

THE INITIATION

MASTERCLASS & WORKSHOP SERIES



ABOUT THE INSTRUCTOR

Heralded by Deepak Chopra as 'an emerging spiritual leader for the next generation,' Elan Divon is an author, social entrepreneur, speaker and success-coach dedicated to helping people live a more awakened and inspired life.

His story begins at age 20 after surviving a triple suicide bombing in Jerusalem. The experience compelled Elan to leave behind his family and homeland, and forsake a lucrative job in Manhattan to pursue a budding passion for ancient wisdom and spirituality. Twenty years and two Masters degrees later, and after launching a global social venture on NASDAQ, Elan has packaged his findings into a philosophy, a workshop series, and a new book called The Initiation. (To be published in 2019).

The product of rigorous research at Harvard and Brandeis University and Elan's own life experience, The Initiation combines ancient wisdom and proven personal development strategies into a system that helps people find clarity of purpose, dispose of limiting beliefs, and develop the mindset and character to thrive in the game of life.



PHILOSOPHY & OVERVIEW

Imagine that when you were a child someone downloaded a playlist into your mind; not a playlist of songs, per se, but a playlist of beliefs and ideas. And all your life you've been experiencing the world and your own 'self' through the prism (or prison) of these beliefs.

The truth is that much of what we learn growing up and take as our own values, goals, and beliefs are 'hand-me-downs' from other people. Identifying and breaking through these beliefs is the first step towards transformation and 'initiation' into our highest selves.

An initiation is therefore a process that awakens human potential by separating us from people, places, powers, and ideas that define (but ultimately confine) us. It's a process that peels away our previous conditioning to reveal the powers that stir within.

The most influential people on the planet arrived at their potential through a similar process: Oprah, Obama, Spielberg, Einstein, Zuckerberg, Jobs, JK Rowling: all broke away from a structure in their lives that impeded their development. They left behind a university, a school of thought, a community, a company, even their own family – to discover something new. And that something new was always a possibility they realized in themselves; whether a talent or an art form, a business venture, or a leadership skill.

This venturing out from the familiar is really a going "into ourselves" to discover an untapped energy or dimension we haven't yet realized. And it tells the story of the unfolding of the human spirit in the physical world.

Now what if your life was an initiation? And what if there were specific things you had to separate from in order to unleash your greatest self? In the Initiation series, we find out!

Drawing upon thousands of years of human experience, world mythology, and ancient wisdom traditions, the series identifies four universal models or 'thresholds' all people must cross to be initiated into their highest selves. The workshop helps participants identify these models in their own lives, while equipping them with tools, strategies and the mindset to breakthrough them. At the same time, participants will develop a plan of action for their goals while joining a community that supports them and keeps them accountable to their own commitments.

PROGRAM DURATION

The Initiation Masterclass: 3 hours

This is followed by 4-5 workshops running for approximately 1.5 hours each.

Total program duration: 9 – 11 hours.

WORKSHOP FORMAT AND MAIN ACTIVITIES

Each workshop includes an interactive presentation, group discussion, as well as individual exercises and guided self-reflection. A short meditation may also be included in some workshops.

WORKSHOP BREAKDOWN

Workshop 1

The Initiation Master Class: The Art of Change

In this introductory workshop, participants define their personal goals for the program. We then explore the universal sequence of change and transformation and the #1 action needed to affect lasting change in our lives. We look at how this sequence mirrors traditional passage rites, and identify four thresholds that must be crossed on the road to growth, transformation, and greater self-realization.

- Introduction, welcome, and ice breakers
- Setting goals / intentions and focusing on what participants want to change.
- Discovering the internal forces that lead to change.
- Viewing 'separation' as the foundational act in all creation.
- A brief discussion on purpose, along with individual exercise to help participants tease out and hone in on their sense of purpose.
- Learning daily rituals, and the importance of creating a discipline.
- Pairing up participants for the duration of the program and beyond.
- Participants begin developing their 'Life Vision Statement'

Workshop 2

The First Threshold: Father and Family

The greatest influence on the child is the unfulfilled dreams of the parent. Carl Jung

Our parents have a major influence on our lives. Growing up, they literally represent our worlds, our reality, and our horizon of possibility. From the moment we are born we instinctively model our parents and learn about ourselves through the prism of their beliefs, actions, and mental models. But how can we transcend the models of our parents to find our own path and potential? How can we move beyond the forms of our creators to find our own individual spark?

Drawing upon narratives in world mythology, history and pop-culture, we discuss the need to move past the psychological conditioning of our parents to live a life that is authentic and real, and not a re-run.

- We explore the theme of separation from the father in world mythology, its repetition in our modern myths and finally, in the lives of the greatest influencers in human history. We learn how separating from the father or mother is a prerequisite to finding the father / mother within, (Carl Jung's individuation process).
- No separation? No problem. The Isaac archetype: continuation of a legacy rather than the creation of a new one.
- How to seek out mentors and positive role models.
- The importance of self-belief.

Workshop 3

The Second Threshold: Transcending the Tribe

In this workshop, we explore where beliefs come from, how they are formed, and how they unconsciously influence our behavior and shape our reality. We learn how to discard beliefs that don't serve us –while replacing them with ones that do. We'll also look at the most important belief of all, the belief in our own worthiness – and how to stop giving away our power by not allowing others to determine our worth.

- Understanding the nature of beliefs and belief systems.
- Individual Exercise: mapping core beliefs.
- Internalizing the only belief that really matters: our own self-worthiness.
- External validation vs. internal validation.
- Learning to detect and prevent inner negativity, and discard limiting beliefs.
- Group exercise and reflection.

Workshop 4

The Third Threshold: Defying Our Fears

Fear serves an important function in our lives: It illuminates the place where our power lies and points us in the direction of our greatest opportunity for personal growth. In many cases, our fear holds the key to our life 'purpose.' In this workshop we explore the inner workings of fear. We learn how to identify and understand its root causes and why we must separate from our comfort zone to embrace the unknown. Finally, we discover tools to manage and progressively master our fears.

- The DNA of fear: Deconstructing fear and the function it serves
- Natural fears as opposed to learned fears
- Participants discuss and share their fears
- How to move from fear to flow.
- Shifting our mindset: Excitement or nervousness? Are you diving or falling?
- Five effective strategies for dealing with fear

Workshop 5

The Fourth Threshold – Beyond the Body

Why does near death change a person's life? Why do cancer survivors and those who stave off a disease or an accident transform as a result of the experience? In this workshop we explore accounts of 'near death' and the opportunity for transformation inherent within them. Building on Brene Brown's TED Talk, The Power of Vulnerability, we then explore how physical vulnerability deepens our connectivity with our true selves because it strips us from that which we identify with externally; our physical body.

- Accounts of near death / accidents / illness leading to renewed life.
- Participants share and reflect on their own experiences.
- How disease or near death shifts our perspective and identifications.
- Separation from the physical leading to greater alignment with the spiritual

Workshop 6

The Final Frontier: Putting it all Together

We now bring all of our teachings and wisdom together to answer key questions: What is success? How can I find happiness and maintain it more consistently? What is the meaning (or non-meaning) of life? And what are the necessary tools to get me to my "promised land"? We now learn about the most important ingredient to achieving success, namely our character, and explore how to cultivate and build character through daily practices, rituals, and lifestyle modifications. As such, we discover that initiations are not about some 'trophy' we receive, treasure we find, company we build or partner we marry—but rather the person we become as a result of the process.

- The marshmallow test: Character is king
- A new metric for success
- Extrinsic vs. intrinsic goals
- Struggle vs. surrender, significance vs. service.
- Understanding the key ingredients of a meaningful life.
- Vision statement ceremony and letter of commitments.
- VIP exercise and conclusion

BENEFITS & RESULTS

1. Understand what it takes to create lasting change in your life, and then make it happen!
2. Boost your self-confidence, resourcefulness, and resilience and transform your mindset.
3. Develop clarity of purpose and learn rituals that will enable you to have more focus, energy, and impact.
4. Join a community of likeminded people and develop friendships and a support system that will last well beyond the program.
5. Manage stress and find deeper fulfillment in your life.
6. Turn fear and anxiety into excitement and positive energy.
7. Become the greatest version of yourself and start living to the fullest!



TESTIMONIALS

“Elan’s passion and energy are contagious and are reflected in everything he does. A rising star, those who have the opportunity to meet and hear Elan immediately recognize his wisdom and impact!”

Ambassador Haile Menkerios, Under Secretary General of the United Nations

“Elan has created an extraordinary workshop on how to live a more awakened and purpose-driven life. He’s packed thousands of years of ancient wisdom into a program that gives clarity, confidence, and a road map for success and spiritual transformation. Powerful! And a must!”

Pamela London - Venice, CA

“This workshop is a game changer! ”

John Venatas, Toronto

“Elan has been an amazing coach in this self improvement journey. He is a very assertive, kind and wise mentor who strategically helped us to walk through the stepping stones to emerge into our better selves.”

Osmary T., Toronto

“All the tools and wisdom I gained from Elan’s workshops have helped me evolve, grow and develop a self awareness and mindset that helps me stay positive and excited about my future. I’ve disconnected from unhealthy relationships, faced my fears, and am on my way to achieving my career goals. It’s been amazing!”

Europe Jama, Toronto

“Elan has an approach and style you won’t find anywhere else. He’s as smart as they come, bringing his knowledge of ancient wisdom and comparative religion to bear on the most important life and career questions. Go see Elan - he is amazing!”

Phil Daniels, Los Angeles

“Elan’s ability to bridge between spirituality, entrepreneurship, and innovation is uncanny. He is an inspiring and thought-provoking presenter with a message you need to hear. I couldn’t recommend him more highly!”

Kathy Gardarian, Newport Beach CA