



# Trillium Awakening™

CONSCIOUSNESS • EMBODIMENT • MUTUALITY



Newsletter - May 2019 - Issue #23

## Mutuality & Mutuality Circles

The cutting edge of this work is mutuality. We help each other awaken together using mutuality. Mutuality is foundational to teacher and mentor sessions, sittings, retreats, and mutuality circles. Mutuality is the process that catalyzes awakening, enables embodiment, and deepens relationship. In order to grow in this work, we need to engage in mutuality. Over time, mutuality builds trust, and creates deep healing and transformation in our lives and relationships.



*The Call,*  
Sugandhi Katharine  
Barnes

Mutuality Circles are a rich means to inexpensively supplement your personal sessions and sittings led by Trillium Awakening teachers.

Trillium Teacher Cielle Backstrom has spearheaded an initiative to gather [resources](#) to aid you in being part of a successful Mutuality Circle. Thanks to Subhaga Crystal Bacon, our website now has an area dedicated to a growing number of videos and



## Announcements & Upcoming Events

### A call for images of your original artwork

We're asking for images of your original artwork for the creation of a card deck that illustrates and transmits the Trillium Awakening dharma.

[more info](#)

### Do you have audio editing skills?

Subhaga, our [website manager](#), is seeking a volunteer "energizer" to help pull audio from existing recordings and edit clips for

essays on mutuality.

As you explore this new part of our site, you'll find recorded panel discussions featuring members of some of our **longest continuously run Mutuality Circles**. You'll also find guidelines for practicing mutuality, and suggestions for effective reflection skills so that the simple process of speaking authentically and listening with our whole being can give rise to skillful reflections.

### **Don't live in an area with a Trillium community?**

The Trillium Awakening Operations Circle has a [role](#) to help place you in a small virtual group made up of those who have some experience in this work. These peer-based mutuality circles are not led by teachers or mentors. We're happy to help you join a circle.

In order to join a peer-based Virtual Mutuality Circle, we ask all members to fulfill certain prerequisites:

1. Participation in regular sessions or sittings with a Trillium Awakening Teacher. See our schedule for [online sittings](#).
2. Completion of a Trillium Awakening introductory course OR attendance at one or more Trillium Awakening teacher-led workshops.
3. Familiar with and actively following our [Guidelines for Practicing Mutuality](#).

Victor Antillon is currently our Peer-Based Virtual Mutuality Circle Coordinator. After you fill out our [form](#), Victor can place you in a group. He will contact you to provide a brief orientation and answer your questions.

As teachers, we all meet monthly in Mutuality Circles to deepen our connections with each other and the work we do. We hope you will take advantage of this resource to explore the personal space between and within us.

Fax Gilbert, Editor

podcasting. Email [Subhaga](#) for details.

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### **Calgary, AB Canada**

6/6 - 10, 2019

### **2nd Annual Canadian Rockies Spring Retreat: Exploring the Illusion of Separation: An Adventure into Whole Being Realization**

Teachers: Sandra Glickman, Cielle Backstrom  
[more info](#)

### **Virtual Sitting**

6/8, 2019, 10am - 12pm PDT

### **AHOD: Divine Uniqueness: Liberating Your Brilliance into Service**

Teacher: Margit Bantowsky  
[more info](#)

### **TA Introduction**

6/23, 2019, 5pm - 7pm PDT

Teachers: Joanne Lee & Jim Trofatter  
[more info](#)

### **Virtual Sitting**

6/29, 2019, 12pm - 2pm PDT

### **Myths & Mysteries of Embodiment**

Teacher: Deborah Boyar  
[more info](#)

### **Newcomer Sitting**

6/30, 2019, 10am - 12pm PDT

Teacher: Joanne Lee  
[more info](#)

### **Rosendale, NY**

6/4-8, 2019

### **Northeast Deep Dive Retreat**

Teachers: TBA  
[more info](#)

### **Looking for an online Mutuality Group?** Both teacher-led and peer-led groups now forming.

Contact [Victor Antillon](#)



**Trillium Awakening** is a unique offering to the world, with 40 teachers, 18 mentors, workshops, retreats, sittings, in-person and



Yoga of Mutuality: Fierce Ardor  
Workshop, Olympia, May 2019

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## CORE DHARMA OFFERING

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### **Virtual *Discovery Course* Coming Soon!**

How familiar are you with the Trillium Awakening dharma, and the way it supports the wildflowering of your Whole-Being Realization? As part of our virtual offerings, we'll soon be launching the ***Discovery Course: Discovering Your Path to Awakening***, a new format for the Orientation course. In five interactive modules, the course is now designed to help practitioners discover our dharma in small groups meeting regularly with a teacher and in peer groups, to discuss videos and essays that clarify the Trillium dharma. Watch for an invitation to register soon!



Fairfield Feast of Sittings, May 2019

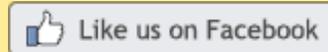
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online mutuality groups, and a shared manifesto and mission for catalyzing awakening for individuals, society, and the world.



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**Awakening happens here.**

**Join hundreds who've experienced the transformative power of our work.**

