



Caffyn Jesse

I am inviting people to visit me at my home on Salt Spring Island, for in-person retreats.

This is an exploration and an experiment in co-creation – a new model for me, in meeting with others. In ritual space, I hope to share some of practices I've learned and taught, over many years, that help us feel connected with our own inner truths, as we connect with one another. We will be in a beautiful place, where we can feel guided by the rhythms of nature, and our own unique natures. We might want to practice exchanging safe and wanted touch. We might want to explore erotic energy, at the pace of trust. We might want to journey with psychedelic medicines. I hope we will find ways to feel our values and vulnerabilities held as sacred. I want to understand how your longings and learnings can be honoured, in our time together.



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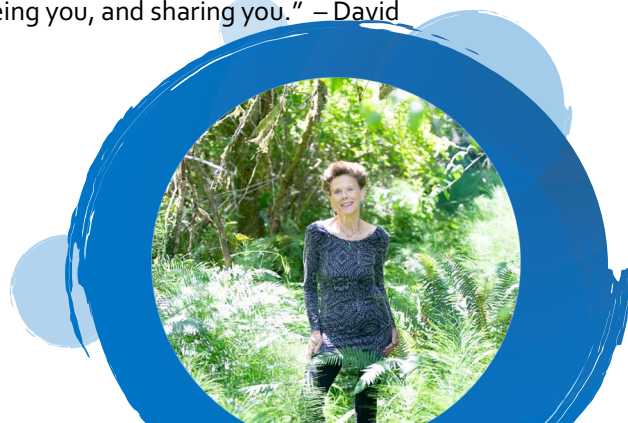
www.erospirit.ca

My commitment is always to supporting you in your empowered choice and voice, and moving at a trauma-informed pace in the co-creation of this experience. This takes preparation and integration. We can dream into what time together might look and feel like, during an intake process.

"I feel delighted and grateful to trace so many of the ripples of learning, pleasure and aliveness back to experiences I've had with you." – Solanna

"You bring such wisdom with your loving kindness, that a safe and deep place is created in order to enhance and explore our inner worlds, where, I believe, our deepest learning and healing occurs." – Cobinna

"I couldn't be more grateful for the grace, kindness, love, acceptance and empowerment that I've been shown and taught. I am left speechless when I contemplate the life I've lived before this work, and the massive change and transformation I've found as a result of engaging with this paradigm of relationship with my self and other selves. So thank you, from the depths of my soul, for being you, and sharing you." – David



MY OFFERING

Please read through these materials to see my offering calls to you! If it feels like a good match, or you want to ask questions to clarify – please email me at caffyn.j@gmail.com.

PLEASE COME IF

- you want to explore sacred medicines and/or sacred intimacy, in a beautiful place, with a ritual context that is crafted for you and with you
- you want to co-create with someone who has a trauma-informed approach, and who moves slowly, at the pace of trust
- you have troublesome parts of yourself that you've tried hard to repress or hide, and you would like to feel what it's like to have these parts Welcomed Home
- you want to invite more baseline joy and peace into your living and loving
- you are in a process of death preparation, or want to be
- you resonate with my work and ideas, and feel curious about what we can co-create
- some other reason calls you to me – please share!

TIME

A 3-day retreat involves:

- a zoom intake conversation of approximately 45 minutes
- 12 hours together, over 3 days. Depending on your intentions, desires, and goals for our time together, and what we decide to explore, we could plan 4 hours together each day for 3 days, or we could meet for 2 hours on the first day, 8 hours on the second day, and 2 hours on the third day. We can decide together, on how to organize our time, as we co-create a schedule for your retreat.
- 2 or 3 overnights in Caffyn's Magic Cabin (a small, self-contained cabin with a queen bed).
- a zoom conversation for aftercare and integration of approximately 45 minutes

MONEY

In the practice of sacred intimacy, there is a guiding principle: money is what makes it possible for us to share intimate time together. Your money honours my time, my learning, and my love. Though the medium of money, we can meet outside the paradigms, rules and roles that limit what intimacy can be, in the dominant culture. Though we meet as strangers, we can part in love with one another and the planet.

That said, it is hard to put a price on an experimental project of co-creation! For now, I will offer retreats by donation. Suggested donation range is \$900-\$1900 for individuals and \$1200-\$2400 for two people coming together.

To acknowledge ongoing harmful impacts of capitalism and colonialism on Black and Indigenous people, and other People of Colour (BIPOC), I welcome anyone who identifies as BIPOC to come for a retreat without making any donation. I welcome extra donations from people who want to support BIPOC access.

Photo: Caffyn's "Magic House" is a small, self-contained cabin.



RETREATS ARE NOT THERAPY

In the past, I *have* worked with others as a guide, therapist and educator. I have now retired from these roles. In my current offering, I am sharing an experimental inquiry. Can we meet as co-creators – as if we were friends? Can we co-create sacred, intimate experiences that resource us?

In the therapeutic model, there is distance created by conventions, training, ethics, and power dynamics. This is important and useful – sometimes. In some circumstances, we need a

therapist's expert knowledge. We need the sustained support over years that a therapist can provide. We will want clarity, about who the work is for.

If you are actively addressing trauma, navigating a major life transition, or dealing with a major mental illness, please postpone reaching for a retreat with me.

Therapy often helps us know ourselves better, so we can address specific issues, navigate crises, and feel increased integrity. However, therapy often does not resource us for the co-creation dynamic of deep intimacy. What happens when no one has expert knowledge about what works best? What new issues arise, when vulnerability is mutual? I am offering to co-create an exploratory field with you, where we practice intimacy together. And it will be practice, not perfect! We can learn and teach each other, and experiment together, to see if we can find our way to resonant connection. I hope we will share profound experiences of sacred intimacy. And we are bound to have moments where it feels messy and disappointing. I will be wrong, I won't want what you want, or I won't "get" you. Please review the differences, to see if this offering is a good fit for you:

Please come if you want:

The companionship of an experienced spaceholder who loves to share experiences of sacred intimacy and/or sacred medicines

Somatic practices to support you in growing self-trust, with a companion who will stand side-by-side with you, and partner you in looking at issues in your life

A home environment, with a container of shared intimacy

Continual reference to – and attunement with – the natural world

Please choose another practitioner if you want:

A one-way container in which professional practice standards ensure 100% focus on *your* healing and well-being

Therapies oriented to specific outcomes, with a guide, or trustworthy expert who knows- better than you – what you can do, to cope with a crisis or address a problem

A therapeutic environment, with a professional helper

Continual reference to – and attunement with – professional practice standards and therapeutic knowledge

COMMITMENT TO CARE

I ask for and offer a commitment to CARE:

C **are.** We commit to being together in caring, care-filled ways. We commit to caring for ourselves, including asking for support when needed.

A **spirations.** We aspire to welcome individual differences, acknowledge power dynamics, and honour each other's uniqueness. We aspire to co-create sacred space, where we both can feel safe-enough-to-be-brave.

R **adical and generative justice.** We understand that impacts can be very different from intentions, and commit to staying curious about our impacts on each other. In every dynamic where we have more power and privilege in the dominant culture, we have extra responsibility: to listen, repair, and learn.

E **mergence.** We commit to honouring what arises unexpectedly, in our shared experience and our individual bodies.

ACCOUNTABILITY PROCESS

Although this is an experimental, co-created process, I understand that I am responsible: to use my learning and experience to honour the trust you place in me, and to help empower you. I want you to feel cherished, enlivened and resourced by a retreat with me. If things go wrong, I want to repair. If you feel upset, angry or hurt, after time with me:

1. I welcome your complaints, with commitment to listening, learning and making amends.
2. I am committed to receiving ongoing mentorship. If you feel a complaint made to me has not been properly addressed, you can complain about me in an email to one of my mentors: Daniel Elliott or Trisha Bowler. I will gladly process your complaint with my mentor, getting guidance on how I can repair with you, and how I can change my practice going forward.

Daniel Elliott: ravendaniel60@gmail.com
Trisha Bowler: tricia.bowler@icloud.com

SEPARATELY OR TOGETHER?

When couples or friends are considering a retreat:

Please come separately if:

You wonder whether or not you are in an abuse dynamic

You recently tried couples counselling and it didn't work

One of you is eager to come and the other is not

Please come together if:

You have baseline contentment with your relationship, and want to explore the possibility of "even more"

You want support with staying curious about "irreconcilable differences," and understanding what they mean for your relationship

You want support with lovingly navigating a relationship's end

NEXT STEPS

If my offering resonates with you, here's the step-by-step process for setting up a retreat:

- 1: Write me a letter about who you are and why you want to come spend time with me. Share your preferred timing.
- 2: Complete a Soul Map and a Relationship Map – either online at Soulasto.com, or on paper. Reflect on your fears, desires and boundaries, and what you want to see unfold in our time together. Share with me.
3. Schedule a 3-day retreat, plus a zoom conversation before and after.
4. Make a donation by e-transfer to caffyn.j@gmail.com.

