

# Spiritual Development Circle – January Syllabus

**Theme:** Energetic Blueprint: Your 2026 Vision Board Experience

**Location:** Salt of the Earth (salt cave)

**Facilitator:** Neysha Arcelay

**Duration:** 90 minutes

**Date:** January 25, 2025

## Class Overview

In this immersive session, we will explore how to translate your inner desires into visual form while activating both the spiritual and mental systems that support aligned manifestation.

Through guided reflection and intuitive prompts, you'll uncover what your soul truly wants to experience in the year ahead. Not just what looks good on paper, but what feels deeply aligned. You'll also learn how spiritual intention, emotional frequency, and your brain's natural focus mechanisms work together to bring your energy into harmony with your desires.

By the end of this session, you'll walk away with a clear blueprint to create more than a vision board. You'll have an energetic portal that honors the version of you that is already becoming real.

## Class Structure

Time	Activity	Description
10 min	Grounding and Opening Remarks	Begin by anchoring into the present and setting an intention for the session.
25 min	Teaching: Vision, Energy & the Brain	Explore how vision boards act as energetic tools, not just visual ones.
10 min	Self-Inquiry & Reflection Prompts	Guided journaling to clarify your soul-led vision for 2026.
15 min	Vision Board Instructions & Creative Prep	Walk participants through best practices to create a meaningful vision board at home.
15 min	Guided visualization	A meditative journey into your 2026 reality.
15 min	Group Discussion & Sharing	Reflections, insights, and encouragement in community



## What to Bring

- An open heart and mind
- A note pad (One will be provided to new students)
- *Optional:* A personal item or a picture that symbolizes your biggest aspiration for 2026

## What you Get:

- A Curated Experience  
Each gathering is intentionally designed to take you on a soulful journey, from grounding meditation to guided spiritual practice, all within a nurturing and energetically aligned space.
- Connection with Like-Minded Souls  
Surround yourself with a supportive community of seekers, empaths, and intuitive beings who are also on the path of growth and awakening.
- A Take-Home Reflection Worksheet  
Deepen your practice between sessions with a thoughtfully crafted worksheet to support integration, clarity, and continued inner work.

## Learning Objectives for This Session

By the end of this session, participants will:

- Understand the deeper purpose of vision boards as tools for energetic and mental alignment
- Explore how emotions act as magnets that influence the energy they emit and receive
- Learn how the brain naturally supports manifestation by focusing attention on aligned opportunities
- Identify soul-aligned desires for the upcoming year through guided reflection and journaling
- Receive clear, step-by-step instructions for creating a vision board that reflects their energetic blueprint for 2026
- Experience a guided visualization to emotionally and spiritually connect with their future self
- Feel empowered to take aligned action from a place of clarity, presence, and trust in the unfolding