

**Deepen your experience of the use of the *Why Is This Happening To Me . . . AGAIN?!* principles and tools by participating in an extended WorkSupport Program at HeartLand!** We have created a way for those who perhaps do not have the finances can come and experience ongoing support, housing, food *and* a HeartLand Intensive. Each program includes a real life work component (great for bringing up issues) and a community of people who are **all about doing their inner work**. The purpose of the program is multifaceted. It includes an extended stay where real-time, real-life issues surface in a space of support and healing; tools for self-healing are taught and their use is *required*. If you are ready to move through whatever comes up in a responsible, adult fashion, this program is for you! *The ability to get along with others and a commitment to goodwill and cooperative participation is a necessity*. If you have a work ethic that allows you to be an enthusiastic *participant* even when your “stuff” is up, both you and HeartLand will benefit immensely from participation in the WorkSupport Program!

Our purpose, and the whole basis of our exchange with you, is to give you the most valuable thing we have, **The Work**— the tools we have developed over the last 40 years. I found, many years ago, that it was of great benefit to become involved in a project much bigger than myself. We intend to serve you as best we can in *learning these tools*. We ask, in turn, that you become totally involved in a project bigger than your “self” and serve The Work and every aspect of the Heartland Project while you are here. This will assist in creating a balanced exchange which will help empower us in carrying on this program and will serve you in rising beyond your “self” so that the “Self” you truly are can step into your life in deeper and deeper ways. Our exchange will consist of our offering the Tools (in the time allotted) we teach, via the Intensives and ongoing support, and you providing full attention to providing the work with the skills you have throughout your time here.

There are two components. You will receive support in doing your work within the structure set up. This is a program of self responsibility with an ongoing program of classes where you are expected to apply the tools taught. If you are the type of person that requires individualized, more in depth support of your process, a full time, paid Intensive would be better for you. You will be expected to do your inner work outside of the Work hours set up for the program and must commit to attending all classes and meetings (planned or spontaneous) set up for your participation. The second (and equally important component) is that of being committed to working in full cooperation, integrity and enthusiasm, the hours agreed to and doing tasks as needed by HeartLand and assigned by your coordinator. We have had people who come who want to support us on their terms - to do the projects they choose when they want to do them. Or they want to work so hard they have no time to apply the tools. Neither mindset works.

HeartLand has been in development twenty years as a space to bring up what needs to be healed. To be here and not be dedicated to *using the tools* means crazy time for everybody! The commitment to **daily** use the tools is a *necessity*! When your “stuff” comes up (and it will) we will ask you to be responsible for your realities and ask yourself the question, “How does this look like my life?”  If anyone at HeartLand is off base, we ask that you gently support us getting better at what we do. Sometimes *our* Freudian slips show. We are only human, too! Give us the same quality of loving support you want! When you do, you will find that is the key to you receiving it!

You'll find that Heartland is designed to bring you into contact with everything and everyone you have NOT dealt with in your life! This is both good news and bad news. Good news because with the supportive environment and cooperative efforts of everyone doing their work, healing happens! The bad news because when these issues first surface they may be painful, and your mind may try to convince you that the issues surfacing in you belong to someone else - "THEM."

This program is set up to create the opportunity to learn responsibility, to confront and Forgive, everything that you normally carry into your daily life that *does not* support you! During the program you will build the brain cells and do the work that it takes to live continuously in a mind fueled by Love. There will be the opportunity to take back projections of the mind when one wants to make others responsible for what is going on inside of them. If learning *total responsibility* for your life is appealing to you, join us! There is a 10 day evaluation period.

The WSP is also an opportunity to support making the HeartLand tools available to every mind, heart and Being on the planet. With the short HeartLand season, the work component of the program, is 8 hours of work done in integrity each day, 6 days a week. Your assignments may include anything from office work to food preparation, building, gardening, bee keeping, cleaning, equipment maintenance, painting, grounds work, childcare and personal support to michael and Jeanie. To take this work to every mind on the planet means that anything you can imagine needing to be done on a 67 acre property with 16 buildings, must be done and your task will be to help. Work assignments are given based on HeartLand's needs from moment to moment, and, if a variety of needs exist, assignments may be based on skills. You may be assigned to any and/or all of the above tasks with flexibility and goodwill cooperation in completing those tasks a necessity.

This program is for those who are willing to pitch in and help under a wide variety of situations and circumstances and willing to confront themselves, use the tools and heal. We do not have a place in the WSP for people who want to start at the top, those who are elitist, won't get their hands dirty and/or are unwilling to do their internal work. Apply for the WSP only if prepared to be fully involved in a program that is guaranteed to keep you busy. There will be no time for side projects and there is limited outside communication!

The primary request (for your work commitment) made of those coming to participate in this program is that you Lovingly and Willingly assist in making HeartLand a more powerful support in the mission of taking the Work to every mind, heart and Being on the planet. This includes doing whatever is needed (on HeartLand property or for michael and Jeanie personally) on a moment to moment basis and devoting at least 10% of your day - 2.4 hours *per day outside of your work commitments* - to doing your Process Work! We request that you let go of the need for distractions and entertainment! **Do these goals match your plan for coming to Heartland? Are you willing to commit to these goals? YES  NO  Please initial \_\_\_\_\_.**

**This choice is also a commitment to support the Leadership here, even when it is imperfect. If anyone is off base, we ask your support in speaking up, out of your mind of Love (it will not work out of hostility or fear), and holding them, or us, accountable. We are all here to heal and ask you to hold the same space for us as you want us to hold for you. It is a powerful, life-changing practice to hold that space instead of go into the old routines of the mind.**

It is interesting to see how people desperately want *life* to be different, *but refuse to change!* Many want to rely on old skills based in fear/hostility and victimhood to get *others* to change. We will invite you to look at yourself when life energy flows through you in distorted ways that cause pain and ask you to be willing to retrain your mind. In short, we are going to support you in changing! If you already know it all, the program will probably not serve you unless you are coming just to serve. We ask you **to be teachable! Signing this application is your request for teaching support and the indicator you are willing to follow directions and be supported in changing your life!**

**I am coming to HeartLand because I realize I need to make changes in my life and request the support of the whole HeartLand Team in doing so. I have chosen to Trust those at HeartLand in assisting me to make these changes. I am willing to accept guidance and follow direction and am beginning today to do 5 Reality Management Sheets per day!  Please initial \_\_\_\_\_**

**There are currently three WorkSupport Programs available:**

- 1. Forty Day:** Includes the 9 day Intensive of your choice.
- 2. Seventy Day:** Includes the 16 day Intensive of your choice.
- 3. Seventy-five Day:** Includes the 17 day Intensive of your choice.
- 4. See [www.whyagain.com](http://www.whyagain.com) for 6-24 month programs.**

**PROGRAMS INCLUDE:** Each program includes workshop materials, handouts, food, housing, at least one support meeting/class per week, ½ hour per day Worksheet/LMV/process time *or*, when Intensives are in session, your workday complete and LMV turned in, you are invited to participate in evening classes. Also included is the Intensive that comes with the program you choose where you will be a regular Intensive participant with no work obligations, outside of normal Intensive commitments.

\* PLEASE NOTE: If the work portion of your program is scheduled after, or is not complete by the beginning date of your Intensive, you will be required to place a deposit (or proportional equivalent) equal to the portion of the Intensive that is not covered by your completed work time. The deposit will be returned at the successful completion of the Work portion of your Program.

**DIETARY CONSIDERATIONS:** Please leave behind any substance that would undermine your self-healing process — sugar, caffeine, alcohol, nicotine and any drug not required by your doctor. It would be beneficial to “wean” yourself from the above, if you use them, several days/weeks before coming to *HeartLand*. Lots of fresh fruits, vegetables and going light on starches, sweets and meat will give you a head start!

During the Intensives we will be doing live/raw vegetarian fare, similar to the Ann Wigmore Program. We will do some cooked food between Intensives. **Will you commit to these objectives? YES \_\_\_ NO \_\_\_ Please initial \_\_\_\_\_.**

**PLEASE PACK LIGHTLY !!** We are in the Ozark Mountains. Relax, dress down, and bring comfortable clothing you can wear more than once! A washing machine and clothes line are available. Summer temperatures are cool in the evenings (low to mid 60's) and later in the summer you can expect it to be, on occasion, up in the 90's during the day.

**PLEASE BRING A LIST OF WHAT YOU PLAN TO CREATE AND ACCOMPLISH**

- bathing suit  soap  shampoo  musical instrument?  tea mug
- pillowcases  blanket  camera  towels  insect repellent  flashlight  umbrella  work shoes  notebook/pens/markers  fanny pack
- work clothes  easy on/off shoes (shoes off in buildings) & sneakers/hiking boots
- if you will be alone bring single sheets and pillow case. Couples will need double sheets.*

We have found that our days run more smoothly and easily if everyone brings some basic tools with them, if available. If you have any of these tools, please bring them along and mark them with your name or identification:

- hammer  screwdriver set  nut driver set  pair of scissors  ruler
- tape measure (20' or longer)  wrenches  pair of pliers  electric drill
- garden tools  hand saw  work gloves  rubber gloves  flashlight
- work clothes including old clothes for painting, etc., light weight long sleeve shirt
- hat for sun protection   work shoes/boots  water bottle
- poison ivy remedy  insect repellent  pencils, pens, notebooks
- tool belt or bag  other tools you think of and/or any specialized "tools of your trade" e.g. mechanics tools, sewing machine items, voltmeters, plumbers tools, etc.

If you are driving and could bring some power tools and/or garden implements (rakes, shovels, etc.) and/or outdoor gas powered tools such as a chain saw, that would be great! Even if you do not have all the tools listed, please bring what you have. You will find it will save many steps.

**YOUR MAIL ADDRESS WILL BE:** c/o HC 3 Box 3278, Theodosia, MO 65761.

**PHONE SERVICE:** There is limited direct dial long distance service available and your phone number will be: 417-273-4891

We have a small bookstore called *Blessings*. If you have items or services to offer while you are here, we ask that they be approved and offered only through the bookstore. Those of you who may have health care services or body work skills to offer may *only* do so with prior arrangement and a 40% share in the proceeds of that work will be shared with the HeartLand. These services can only be offered if you have lots of energy left over at the end of your workday. We ask that your *HeartLand* commitments come first!

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The only other thing we ask you to bring is your love! All of us here at *HeartLand* look forward to getting to know you if we haven't met yet. For our friends who are returning, we look forward to seeing you again and getting to know you better. We are excited about being on your Support Team and having you on ours!

Blessings and Love,

michael and Jeanie

## APPLICATION FOR HEARTLAND SUPPORT TEAM

Please return a clear, readable copy to us as soon as possible and keep a copy for yourself.

Name: \_\_\_\_\_ Daytime Phone: (AC) \_\_\_\_\_

Evening Phone: (AC) \_\_\_\_\_

Address: \_\_\_\_\_ Cty/State \_\_\_\_\_ Zip \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone (AC) \_\_\_\_\_

My reasons and purpose for wanting to do the WorkSupport program are:

What I plan to accomplish during the program is:

A detailed description of what support looks like to me, both support I intend to offer *HeartLand* and the support I expect to receive:

Jobs I have done, Skills, abilities, talents, life experiences I am willing to offer while at *HeartLand* are:

If needed, please respond in detail on a separate page.

A one line description of each of my three earliest, specific memories of conflict:

**1.**

**2.**

**3.**

A brief description of conclusions I recall reaching, based on each of the above memories:

**Memory (1)...**

I am...

Life is ...

People are...

I feel...

Relationships are...

I must...

I need...

I want...

**Memory (2) is...**

I am...

Life is ...

People are...

I feel...

Relationships are...

I must...

I need...

I want...

**Memory (3)**

I am...

Life is ...

People are...

I feel...

Relationships are...

I must...

I need...

I want...

The three biggest challenges I am willing to face and heal are: (on a separate sheet if needed)

1.

2.

3.

The way these challenges are manifesting in my life are: (Use a separate sheet if needed)

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- I choose to participate in a \_\_\_\_\_ day WorkSupport Program. I am here to participate fully and do what it takes!
  - I agree to be at *HeartLand* from \_\_\_\_\_ to \_\_\_\_\_ or until, my *Agreement* is satisfied. I understand that I am responsible for completion of the program, and hours of service included.
  - I understand that this is a work/study program.
  - I understand that *HeartLand* is to be maintained as a clean, clear space. Drugs such as sugar nicotine and caffeine are unwelcome. Recreational drugs *will not be tolerated* and will trigger an immediate call to the Sheriff's Department, no questions asked and immediate departure required.
  - I will work the service hours scheduled for me which will include: 8 hours per day, 6 days per week during the work part of the program.
  - I agree to pay 10.00 per hour for service hours agreed upon but not worked. In order to cover HeartLand's costs for room and board, any day that the agreed work hours are not completed (requested and approved extra day off, healing day, time away from HeartLand during your program) or made up within the week those hours are due, there will be a fee of 40.00 or an additional 4 work hours due.
  - I will turn in, daily, my LMV service cards (detail sheet on projects) and 5 worksheets.
  - I understand I may be assigned living quarters in the "Support Team" area.
- HeartLand* does its very best to find the most qualified people to run the kitchen, plan menus and provide delicious, well-balanced, nutritious, vegetarian meals. Therefore:
- I understand there is a planned menu at *HeartLand* and agree to cooperate with this.
  - I understand *HeartLand* is not set up to make special dietary allowances for personal preferences. (Medically mandated diets must be prearranged - if we have the ability to handle such a request. Extra time or expenses over the normal diet will be borne by me.)
  - I agree to participate in and support the vegetarian live/raw "live-it" food plan that is served during Intensives (and possibly other times).
  - I have arranged my life so that being at *HeartLand* during this time period is my highest priority. I agree to focus only on the programs offered at *HeartLand*. I agree to leave personal projects, other teachings, etc., behind and come to *HeartLand* fresh and ready to actively, fully and joyfully do the program.
  - I agree to give up anything that is not part of the food program at *HeartLand* (e.g., meat, sugar, nonprescription drugs, alcohol, nicotine, caffeine, etc.) for the duration of the program. If I choose to eat animals on occasion, I will do it off property and at my own expense.

- I agree to focus on my own process and do my inner work by learning and putting to use the tools taught at *HeartLand* (including a minimum of 5 worksheets per day), and I agree to practice assisting and motivating others in the use of these tools.
- I understand that as a member of the *WorkSupport* Program, I represent *HeartLand* to those who come to Intensives and WorkWeeks. I will conduct myself in an appropriate manner with the realization that I am setting an example by my behavior.
- I agree to abide by *HeartLand's* policy and guidelines involving romantic and/or physical intimacy. If I was not involved romantically and/or was not physically intimate with someone when I arrived, I will maintain celibacy in thought, word, action, and appearance throughout my stay there. If attracted to someone, I will honor the safe space we are all helping to create at *HeartLand* by waiting until after I leave before exploring this type of relationship.
- I agree to use the equipment, tools, tables, chairs, etc., for the purpose intended. If I damage anything due to misuse or negligence, I will be honest and let the team leader know and responsible for replacing it in a timely manner.
- I understand that my health and safety is on a self-insured basis and I am responsible for my own welfare. I will be responsible for doing things in a safe, responsible manner and ask for assistance to do any project I cannot do safely!
- I agree to support *HeartLand* and the programs offered 100% and to be on time and participate in all scheduled and impromptu activities.
- This agreement will be updated from time to time as *HeartLand* learns more about running the *WorkSupport* Program. Any updates will be designed to make the process easier and more functional for everyone involved and will have, as a goal, the purpose of making this program possible to continue for more and more people. I understand this is a work in process and will read any new additions as I receive them, will offer feedback and agree to be bound by those updates unless, at the time they are offered, I refuse and renegotiate my stay at *HeartLand*.
- The *HeartLand* program is one **based on mutual respect and support**. I agree to come to *HeartLand* with willingness and goodwill in my heart and to be responsible for maintaining that in myself at all times and in all circumstances, and, when I find that difficult, I WILL FOLLOW DIRECTIONS AND USE THE TOOLS presented to restore myself to goodwill toward EVERYONE involved, especially those who show me the parts of me that hold less than goodwill and gentleness. How will I know that what I am feeling is mine? I will be the one feeling it!

Signed: \_\_\_\_\_ Date \_\_\_\_\_

Accepted by: \_\_\_\_\_ Date \_\_\_\_\_

*(Please return two readable copies of the Application and Agreement to: Attn.: michael ryce, HC 3 Box 3280, Theodosia, MO 65761 Please keep a copy for your own reference.)*