

# Threshold to Excellence Course

Mukogawa Fort Wright Institute in Spokane, Washington, USA

## Participant Experiences

"I realised my relationships are more poor than I thought them to be. There is still a lot of fear in me in really showing myself and trusting life, myself and the other. I also learnt that in order to relate it is important for me to express myself, to express what I'm feeling, thinking."  
~ Peggy

"I learned that standing up and claiming my power shook my wife's world. Being ruthless with myself and her provided her the opportunity to also uplift herself. Ruthlessness is absolutely key!"  
~ Garrett

A letter from the

## INSTITUTE FOR THE STUDY OF MAN

Dear Friend,

**We Believe...** that every man and woman should have the freedom to follow a path with a heart. *To this end we will support you.*

If you say you can't, *we'll show you that you can.*  
If you believe that it is not possible, *we'll show you from experience that it is possible.*

**We Believe...** that all men and women are equal even amidst our differences. For the life-force bestowed upon king is the same as that bestowed upon beggar.

Should you feel unworthy of life, *we will affirm your beauty and strength.*

Should you feel you have nothing to offer, *we will show you the riches in your heart.*

**We Believe...** in the importance of the individual unit to the well being of the greater whole. *In this we will uphold you.*

If you fear the distance you have yet to travel, *we'll show you the long way you have already come.*

If you feel the burden of loneliness, *we'll show you the joy of taking hands, heart and courage.*

*The most important relationship you need to work on is the relationship with yourself because:*

if you do not respect yourself,  
if you do not value yourself,  
if you do not trust yourself,  
*then who will?*  
If you do not love yourself  
*then why should anybody else?*

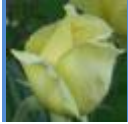
All too often we seek to avoid taking responsibility for our lives, reacting to situations with blame and anger. It is not surprising that we end up feeling powerless and victimised in a world that is unfair and unjust, and has no meaning.



# Threshold to Excellence Course

We will show you a different world – a world in which you can learn to take control of your life's circumstances; a world in which you are no longer a victim but a victor – free to live your life rather than existing.

Responsibility means the "ability to respond" and through learning to take responsibility for your life, you will start to experience and unfold your own strengths, creativity and joy.



**"Nothing can quite match knowing that you are equipped to handle every challenge that arises in your life."**

Along with the development of your own power and uniqueness, you will begin to notice the beauty and mystery in your life and we will teach you how to make these qualities grow.

Threshold to Excellence starts off by giving you the chance to discover exactly where you are in your life, how you feel about yourself, and how you react to others. This is important because it is impossible to move forward in the right direction until you know from where you are starting. We will explore what is happening now, in all areas of your life.

Once this has been established, we give you the tools to move forward in the direction you choose. We teach you to handle the challenges that come your way, enabling you to move through them with skill, rather than avoiding or running away from them.

## *We will teach you:*

- How to get back in touch with your emotions and how to use them.
- That you are not your behaviour; you are not defined by what you have done. You are not your mistakes.
- The true meaning of responsibility, and how to work with it.
- How to create value in your life.
- How to move from victim to victor.
- The keys to trusting yourself.
- To move beyond the limitations of perfectionism, and instead aim for impeccability.
- How to get out of limbo and create a vision for yourself.



Our courses require no prior knowledge or particular standard of education. We start with the basics principals and move forward from there, always remembering that we need a firm foundation to succeed.

Yours sincerely,



# Threshold to Excellence Course

## About Elizabeth Schnugh



Elizabeth qualified as an accountant at the University of Cape Town, South Africa, in 1976. She then embarked on a highly successful career in the corporate world, becoming Financial Director of Gilbey Distillers and Vintners in 1984 – a position she held for over ten years.

Through her experience of working with a wide cross section of people in her career, Elizabeth began to realize that her talents and fate did not lie in the corporate world, but in helping people to help themselves. Consequently, in 1991, she started training as a teacher of the humanitarian disciplines, under the guidance of Christopher Nevill.

In 1995, Elizabeth resigned from Gilbeys, and since the beginning of 1996 her commitment to teaching became full time. In November of 1995 she started training under the guidance of Théun Mares, Lightbringer of the Toltec Tradition. Since that time Elizabeth has continued to work closely with Théun to bring the courses offered by the Institute into line with the Toltec Teachings.

Make this most important investment in your Self by participating in the ***Threshold to Excellence Course*** masterfully facilitated by ***Elizabeth Schnugh*** **October 21, 22, 23 & 24, 2010.**

We will, at all times...

- support you in an *environment that is safe and secure* to bring about the changes you desire;
- whilst remembering that you alone determine the results that you achieve.

### Course Content

The course includes discussions, individual work, group interaction and a variety of games. Everything is designed to show you how you behave in your life so that you can decide whether or not you like it. Then if you don't, we will give you the tools with which to change it.

### Post Course Support

Because of the habits of a lifetime, this course is the beginning and not the end of a process. With that in mind, there are a variety of other courses, after-course meetings, further learning opportunities and activities on an on-going basis. Whether or not you want to take part will depend on where you want to take your life.

### Participant Experiences

"I don't have to pretend to have any answers. I am a good person and I can put myself first and care for myself. It is OK for me to have fun, laugh at my own folly and the comical dream of the status quo. Sometimes people will not understand me but I don't need to go down an angry or sad route. I can work out alternative ways of behaving."  
~ Ann

"I learned that there is much work to be done before I can claim to be in control of my emotions. More specifically, I learnt that I still hold back who I truly feel is me, and that I hide behind a lot of bullshit when the going gets tough. Deep down I do thoroughly enjoy interacting with others when I allow myself to be vulnerable and in the moment."  
~ Paul

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**Mukogawa Fort Wright Institute** is a beautifully landscaped Japanese Women's University campus composed of 20 plus hundred year-old brick buildings of the former military fort. Situated on a bluff alongside the river on the west edge of Spokane, Washington, USA, there is easy access to walking trails and public transportation. The Stowe House facility will be occupied solely by course attendees for a special, intimate retreat.

The food, meeting room and housing are one negotiated package split equally between all participants. Rooms are spacious, tastefully furnished double occupancy university dormitory rooms. Stowe House includes a comfortable living room, dining room, kitchen, and a lovely veranda to encourage interaction between participants in between course sessions. Invest in your Self and enjoy the companionship of participants of like mind and heart in this peaceful setting tucked away from the bustle of city life!

<b>Threshold to Excellence Course - Presented by Elizabeth Schnugh</b>	
<b>Venue:</b>	<b>Mukogawa Fort Wright Institute</b> , Regents Room & Stowe House 4000 W. Randolph Road, Spokane, WA – USA <a href="#">Mukogawa Facilities</a> - Map & Directions available online
<b>Dates:</b>	Thursday, Friday, Saturday, and Sunday <b>October 21, 22, 23 and 24, 2010.</b>
<b>Check In:</b>	<b>Plan to arrive Thursday, October 21</b> , before 4:00 PM to settle in at the Stowe House. Welcome Social is between 4:00 pm to 6:00 pm with food and refreshments. The course begins at 7:00 PM.
<b>Times:</b>	Thursday 7:00 pm to 9:00 pm; Friday 9:00 am to 7:30 pm; Saturday 9:00 am to 7:30 pm; Sunday 9:00 am to 6:30 pm. (The evening end times may vary a little.)
<b>Check Out:</b>	<b>Monday October 25, by 11:00 AM.</b>
<b>Cost:</b>	<b>Course Tuition: \$550.00</b> <b>Facility , Dormitory Room, All Meals: \$227.00</b> <b>Total Course Fees: \$777.00</b>
<b>Payment:</b>	Reserve your space with <b>\$100 deposit by September 1, 2010.</b> <b>Payment in full by October 21: \$777.00</b>
<b>Accommodations:</b>	Tea, coffee, juice and snacks will be available throughout the day. Due to the nature of the course, set meal times are not always practical so we will act in accord with the energy of the day. <b>\$227.00</b> includes a bed in a double-occupancy room in the Stowe House with shared common areas as described above plus <b>ALL</b> meals Thursday evening through Monday morning.
<b>Registrar:</b>	Robert Cattadoris ~ <a href="mailto:bcattadoris@hotmail.com">bcattadoris@hotmail.com</a> ~ 1+509-979-0511