



BE HERE MAN

12 WEEKS. 6 MASTERS.

LIMITED MEMBERSHIPS

Optimize all areas of your life simultaneously.

Attend to yourself and your surroundings in new ways.

Transform your relationships to I, We, and All.

Experience, *Here.*

VISITING MASTERS

PAUL CHEK

LAIRD HAMILTON

ALEX GREY

EBEN BRITTON

CAL CALLAHAN

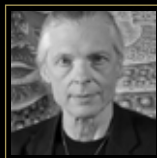
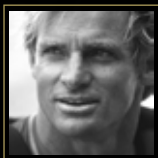
JASON PICKARD

BE HERE FOUNDER

JARED PICKARD

MEN'S WORK FACILITATOR

EDMUND KNIGHTON PHD



FEBRUARY 8TH - MAY 2ND, 2024

beherefarm.com/man

THE VISITING MASTERS



WEEK 1

Paul Chek • Founder Chek Institute

Pioneer in holistic health, host of Living 4D with Paul Chek and author of the forthcoming Spirit Gym, a multi-volume synthesis of his life's work. Paul's network of Chek-certified life coaches are making positive change on every continent.



WEEK 3

Eben Britton • NFL / Yogi / Author

One of the most compelling voices speaking on health and wellness today. All-American Captain of the Arizona Wildcats and starting lineman in the NFL for 6 seasons before retiring in the worst mental and physical health of his life. Eben rebuilt himself from the ground up using basic lifestyle tools which he now teaches around the world.



WEEK 5

Laird Hamilton • International Waterman

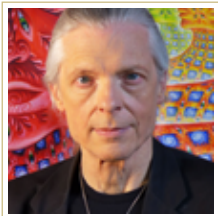
The most iconic big wave surfer in the world, Laird is a professional athlete who has outperformed his peers for decades. He is also an actor, author, father, inventor, and founder of Laird Superfoods, an international behemoth in clean, accessible foods.



WEEK 7

Cal Callahan • Host, The Great Unlearn

Cal is host of the Great Unlearn podcast, an inspiring collection of conversations with thought leaders from around the world. He is also the author of Trading Options, a forthcoming biography which will inspire readers to unlearn as a way of being.



WEEK 9

Alex Grey • Visionary Artist

Preeminent visionary artist and founder of Entheon, a sanctuary for visionary art, home to the Chapel of Sacred Mirrors. Alex and Entheon's work resonate with the highest forms of human consciousness, captured through art.



WEEK 11

Jason Pickard • Founder, Abundance Archetype

One of the youngest and most successful commodities traders in Wall Street history with over fifteen years of discipleship in a variety of healing, holistic modalities. Jason retired to found the Abundance Archetype, an online course and membership program which combines the wisdom he has gleaned on and off "the street".

PROGRAM LEADERS



Jared Pickard

FOUNDER, BE HERE

Be Here *man* is hosted by Jared Pickard, founder of Be Here Farm + Nature, a biodynamic farm and experiential wellness brand located between Saint Helena, CA and Austin, TX. Be Here produces an award winning collection of self care products, grown and made by hand on their family farm, as well as hosts LIVE Nature immersions around the World. Be Here's work is inspired by the seasons and guided by the insights of Rudolf Steiner. Jared's dream is to inspire Nature Connection and to live a life that participates in the natural rhythms of Mother Nature.



Edmund Knighton PhD

PHD IN CLINICAL PSYCHOLOGY, MEN'S LEADER, HAKOMI PRACTICIONER

Edmund Knighton is a multi-decade student of Anthroposophy (the teachings and insights of Rudolf Steiner) and holds a doctorate in clinical psychology specializing in neuropsychology and family systems. He has 36 years of experience as a community leader, men's group leader, Waldorf teacher, yoga instructor, and movement coach with a speciality in Hakomi, a therapeutic practice in assisted self development which aims to unlock unconscious belief systems through body awareness and mindfulness training.



WHY PARTICIPATE?

A NOTE FROM JARED PICKARD, BE HERE FOUNDER

Rudolf Steiner once suggested the concept of evil as "being out of time". To take on the future before it is present, or to attach to the past long after it can serve you and others, is to abandon your greatest opportunity: being here.

In modern times our tribe may no longer live in our village. I wanted to create this digital container to call in a group of motivated men who are seeking something potent to inspire growth and transformation. We aim to create an exceptional community that will work together, learning from iconic men who have excelled for decades, to optimize their lives in any direction of change they desire. A seat at that table, and the community of men on either side of you who will share this experience, is a benefit of joining that will outlast the program itself.

The concepts we will undertake and the Masters we will meet with are enough inspiration to overhaul your entire way of being, or for those who are already feeling satisfied, to optimize a successful path to your highest potential.

*Be Here,
Jared*

PROGRAM EXPERIENCE

Each week will have a main piece of work that will vary in length depending on the person and their process of completing it.

For example, our first Visiting Master will be Paul Chek, who will be speaking on his concept of “The Dreamline”, which is the path you take from where you are standing to wherever your stated dream is, and how to get there. The main work in the following week will be a written exercise in identifying, clarifying, and qualifying your stated dream in life. This will become your North Star for the remainder of the program.

In addition to the main work, each week you will receive a movement exercise (also known as an embodiment practice) that is meant to deepen our experience of the work at hand on any given week. Edmund is trained in somatic psychology and often uses non verbal practices to support or enhance verbal communication.

Underlying our 12-week program is Rudolf Steiner’s Six Levels of Mastery, which we will practice in 2-week rotations. These exercises were proposed by Steiner as foundational to any form of mastery, mindfulness practice, imaginative or creative thinking, or in achieving refined levels of consciousness through any wisdom tradition.

RUDOLF STEINER’S 6 LEVELS OF MASTERY

Refining our thinking abilities

Mastering our actions

Cultivating equanimity

Experiencing positivity

Creating openness

Achieving balance, the synthesis of the five prior practices.



PROGRAM FORMAT

We will gather virtually, weekly on Thursday, and every other week on Sunday.

MEETING DAYS

Thursdays	5pm PST / 6pm MST / 7pm CST / 8pm EST
Sundays	8am PST / 9am MST / 10am CST / 11am EST

There are a total of 13 Thursdays and 5 Sundays.

A full schedule will be published to all members highlighting any deviations from the above.

INTERNAL SESSIONS AND VISITING MASTERS

First and third Thursdays	Internal Sessions
Second and fourth Thursdays	Visiting Masters

A schedule of dates as well as a description of what to expect during Internal Sessions and Visiting Masters is provided on the following page.

All sessions will be 90 minutes in length and will start promptly.

SUNDAY SESSIONS

Twice a month we will host our Sunday Sessions during which experts in a wide range of healing arts will lead us through group experiences. Unlike the Internal Sessions, participants will be encouraged to invite their friends, partners, family, etc to several of the Sunday Sessions so that the men may share their experience with others who are close to them.



INTERNAL SESSIONS

Internal Sessions will be hosted by Jared Pickard and facilitated by Edmund Knighton.

After opening remarks, men will be connected with a partner and each man will share what he is working on as deeply and thoroughly as possible. At the end of this time, each man will re-present the salient essence of the other man's experience to the larger group for a concise reflection of what they heard (with the original man given the opportunity to clarify as needed). There will be additional time at the end of each session for group discussion on anything that comes up.

EMBODIMENT PRACTICES AND MAIN WORK

At the end of each session embodiment practices and main work for the week will be introduced. A written explanation of both of these will also be delivered via email on each Sunday.

RUDOLF STEINER'S 6 LEVELS OF MASTERY

The Internal Sessions are designed to deepen our collective effort of mastering the work. Following the trail laid out by Rudolf Steiner's 6 Levels of Mastery, we will chart a course along the path from *refinement of thinking* to *living in balance* by engaging in a dynamic repertoire of somatic mindfulness practices, challenging personal explorations, transparent sharing and group accountability. Some or all of these practices will be novel or unfamiliar to nearly all members, and they will undoubtedly stick with you as a part of your daily life moving forward, if not become integral to the foundation of it.

WEAVING IT TOGETHER

We will dedicate time to integrating the contributions provided by our Visiting Masters, as well as set the stage for each of their arrivals. The work of our Internal Sessions, your home exercises, and that of the Visiting Masters will seamlessly weave together over the course of 12 weeks for a highly transformational opportunity.



VISITING MASTERS SCHEDULE

In between each Internal Session we will welcome a Visiting Master.

THE MASTERS WILL BE APPEARING ACCORDING TO THE FOLLOWING SCHEDULE:

February 15th 2024	3pm PST / 4pm MST/ 5pm CST / 6pm EST	Paul Chek *
February 29th, 2024	5pm PST / 6pm MST/ 7pm CST / 8pm EST	Laird Hamilton
March 14th, 2024	5pm PST / 6pm MST/ 7pm CST / 8pm EST	Eben Britton
March 28th, 2024	5pm PST / 6pm MST/ 7pm CST / 8pm EST	Alex Grey
April 11th, 2024	5pm PST / 6pm MST/ 7pm CST / 8pm EST	Cal Callahan
April 25th, 2024	5pm PST / 6pm MST/ 7pm CST / 8pm EST	Jason Pickard

*please note the earlier time slot for Paul Chek's session

Men will submit questions to Jared Pickard prior to the appearance of each Master and questions will be organized into a dialogue facilitated by Jared and Edmund. We will have an opportunity for open-ended Q+A with each master. Each session is planned for 90 minutes, which includes 75 minutes from the Visiting Master.



SUNDAY SESSION SCHEDULE

Every other Sunday we will gather for a diverse calendar of unique healing modalities which can be incorporated into your daily life.

These will be interactive experiences and in some cases very physically active.

WE WILL ENJOY OFFERINGS FROM THE FOLLOWING VISITING PRACTITIONERS:

Lois Laynee

Founder of the restorative breathing institute, cranial nerve expert, and author of *Winning at the Game of Health*, to introduce novel practices for your daily life that can optimize your nervous and immune system

Dr. Teshna Beaulieu

Master practitioner of Neuro Emotional Technique (NET) facilitating a group experience to clear unconscious belief systems

Doe Paoro

Sound healer and Musician and medicine song woman, leading a sound healing as well as teaching us a powerful chanting technique to explore

Chris Crawford

Chek Practitioner and ELDOA instructor leading us through highly specialized practices to improve alignment, decrease tension, and improve heart health

Mike Salemi

Host of *The Path* podcast, men's leadership coach, World Champion & Master of Sport in Kettlebells, leading breathwork and movement practices to optimize performance



ACCOUNTABILITY PARTNER

Every man will be paired with an Accountability Partner.

You and your Accountability Partner will schedule a 2-5 minute audio or video call each week at an agreed-to time to check-in with and self-address any questions or share any great inspirations. This is one of many opportunities throughout our time together to develop relationships that extend beyond the program.

SUPPORT AND PRIVATE SESSIONS

This is a self-guided program with a large amount of support provided by the weekly meetings (and bi-weekly Sunday Sessions), your accountability partner, and the written explanations we will provide for each exercise, practice, and important concept that is discussed at any Internal Session or during any talk with a Visiting Master. All of this content and information will be stored in a shared google drive accessible with your email, which will not expire. We will also include video recordings from each Visiting Master for later reference.

Jared and Edmund both have limited availability for private sessions with those seeking additional support. Inquire at love@beherefarm.com to discuss sessions with either leader.



BE HERE
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REGISTRATION

Schedule your introductory call with Jared
by emailing love@beherefarm.com

He will answer any questions you have around program,
fee, format, or anything else on your mind.

CONTACT INFO

Jared Pickard

Be Here Founder

love@beherefarm.com