



**(re)DEFINE YOUr (r)Evolution:
Some programming details regarding the
(re)DEFINE YOUrself and (r)Evolution of SPIRIT
programming components of CRUSADES 22:**

The CRUSADES 22 program combines two self-awareness and task orientated programs: (re)DEFINE YOUrself and (r)Evolution of SPIRIT, both programming components having proven extremely successful as the opening Evolution of CRUSADES 22. Nicola Salter's (re)DEFINE YOUrself, and Brian Hillard's (r)Evolution of SPIRIT bring together over 20 years of combined mentoring and coaching experience.

Having worked with an extremely diverse array of people, from veterans, to CEO's, to senior management, therapists, artists, educators, and business owners, just to name a few; Brian and Nicola have streamlined their programming methodologies for the first evolution of the CRUSADES 22 program. Simplicity generates focus and power, and this aspect of the CRUSADES 22 program does just that; creating powerful and profound tools for veterans, first responders, and their partners who are seeking to (re)orientate and (re)integrate using a system that utilizes mentoring and coaching techniques that look at the person as a whole; soul and heart, mind and body, using methods pulled from ancient wisdoms, philosophies and practices.

This training evolution utilizes 22, one-hour sessions for both the warrior and warrior spouse, working one-on-one with each individual and tailoring methods and tools that will be utilized for each person. This tactic ensures that each candidate is given the best possible support as they learn to become, once again, the best expression of themselves. During this phase of their training, each person will discover how to bring their deployment experiences; be those deployments into foreign lands as part of our military or locally as members of our vast first responders community. Each person will be taught to bring their service experiences into the civilian world, using their Hero's Journey to best understand what gives them their unique edge and the momentum to see this program through, in its entirety, integrating back into civilian life with confidence and a new perspective.

22-weeks of self discovery, momentum, action and outcome:

As stated above, this evolutionary phase is designed and individualized for each candidate; however, a typical program could look like this:

(r)Evolution of SPIRIT

CRUSADES 22 and *(r)Evolution of SPIRIT* is dedicated to presenting and facilitating this robust, evolutionary three-step, optimal full-human performance system simply and effectively. We will help each explorer make profound shifts in their lives; shifts that will ultimately lead them to greater happiness, love and compassion for themselves and the journey of life that unfolds before them – cultivating a boundless reservoir of power and peace.

Through the use of proven, yet modified Optimal Human Performance, Fitness & Wellness Training Systems, as well as utilizing a blending of varied Alternative Healing Modalities and Spiritual Practices, *(r)Evolution of SPIRIT* assists in guiding you through your own personal journey, the Sacred Ceremony of your life.

(r)Evolution of SPIRIT will help you strengthen, tone, loosen and stretch out all of those old, tired ways of being and reacting – releasing and surrendering ALL of the energies and thought patterns that no longer serve; reintroducing each person to their innate ability to tap back into and cultivate their wisest selves and highest purpose.

(r)Evolution of SPIRIT in an evolutionary journey, leading each individual down the path of experiencing what it means to live this Human Experience as a complete, connected, and *tapped-in* Full Human.

THE (r)Evolution of SPIRIT EXPERIENCE

Tapping into the spirit of the warrior and the commitment and never quit philosophy of the war fighter, we have taken a chapter out of the Navy SEAL training philosophy; designing the CRUSADES 22 experience to be facilitated in *Training EVOLUTIONS*; giving each and every person the opportunity to engage fully in the CRUSADES 22/(r)Evolution of SPIRIT experience through a focused step-by-step process.

These evolutions are structured and designed to cultivate and manifest full engagement and commitment; however, each evolution is not so rigidly structured where each cannot freely flow back and forth into one another. There may, and more than likely will be a graceful back-and-forth flow between each evolution; matching the ever shifting and changing landscape and experience of each explorer's life experience.

TRAINING EVOLUTION ONE: (RE)CULTIVATING

HEART AND SOUL BASED WISDOM & HEALING

Celebrating each explorer's spirit and heart-based wisdom and innate ability to heal themselves through their compassionate will, vulnerability and intense honesty.

Trusting that the heart is the true *mind of the soul* ...

During this critical evolution, explorers will be guided down the path of (re)Connection to SELF. Through the resonance and vibrancy of the light that illuminates from each of our heart centers; our path will become illuminated.

This path can sometimes become darkened by shadows that have been cultivated held onto through the struggles, fear, doubts and trails of life; however, through focused practice and honest, humble, well intended intention – we can smash the shackles that would see us bound to our shadows.

Through the fire of our hearts and the light of our souls; we each have the innate power and ability to burn away and cauterize those things that sometimes haunt us from the shadow lands.

It is our duty as Sacred Warriors to Honor this process of self-discovery, and observe with great wisdom as we burn away all of those things that no longer serve our greatest good, and the greatest good of the world around us.

This training evolution will include, but not be limited to practices in.

- **The Elemental Journey Circle and Sacred Shamanic Ceremony Series** – Drawing from, and exchanging energy & wisdom with the Four (Five) elements of nature; Earth, Air, Fire, Water, and Ether – you will be introduced to the extreme power of formal and guided Native American Sacred Ceremony. In this series of journeys and ceremonies, you will be guided to the thresholds of “normal space and time”, and together we will cross over to the “sacred space”; the energy space beyond perceived time and space. Traveling through these dimensions, you will explore and engage in experiences that will, through the grace and power of the elements and cosmos; truly open your spirit, and your Full Human system to the symbols that mirror the uniquely brilliant and powerful way that the elements manifest power, grace, vulnerability, compassion and connectivity in your life.
- **RESILIENT Shamanism** – A multi-dimensional hybrid training experience, explorers will be guided through the lessons presented in the book *RESILIENCE: Hard Won Wisdom for Living a Better Life*, by Eric Greitens. *RESILIENCE* acts as an anchor point, as the lessons of the book are put into direct action through a series of vibrant explorations in Modern Shamanism.

- **WARRIORSHIP Master Series** – Another multi-dimensional hybrid training experience, explorers will be guided through lessons presented in the book: *Shambhala: The Sacred Path of the Warrior*, by Chogyum Trungpa. The wisdom and lessons presented in Shambhala are again, put into direct action through a series of explorations in Yoga Philosophy and Psychology, as well as through a series of different Breathing and Meditation techniques.
- **The BIG Picture** – Explorations in and lessons from *The Big Picture: 11 Laws That Will Change Your Life*, by Tony Horton.
- Modern Shamanism – direct experience, and consistent practice of.
- Yoga Philosophy and Psychology – direct experience, and consistent practice of.
- Reiki Energy Healing.
- Ancient Zen Buddhism Philosophes and Practices (the Four Noble Truths, the Noble Eightfold Path of Buddhism).
- EFT (Emotional Freedom Technique) Training.
- Philosophy, Teachings and lessons on the Japanese, Samurai, Native American wisdom and connectivity to Mother Earth, Father Sky, The Five Elements and Four Directions, Martial Arts, Hinduism, and other cultures and philosophies steeped in spirit wisdom and honor.
- Straight-Talk/Bearing the Soul sessions.
- Guided Meditation and Breathing practices.

TRAINING EVOLUTION TWO: (RE)STRUCTURING

FUNCTIONAL FITNESS AND BODY & SOUL MOBILITY

Celebrating each explorer's Warrior Spirit and innate ability to overcome challenges and obstacles; tapping into the Never Give Up, Never Quit attitude that is permanently imprinted into their very DNA.

During this vital evolution, explorers will be taken through body work and play experiences that will tap them back into the wisdom of *your body truly is your temple!*

Through physical movement; the series, level of intensity and duration adapted for the need of the individual – each explorer will experience often times challenging, always restorative physical activity that repairs and resets the body and nervous system, building stamina and strength and allowing each person to deeply reconnect with their truest most divine selves; Heart and Soul, Mind and Body.

This training evolution will include, but not be limited to.

- The complete, hybridized version of the P90X-2&3 and 22 Minute Hard Corps workout series’.
- Yoga.
- Outdoor Adventure and Training.
- Isometrics.
- WARRIOR W.O.D.s (Workout of the Day) designed for each explorer.
- Recovery and Mobility Practice. Including:
 1. Myofacial Muscle Release – Foam Rolling
 2. Neural-Integrated Stretching
 3. Dynamic Mobility
- Recharge. Recover. Relax:
 1. Sleep Meditations and Music Practices.
 2. Setting Bedroom and Recovery/Rejuvenation Space Set-Up.
 3. Training and Instruction in Fueling the Body for spiritual, emotional and physical wellness through proper nutrition and supplement utilization.

TRAINING EVOLUTION THREE: (RE)INTEGRATION

FULL HUMAN LIVING; HEART AND SOUL, BODY AND MIND

Celebrating the integration of the inner and outer journey. Resting in the radiant love and light of Full-Human Living; living as ONE with all that is ...

During this *final* evolution of the journey, explorers will integrate and utilize all wisdom, teachings, lessons, philosophy and psychology introduced through the *(r)Evolution of SPIRIT* system; utilizing the culmination of each experience to create one cohesive and (re)Defined package – the complete SELF!

This training evolution will include, but not be limited to.

- Continued and Focused Practice of Experiences in:
 1. Yoga.
 2. Meditation and Breathing.
 3. Spirit Animal and Guide Retrieval Meditations and Practices.
 4. Working with Spirit Masters, Teachers, Guides and Guardians.
 5. Traditional Japanese Reiki (Energy) Therapy and Healing.

 - Functional Fitness:
 1. Inner WARRIOR Retrieval and Training Practices.
 2. CORE Work and Centering the Body, Mind and Soul.

 - Your personal HEROES JOURNEY Experience.

 - Journaling.

 - Mind Mapping.

 - Goal Setting and Attainment Practices.

 - Consistently Wise and Heart-Felt Connection to each and every explorer's Truest, most Divine and Connected SELF.
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(re)DEFINE YOURself

The key to your success is about connecting to your self-awareness ... your unique path and what you bring to the world.

Who you are on the inside makes the world of difference on your outside world.
Your identity counts!

Discover how to reprogram your brain and put your attention on what you want rather than continuously focusing on what isn't working ... welcome home those forgotten parts of you that you have put on the shelf for so long that want to shine. Your unique brilliance is waiting for you.

1. The Breakthrough Package

- Craft 'Your Unique Brilliance'. Who are You?

Your (re)Define Yourself and Manifest Your Goals program will kick off with an intensive two- hour session to craft your personal mission statement to reveal your unique essence and personal identity to help you move forward in your life with clarity and purpose. You work with Nicola as she holds the space for your brilliance to be revealed using powerful questions, fun, joy, laughter, sometimes emotion as you discover ideas, thoughts, experiences you have had over the years have been given to you for a reason - for you to create a story and then to bring this story to the world. You leave the session with a personal mission statement and new ideas bubbling that will bring excitement and motivation.

- One Day Private (re)Define and Manifestation Retreat

This relaxing yet focused six-hour day brings a profound opportunity for you to move forward with your Unique Brilliance essence to:

1. Create inspired goals
2. Understand the 5 key motivators for success
3. Walk-through exercises that will shift you from sabotaging belief systems about your self replaced with clearer, cleaner refined more expanded beliefs
4. Experience a Future Vision Quest – seeing yourself in the future living your goal
5. Take your next best steps, inspired actions and empowerment activities, using proven methods that align mind, body and spirit to activate your destiny.
6. Create a template of action that clearly chunks down your goals to suit you, and what you are comfortable to commit to and begin your journey taking with you all of the tools you have learned during the retreat.

Following the retreat, you will have access to your bonus 45-minute remote healing session to recalibrate your body and energy system to accelerate your purpose and your goals, or you can choose to use the time to further discuss your outcomes from the 1-day retreat and prepare for further guidance.

2. The Diving Into The World Package

Taking your newly revealed brilliance and inspired goals into the world may take some vision, adventure, tenacity and questions about your next best steps. If you continue working with Nicola you will discover even more powerful techniques and guidance to help you connect your personal identity with what you want to manifest, following amazingly simple and effective methods for continuing your success in the world.

Here is the second part of the package:

- Two private 1-hour counseling and guidance sessions per month for three months - totally individualized for your unique needs using powerful holistic manifestation techniques that will include:
 1. Identifying your divine right client (or people with whom you wish to share your goal) and establishing your divine right declaration.
 2. Creating a plan for action to access your divine right.
 3. Your Journey – a journey to help you define a turning point in your life when everything fell apart for you and you came together again.
 4. Your story and its impact on those around you.
- One 30-minute intuitive counseling call per month for three months to support you in any area of your life to get clear and grounded guidance.