# Spiritual Development Circle – September Syllabus

**Theme**: Discovering and Developing your Spiritual Gifts

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

**Facilitator**: Neysha Arcelay

**Duration**: 90 minutes

**Date**: September 27, 2026

## Class Overview

What if your spiritual gifts are not something you need to find, but something you need to remember? As children, many of us experienced the world differently. We had imaginary friends, vivid dreams, sensed things we could not explain, felt other people's emotions, or simply knew things without knowing why. Then we grew up. We learned what was considered logical, real, or acceptable, and somewhere along the way, many of us began questioning, ignoring, or suppressing what once came naturally.

Discovering & Developing Your Spiritual Gifts is an experiential workshop designed to help you reconnect with those abilities. You will explore the different clairs, identify the ways you naturally receive spiritual information, and practice strengthening your intuitive gifts through guided exercises. We will also explore the doubt, overthinking, comparison, and fear of being wrong that can block what you are already receiving. Your gifts may not be gone. They may simply be waiting for you to listen again.

## Class Structure

| Time | Activity | Description |
|---|---|---|
| **10min** | Welcome, Grounding & Remembering Your Gifts | Opening grounding practice followed by reflection on childhood experiences, sensitivities, dreams, imaginary friends, unexplained knowing, or other early spiritual experiences. |
| **25 min** | Understanding Your Spiritual Gift | Explore the different clairs, how each may present itself, and how spiritual gifts develop. Examine what can interfere with receiving, including doubt, overthinking, comparison, fear of being wrong, and trying too hard. |
| **35 min** | Experiential Practice: Discover Your Gifts | Interactive individual and partner exercises designed to activate different clairs and help participants identify their strongest natural channels. |
| **15 min** | Developing Your Gifts | Practical ways to strengthen intuitive abilities through intentional practice, curiosity, repetition, and trust. |
| **5 min** | Closing Ritual / Take Home Tools | Reflect on what participants discovered, identify the gift they want to develop further, answer questions, and close the experience. |

# 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 the different **clairs** and how spiritual gifts may be present in everyday life.
- Identify your strongest natural channels for receiving intuitive and spiritual information.
- Recognize how doubt, fear, overthinking, and comparison can interfere with spiritual development.
- Practice techniques for activating and strengthening different intuitive abilities.
- Develop simple practices to continue strengthening and trusting their spiritual gifts.

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