

# AWAKENED THRESHOLDS

Honoring Life's Sacred Thresholds

A DEEPER PATH

## The Sacred Foundation Experience

*For those who want to begin before the beginning.*

The Sacred Foundation Experience is not premarital counseling. It is six sessions of intentional work — together, with me — exploring the architecture of your shared life: your vision, your daily rhythms, how you communicate, how you grow, what you value, and the covenant you're choosing to make.

*This is a complete path of its own — separate from any ceremony package. Couples who choose the Sacred Foundation Experience select a ceremony package separately, to be held once this work is complete.*

### THE JOURNEY

#### Six sessions, one thread.

01

##### Vision & Intention

What are you actually building together? We name it clearly, before anything else.

02

##### Daily Life Architecture

The textures of everyday life — how you'll structure home, time, and responsibility together.

03

##### Communication & Emotional Safety

How you'll speak to each other when it's hard, and how you'll stay safe doing it.

04

##### Growth & Future Alignment

Where you're each headed individually, and how those paths stay woven together.

05

##### Shared Meaning & Values

The beliefs and values that will anchor your marriage when circumstances shift.

06

##### Covenant Creation

Everything we've explored, distilled into a personalized Marriage Covenant you'll carry forward.

#### What you carry forward

A personalized Marriage Covenant — a written document reflecting the vision, values, and commitments you've named together. Not a legal contract, but a living reference for the marriage you're building, created from real work rather than assumption.

### INVESTMENT

## \$1,997

Six sessions, 90–120 minutes each · Available virtually or in person (Hamden, CT)

Between-session support included

*A ceremony package is booked separately — see the Wedding & Commitment Ceremony Packages one-pager.*

If you sense there's more to this than a wedding,  
**you're already asking the right question.**

Rev. Lauri Ingram · Interfaith/Interspiritual Minister  
revlauri.com · 203.435.5650

*Pricing reflects current rates and is subject to change without notice.*