What are the RYV Labs?

(Raise Your Vibration

A Small Group Experience for Health, Happiness & Sanity

RYV Labs are intentionally intimate small-group experiences designed to help individuals cultivate greater emotional honesty, spiritual grounding, truthful living, fulfillment, peace, courage, and conscious awareness through mutual support, reflection, accountability, fellowship, and self-confrontation.

Unlike traditional teaching-centered small groups, RYV Labs are less focused on information, concepts, or systems, and more focused on honestly examining the emotional states, beliefs, fears, narratives, and conclusions shaping our daily lives and future trajectories.

Inspired by:

- contemplative spirituality
- AA-style inventories
- mutual support groups
- consciousness work
- fellowship communities
- transformational group processes

RYV Labs help participants move from lower emotional states such as fear, shame, guilt, hopelessness, insecurity, resentment, defeat, and emotional exhaustion into greater:

- peace
- courage
- truth
- acceptance
- surrender
- fulfillment
- contribution
- emotional stability
- spiritual grounding

through shared support, accountability, reflection, confession, and conscious practice.

THE 9 GATEWAYS

Over 9 monthly gatherings, the group explores 9 major gateways of human experience. The gateways serve as personal inventory themes that help guide each group’s focus while revealing where our consciousness, beliefs, and emotional alignment are strong or weak within each of the 9 areas:

1. The Four Absolutes
2. The Supreme Loyalties
3. Human Design & Bio-Individuality
4. Vocation & Earning a Living
5. Community & Fellowship
6. Partnership & Pair Bonding
7. Vitality & Health
8. Diversion & Recreation
9. Advancement & Progress

Each gateway explores:

- emotional struggles connected to that area of life
- unconscious narratives and patterns
- lower states of consciousness
- healthier and higher perspectives
- practical truthful alignment
- emotional and spiritual grounding

THE 9 INVENTORY QUESTIONS

The heart of each RYV Lab gathering is unpacking and honestly reflecting on 9 inventory questions designed to help participants assess their emotional state, narratives, beliefs, fears, peace, and future trajectory within each gateway.

HEALTH

1. Can you emotionally breathe here?

Or do you constantly feel pressure, fear, shame, tension, anxiety, or emotional constriction?

Example:
When you think about your relationship, money, body, purpose, or future, do you feel relaxed and spacious inside — or immediately stressed, tight, defensive, or overwhelmed?

2. Are you appropriating the grace available here?

Or are you resisting support, love, opportunities, mercy, forgiveness, or help?

Example:
Are people trying to support, love, encourage, hire, forgive, or help you, but you struggle receiving it because you secretly feel unworthy, ashamed, suspicious, or guarded?

3. Are you inwardly relaxed and trusting here?

Or constantly controlling, proving, bracing, forcing, overthinking, or preparing for disappointment?

Example:
Do you feel safe enough to allow life to unfold in this area — or do you constantly feel the need to manage outcomes and emotionally protect yourself?

HAPPINESS

4. Are you at peace with your past here?

Or still emotionally carrying regret, resentment, guilt, grief, embarrassment, or shame?

Example:
When you think about old relationships, failures, missed opportunities, or past versions of yourself, do you feel acceptance — or emotional heaviness and unresolved pain?

5. Are you at peace with your present reality here?

Or trapped in comparison, frustration, disappointment, impatience, or lack?

Example:
Can you appreciate where your life currently is while still wanting growth — or do you constantly feel behind, inadequate, forgotten, or less successful than everyone else?

6. Are you hopeful and trusting about your future here?

Or secretly expecting rejection, failure, loneliness, struggle, or disappointment?

Example:
When you imagine your future in this area of life, do you inwardly expect support and possibility — or defeat and emotional exhaustion?

SANITY

7. Do you have an honest conclusion about your past here?

Or are you avoiding, blaming, minimizing, distorting, or romanticizing your patterns and choices?

Example:
Can you honestly acknowledge your own unhealthy relationship patterns, emotional habits, avoidance, pride, or fears — or do you mostly focus on external circumstances and other people?

8. Do you have an honest assessment of your present reality here?

Or are you pretending things are better — or worse — than they truly are?

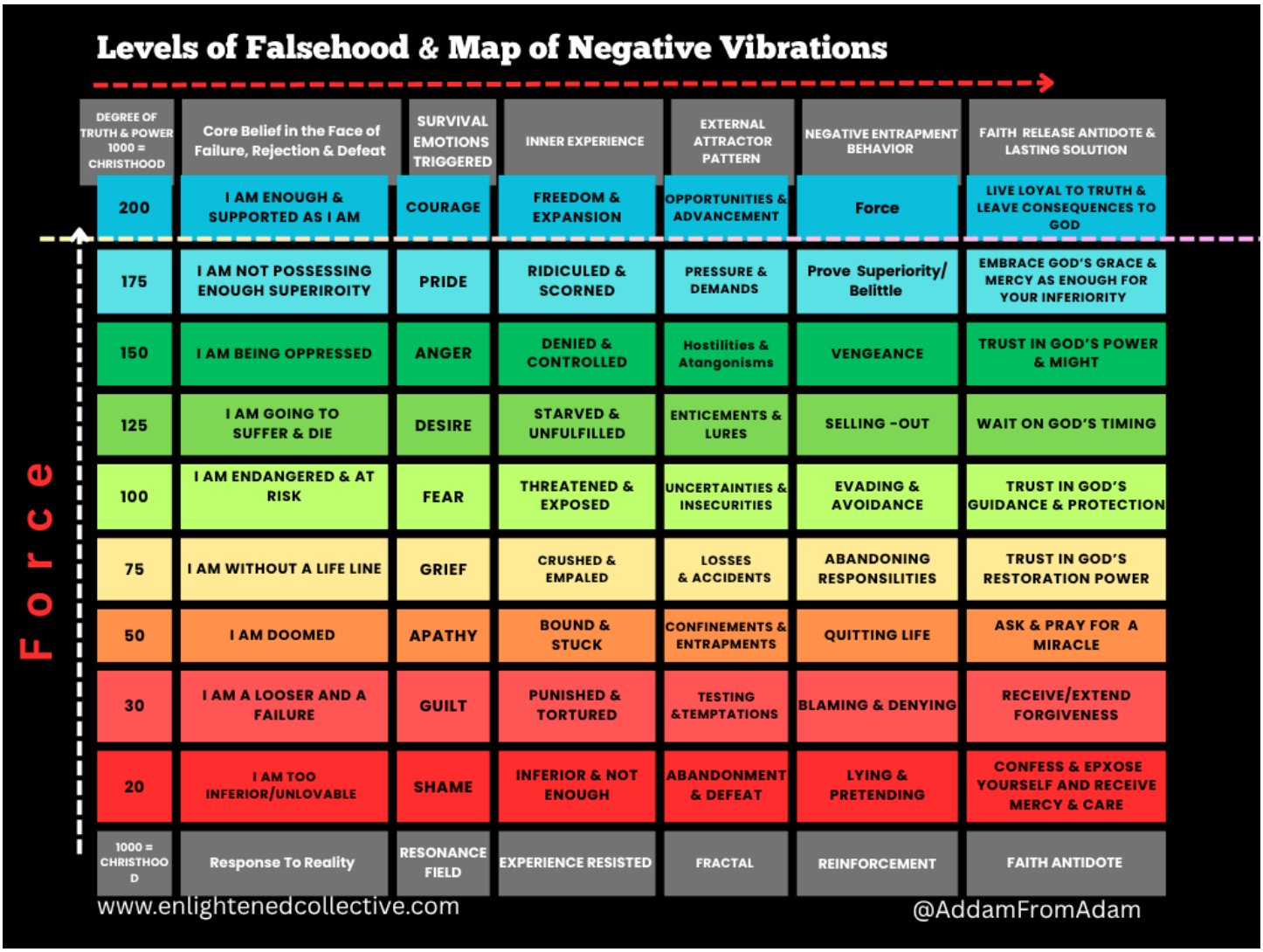
Example:
Are you being truthful about your emotional condition, habits, finances, relationships, health, or behaviors right now — or avoiding difficult realities out of fear or shame?

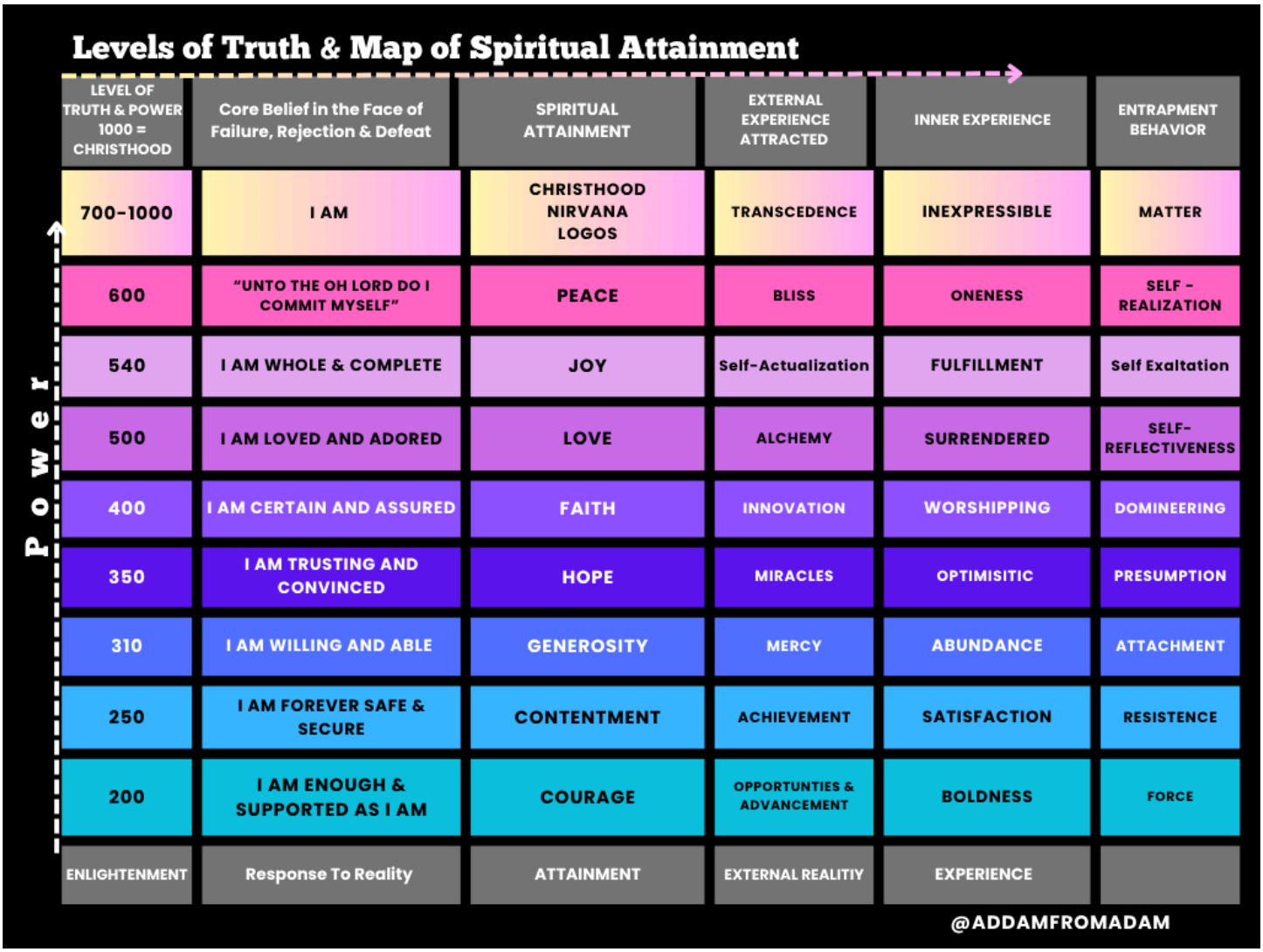
9. Is your current trajectory leading toward greater alignment or greater suffering?

Based on your current emotional state, beliefs, behaviors, and patterns, where is your life honestly heading?

Example:
If nothing internally changed and you continued thinking, feeling, reacting, and behaving exactly as you are now for the next 5 years, where would your life most likely end up?

THE MAP OF CONSCIOUSNESS





Throughout the process, participants use the Levels of Consciousness framework to help identify:

- emotional states
- energetic patterns
- limiting beliefs
- unconscious narratives
- defensive behaviors
- internal contradictions

This creates awareness of where participants may be functioning from:

- shame
- fear
- guilt
- grief
- anger
- pride
- courage
- acceptance
- love
- peace

and how these emotional states shape perception, behavior, relationships, and life outcomes.

THE ENDING PRACTICE

Each gathering concludes with reflective and grounding practices designed to help participants:

- confess and release limiting narratives
- acknowledge emotional truth
- surrender fear and resistance
- reconnect with inner peace
- anchor into higher consciousness
- strengthen alignment with their higher self

Practices may include:

- guided reflection
- confession exercises
- contemplative prayer
- breathwork
- journaling
- meditation
- accountability dialogue
- emotional release practices
- fellowship conversations

THE PURPOSE

The purpose is to help individuals remain spiritually grounded, emotionally honest, mentally clear, relationally healthy, and inwardly peaceful despite the appearances, pressures, uncertainty, and emotional intensity of the human experience.

Together we rise — and help raise the vibration of the planet through healthier, more truthful, more conscious ways of living, loving, relating, and supporting one another.