

HAL Focus Group 2024-2025

In the journey of self-improvement, the value of community cannot be overstated. This focus group is for individuals who are engaged in inner work and self-development. The goal of this group is to provide a supportive environment where like-minded individuals can share experiences, insights, and encouragement. Being part of such a group can give a sense of belonging and offers a collective wisdom that can significantly enhance personal growth.

From October 2024 until March 2025 - 6 Saturdays from 8-10 pm Danish time. The group call is done over Skype.

Overview of Content

- As Things Are Now - Where do We Begin?
- The Inner and Self-improvement Work Now
- What Do We Know Now? And What Does This Mean for Our Inner Work?
- The Hows, the Whys and the Answers to what to do with this Knowledge.

We investigate the listed questions, discuss our personal experiences and share what we have learned. The focus group is meant as a support group, with parts that involve psychotherapeutic methods (similar to group therapy dynamics) and parts with energy work - if this is needed.

The content of each meetup will unfold on the day.

1. **Saturday October 19th 2024**
2. **Saturday November 23rd 2024**
3. **Saturday December 14th 2024**
4. **Saturday January 11th 2025**
5. **Saturday February 22nd 2025**
6. **Saturday March 22nd 2025**

Each meetup is experimental and on-the-day-dynamics oriented. Thus, no preparation is needed other than your daily energy, inner and contemplation work. We share to learn from each other, and to grow as a group.

Remember to check your time zone! All depending on where you are in the world, it should be possible for you to attend, either as a morning or evening meetup.

1 Monthly Email Session

As part of the monthly payment, is the option of 1 psychic-energetic email session.

The Terms of Payment

You sign up by paying the fee of 95 EUR. The fee covers the first month. The remaining 5 meetups will be paid via a subscription link of 95 EUR per month. In total 570 EUR (6x95 EUR).

How to Do This

You begin with paying the fee via the webshop. Then, when I get the notification, I will send a welcome email to you, and the rest will unfold from there such as the invite to the Skype group etc.