

Core Mastery Journey

Mystery School for a New Millennium

Core Mastery is a spiritual journey that supports all faiths based in Loving Oneness. Core Mastery is a contemporary mystery teaching founded on the physics of the Universal Force of Love. It teaches you practical tools and skills that empower you to instantly shift your entire field of resonance/attraction from fear into Love. It works...and builds over time.

Cracking the Love Code

"Cor" is Latin for heart. Core Mastery™ is a pathway to mastering your heart, the core of your being on every level—physically, energetically and spiritually.

Your power is in your heart. Your physical heart does so much more than pump blood. It holds the key to your survival on this planet. In fact, it holds the key to the transformation of the planet itself. Your heart is a powerful generator of measurable force and Core Mastery teaches you HOW to ignite the power of this force. This force is Love.

Core Mastery™ teaches you how to embody this multidimensional phenomenon we call love...and make it as natural as breathing.

The Journey

Core Mastery, like your life, is an ongoing journey of unfoldment. Dynamics of evolutionary development, represented by two levels of the Core Journey, are explored and re-explored in spiralic fashion. Each time you move through the Core Journey sequence you emerge with higher consciousness, deeper embodiment and a more profound realization and connection to your self/Self, your relationship to your world and to God/Source/Tao.

The Core Journey teaches you how to masterfully utilize your heart as a generator of Divine Love in order to harmonize your body, mind and spirit into a relationship that is balanced and whole.

You will learn practical and grounded skills for weaving and integrating your emotional, spiritual and mundane expressions into a synergistic wholeness of mutual support. The result is an empowered, fully actualized and fulfilled human life lived, not from fear and reactivity, but rather from love and choice.

There are essentially 3 physiologically-based modes of relationship between Body (Matter) and Awareness (Spirit):

- 1. Fear Mode:** instinctive survival reactivity; both conscious and unconscious; it drives and maintains your most persistent patterns.
- 2. Neutral Mode:** expanded loving awareness in detached witness state with varying degrees of dissociation from one's physical and/or emotional body; it cannot change deeper unconscious patterns.
- 3. Love Mode:** expanded awareness engaged in loving connection with one's physical and emotional body; it re-codes and re-patterns your nervous system at subconscious levels, releasing deepest held patterns.

Core Mastery teaches you how to shift into Love mode at will, awaken to your true nature and re-code your unconscious patterns at a body level.

Core Journey

- Level I: Core Alignment (6 days)
- Level II: Core Awakening (9 ½ day retreat)

Adept Journey

- Level III: Core Leadership (12 days)
- Level IV: Core Ecstasy (10 days; Hawaii)

Professional Journey

- CM Practitioner Training (1 year)
- CM Trainer Training (apprenticeship)

Jitendra Darling, founder of Core Mastery, was a disciple of Swami Muktananda who bestowed him his name, meaning "master of the senses". Jitendra is a master teacher, shaman and channel for embodied spiritual awakening.



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