



SHOW ME THE WAY MINDPLAY

Workshop Syllabus

Show Me the Way – A Journey of Conscious Partnership

Based on the method Show Me The Way by Kinneret Ladi

Program Dates: January 11 – March 29, 2025

Session Duration: 2 hours + 30 minutes Q&A

Format: Live on Zoom

Community Space: Active Slack group for ongoing practice & support

Week 1 – January 11, 2025

Getting to Know Your Personal Relationship (The Spider Model)

Opening the journey. Discover your “web of connection” — the emotional places where you get entangled in your relationship.

Connect your inner child and inner parent, and understand how their dialogue shapes your communication patterns and intimacy.

Week 2 – January 18, 2025

How to Do It as a Couple

Learn how to guide your partner through the Spider Model at home in a playful and mindful way.

Explore how to facilitate, not control — creating shared language, curiosity, and collaboration.

Includes real-time pair simulations and practice in gentle co-guidance.

Week 3 – January 25, 2025

Discovering Your Core Values

Identify the personal values that drive you and see how essential it is to live them — in partnership, parenting, and within yourself.

Learn to recognize when you operate from a survival axis versus a life-affirming axis, and how aligning with your values heals connection.

Week 4 – February 1, 2025

Building a Shared Vision from Values

Create a relationship vision rooted in your personal values.

Learn about the effective question as a tool for clarifying the vision, and discover how emotions serve as a direct gateway to manifestation.

The focus: feeling your vision in the body, not just articulating it in the mind.

Week 5 – February 8, 2025

The Keys to Our Relationship Foundation

Explore the wisdom gained from your own relationship experience and learn how to craft “Key Sentences” — short bridges that bring you back to direct, soft, and loving communication.

Develop a new relational language based on trust, presence, and emotional partnership.

Week 6 – February 15, 2025

Listening to the Path (Receiving & Reflections)

Here begins the shift in frequency.

We move from the energy of giving into the energy of receiving, learning to see life through mirrors, holograms, and reflections.

Understand how people and situations that trigger us are invitations to growth — reflections of inner parts asking for love and integration.

From this week onward, we weave energy awareness, intuitive listening, and emotional maturity into every practice.

Week 7 – February 22, 2025

Live Simulation – Listening to the Path

A live, guided simulation with one of the participants.

Real-time practice of intuitive listening, presence, and compassion within emotionally charged dialogue.

Group reflection to integrate observation, softness, and empathy.

Week 8 – March 1, 2025

Working with Resistance + Live Simulation

Learn how to meet resistance — not as an obstacle but as an invitation to deeper love.

Recognize resistance as a reflection of an inner voice asking to be seen and held.

Includes a live simulation with a participant, plus home practice with your partner or chosen peer.

Week 9 – March 8, 2025

Peer Simulation Practice

Participants work in pairs, practicing the Show Me Ta O Way process with each other.

Deepen your ability to mirror without judgment, to listen with empathy, and to hold space for another woman's process.

Week 10 – March 15, 2025

Creating Embodiment for the Transformation

Work with Action Cards — turning insights into actions.

Bridge emotion and motion: each daily action becomes a way to anchor your new relational frequency at home and within yourself.

Week 11 – March 22, 2025

Returning to the Beginning from a New Place

Revisit the Spider Model, now through a renewed lens of awareness.

Observe your personal and relational transformation, the language that has evolved, and the peace that now lives in the space between you.

Home practice: repeat the updated Spider mapping with your partner.

Week 12 – March 29, 2025

Closing Ceremony – Celebrating Me

A powerful closing circle.

Celebrate your growth, your process, and the impact you've created in your home and in our sisterhood.

"Celebrating Me" – a ritual honoring the woman who came home to herself through love, reflection, and awareness.



Ongoing Elements throughout the Program

Slack Community – Our Frequency Field:

- 🌸 Evening Gratitudes – daily reflections of appreciation
 - 💬 Open Questions – Mondays & Thursdays
 - 🎉 Mini Celebrations – moments of breakthrough or resolution
 - 💕 Shared support, inspiration & energetic attunement within the group
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