



Spiritual Development Circle – October Syllabus

Theme: Understanding the Language of Spirit

Location: Salt of the Earth (salt cave)

Facilitator: Neysha Arcelay

Duration: 90 minutes

Date: October 25, 2026

Class Overview

What if the signs around you are not random, but part of a language you can learn to understand?

Understanding the Language of Spirit explores the many ways spiritual guidance may appear through signs, symbols, synchronicities, dreams, repeating patterns, meaningful timing, and unexpected moments that seem to get your attention. Through reflection and experiential exercises, you will learn how to recognize meaningful patterns, explore what signs and symbols mean specifically to you, and use discernment before assigning meaning to an experience.

This class is about becoming more observant, curious, and discerning about the experiences that make you stop and wonder, “Was that trying to tell me something?”.

Class Structure

Time	Activity	Description
10min	Welcome, Grounding, and Reflection	Grounding practice followed by reflection on moments that felt unusually meaningful, perfectly timed, or difficult to dismiss as coincidence.
30 min	Recognizing the Language of Spirit	Explore the subtle ways Spirit may communicate and what it means to become more aware of the messages, patterns, and meaningful moments appearing in your life.
25 min	Experiential Practice: Decoding the Message	Interactive exercise using symbols, scenarios, and synchronicities.
15 min	Discernment: Sign, Coincidence, or Wishful Thinking?	Introduce practical questions for evaluating experiences without immediately dismissing them or turning everything into a spiritual message.
10 min	Closing Integration / Take Home Tools	Reflect on what participants discovered about their own spiritual language and learn practices for becoming more attentive.

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:

- Recognize different ways spiritual communication may appear in everyday life.
- Develop greater awareness of meaningful patterns, messages, and experiences.
- Explore how spiritual communication can carry personal meaning and significance.
- Apply discernment when interpreting signs, synchronicities, and other experiences.
- Practice techniques for exploring spiritual messages without forcing or immediately assigning meaning.
- Begin developing a more intentional and personal relationship with the language of Spirit.