

Spiritual Development Circle – August Syllabus

Theme: The Power of Discernment: Hearing Truth Beyond the Noise

Location: Salt of the Earth (salt cave)

Facilitator: Neysha Arcelay

Duration: 90 minutes

Date: August 30, 2026

Class Overview

Every day, we are flooded with information from many different sources: our thoughts, emotions, fears, past experiences, intuition, other people, and spiritual guidance. With so many voices competing for our attention, learning to recognize what is truly aligned becomes an essential part of our spiritual development.

In this class, we will explore discernment as the practice of separating truth from noise. You will learn how fear, the ego, and limiting beliefs can influence your decisions, and how your Higher Self, spiritual guidance, personal values, and inner wisdom can become powerful anchors. Through reflection and spiritual practice, you will strengthen your ability to recognize which voice is speaking and choose from a place of greater clarity, confidence, and alignment.

Class Structure

Time	Activity	Description
10min	Welcome and Grounding	Begin by quieting the external and internal noise, grounding into the present moment, and creating space to connect with inner wisdom.
25 min	Teaching / Overview	Explore spiritual discernment, the voices that influence our choices, and the personal and spiritual anchors that help us separate fear and limiting beliefs from inner wisdom and aligned guidance
30 min	Experiential Practice	Reflective exercise to recognize recurring patterns, emotional triggers, and limiting beliefs with curiosity and compassion
15 min	Group Reflection / Discussion	Share observations, experiences, questions, and insights about how fear, conditioning, intuition, and spiritual guidance can influence decision making.
5 min	Closing Ritual / Take Home Tools	Leave with a simple practice participants can use when facing decisions and close with an intention to choose from alignment rather than automatic protection.



What to Bring

- An open heart and mind
- A note pad (One will be provided to new students)
- *Optional:* A personal item that symbolizes your spiritual path (crystal, photo, small token, etc.)

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 class, participants will be able to:

- Understand spiritual discernment and its role in making aligned choices.
- Recognize the different internal and external voices that can influence decision making.
- Identify how fear, ego, and limiting beliefs can disguise themselves as guidance.
- Identify personal and spiritual anchors that can provide clarity when faced with uncertainty.