

BEING HUMAN

COMMUNITY SUPPORTED SELF-MASTERY

FEATURING 12 VISITING MASTERS TO SUPPORT YOUR JOURNEY



GABBY REECE

OLYMPIAN / LAIRD SUPERFOODS

DEL BIGTREE

INFORMED CONSENT ACTION NETWORK

KYLE KINGSBURY

UFC FIGHTER / HOLISTIC WELLNESS

MARK ENGLAND

THE ENLIFTED METHOD

DOE PAORO

MEDICINE SONG WOMAN

SALIM NAJJAR

HUMAN PERFORMANCE & HRV SPECIALIST

ASHA NAYASWAMI

DISCIPLE OF YOGANANDA

JOEL SALATIN

REGENERATIVE AGRICULTURE PIONEER

ELIYAHU MOSHE

ABUNDANCE ARCHETYPE

ELENA TONETTI-VLADIMIROVA

CONCIOUS BIRTH PIONEER

EMILY MADEN

SACRED INTIMACY COACH

EBEN BRITTON

NFL PLAYER TURNED YOGI

CO-HOSTED BY

JARED PICKARD

BE HERE FOUNDER

AND

EDMUND KNIGHTON

COUNSELOR AND SPIRIT GUIDE

FEBRUARY 5TH - APRIL 30TH, 2026

beherefarm.com/beinghuman

BE HERE
FARM + NATURE

BEING HUMAN

SEASON III

As a direct result
of taking this program

100%

of respondents from last season reported:

- A greater joy for life
- A more profound sense of one's own spirituality
- A deeper appreciation for others
- A more direct connection to their heart

Being Human is a container for self-transformation, self-growth, and self-flowering, set in a community of passionate, compassionate individuals, each striving to become their best self while earnestly supporting you to do the same.

BE HERE
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YOUR VISITING MASTERS



Gabby Reece

Olympic volleyball icon, bestselling author, co-founder of Laird Superfood, host of The Gabby Reece Show and wellness innovator.



Asha Nayaswami

Lifelong disciple of Yogananda and Kriyananda, yogi, author, internationally beloved speaker.



Del Bigtree

Emmy-winning producer, founder of ICAN, president of the MAHA Alliance, communications director for RFK Jr.'s 2024 campaign, passionate advocate for medical freedom.



Joel Salatin

Visionary regenerative farming pioneer, bestselling author, steward of Polyface Farm, featured in The Omnivore's Dilemma.



Kyle Kingsbury

Former MMA fighter, wellness podcaster, human optimization specialist, regenerative homesteader.



Eliyahu Moshe

Combines teachings of holistic health and shamanism with his lessons as one of Wall Street's most successful traders.



Mark England

Head Coach and Co-Founder of Enlified, uses storytelling to inspire mindset shifts, awakening human potential



Elena Tonetti-Vladimirova

Conscious birth pioneer, filmmaker, founder of Birth Into Being, and global women's health advocate.



Doe Paoro

Artist, musician, medicine song woman, yogi, sound healer, and space holder.



Emily Maden

Pelvic integration coach, sacred sexuality educator, embodiment guide, women's wellness advocate.



Salim Najjar

Dedicated to using heart rate variability to improve stress resilience and optimize human performance.



Eben Britton

NFL player turned yogi, author, and speaker. Host of acclaimed podcast The Eben Flow, author of book by same title.

PROGRAM LEADERS



Jared Pickard

FOUNDER, BE HERE FARM + NATURE

Being Human is hosted by Jared Pickard, founder of Be Here Farm + Nature, a biodynamic farm and experiential wellness brand in Wimberley, TX. Jared, his wife, and daughter tend their garden by hand and create an award-winning line of self-care products inspired by the rhythms of the seasons. Be Here Farm + Nature offers live nature immersions and online programming focused on community-supported self-mastery. Guided by Rudolf Steiner's teachings, their work invites people into embodied nature connection—building a growing community inspired to nurture themselves and the natural world, living with greater joy, wellness, and care.



Edmund Knighton

COUNSELOR AND SPIRIT GUIDE

Multi-decade student of Rudolf Steiner and the Ra Material. Edmund holds a doctorate in clinical psychology specializing in neuropsychology and family systems. Community leader, Waldorf teacher, yoga instructor, and movement coach specializing in Hakomi, a body-centered therapeutic practice unlocking unconscious beliefs through mindfulness and awareness. Edmund's dream is to foster deeper self-awareness and self-healing, inspiring people to live with greater understanding, love, wisdom, and connection.

A LETTER FROM JARED

The ability to improve self is expanded tremendously whilst working in community. This day and age, our tribe may not live in our village, and it is with this realization our program was launched.

Flashing forward to today, we now have a thriving, extremely rich community of brilliant, creative thinkers who are unified in their desire to self-improve, are moving beyond the limitations of the little “self”, are connected to Nature in a living way, moving in reverence for the great Mystery, in alignment with their higher Selves, living earnestly in service to others.

Despite meeting in a digital interface, deep life long friendships have been forged, and the members have become important to one another in ways that go beyond the norms of daily life wherever they live. The power behind this digital community lies in one simple truth; the experience is taking place not on the screen, as it may seem, but in the heart of each member.

It is beautiful, deep, broad and real.

Looking forward to meeting you.

With love and warmth,

Jared Pickard

FOUNDER, BE HERE FARM + NATURE

WHAT INSPIRES THIS PROGRAM?

There are many inspirations behind our program. Esoteric wisdom from around the world is referenced, adding color to our discussions, while the core of our program is based on Rudolf Steiner's 6 Levels of Mastery.

These Levels of Mastery are, practically speaking, 6 daily practices. These practices will be covered in 2 week cycles over our 12 weeks together, with an abundance of inspiration, conversation, and supporting source material for ongoing study.

THE 6 LEVELS OF MASTERY ARE:

THINKING
WILLING
EQUANIMITY
POSITIVITY
OPENNESS
HARMONIZING/BALANCING

These 6 exercises are the foundational practices for any pursuit of higher knowledge, higher consciousness, or the pursuit of mastery in any field. These are the living qualities a master embodies.

THE VISITING MASTERS

Spiraling around the 6 Levels of Mastery we have a collection of world class Visiting Masters, each of whom will inspire lifelong benefit all on their own. We have the rare opportunity to ask our own burning questions to elite performers who often interact with thousands of individuals at once.

SUPPORTING MATERIAL

All of this is supported through a stepwise and easy to follow path of practices which are outlined in weekly documents and videos (which you can maintain access to for a lifetime).

PROGRAM FORMAT

We will gather virtually for 12 weeks, 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 8 Sundays.

WHAT IS THE DIFFERENCE BETWEEN THURSDAY AND SUNDAY?

We will meet as a group every Thursday. The first and third Thursday we will meet for what we call an “Internal Session” - this is where the group holds discussions amongst ourselves around our personal experience with the 6 Levels of Mastery.

The second and fourth Thursday we welcome a Visiting Master for a live conversation, including Q+A. Every other Sunday we have a bonus session, creatively dubbed the “Sunday Sessions”, where we welcome another Visiting Master to focus on practical experiential work (such as breathwork and yoga with Eben Britton, or sound healing and chanting with Doe Paoro).

PRACTICES

Each week we will release 1/12th of the Being Human process, following along together in stepwise fashion as we traverse the 6 Levels of Mastery in two week blocks. Documents, practices, links for additional reading, and video demonstrations will be published weekly. No prior experience in mindfulness, Rudolf Steiner, or any of the other source material we discuss is required, so long as you are open and earnest in your participation.

Although we will move through the process in weekly and bi-weekly “units”, it is fair to say that the information shared will be a resource you can refer to, live with, and expand on for a lifetime.



Ready to transform your understanding of mastery and join a community of like-minded individuals?

[Reach out](#) today to secure your spot in this transformative journey!

COMPLETE SCHEDULE

OPENING SESSIONS

Thu, 2/5 - Opening Session

Sun, 2/8 - Edmund Knighton & Jared Pickard

FEBRUARY

Thu, 2/12 - Asha Nayaswami

Thu, 2/19 - Internal Session

Sun, 2/22 - Salim Najjar

Thu, 2/26 - Joel Salatin

MARCH

Thu, 3/5 - Internal Session

Sun, 3/8 - Eliyahu Moshe

Thu, 3/12 - Del Bigtree

Thu, 3/19 - Internal Session

Sun, 3/22 - Mark England

Thu, 3/26 - Gabby Reece

APRIL

Thu, 4/2 - Internal Session

Sun, 4/5 - Easter (No Session)

Thu, 4/9 - Elena Tonetti-Vladimirova

Sun, 4/12 - Kyle Kingsbury

Thu, 4/16 - Internal Session

Sun, 4/19 - Eben Britton

Thu, 4/23 - Emily Maden

Sun, 4/26 - Doe Paoro

Thu, 4/30 - Closing Session

MEETING TIMES

Thursdays:

5pm PST / 6pm MST / 7pm CST / 8pm EST

Sundays:

8am PST / 9am MST / 10am CST / 11am EST

Members will submit questions to Jared Pickard prior to the appearance of each Visiting Master. Questions will be organized into a dynamic conversation held between Jared and the Visiting Master, after which we will all have further opportunity for open-ended Q+A from the group.



Are you ready to be part of these insightful conversations and connect directly with inspiring Visiting Masters?

[Reach out](#) today to secure your spot and begin this transformative journey!



ADDITIONAL SUPPORT

SHARING WITH FRIENDS AND FAMILY

One of the most beautiful ways to grow and learn is in the company of those you love. As you adopt these new practices and apply them to your life, the journey can be enhanced and the gains can be further solidified if those around you are able to participate. With this in mind, we allow each member to invite ANYONE THEY WANT into the room with them any time we have a Visiting Master (every other Thursday and every other Sunday). No digital invitations are allowed. The guest must be in the physical room with you, on the screen, and participating in the process. They can come once, or they can come to every Visiting Master, it is up to you. No guests are ever allowed during internal sessions and Being Human internal documents are not approved for recirculation, republication, or sharing of any kind.

ACCOUNTABILITY PARTNERS

Every member will be paired with an Accountability Partner. You and your Accountability Partner will schedule a 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 (of course this is only a suggested minimum. Last year many pairs would talk at length and in depth). This is one of many opportunities throughout our time together to develop relationships that extend beyond the program.

SELF-GUIDED WITH FULL SUPPORT

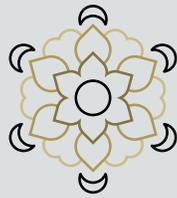
This is a self-guided program with a large amount of support provided by the weekly meetings (and bi-weekly Sunday Sessions), your accountability partner, an ongoing WhatsApp thread, and the written/video descriptions we provide. All of this content and information will be stored in a shared google drive accessible with your email, which will not expire. We will also include video recordings from each Visiting Master for later reference.

If you seek additional support, Jared and Edmund have limited availability for private sessions. Inquire at love@beherefarm.com to discuss.



Ready to deepen your journey and experience this unique support system firsthand?

[Reach out](#) today!



BEING HUMAN REGISTRATION

Schedule your introductory call with Jared by emailing love@beherefarm.com. During the call we can speak to any questions you have around the program, fee, format, or anything else on your mind.

CONTACT INFO

Jared Pickard

Be Here Farm + Nature

love@beherefarm.com



Excited to take the first step in this journey?

[Reach out](#) today and ensure your spot in the program!