

TRANSFORMATIONS

The Creative Life Community Series - 2024

Jim Morningstar, PhD and Transformations Faculty

Five second Sundays of the Month February-June

1:30 pm-6 pm Eastern; 12:30 pm-5 pm Central; 10:30 am-3 pm Pacific

First half of the day is with local group; second half is with virtual national community.

Mid month meeting virtual and/or in person two hour review and breathwork.

Time TBD by local group (optional)

This is the year of Transformation. It starts with personal commitment. It is strengthened in community. It spreads to our planet. If not now, when?

We are extending an invitation for you to **join us in a profound new adventure.** We are calling together like-spirited communities around the United States and beyond in a **network of individual and planetary transformation.** This is to deepen our personal path of ascension through collective group energetics.

You will grow as a CLCS member each month as you:

- ~ **infuse new** creativity into the major areas of your life (i.e., spirituality, mental focus, physical wellbeing, prosperity, relationship fulfillment, positive belief systems...),
- ~ **gain** expertise with a dynamic set of physical, mental, emotional and spiritual tools from which to choose on a daily or as needed basis,
- ~ **receive** feedback and guidance from veteran trainers and healers in their fields,
- ~ **strengthen confidence** from the support of and bonding with a like-intended local and an international community
- ~ **definitively upgrade** the quality of your life.

CLCS provides the foundational principles of breathwork training and hours apply directly to TI electives required for Level 3 Certification.

How it works:

1. We **meet once a month** with our local group (2 hours) and our international group (2 hours) immersing ourselves in the highest quality life changing work on a specific topic.
2. We do **experiential exercises** and learn **new tools** each seminar for life change.
3. We have an optional **Mid-Month Meeting** (2 hours between Sunday meetings) for reviewing the monthly topic and doing group breathwork.
4. We form partnerships, small interest groups or use a WhatsApp group to **share progress** with our life work.

5. We **acknowledge** the **positive changes** we have made and quality of affirming relationships we have gained through keeping this commitment to ourselves and our planet.

For more detail here is a 20 minute video by Jim Morningstar:

[Introduction to the Creative Life Community Series](#)

Jan. 14 **Free Introduction** to *The Creative Life Community Series*. **Jim & Faculty**

Learn flow and benefits from each seminar and how to apply them practically to your life. Engage in Q&A with teaching faculty of Series. (Not required for Series.)

Jim Morningstar's Zoom MeetingTime: Jan 14, 2024 12:30 PM Central Time (US and Canada):

[FREE ZOOM CLCS INTRODUCTION LINK](#)

Meeting ID: 868 2097 4269 Passcode: **189723**

Feb. 11 ***Spiritual Psychology***... with **Jim Morningstar** Mastering the mind by learning and experimenting with the principles of how it works; integrating your highest spiritual purpose with your material and emotional desires

Mar. 10 ***Body Mastery***...with **Jayne Ader and Jim Morningstar** Reading and releasing your body; mastering its flow of energy, how it communicates, and how you heal it and create a daily experience of love in it.

Apr. 14 ***Prosperity***... with **Molly Richard and Jim Morningstar** Living with the sense of abundance; meeting and exceeding your financial and occupational goals; setting up your life to give and receive at greater levels of pleasure and satisfaction. Living with prosperity in all aspects in your life.

May 12 ***Loving Relationships***...with **Jayne Ader, Lenny Delvecchio and Jim Morningstar**

Releasing ineffective relationship patterns and increasing your potential for love and pleasure with others; how getting the fulfillment you want benefits everyone.

Jun. 9 ***Completion***...with **Kate Becker and Jim Morningstar** Living with the experience of having made it and the excitement of new discovery at the same time; freedom from the "Parental Disapproval Syndrome" and the "Need/Obligate Patterns."

Tuition: \$625 in person; \$550 virtually, includes [Sunday Series](#), materials and Mid Month Breathwork Meeting.

To reserve your place in person or virtually for the Milwaukee group:

Payment or \$200 Deposit via check to Transformations 4200 W Good Hope Rd Milwaukee, WI 53209

or online: <http://www.transformationsusa.com/products.php> **Workshops and Trainings** with Jim Morningstar, Ph.D.

Limited in person attendance.

Looking forward to the exciting changes Spirit has in store for all of us who make this dedication to personal and global change...**with love,**
Jim

Jim Morningstar, PhD
Director, Transformations Incorporated
414 351 5770
jim@transformationsusa.com
www.transformationsusa.com
www.jimmorningstar.com

Faculty:

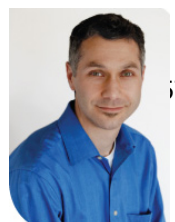
Jim Morningstar, Ph.D. is a clinical psychologist who has pioneered in integrative healing arts and supervising professionals since the 1970's. He incorporated Therapeutic Breathwork, Bioenergetics, Gestalt, Reiki, family systems, energy medicine and spiritual guidance into his practice. He is the director of Transformations, the School of Integrative Psychology, Creative Consulting and Counseling Services, the Transformations Breathwork Training Program as well as co-director of the Global Professional Breathwork Alliance and author of five books in the field.



Jayne Ader, LMT received a Bachelor of Arts in Humanistic Studies and has a master's certificate in Integrative Psychology. She is a Nationally Certified Massage Therapist licensed in the state of Wisconsin and a Wellness educator. Jayne is a Reiki Master, a Level IV professional Breathworker and has assisted in and Facilitated trainings and courses since 2003. Jayne is a community builder and Co-Founder CORE/EI Centro. She has over 30 years of experience in helping people who have lived through trauma to reintegrate back into their bodies and reestablish a trusting relationship with themselves.



Molly Richard, FBS®, is a Professional Well-Being Associate Program Manager, Financial Wellness Consultant and Level 2 Therapeutic Breathworker. She is an effective integrator who knows how to turn ambitious visions into action plans. As an empathetic collaborator, she is comfortable working with, motivating, and identifying the strengths of a wide range of people, personalities and groups. Her skillset includes strategic life planning, money skills improvement, financial well-being and financial wellness work.



Lenny Delvecchio, LPC is a psychotherapist who uses a body/mind/spirit

770 • Fax 414 351 5760 • info@trnsformationsusa.com • www.transformationsusa.com
4200 W. Good Hope Road Milwaukee, WI, 53209 USA

approach in helping people live purpose-driven lives. He has over 10 years of counseling experience - currently working at Red Oak Counseling in Elm Grove, Wisconsin. He has led breathwork groups for over 20 years and has been a certified professional breathwork trainer for 3 years. His extensive, earlier career as a mechanical engineer in a large corporation helps him connect with all walks of life. Lenny is dedicated to increasing the amount and expression of love in our world.



Kate Becker is a level 4 Therapeutic Breathworker, trained in Milwaukee, WI, through Transformations Incorporated and her five year mentorship with Jack Fontana. Kate teaches Kundalini Yoga, Ecstatic Dance, Improvisational Voice Meditation and Embodiment. She lives and works in New Orleans, LA.

Andy High is a Mid-Month Meeting Facilitator. He worked as a professional carpenter for over 40 years. He answered his calling for personal growth and teaching by graduating from the School of Integrative Psychology with a Masters Certificate in 2004. He further assisted in numerous breathwork retreats and trainings through the Transformations Breathwork Training Program. He became a professional Level III Therapeutic Breathworker in 2006 and continues to assist and teach in certification trainings. He incorporates shamanistic and Reiki techniques in which he was mentored in his work. He is known for his healing approach with an open hearted acceptance, inclusion and compassion for all.

