.

Session content supports self-care and personal sustainability, for those in academic study, in a specific professional role, or simply seeking work/life balance – and also teaches how to use Star Journey to help others.

Further sessions present new multi-user methods. These are part of the "Circle of Friends" series, and they include the Relationship Linking tool and Personal Portrait.

Skilled Presenters

- Richard Geer, MTh, Star Journey Author, SF Bay Area
- Gerry Marr, MA, MFT, Santa Barbara, CA
- Vanessa Taylor, Adelaide, South Australia
- Linda Lott, RN, Salt Lake City, UT
- Guest lecturer:
Sonya Hardin, PhD, RN, School of Nursing
University of North Carolina – Charlotte



Lead presenter Richard Geer has over 40 years of experience in developing, writing, publishing, and teaching his system.

Other highly skilled presenters are also available. Richard is currently a lecturer at the UNC–Charlotte, working frequently with Dr. Sonya Hardin, Professor of Nursing. Last October, the Star Journey team presented "Exploring a Strategy For Success" at the national conference of the Mentoring Institute, part of the University of New Mexico.

Workshop Format Options

- **On-site**
- **Online**
- **Virtual world**

Since Star Journey can be utilized on multiple platforms, sessions can be any of the above formats or in combination. All workshops provide participants hands-on experience of Star Journey Symbols and the system's original Guided Process.

Online teaching allows participants to attend remotely. It also allows attendees to view and interact with the virtual world format, where symbols become more than simply cards. Online teaching also permits asynchronous participation.

On-site sessions have the option to add the dimension of Second Life. With an internet connection and large projection screen, attendees can see Star Journey in the virtual world.

Participants can also attend sessions directly in Second Life's environment. This mode allows remote access along with an immersive and greatly enhanced learning experience, where one interacts with other participants in real time by using an avatar likeness.

Session Length

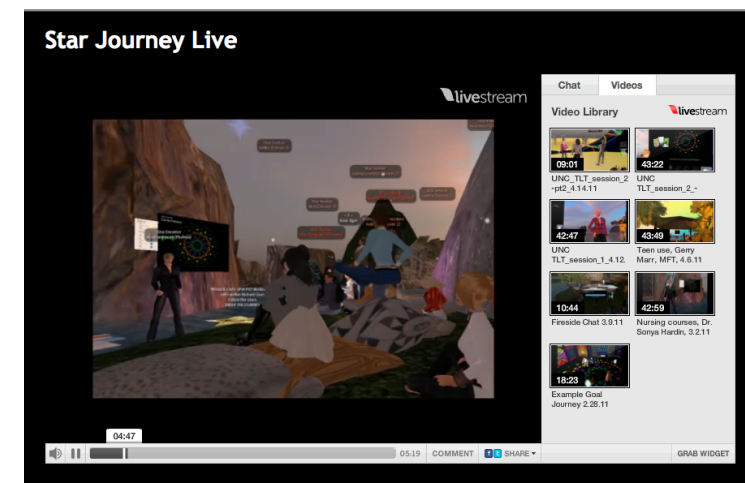
Workshops and classes can vary from a few hours to several days. There is also an entire track of sessions leading from beginner to advanced levels, and on to deeper study and to applications for helping professionals.

The fundamentals can be presented in one half-day session, on-site or online, or with a combination of both. Ongoing online class series can be scheduled over several sessions and weeks. Retreat settings provide more intensive teaching spanning several days. Please request our detailed Course List for more information.



EXPERIENTIAL LEARNING FORMAT –
Author Richard Geer leads a session about using Symbols on Star Journey island in Second Life.

CREATIVE VISUALIZATION
The mental technique "Picture Stories" is part of the system's Guided Process, done here in a meditation area.



LIVE STREAM –
Online workshops in Second Life broadcast on the internet via live stream channel. This includes live audience interaction plus video library.

About Second Life

Second Life is part of a new dimension of internet use called virtual worlds. Here, one participates in real time by using an avatar or likeness created for moving about in a 3D online environment.

Virtual worlds have been in existence since early the 2000s. Second Life (SL) is one of the largest, highest trafficked and most diverse in member interests. Today, SL has over 28,000,000 residents, who have entirely created the various islands within its large cyber space. Many schools and universities have a presence in SL, including the 14 campuses of University of Texas, also the campuses of the University of North Carolina and many others. There are also many teaching centers created for groups in SL. Almost every interest has some sort of presence in SL. This includes social interaction of all kinds, shopping, dancing, musical performance, plus gaming, artwork, designing, building, and much, much more.

SL has a large spiritual segment, also many in the helping professions, and there numerous support groups – all of which are part of SL's ever-growing worldwide community.

Star Journey island was established in SL in 2008, and it has a growing membership. It is highly regarded as a place for peace and personal discovery. Regular workshop sessions are held in SL throughout the week, teaching how to use Star Journey, ranging from beginning to advanced levels.

Joining and using Second Life is free of charge. For more information and videos, see www.secondlife.com.

Workshop Presentation Fees

Onsite:

Typically \$1,000 per day plus travel. This includes one presenter with an assistant.

Online & In-world:

Via Live Stream, usually \$250 per session based on the schedule and the courses contracted for. The same price is for custom classes held in Second Life. For details, please request our Detailed Course list. (The regular weekly workshops in Second Life are free of charge.)

Materials

All physical materials for sessions are supplied. Printed cards, charts and books can be available for sale.

For Further Information:

Contact Linda Lott, RN, Star Journey Education Director: nya@star-journey.com or phone 925-899-0652.



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