

GATHERING DESIGN #1

Big Decisions: Yes, No, and Maybe

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Basket of assorted rocks (3 rocks per person)
- Flip Chart or large Post-Its
- Markers to write on rocks
- Pens and markers for flip chart
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.
- An empty table for final activity

Communication Master(CM)

- Emails everyone with a reminder to bring their books and other logistics

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Music Master (MM)

- *The Climb* by Miley Cyrus or your choice. Remember, be creative! Choose your own music if you like.

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(*rings chime*) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

Initial readings and consensus should last no more than ten minutes. This is to create a safe container and remind us to be intentional about mutual respect.

*** This is my only mandatory rule. In my experience, if you skip the following readings, things will fall apart and a cohesive group will not be created.*

MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present.

Whenever we start, it is always the Time to start.

What happens, is the only thing meant to happen.

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, and then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into next activity.” *I am ...and I am here.”*

Activity One—Questionnaire—For the Head

(suggested time - 10 minutes)

YES:

1. Noun: an affirmative reply
2. Verb: to give an affirmative reply to; give assent or approval to
3. Interjection: used as a strong expression of joy, pleasure, approval

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NO:

1. Noun: a denial or refusal; a negative vote or voter
2. Verb: to reject, refuse approval, or express disapproval of
3. Interjection: used as a strong expression of joy, pleasure, approval

MAYBE:

1. Noun: a mere possibility or probability
2. Adverb: perhaps, possibly, conceivably
3. Interjection: used to avoid committing and to express doubt

Answer these questions as honestly as you can without editing yourself. No one is going to look at these except you. If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some judgment or “should” arises? If you cannot answer the question from a completely honest place, write about your resistance to the question instead.

1. Would you describe yourself as someone who over-uses the word “yes” and in what situations?

2. Would you describe yourself as someone who over-uses the word “no” and in what situations?

Big Decisions: Yes, No, and Maybe

3. Would you describe yourself as someone who over-uses the word “maybe” or finds it unusually hard to commit to “yes” or “no” ... and in what situations?

4. What interesting observations can you make about your answers?

5. In your overuse of “yes” or “no” do you ever feel regretful, angry or other strong emotions about your habitual choice? If so, please take a few moments to write about this.

6. What, if anything, would you consider changing about these habitual responses? How might your life be different if you moved toward making a change around your relationship with “Yes” or “No?” And where does “Maybe” come into play?

Memorable “Yes or No” Quotes

“A ‘No’ uttered from the deepest conviction is better than a ‘Yes’ merely uttered to please, or worse, to avoid trouble.”—Mahatma Gandhi

“The oldest, shortest words—‘yes’ and ‘no’—are those which require the most thought.”—Pythagoras

“The big question is whether you are going to be able to say a hearty ‘yes’ to your adventure.”—Joseph Campbell

“Never allow a person to tell you ‘no’ who doesn’t have the power to say ‘yes.’”—Eleanor Roosevelt

“Girls are so queer you never know what they mean. They say ‘No’ when they mean ‘Yes’, and drive a man out of his wits for the fun of it.”—Louisa May Alcott

“I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky and for everything which is natural, which is infinite, which is yes.”—e.e.cummings

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Two—Rock Weighing—For the Body and Intuition

(suggested time - 15 minutes including group discussion)

MC facilitates reading:

- *“Choose two rocks from the basket. Review your questionnaire answers. Write **Yes** on one rock and **No** on the other. Feel the weight of each rock and the awareness you have around the words on the rock. Which feels heavier? Which feels habitual? Which rock gives you more energy? Notice which rock you chose for which word. What are the qualities of this rock?”*
- *“Now take a third rock and write **Maybe** on it. Transfer that rock from hand to hand. Notice how it feels, heavy or light. Does it energize you or enervate you?”*

Big Decisions: Yes, No, and Maybe

MC facilitates group discussion of their findings.

MC rings chime to transition into next activity. *"I am (your name) and I am here."*

Activity Three—Music—For the Heart

MM plays *The Climb* by Miley Cyrus

MC rings chime to transition into next activity. *"I am (your name) and I am here."*

Activity Four—Dyads—For the Head, Heart, and Body

(suggested time - 30 to 45 minutes)

MC facilitates:

- *"Participants choose a number from the Dyad Bowl and find the Partner that matches their number. Intuition has chosen the right Partner for you."*
- *"With your Partner think of something or someone you wanted to say Yes or No to but said the opposite."*
- *"Using your Partner as the other person, have your Partner make the request that was made to you. Give them the question that was specifically asked of you and have them say it aloud to you. (Example: 'Ruthie, will you take me to the airport?' Ruthie stands up and answers aloud the way she had answered, in this case 'Yes' when she really wanted to say 'No.')* Repeat this several times, being asked and then answer. How does it feel as you do it? What arises in your body as you say the opposite of what you wanted to say?"
- *"Now have your Partner ask the request aloud again and this time you answer with 'Maybe.' Notice what comes up for you? Feel the difference in your body. Notice your thoughts."*
- *"Now have your Partner ask the request aloud again and this time you answer the way you really wanted to. Notice how easy or hard this is for you to try. What comes up for you?"*
- *"Now **switch roles** and the asker becomes the responder, repeating the exercise in exactly the same way."*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

- *“Give some time to discuss with your dyad Partner what the experience taught you about yourself. Here are some questions to stimulate discussion:*
 1. *What are the gifts of your underused word?*
 2. *What does it feel like to give equal weight to the possibilities of Yes, No, or Maybe?*
 3. *What does it require for you to move beyond your habitual response and allow another answer?”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Five—For the Whole Self (suggested time - 5 minutes)

MC facilitates and reads:

Group sits and closes their eyes for this visualization.

- *“Take yourself back to about age two, the time when you were developing your autonomy, and learning to use the word ‘No.’ What do you see happening around you or to you?”
(pause)*
- *“How did the adults around you respond?”
(pause)*
- *“Were you empowered or shut down?”
(pause)*
- *“How did the word ‘No’ become something you embraced or rejected? Did you care?” (pause)*
- *“How was your survival related to choices around this word?”
(long pause)*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Suggest a 5-10 minute break for snacks and bathroom.

Big Decisions: Yes, No, and Maybe

Activity Six—The Enneagram (suggested time - 30 minutes or more)

*Refer to cheat sheet at the end of the *Getting Started* chapter that you may have flagged.

MC facilitates group discussion. The **MC** has written the list below on a flipchart or giant Post-It for all to see. Do the people with these numbers agree with this assessment? If so have them share what happens for them? Their wings and strong access points might figure in. If not, can they say why they think their experience is different from what is noted here?

#1—overuses No, underuses Yes

#2—overuses Yes, underuses No

#3—overuses Yes, underuses No

#4—swings both ways?

#5—overuses No, underuses Yes

#6—overuses No, underuses Yes

#7—overuses Yes, underuses No

#8—swings both ways?

#9—avoids saying Yes or No—overuses Maybe???

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Seven—Who is Doing the Driving? Finding Alignment with the Three Centers of Intelligence and the Creative Force (suggested time - 15 minutes)

*Refer to cheat sheet at the end of the *Getting Started* chapter that you may have flagged.

MC facilitates:

- *“At the end of this chapter there are some free pages for journaling, doodling, or creating. Using these pages, think about a difficult Decision you have been pondering and write a little script between your Head, your Heart, and your Body/Gut. Example: I am trying to Decide whether*

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to go on vacation even though my business has been slow and my funds are short. “

- *“Head: It’s not a good idea. We are going to be strapped and we won’t have a good time anyway because we will be worrying too much. I vote ‘No’ and let’s postpone.”*
- *“Heart: But you promised us that we could go. We will have so much fun and it will give us a new perspective. Our work will pick up because we will feel filled up, more positive, and less stressed. Don’t disappoint us.”*
- *“Body/Gut: I agree with the Heart. I am exhausted and have been pushing myself too hard. I need to restore myself and then I will have more energy to market and get more business.”*
- *“And so on. Keep the dialogue around your Decision going until you can see who has been driving and if they should be. Then ask the ‘No’ or ‘Maybe’ part of yourself what they might need from the others to move forward. Some reassurance or compromise? Or perhaps they finally all agree not to move forward because the ‘No’ part convinces the others with good, rational reasons. The point is to have all Three Centers of Intelligence in alignment. You will feel your Head, Heart, and Body both relax and feel energized when all are in agreement.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Eight—Closing the Circle (suggested time is your call)

MC facilitates:

- *“Take your rocks with ‘Yes,’ ‘No,’ and ‘Maybe’ words on them and together make a group sculpture on the activity table. How do these words relate to each other in the sculpture? They are all necessary and important and are of equal value depending on the situation.”*
- *“Now decide what word you need to develop using more and take that rock back from the sculpture and bring it home with you as a reminder to practice using that word.”*

Big Decisions: Yes, No, and Maybe

As the **MC** closes the circle around the table, the **MC** invites each person individually to say aloud the words, “Yes,” “No,” and “Maybe,” claiming them all equally.

The In Between

1. Place your rock next to your bed and find opportunities to practice developing this word when you might not otherwise use it. You can add the word thank you to the person you are responding to by saying “Thank you, Yes” or “Thank you, No” or “Thank you, Maybe.”
2. Pay attention when making a Decision to which part of you is leading in a dominant or automatic way: Head, Heart, or Body/Gut.
3. Use the free pages to continue to journal, draw, or doodle about Decisions.
4. Find a buddy from the gathering (perhaps your dyad Partner) to check in with once a week to share how you are doing and what you are discovering.
5. Start a private Facebook group to share with each other your growth and learning.

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For notes, journaling, doodling, creating

GATHERING DESIGN #2

Worth and Abundance

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Nice note paper for each person placed at their chair
- Flip Chart or large Post-Its
- Markers and Pens
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.
- A small clear cellophane bag for each Participant
- Stars, hearts, and play money (lots of these from Dollar Store)
- An activity table as shown in photo at beginning of chapter set up with piles of the stars, money, and hearts

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- A small gift bag from the Dollar Store with a nature object surprise (shells, rocks, stick, pine cone etc.) inside wrapped in tissue paper. Have a bag at each person's chair.
- In the middle of the circle is an altar where Participants will place their baby items and photos.

Communication Master (CM)

- Emails everyone to bring a baby photo of themselves, a baby blanket or small toy, and a small object that they really value, like jewelry, a knick-knack, book etc. Coordinate with Prop Master
- Emails everyone with a reminder to bring their books and other logistics

Music Master (MM)

- Lullabies, soothing and recognizable, like Brahms

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

****MC asks Participants as they arrive to put their photos and baby things on center altar. They hold onto their item of value.**

Activities:

MC—(rings chime) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, "I am (your name) and I am here."

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Worth and Abundance

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Intention

(communal and personal)

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***MC** opens up discussion about each of these rules, then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into next activity." I am (your name) and I am here."

Activity One—Questionnaire—For the Head

(suggested time - 10 minutes)

MM plays lullabies for the ten minutes people are filling out questionnaire

MC facilitates:

Worth: The value of something measured by its qualities or by the esteem by which it is held, moral or personal value, merit and excellence

Worthiness: Having worth, value and importance

Deserving: Qualified or eligible to receive something because of need, merit, or justice

Deserving: Wealth, plentitude, bounty

Answer these questions as honestly as you can without editing yourself. No one is going to look at these except you. If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some judgment or "should" arises? If you cannot answer the question from a completely honest place, write about your resistance to the question instead.

1. What does any life deserve?

Worth and Abundance

2. Name three people/places/things that you believe are “deserving.” Jot a few notes as to why you believe this.

3. Name three people/places/things that you believe are NOT “deserving.” Jot a few notes as to why you believe this.

4. What do you think of the word entitled?

5. What do you value about yourself?

6. Do you feel deserving at any time? If so what is it you deserve?

7. What does feeling undeserving and unworthy keep you from?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Two—Personal Intent (suggested time - 3 minutes)

MC facilitates:

- *“What gift do you want to give yourself today in the time we share? Write it on a piece of notepaper provided and place it in your gift bag. Do not look inside of your gift bag.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Three—Birth and Regression Meditation and Music for Body and Heart (suggested time - 10-15 minutes)

MM plays more lullabies during this activity.

MC facilitates:

- *“Everyone please move to the floor or find a comfortable place with your blankets or a toy.”*

Visualization led by **MC**: (people will often feel inhibited during this activity so make some encouraging sounds and participate a bit yourself to model.)

- *“I invite you to imagine you are a little baby in your crib. You have just woken up from a restful sleep and are comfortable. Explore your feet and toes. (pause) Feel your tongue in your mouth. Move it around. Stick it out. Make baby sounds. Giggle. Listen to your voice. (pause) Look at your fingers and hands. Let them touch your face. (pause) Something feels uncomfortable. Maybe you need a diaper change or feel hungry. Start to whimper, maybe you even cry. What does it feel like to cry? (pause) What is the first thought you have about yourself?”*

Worth and Abundance

(Long silence)

- *“I invite you to slowly grow yourself up and return to your chairs or place.”*

MC opens up for group discussion around what it was like to be that young. Then asks, *“What were you worth? What is a baby worth?”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Four—Game of Careers—Stars, Hearts, Money

(suggested time - 20 minutes)

MC facilitates:

Someone reads aloud:

- *“All is well, and you will never get it done. Life is supposed to be fun. No one is taking score of any kind, and if you will stop taking score so much, you will feel a whole lot better—and as you feel a whole lot better, more of the things that you want right now will flow to you. You will never be in a place where all of the things that you are wanting will be satisfied right now, or then you could be complete—and you never can be. This incomplete place that you stand in is the best place that you could be. You are right on track, right on schedule. Everything is unfolding perfectly. All is really well. Have fun. Have fun. Have fun!”—Abraham Hicks, speaking from infinite intelligence*

MC facilitates and reads:

- *“There is an old fun game called ‘Careers.’ At the beginning of the game you have to fill out a Success formula. You have a total of 30 points to work with. There are three categories to choose from to try and reach your version of success: Fame, Money, Love/Happiness. You could choose all 30 points for Fame, let’s say. Or divide it up in order of importance to you. Say 10, 15, 5. Or 10,10, 10. The object of the game is to collect enough points in playing the game (of life) to reach your success goals. In our own Beyond the Bookclub game, we are interested in how we personally measure success, value, and worth. What’s important to us? So fill out the form below. Give honest, careful thought while you consider what a successful, valuable life means to you. 30 points is your max.”*

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Fame/Power ★ _____

Money/Security \$ _____

Love/Happiness 🎵 _____

- “Now go fill your cellophane bags from the table with what you desire. You don’t have to earn it. Just take it. Be aware of what you think you want and what you think you deserve. Imagine that what you take from table is exactly the amount you asked for as you gather materials—stars, hearts, money based on your breakdown of values. Refer back to your *Careers* sheet if you need to. Notice what arises for you. Then return with your bounty to your chair or place.”

MC rings chime to transition into group or dyad discussion. “I am (your name) and I am here.”

Group or dyad discussion:

- “What did it feel like to take exactly what you believe you deserve, or at least desire?”

Suggest a 5-10 minute break for snacks and bathroom.

MC rings chime to transition into next activity. “I am (your name) and I am here.”

Activity Five—Flip Chart—For the Head

(suggested time - 10 minutes)

MC facilitates:

MC—draws two columns on the flipchart paper. One column is titled—**Deserving/Entitled**. The other side is titled **Not Deserving/ Not Entitled**.

MC-writes in what the group believes should go in each column. We notice what arises and share. Everyone’s opinion is valid.

MC rings chime to transition into next activity. “I am (your name) and I am here.”

Worth and Abundance

Activity Six—The Enneagram (suggested time - 20 minutes or more)

MC facilitates group discussion focusing on the Three Centers of Intelligence.
*Refer to cheat sheet at the end of the *Getting Started* chapter that you may have flagged.

- How do Head Centers view or measure their Worth or feeling of Abundance?
- How do Heart Centers view or measure their Worth or feeling of Abundance?
- How do Body Centers view or measure their Worth or feeling of Abundance?
- How do I rely on others to show me my Worth?
- How do I show myself my Worth?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Seven—Making it Personal (suggested time - 15 minutes)

MC facilitates:

- Use Dyad Bowl with numbers to choose a Partner and break into dyads.
- Each person retrieves his or her own baby photo from the altar.
- Exchange photos with your Partner.
- Taking turns—(Person A) speak directly to your Partner’s baby photo. Speak to the baby in the photo as you would if the baby was in your arms. What would you say? What would you tell her or him about their Baby Self? You are ... (Example: You are beautiful and whole.)
- (Person B)—Listens/Witnesses how their Partner perceives themselves as a baby or child.
- **Switch roles...**Repeat with other person

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Eight—Closing the Circle (suggested time is your call)

MC facilitates:

- Participants return to their place. They take out their valuable object.
- Each person takes a turn sharing what makes their object valuable to them.
- Then everyone has a turn to say how they are like the object they value.
- *“Now look at what you wrote on your paper at the beginning of the Gathering and put into your gift bag. What is the gift you gave yourself today? Share aloud if you wish.”*

(Someone reads aloud)

“Worthiness, in very simple terms, means I have found a way to let the Energy reach me, the Energy that is natural, reach me. Worthiness, or unworthiness, is something that is pronounced upon you by you. You are the only one that can deem yourself worthy or unworthy. You are the only one who can love yourself into a state of allowing, or hate yourself in a state of disallowing. There is not something wrong with you, nor is there something wrong with one who is not loving you. You are all just, in the moment, practicing the art of not allowing, or the art of resisting.”—Abraham Hicks

The In Between

1. Write yourself a love note each day.
2. Share with a buddy or in Facebook Group how you have sensed your Worth that week. Notice if you have shifted your point of view on how you measure a person’s value or Worth.
3. Make a centerpiece that is visible to you using your cellophane bag with hearts, stars, money, and your nature object and anything else you want to add to it now. Showcase it in a place of honor.

Worth and Abundance



For notes, journaling, doodling, creating

GATHERING DESIGN #3

Speaking Your Truth: What Frees You and What Holds You Back

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Crayons and pens
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.
- Brown paper or Large sheets of paper about 20 X 20
- Large packets of wildflower or other seeds emptied into a bowl with spoon
- Standard Envelope for each participant

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Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics

Music Master (MM)

- *Speaking of Truth* by Tom Conlon or your choice

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(*rings chime*) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

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Intention

(communal and personal)

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Speaking Your Truth: What Frees You and What Holds You Back

our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
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MC rings chime to transition into next activity. *“I am ...and I am here.”*

Activity One—Visualization (suggested time - 15 minutes)

MC facilitates and reads aloud feeling free to embellish:

- *“Imagine a time when you spoke your truth with ease. Where were you? (pause) What was it you wanted to say? Formulate the sentence. (pause) Who were you speaking to? (pause) How did it feel in your body? Scan your Body taking note of the sensations—in your head, your throat, your solar plexus, and your feet? (pause) What was it about this situation that allowed you to speak freely? (pause)”*
- *“Open your eyes and take your crayons jotting down notes (on the large paper) about your remembering this easeful expression. Use your crayons to draw a simple childlike or abstract picture of your experience.”*
- *“Close your eyes again, and now try to imagine a situation when you wanted to Speak your Truth but could not or chose not to. Where were you? (pause) What was it you wanted to say? Formulate the sentence (pause) Who did you want to say it to? What was holding you back? (pause) What was different about this situation compared to the time you expressed yourself with ease? (pause) How did it feel in your body when you chose to thwart your Truth? Scan your body taking note of the sensations—in your head, your throat, your solar plexus, your feet?”*
- *“Now open your eyes and turn the paper over. Take your crayons jotting down notes about your remembering. Use your crayons to draw a simple childlike or abstract picture of your experience of not being able to speak freely.”*
- **MC** uses the Dyad Bowl to choose Partners and Participants, then meet with their Partner and share their reactions, notes and drawings. (suggested time - 10 minutes)
- **MC** leads a group share around what it was like to share your Truth about the activity with your Dyad Partner. Was it easy to be revealing or hard? How did you edit yourself? (suggested time 10—15 minutes)

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Two—Elements of Productive Truth Speaking

(suggested time - 15 minutes)

MC reads these elements aloud and leads discussion: (suggested time 15 minutes)

Elements of Productive Truth Speaking

1. **Acceptance** that **Your** Truth may not be **The** Truth: that others have **Their** Truth.
2. **Create Clarity**. Formulate your Truth clearly; why you believe this to be true and what proof you have, even if it is intuitive or emotional. Be able to be impeccable with your Truth Speaking noting the possibility of your own blind spots. Claim the “I” behind your Truth.
3. **Motivation**. Do some self reflection and exploration around what is moving you to speak? Do you need just to be heard or are you trying to change the other person and their perception of Truth? Are you trying to be right and make them wrong? What are your needs? Be truthful with yourself around this.
4. **Choose a medium of Truth Speaking**. Choose words, music, art, sharing someone else’s writing while connecting it to yourself, and other modes of expression, etc.
5. **Non-attachment to Outcome**. Create safety by just letting the expression alone be enough, as well as the listening.

Group discussion. Do you agree or disagree? What do you have resistance to most in these five elements?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Three—Music—For the Heart

MM plays *Speaking of Truth* by Tom Conlon or your choice

Suggest a 5-10 minute break for snacks and bathroom.

Activity Four—Dyads—For the Head, Heart, and Body

(suggested time for Activity Four - 30 minutes)

MC facilitates:

- *“Return to your original Dyad Partner from Activity One.”*
- *“Pretend that your Partner is the person you have/had difficulty Speaking your Truth to. Now practice using the 5 elements of Productive Truth Speaking to help you succeed this time with this person. Notice any resistance you have to try it differently.”*
- *“Now switch roles and Partner two does the same thing, using the 5 elements of Productive Truth Speaking to help you succeed this time around. Notice any resistance you have to try it differently.”*
- Now Dyad Partners share what they learned about themselves.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Five—The Enneagram Influence (suggested time 30 minutes)

*Refer to cheat sheet at the end of the *Getting Started* chapter that you may have flagged.

MC facilitates group discussion.

- *“How does your Enneagram Style impact whether you Speak your Truth freely or not?”*
- *“If you don’t Speak your Truth you are either afraid of some outcome, or you are withholding your Truth strategically. Discuss this.”*
- *“What might free your Enneagram Style up to be more direct and expressive? How could you create safety around this for yourself?”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Six—Standing in Your Truth (suggested time is your call)

MC facilitates and reads:

- *“At the end of this chapter there are some free pages for journaling, doodling, or creating. On these pages formulate an important statement about yourself that you are prepared to reveal to the group; in the way you want to express it. For example, during one gathering a person sang, another chanted, someone did movement, another shared a drawing. And most stood in their Truth and spoke out loud with words.”*
- *“Now each stand and share your Truth in front of the group..”*

Activity Seven and Closing the Circle (suggested time is your call)

MC facilitates: Each person takes a scoop of wildflower seeds and places them in their envelope. They are invited to take them home and plant them somewhere imbuing them with their Truth.

The In Between

1. Make a colorful sign that is visible to you with the 5 Elements of Productive Truth Speaking.
2. Share these elements with someone you have trouble communicating with and discuss with them how practicing these elements might enhance your relationship.
3. Talk to your buddy or share stories on Facebook Group about both your successful and unsuccessful practices.
4. Use your Body drawings from the gathering to help you stay connected with your Body from the feet up.
5. Your hip joints and your jawbones reflect each other. Softening and opening your hip joints can soften and open your throat and mouth. Play with the relationship between these two parts of your Body.

Ruthie Landis



For notes, journaling, doodling, creating

GATHERING DESIGN #4

The Dance Between Fear and Joy

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon.

Prop Master (PM)

- Crayons and pens
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.
- An empty table for final activity
- Confirm with Host Master that there is an open space to move freely.

Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics

Music Master (MM)

- #1 Fear—*Picnic at Hanging Rock*—Ascent theme music with Whoosh!
By Elektrik Hob on YouTube

Ruthie Landis

- #2 Joy—*Wedding Music* by Fesliyan Studios
- #3 Fear—*Jaws theme* song by John Williams
- #4 Joy—*Dancing Queen* by Abba or *YMCA* by Village People

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(*rings chime*) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

Initial readings and consensus should last no more than ten minutes. This is to create a safe container and remind us to be intentional about mutual respect.
*** This is my only mandatory rule. In my experience, if you skip the following readings, things will fall apart and a cohesive group will not be created.*

MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present.

Whenever we start, it is always the Time to start.

What happens, is the only thing meant to happen.

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

The Dance Between Fear and Joy

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, and then asks if everyone agrees to them, and if not, more discussion is necessary. Do not continue if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into next activity. *“I am...and I am here.”*

Activity One—Questionnaire—For the Head/Body

(suggested time - 10 minutes)

MC reads aloud:

- *“Fear is a natural reaction to moving closer to the truth... The next time you encounter fear, consider yourself lucky. This is where the courage comes in...No one ever tells us to stop running away from fear. We are very rarely told to move closer, to just be there, to become familiar with fear.”* When Things Fall Apart—Pema Chödrön

Ruthie Landis

MM plays first fear selection, *Picnic at Hanging Rock*—Ascent theme music with Whoosh! while Participants answer questionnaire

MC facilitates:

- Now take a few moments of silence and write the answers to these questions in this Book.

1. Is Fear here right now? How do you feel it, sense it, and recognize it?

2. Is there something that makes it safe for you to talk about Fear? What do you need to make it safe?

3. How do you perceive Fear in others? How do you react to it when you perceive it in others?

4. Do you treat your own Fears the same way you treat Fear when perceived in others?

The Dance Between Fear and Joy

5. How could we create an experience where Fear was welcomed and encouraged to show itself, so we might befriend it, and work with it, without feeling too vulnerable, exposed, and shamed?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Two—What are you Afraid of?

(suggested time - 15 minutes including group discussion)

MC has Participants choose Partner from Dyad Bowl numbers and facilitates:
(suggested time 5—7 minutes for each person)

Part One

Person 1 asks: (Partner’s name) What are you afraid of?

Person 2—I am afraid of...(Example: I am afraid of telling you what I am afraid of.)

Person 1—Thank you. (Partner’s name) What are you afraid of?

Person 2—I am afraid of...(Example: I am afraid of acknowledging my fear.)

Person 1—Thank you. (Partner’s name) What are you afraid of?

Repeat the question and the Thank you about ten times going deeper each time until the bell rings. **MC** rings bell after 5 minutes and tells them to switch roles.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

MC has them move to next part.

Part Two

Person 1—(Partner’s name) Where do you feel these Fears in your Body?

Person 2—(Answer)

Person 1—Thank you. What is the sensation? If it had a voice what would it say? I feel ... **Keep it to sensory feeling words, not emotional feeling words.
Example: “I feel a tightening in my chest” as opposed to “I feel anxious.”

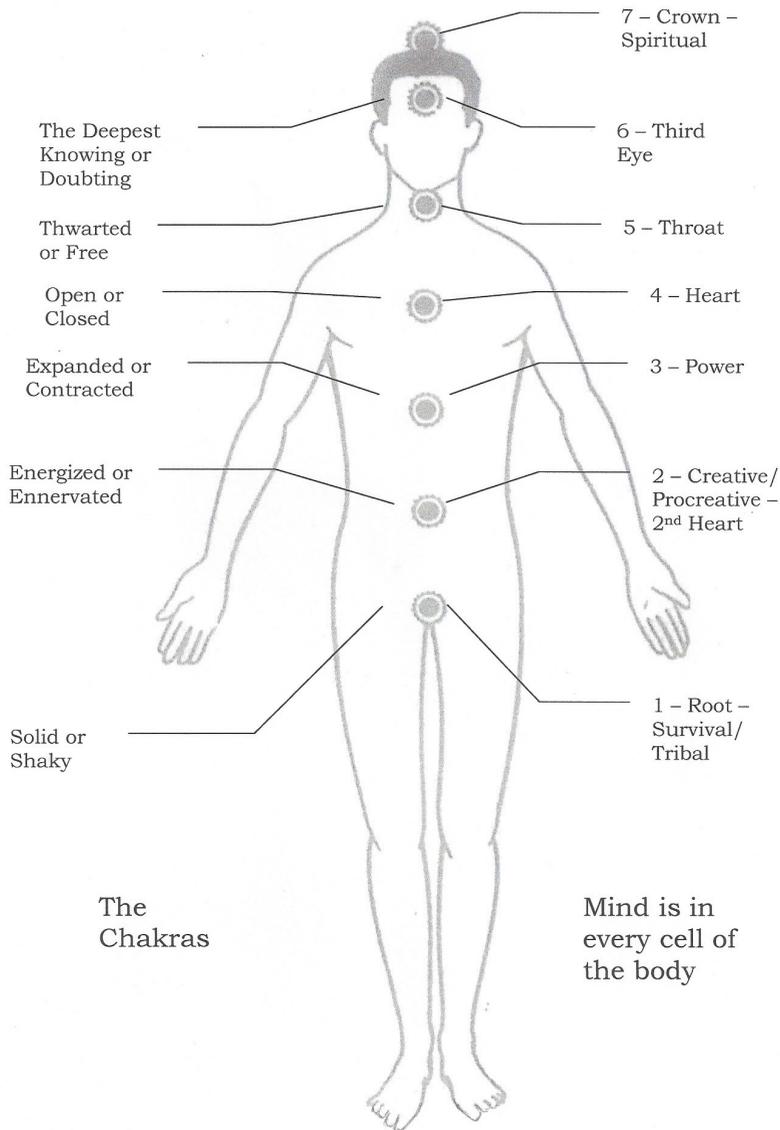
Repeat the question and the *thank you* about ten times going deeper each time until the bell rings. **MC** rings bell after 5 minutes and tells them to switch roles.

MC rings chime to transition into next activity. "I am (your name) and I am here."

Activity Three—Body and Creative Force

MC facilitates:

- *"Draw your discoveries in Chakra person with crayon. Notice what Chakras correspond with your Fear sensations."*



MC rings chime to transition into next activity. "I am...and I am here."

The Dance Between Fear and Joy

Activity Four—Questionnaire- For the Head

(suggested time - 10 minutes)

MM plays #2 music selection on Joy, *Wedding Music* by Fesliyan Studios, in the background while everyone writes answers to these questions.

MC reads aloud:

*Joyful, joyful, joyful,
As only dogs know how to be happy
With only the autonomy
Of their shameless spirit.*—Pablo Neruda

Definition of Joy. 1 a : the emotion evoked by a sense of well-being, success, or good fortune or by the prospect of possessing what one desires. Delight; the expression or exhibition of such emotion. Gaiety; a state of happiness or felicity: bliss.

1. When do you experience Joy?

2. What triggers or allows it to surface?

3. Are you ever afraid of Joy? Is Joy ever resistant to Fear?

4. How might you exercise the Joy muscle on a daily basis?

Take a 10-minute break for snacks and bathroom?

MC rings chime to transition into next activity. *“I am...and I am here.”*

Activity Five—For the Whole Self (suggested time 20-30 minutes)

Have Fun with this Activity. Loosen up. Be Brave.

Part One:

Everyone moves to another room or outdoors or where there is some space. Stand back to back with your former dyad Partner.

MM plays #3 Fear music—*“Jaws”* theme song by John Williams (when the shark is coming).

MC facilitates:

- *“Feel Fear in your Body. Feel it also through your Partner’s back. Keep feeling it as the music plays.”*
- *“Turn around, face each other and have Fear talk to Fear. You can use words, poses, sounds.”*
- *“Notice how you meet someone who is in their own fear while you are in yours.”*
- *“Process with your dyad Partner.”*

MC rings chime to transition into next activity. *“I am...and I am here.”*

MM plays #3 Joy—YMCA by Village People or *Dancing Queen* by Abba

The Dance Between Fear and Joy

Part Two:

- *“Turn around and stand back to back with your Partner again. How do you feel Joy in your body? How do you experience it through your Partner’s back?”*
- *“Turn around and face your Partner and have Joy talk to Joy—notice if any Fear is lingering. You can use words, poses, and sounds.”*
- *“Notice how you meet someone who is in Joy while you are in yours.”*
- *“Process with your dyad Partner.”*

MC rings chime to transition into next activity. *“I am...and I am here.”*

No Music.

Part Three:

- *“Partner One, hold the feeling of Fear in your Body. Partner Two, hold the feeling of Joy. Partners are back-to-back again. How do these different feelings express themselves through your backs?”*
- *Turn around and face your Partner and have Fear and Joy talk to each other. You can use words, poses, and sounds.*
- *Notice how you meet someone who is in their own Fear while you are in your Joy. How do the two interface with each other? Do they impact each other? Do they change each other? Do they enrich each other? Give this one the most time.*
- *Process with your dyad Partner.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Six—The Enneagram and Integration

(suggested time - 30 minutes or more)

*Refer to cheat sheet at the end of the *Getting Started* chapter that you may have flagged.

MC facilitates group discussion.

The Dance Between Fear and Joy



For notes, journaling, doodling, creating

GATHERING DESIGN #5

Receiving

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Markers and pens
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.
- Bring extra gifts in case someone forgets.

Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics.
- Have each participant bring a small gift, beautifully wrapped. You can give something used or new, something from a thrift or dollar store, less than five dollars in value. A gift from Nature is a wonderful possibility.

Ruthie Landis

Music Master (MM)

- *Neesa Neesa*, Robert Gass and *On Wings of Song*

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(*rings chime*) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

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MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present.

Whenever we start, it is always the Time to start.

What happens, is the only thing meant to happen.

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

Receiving

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into activity. *“I am...and I am here.”*

Activity One—Opening Circle (suggested time-10 minutes)

MC facilitates and reads:

- *“In a circle, standing, we all take each other’s hands to experience the unspoken bond of holding hands.”*

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- *“Can you put your attention on your hands and feel that giving is receiving and receiving is giving? Are you touching the person next to you or are they touching you?”*
- *“**Make a statement of intent:** What gift do you want to give yourself at this gathering? As you take personal responsibility for what happens here, throw your intentions aloud simultaneously into the middle of the circle.”*

MC rings chime to transition into activity. *“I am...and I am here.”*

Activity Two—Questionnaire for the Head

(suggested time - 10 minutes)

MC facilitates:

Answer these questions as honestly as you can without editing yourself. No one is going to look at these except you. If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some judgment or “should” arises? If you cannot answer the question from a completely honest place, write about your resistance to the question instead.

Receive

- to come into possession of, to acquire
- to act as a receptacle or container for
- to assimilate through the mind or senses
- to permit to enter: admit, welcome, greet
- to react to in a specified manner
- to accept as authoritative, true, or accurate—to believe
- to support the weight or pressure of—to bear

Receiving

1. Is it easy for you to Receive?

2. Is it easier for you to Receive from some people but not others? Explore.

3. Can you Receive without making the score even by giving back?

4. How do you feel in your body when someone gives you something? Where do you feel it?

5. Is it easy for you to Receive something you have bought for yourself? What are your rules around that? Example: It has to be on sale!

6. How easy is it for you to ask for things?

7. How does Receiving stir up issues around trust for you? How does Receiving bring forth issues around vulnerability or power?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Three—Listening as Receiving

(suggested time - 15 minutes including group discussion)

MC facilitates and someone reads aloud. Then **MC** leads group discussion.

Listening Rules

Thoughts about Listening and Reminders from Sacred Rules of Engagement:

- No fixing, no agreeing, no disagreeing—just listening. Are you conscious of doing that?
- Notice if you nod your head, feel the need to say something, etc.
- What are you suggesting about yourself in how you are reacting? Are you taking attention away from the speaker, or are you just present and Receiving?
- How as the listener, can you listen in a way that really lets it be about the speaker?

Receiving

Some Thoughts about Touch—Giving It and Receiving It

- When you touch someone what is your touch saying?
- Are you conscious and intentional with your touch?
- What parts of you open up/what parts shut down when you touch? Notice the flow of energy? Are there blocks and if so where are they in your body?
- Revisit your answer to question #4—How do you feel in your body when someone gives you something? Where do you feel it?

MC facilitates: (suggested time 15 minutes)

- *“Use the Dyad Bowl for finding your Partner. With your dyad Partner share your answers from questions 1-4 of the first Questionnaire. When you are the Listener/Receiver try to pay attention to the thoughts around Receiving Presence that we just discussed as a group.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Four—Music and Meditation for the Heart

(suggested time - 20 minutes)

MM plays *Neesa Neesa* by Robert Gass and *On Wings of Song* as MC reads visualization.

MC reads visualization:

Visualization:

Invite Participants to close their eyes.

- *“How do we shut down the energy around Receiving, shut down our enthusiasm—our WOW?”*
- *“What is the magic of a gift or a present?”*
- *“Imagine a time recently when you Received a gift.”*
- *“Did the gift say you love me or you don’t love me?”*

Ruthie Landis

- *How did you measure? Was there genuine gratitude on your part?*
- *Is there a place where Receiving gives you unadulterated joy?*
- *When did we stop believing that Love is here?"*

(pause)

- *"With your eyes still closed—Wiggle/adjust your body to get comfortable.*
- *After a few deep breaths, imagine you are looking up at a beautiful blue sky.*
- *Take a deep breath—turn your face up to the sun—feel its warmth.*
- *As you slowly begin to look down and away from the sky, you notice a park in the near distance.*
- *This may be a park you frequent regularly, one that you played in as a child, or perhaps even one that is purely the creation of your imagination.*
- *You begin to walk toward the park, and as you do, you see another child playing.*
- *As you move closer, the child sees you and begins to call out to you, waving at you in excitement.*
- *Please come and play with me, please come and play with me, the child says.*
- *As you approach, the child is standing at the edge of the park, holding out her or his hand, waiting for you to take it.*
- *You reach out your hand and put it in theirs.*
- *As you step onto the playground, you are transformed.*
- *By some magic, you are now the same size and age as this child.*
- *The child turns to you with a delighted smile and says, "Come on!"*
- *The child is just a step ahead of you, pulling you along, you start to run—I have so much to show you, the child says.*

Receiving

- *“The child leads you to some bushes and you crouch down to discover a litter of baby bunnies.”*
- *“The child wants to share this magical place—to see and feel together.”*
- *“Sparkly rocks, trees to climb, squirrels and chipmunks chasing and being chased.”*
- *“You roll down a grassy hill—giggling all the way down.”*
- *“At the bottom, you lay side-by-side and watch the clouds ‘What do you see?’ the child asks you..*
- *“From a distance you hear someone calling you back—‘I have to go,’ you tell your new friend.”*
- *“You stand up and walk hand-in-hand heading back to the park’s edge.”*
- *“On the way, the child stops to pick something up from the ground.”*
- *“Here, I want you to have this.”*
- *“The child places it in your hand—and you see that there is a shiny coin—it’s a buffalo nickel.”*
- *“Just feel how you feel taking that nickel.”*
- *“Look into the child’s eyes and see how much the child wants you to have it, the joy the child feels in giving it to you.”*
- *“How does it feel to receive it?”*
- *“You say goodbye—hugging each other tightly. ‘Promise you’ll come back again.’”*
- *“You look at the child one last time, before stepping out of the park.”*
- *“As you do, you are transformed back to your present self—the coin still held tightly in your hand.”*
- *“Take a deep breath and come back to the room and return to your dyad Partner bringing the gift you brought with you to the gathering.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Five—Dyads—For the Head, Heart, and Body

(suggested time is 20 minutes)

MC facilitates:

- Return to your dyad Partner in silence.
- Person One gives her/his gift to Person Two. Person One opens the gift. Notice what it is like to Receive this simple gift? Can you sense that there is love there? Notice everything that arises for you?
- Now **switch roles** and the Receiver becomes the Giver. The Receiver notices what it is like to Receive this simple gift? Can you sense that there is love there? Notice everything that arises for you?
- Now honestly share what it was like to Receive from each other.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Ten minute bathroom or snack break?

Activity Six—The Enneagram Exploration (suggested time 20 minutes)

MC facilitates:

Share how the act of Receiving is filtered through your Enneagram lens.

- If you are looking for security, safety or loyalty how does that impact your Receptivity?
- If you are looking for love, appreciation, acceptance how does that impact your Receptivity?
- If you are looking for control and empowerment how does that impact your Receptivity?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Receiving

Activity Seven—Closing the Circle (suggested time is your call)

MC facilitates:

Participants return to a circle.

- *“Turn to your right so everyone is facing someone’s back. Massage the shoulders of the person in front of you. “*
- *“Remember the thoughts around touch. What is your intention? As you are Giving a massage you are simultaneously Receiving one.”*
- *“Can you put your attention on both things at once, Giving and Receiving?”*
- *“Now turn around and face in the other direction. Practice bringing balance to your experience of both Receiving and Giving.”*
- *“Come back to your intention at the beginning of the gathering? What gift did you want to give yourself? See if you accomplished that and could learn to Receive from yourself.”*
- *“End with sharing single words that describe the gifts you Received from this gathering.”*

In Between

1. Write or draw in your book a thing you allow yourself to receive easily each day. See how you may be coming to Receiving differently.
2. Next time you think you are Giving something, reframe it for yourself as Receiving.
3. Take a walk in Nature and pay attention to all the things you are Receiving.
4. When you bathe or shower bring your attention to all you Receive from your body.

Ruthie Landis



For notes, journaling, doodling, creating

GATHERING DESIGN #6

Giving and Sacrifice

Materials:

Food Master (FM)

- Coordinate so that each Participant brings ingredients to cook food together. This meal is made as part of the gathering learning. Make sure that the things you are making together are easy to put together and that everyone can partake in this process. This is the closing activity of this gathering so perhaps you will need to change around times or just have light snacks at the beginning.

Prop Master (PM)

- Give yourself a break. No props. Ok. Maybe pens.
- Everyone is asked to bring something to give to charity.
- Do have the Dyad Bowl with numbers.

Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics.
- Have each Participant bring things to give to charity. (Coordinate with PM)

Music Master (MM)

- *I'll Give My Love*, Beth Nielsen Chapman

Ruthie Landis

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(*rings chime*) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

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Whenever we start, it is always the Time to start

What happens, is the only thing meant to happen

Intention

(communal and personal)

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6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into activity. *“I am...and I am here.”*

Activity One—Opening Circle—For the Heart

(suggested time - 30 minutes)

MC facilitates:

- Everyone puts the things they brought to give to charity on an ‘altar’ in the middle of the circle. Everything is made visible. People look around and see if there is anything they might like that is in the pile. Would they like to ask for that thing?

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- Each person shares why they chose to give away what they gave. Would they say it was Giving or a Sacrifice?
- There is a discussion about which charity to give these things to, and why that charity is most deserving.
- If there is anyone who would like one of the items, they have an opportunity to ask for it. And they have an opportunity to Receive it if the Giver agrees.

MC rings chime to transition into activity. *“I am...and I am here.”*

Activity Two—Questionnaire for the Head

(suggested time - 10 minutes)

Answer these questions as honestly as you can without editing yourself. No one is going to look at these except you. If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some judgment or “should” arises? If you cannot answer the question from a completely honest place, write about your resistance to the question instead. Write answers in the book.

1. Is it easy for you to Give? If yes, why? If no, why?

2. Is it easier for you to Give to *some* people but not others? Why is this? For example: I have a hard time if someone whom I have invited for dinner just shows up with another person without asking me if it’s ok. It appears I like to have control over which person I am Giving to and when I choose to Give.

Giving and Sacrifice

3. Can you Give without expecting anything in return? Be careful about this one. Go deep. Perhaps you think there are no attachments but be sure you are being honest. For example, in certain cultures they give a lot to their children but there is an expectation that their children must take care of them when they grow old.

4. How do you feel in your Body when you Give? Where do you feel it? Is it different when you Give to different people? How do you feel in your Heart when you Give? Are there thoughts associated with Giving? Be honest and specific.

5. Is it easy for you to Give to yourself? Note that a similar question was also in the Receiving gathering. Is it easier for you to Give to *yourself* rather than Receive from others?

6. Do you ever resent having to Give? If so to whom or when?

7. Does Giving ever make you feel powerful?

8. Does Giving ever make you feel secure?

9. How do you distinguish between Giving and Sacrifice?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Two—Intrusive Giving

(suggested time - 20-30 minutes)

MC facilitates:

- Choose dyad Partners using Dyad Bowl.

Part One

Partner One asks Partner Two: *“Do you ever feel like someone is intrusive in their Giving to you? How does it feel intrusive and why?”*

Partner Two answers and gives examples.

Partner One asks Partner Two: *“Do you think you have ever been intrusive in*

Giving and Sacrifice

your Giving? What made you intrude? How were you feeling in yourself when you were intruding in your giving?"

Partner Two answers and gives examples.

Partner One asks Partner Two: *"Was there a 'fall out' or negative impact when you were intrusively Giving?"*

Partner Two answers and gives examples.

Switch roles.

MC rings chime to transition into next activity. *"I am (your name) and I am here."*

Part Two

Partner One asks Partner Two: *"Thinking back on the times you have been intrusive in your Giving, and there were negative results, what awareness do you now have that would help you do things differently in the future?"*

Partner Two answers and gives examples.

Switch roles.

MC rings chime to transition into next activity. *"I am (your name) and I am here."*

Activity Three—Music and Meditation—For the Heart

MM plays *I'll Give My Love*, Beth Nielsen Chapman

MC rings chime to transition into next activity. *"I am (your name) and I am here."*

Activity Four—The Enneagram Exploration (suggested time 20 minutes)

MC facilitates and reads:

- *"The Enneagram number Two is singled out as the Giver. Because of their secret sense of unworthiness it is assumed that they are the Style that 'Gives to get,' meaning, they might get a sense of their value or lovability from being a good Giver. As we moved through the gathering so far we may have begun to see that all the Enneagram numbers and Centers of Intelligence can have their own challenges and agendas around Giving and Sacrifice. Have an open discussion about what you have realized*

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about your own patterns around Giving and Sacrifice and how it correlates to your Enneagram Style.”

MC rings chime to transition into next activity. “I am (your name) and I am here.”

Activity Five—Dyads—For the Head, Heart, and Body—Cooking and Eating Together and Closing the Circle (suggested time is your call)

Food Master (FM) facilitates:

Go for it! Work together, Giving and Taking, and Enjoy! And pay attention to how Giving and Receiving are a part of creating this meal.

In Between

1. Open your hands and close them. Meditate on what they have given and what they have received that day.
2. Write a simple children’s story or poem in the book about Sacrifice. Maybe from the point of view of an animal.
3. Make a fire and create a Sacrifice to the Great Mother Earth, in the form of flowers, pinecones, corn meal, or beans. Perhaps make a beautiful package filled with these things to Give to the fire with gratitude. In some Indigenous cultures this is called a despacho.
4. Make a list of people who have Sacrificed for you.
5. Give something away to a stranger for no good reason and see how it feels.

Giving and Sacrifice



For notes, journaling, doodling, creating

GATHERING DESIGN #7

Mundane to Magnificent: Walking the Heartfelt Journey

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Big table with dark solid colored cloth
- Baskets with nature objects, shells, pinecones, grass, rocks etc.
- Basket filled with Mundane objects like toothbrush, clock, kitchen utensils, sponge etc.

Pens

- Have Participants bring one item that symbolizes Mundane to them and one that symbolizes Magnificent.
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.

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Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics
- Each person should bring something that represents Mundane to them and one that represents Magnificent. (Coordinate with PM)

Music Master (MM)

- Mundane music, a monotonous beat (my son created some for me) or a repetitious jingle
- Magnificent Music, whatever you think, opera, symphony, something that builds to a crescendo—Be creative. It's Gathering Seven. You can do this!
- David Grand Biolateral music; Nice for group sculpture. I like the album *Beyond the Inner Mirror*.

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(*rings chime*) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, "I am (your name) and I am here."

Initial readings and consensus should last no more than ten minutes. This is to create a safe container and remind us to be intentional about mutual respect.

**** This is my only mandatory rule. In my experience, if you skip the following readings, things will fall apart and a cohesive group will not be created.**

MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present.

Whenever we start, it is always the Time to start.

What happens, is the only thing meant to happen.

Mundane to Magnificent: Walking the Heartfelt Journey

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

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MC rings chime to transition into activity. *“I am...and I am here.”*

Activity One—Relating to Mundane and Magnificent—For the Body (suggested time - 15 minutes)

Part One

MM plays Mundane Music while Participants hold their Mundane object in their hand.

MC reads aloud while Participants hold Mundane object and listen to music and readings:

Mundane:

- lacking interest or excitement; dull; humdrum: of this earthly world rather than a heavenly or spiritual one; ordinary

Quotes:

“Our daily lives are so mundane, we get taken over by what is immediately in front of us and we don’t see beyond that.” Benedict Cumberbatch, actor

“I like to make the mundane fabulous whenever I can.”—Rufus Wainwright, singer, songwriter

“Creativity is piercing the mundane to find the marvelous.” —Bill Moyers, journalist, political commentator

MC facilitates brief discussion about how it feels in your body when you enter the world of Mundane, as experienced when listening to the music.

Part Two

MM plays Magnificent Music while Participants hold their Magnificent object in their hand.

MC reads aloud while Participants hold Magnificent object in their hand and listen to music and readings:

Magnificent:

- splendid, impressive, elevated, exalted, awe provoking, extraordinary

Mundane to Magnificent: Walking the Heartfelt Journey

Quotes:

“A loving heart is a magical magnet for magnificence.” –Debasish Mridha, author

“Find a calm lake and wait for the twilight in silence! There, existence will visit you with all its magnificence!” –Mehmet Murat ildan, author

“There’s no better way to serve and nourish the magnificence in another person than to simply listen to them openheartedly and without judgment.” – Henry Kimsey-House, coach/trainer

MC facilitates brief discussion about how it feels in your Body when you enter the world of Magnificence, especially as you experienced the Magnificent Music.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Two—Meeting our Objects, Meeting Ourselves—For the Heart (suggested time 30 minutes or longer)

*If it is a large group break into dyads using Dyad Bowl to choose Partners. If it is a small group do this as a group activity.

MC facilitates:

- *“As you go around the circle taking turns, or are in dyads, each participant introduces their Mundane object speaking from an ‘I’ voice.”*
- *“Mundane/ordinary— ‘I am...’ Speaking as if you are the object or symbol.*
- *Example: (toothbrush) ‘I am useful and essential. I am soft in some places and hard in others. I help you stay healthy. I am unappreciated.’*
- *“Now participant speaks to the object: ‘You make me feel...I experience you as...’”*
- *Example: (Participant speaking to toothbrush) ‘You greet me each morning and are part of my ritual each night. I take you for granted. You give me a beautiful smile and take care of me. You didn’t cost me much but you are so important to me.’*

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- *“Now, do the same as above with Magnificent object, both parts, talk as if you **are** the object, and then talking **to** the object.”*
- *“Now, if they could speak to each other what would they say to each other? Think of them as puppets and you are the puppeteer creating a dialogue between them. Notice any metaphors that feel familiar to you about you as you do these exercises.”*
- *“After everyone has had a turn, either in larger group or in dyads, take a few minutes to jot down some discoveries, or journal about yourself in this book’s spare pages at end of this chapter.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Three—Questionnaire for the Head

(suggested time - 15 minutes)

MC facilitates: Please write answers in this book.

1. What are your judgments about the Mundane?

2. What are your judgments about the Magnificent?

Mundane to Magnificent: Walking the Heartfelt Journey

3. What is a gift the Mundane/ordinary gives you?

4. What is a gift the Magnificent gives you?

MC rings chime to transition into next activity. "I am (your name) and I am here."

Activity Four—Exploring the Enneagram through the Lens of Mundane/Ordinary and Magnificent/Extraordinary—For the Head (suggested time 30 minutes)

MC facilitates:

- Using the Enneagram cheat sheets for reminders, explore in a group discussion how your Enneagram lens informs how you experience Mundane and Magnificent.

Remember:

The Heart or Worth Styles: Afraid of failure, being worthless, not being special or valuable, not being needed, being alone.

The Gut or Power Styles: Afraid of being powerless over life, over others and how they behave, over other's incompetency, prejudices, conflict, areas of control that impact you.

The Head or Security Styles: Afraid of not having enough money, resources, expertise, freedom, joy, time, respect, support and friends.

MC rings chime to transition into next activity. "I am (your name) and I am here."

Activity Five—Mundane and Magnificent United—the Creative Force (suggested time is your call)

MM plays David Grand Biolateral music or some energizing and contemplative music, combining Mundane and Magnificent together.

MC facilitates:

- *“On the large table create a group Art Piece with objects from selections from baskets, Mundane and Magnificent, and if you choose to add your own objects that you brought, you can. Don’t worry, you can take them back home.”*



Activity Table Group Sculpture Mundane and Magnificent

- *“After the group sculpture is completed walk around the table a few times looking at it from all angles. Then take turns describing the whole sculpture saying “You are...”*

Example: “You are complex and colorful.”

MC asks: *“How does the Mundane Interface with the Magnificent? What do they have to teach each other?”*

Activity Seven—Closing the Circle

Be creative; maybe you dance! Music Master, this is up to you!

In Between

1. Take your objects that represented Mundane and Magnificent and put them in a place of honor in your home.
2. Gather Nature objects regularly, pretty ones and plain ones, and weave them into art, or place them on an altar in an intentional way.
3. Look up the nature artist Andy Goldsworthy online. Get inspired. Buy a book of his creations and photography to stimulate your own creations. His work goes in your “backpack.”
4. Give gratitude to the Mundane things you take for granted.

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For notes, journaling, doodling, creating

GATHERING DESIGN #8

Faces of Judgment

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Pens and Crayons
- Nature sticks, gathered from under trees—to be used as Talking Sticks—enough for everyone
- Construction Paper
- Cut Big Hearts out of construction paper, enough for everyone. Take a piece of the construction paper, fold it in half, and cut half of a heart. When you open it, Voila!
- Decorative stickers
- 2 vases on an altar in center of circle, one with fresh flowers, one with dry, dead weeds
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You

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are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.

Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics.

Music Master (MM)

- *GodLovesUgly*, Atmosphere
- *Neesa Neesa*, Robert Gass and *On Wings of Joy* (used in another gathering)
- *Trying to Love You*, Beth Nielsen Chapman

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
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Faces of Judgment

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Activity One—Allowing Judgment

****The following activities were taken from Ruthie's Loving the Ugly© Workshops (suggested time - 10 minutes)**

MC facilitates and reads Visualization and Activity Prompts:

- *“Let us invite the UGLY into the room, and into your hearts and bodies. See if you can allow yourself to come from a place of honesty and humanness, making it safe for yourself not to edit, prefer, or resist. See if you can enjoy your process with this freedom.”*
- *“If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some Judgment or ‘should’ arises?”*
- *“Think of someone you hate, loath or who really irritates you ... or someone you love who does things you hate. Think of a specific quality that really drives you crazy about this person—something they do that makes you want to smash in their face. What do they do that drives you nuts? You are so familiar with their behavior you could do an impersonation of this person.”*
- *“Close your eyes and think about this person and what irritates you most about them. And then scan your body and notice the qualities of sensation that arise. Notice where you feel the rejection and Judgment of this person in your body.”*
- *“How do you release your feelings toward this person? Do you communicate directly to them or talk about them behind their back?”*
- *“Go to the pages at the end of this chapter and feel free to draw Ugly pictures of this unacceptable person. Or call them names, writing these down. Let it all hang out. No editing please.”*
- *“When you are in the presence of this person, do you feel sad/belittled, angry/protective, powerless/defensive? Write this down in the pages at the end of this chapter. How do you act toward this person when you are feeling these things?”*

MC rings chime to transition into activity. *“I am...and I am here.”*

Faces of Judgment

Activity Two—Everything is a Teacher (suggested time 25 minutes)

MM plays *GODLOVESUGLY*, Atmosphere

MC asks someone to read aloud:

The Guest House

*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture.*

*Still treat each guest honorably,
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.*

*Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

—Rumi

MC asks:

- *“How might the things we Judge about others most harshly be our greatest teacher?”*

MC facilitates group discussion.

MC rings chime to transition into activity. *“I am...and I am here.”*

Activity Three—Partner as Mirror and Talking Stick

(suggested time - 30 minutes or more)

Part One

MC facilitates and reads:

- *“Talking Sticks have been used in indigenous cultures to give undivided attention to the speaker. When you have possession of the Talking Stick you have ‘the floor’ and nobody is allowed to speak or interrupt you. The listeners must wait their turn, and listen in as neutral a way as possible, meaning suspending Judgment until they have fully received what the speaker has said.”*

Prop Master (PM) brings out Dyad Bowl so people can find their perfect Partner and mirror.

PM passes out talking sticks to each dyad.

- *“Sit across from your Partner, knee to knee, face to face.”*

MM plays *Neesa Neesa* by Robert Gass as **MC** reads over the music with the following visualization.

MC reads Visualization—Remembering the Ugly/Unacceptable

- *“Sitting across from your Partner, close your eyes, take yourself back in time to when you first heard the word Ugly, or that what you ‘did’ or who you ‘were’ was unacceptable.”*
- *“Who was there?”*
- *“How old were you?”*
- *“How did you feel?”*
- *“Now sense what decision you made in that moment around that Ugly or unacceptable part of yourself.”*
- *“Bring your adult self into the scene, and see your adult self sitting down next to your younger self. Acknowledge that you understand that decision. Just sit for a moment with this younger self as you accept his or her decisions around what she or he perceived as ‘unacceptable.’”*

Faces of Judgment

- *“When you feel ready open your eyes and come back into the room. Reconnect with your Partner in silence.”*

Part Two

MC facilitates:

- *“Refer to your drawings or notes about the unacceptable person you know.”* (suggested time for each person’s rant is 5 minutes)
- *“Person One, (holds the talking stick) stand over Person Two and act out your Judgments, doing impersonations of the person you Judge. No editing! Be an actor. Show your Partner what the person you Judge is like and what they do to irritate you.”*
- *“Person Two, sit below Person One and listen with presence, no commenting, no agreeing or disagreeing, as neutral as possible.”*

MC rings chime to **switch roles**.

- *“Now it is Person Two’s time to do the same as Person One just did, referring to your own drawings and notes. Person Two, you are now standing while Person One sits below you, listening with presence, no commenting, no agreeing or disagreeing, as neutral as possible.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Part Three

MC facilitates a group discussion.

- *“What did it feel like to be the person ‘Down’ listening? What did it feel like to be the person ‘Up’ ranting and impersonating full out?”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Four—Exploring the Enneagram and Judgment

MC facilitates a group discussion.

- *“How does your Enneagram Style affect your preferences of right and wrong, good and bad, Ugly or Beautiful?”*

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- *Do you notice a direct relationship with what you value about yourself and undervalue in another based on the way you view the world?*
- *Is your way really better or is it just different?"*
- **Use your cheat sheets in *Getting Started* if you need some reminders.*

Activity Five—Owning What is Disowned (suggested time 15 minutes)

MC facilitates:

- *"Write one word in the note section after this chapter that describes the person you are Judging. A word you really do NOT identify with. Like selfish, or controlling, or mediocre."*
- *"After doing this, **everyone**, one at a time, please stand and say the word aloud that you wrote in this book about the person you Judge. Example: **Selfish**. Then you must say aloud in front of the whole group, even if you are gagging while saying it, "I am (that word)." Example: "I am selfish." Or "I am controlling." Or "I am mediocre."*

MC rings chime to transition into next activity. *"I am (your name) and I am here."*

Activity Six—Reframing the Ugly (suggested time 15 minutes)

MC facilitates:

- Person One tells Person Two their UGLY word. Example: Selfish.
- Person Two claims that word for themselves and says as an example: "I am selfish and this is how being selfish serves me. It allows me to take better care of myself, and then I have more to offer etc."
- Person One, has now heard how this disowned part of themselves might sometimes be a good thing. They now reclaim the word they Judged and say "I am selfish" (or whatever). Does it feel a little different now?
- **Switch roles.**

Faces of Judgment

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

MC asks Partners to face each other knee to knee again.

MM plays *Neesa Neesa (again)* by Robert Gass as **MC** reads over the music with the following visualization.

See-Saw Visualization

- *“As you face your dyad Partner I invite you to soften your gaze in such a way that you begin to see your Partner morph into a 4 or 5 year old. It is easy to see, just look, and watch as they move back through their time line, until you see them at the age of 4 or 5. At the same time, as your heart opens and softens to this sweet child in front of you, allow yourself to be propelled back in time until you feel the presence of your own small self, a child of 4 or 5.*

(pause)

- *Now close your eyes and imagine yourself on a teeter-totter, up and down, up and down, now you are up, now you are down, now you are up, now you are down. The seesaw takes you up high above your Partner, and then whoosh, down below, and each time you move from high to low or low to high you feel yourself pass through a center point where you are both equal, neither higher nor lower. You enjoy this shifting of positions, up and down, higher and lower. You want to go up and enjoy coming down and see your Partner at that middle point when you are equal, that place of complete equanimity, where you are both the same.*

(pause)

- *And as you pass through this center place, a thought arises in you. A healing message comes to you that you wish to share with your new friend, something you need and want to tell them. It’s just a simple phrase or sentence or word. You both feel your toes on the ground now, balancing perfectly in this equal place. You gently open your eyes and gaze into the eyes of your new friend as if looking into a mirror.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Seven—Heart Notes (suggested time 15 minutes)

PM distributes construction paper hearts to each person. The Hearts are folded down the center to look like half a heart.

MC facilitates:

- *“Using crayons, markers and stickers write the message you received to tell your new friend on the inside of the paper heart. Decorate the outside of the heart and print your own name, much like a Valentine.”*
- *“Now give this heart and the message to your Partner as a gift, but once you receive it don’t open it up just yet. You have exchanged hearts.”*
- *“Partner One reads the message out loud to the person who gave it to them saying their name first. Example: ‘Ruthie, being selfish is ok.’ Read it three times.”*
- *“You realize the message gift that you gave was not meant for the other person, it was meant for you.”*
- **“Switch roles. Partner Two does the same.”**
- *“Now return the heart to its rightful owner (you!) and read your message to yourself.”*
- *“Remember the person that you Judged, the one who drove you crazy, and say your message to them as you say it to yourself.”*
- *“As you reveal that you and that person are the same you say, ‘I know you in myself.’”*

Activity Eight—Closing the Circle (suggested time your call)

MC facilitates:

Everyone joins hands in a circle.

MM plays *Trying to Love You* by Beth Nielsen Chapman.

As everyone faces their mirrors of friends in the big circle the **MC** reads Rumi poem again.

Faces of Judgment

The Guest House

This being human is a guest house.

Every morning a new arrival.

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture.*

*Still treat each guest honorably,
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.*

*Be grateful for whoever comes,
because each has been sent
as a guide from beyond.*

-Rumi—

In Between

1. Each time you feel annoyed at someone and are feeling judgmental, pause and say to yourself "I know this in myself."
2. Claim this disowned part that you are judging and try to see its value, even just a little bit. Make a collage of your disowned parts. Put it in a visible place of honor.
3. As you practice being less judgmental of others, practice even harder to be less judgmental of yourself.

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For notes, journaling, doodling, creating

GATHERING DESIGN #9

Blindspots: Perceiving and Re-perceiving

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Large table
- A basket of feathers and rocks
- A blindfold for each person
- Markers and pens
- Runes, I-Ching, or a deck of Inspiration or Medicine Cards as described In *Getting Started* and there are suggestions in Resources at the back of this book
- Have each person bring a pair of tinted sunglasses. There is a recommendation in Resources at the back of this book where people can purchase special Chakra colored glasses if they want. I love them! Coordinate with the CM.
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc depending on the number of Participants for

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the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.

Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics.
- Have each person bring a pair of tinted sunglasses. There is a recommendation in Resources at the back of this book where people can purchase special Chakra colored glasses if they want. I love them! (Coordinate with PM)

Music Master (MM)

- *Patterns*, from the musical *Baby*, Barbara Brussell version

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(rings chime) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

*Initial readings and consensus should last no more than ten minutes. This is to create a safe container and remind us to be intentional about mutual respect. ** This is my only mandatory rule. In my experience, if you skip the following readings, things will fall apart and a cohesive group will not be created.*

MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present

Whenever we start, it is always the Time to start

What happens, is the only thing meant to happen

Blindspots: Perceiving and Re-perceiving

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into activity. *“I am...and I am here.”*

Activity One—Intention and Intuition (suggested time - 20 minutes)

MC facilitates:

Each person shares who they are and what gift they want to give themselves around their own Blindspots.

MM plays *Patterns* sung by Barbara Brussell as Participants listen silently.

PM lets each participant choose a feather from the basket.

MC :

- *“Exploring Blindspots can be hard and feel exposing so the feather is to remind us to be light and gentle with ourselves.”*
- *“Each person Intuitively chooses either a rune, or from the power deck or medicine deck, or I-ching.”*
- *“Read your card or message and makes some notes about it in this book on the note pages that follow this chapter. See how that relates to your Intention for the gathering.”*
- *“Share your message with the Group.”*

MC rings chime to transition into activity. *“I am...and I am here.”*

Activity Two—Questionnaire for the Head

(suggested time - 10 minutes)

Answer these questions as honestly as you can without editing yourself. No one is going to look at these except you. If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some judgment or “should” arises? If you cannot answer the question from a completely honest place, write about your resistance to the question instead. Write all this in your book so you can refer back to it at a later time.

What are Blind Spots?

- a portion of a field or situation that cannot be seen
- an area in which one fails to exercise judgment or discrimination

Blindspots: Perceiving and Re-perceiving

1. Think of a situation from the near or distant past where a conflict arose, a misunderstanding where you were caught off guard or taken aback by something unexpected, and where you felt off balance, disturbed, or blamed. Ask yourself what was hiding underneath your obliviousness. See what comes.

2. Jot down some notes about this experience of conflict or misunderstanding. Make observations around the thoughts you had about it. What feelings followed these thoughts? What decisions did you make and what actions did you take or want to take but chose not to?

3. Try to remember if a similar situation has happened to you in the past. Jot down some notes about it. What is the pattern?

4. What do you think your Blindspot is in this particular pattern?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Three—Moving in the Dark for the Body

(suggested time - 20 minutes including group discussion)

MC facilitates:

- *“Cover eyes completely and move about a small, designated space. Move slowly so as not to stumble. How do you perceive this slice of the world with no sight? How do you navigate it?”* (2 minutes)

Bell rings. Transition.

- *“Now move your blindfold so your eyes are half covered and move around in the same place you just did. You can see only a little bit. How has your perception changed? How did you navigate this differently?”* (2 minutes)

Bell rings. Transition.

- *“Now take off your blindfold completely and move around in the same place again. How has your perception changed? How did you navigate this differently?”*
- *“Group share or dyad share depending on the size of the group. What did you notice about navigating in the dark?”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Four—Enneagram Exploration around Blindspots

(suggested time - 30 minutes including group discussion)

MC facilitates: Group discussion

- *“Relate the data you gathered from your physical experience and your questionnaire answers to your Enneagram types in terms of Blindspots or distortions. How do you navigate certain situations or communicate with others when your Blindspot is dominating the experience?”*
- *“Use the Enneagram to help identify your Blindspots. Using the ancient model of points of view, patterns of thinking, feeling and behaving, how might your Enneagram lens create distortions or blindspots?”*

Blindspots: Perceiving and Re-perceiving

- *“Why does the Blindspot not want to be seen? How does it believe it is serving you? Once it’s seen, then what?”*
- *“Discuss how our Blindspots preserve our ego structure and our beliefs around shame, security, or vulnerability and how they live in the shadows.”*

Remember:

The Heart or Worth styles: Afraid of failure, being worthless, not being special or valuable, not being needed, being alone.

The Gut or Power styles: Afraid of being powerless over life, over others and how they behave, over other’s incompetence, prejudices, conflict, areas of control that impact you.

The Head or Security styles: Afraid of not having enough money, resources, expertise, freedom, joy, time, respect, support and friends.

MC rings chime to transition into next activity. “I am (your name) and I am here.”

Activity Five—Re-perceiving (suggested time - 10 minutes)

MC facilitates:

- *“Put on sunglasses or color-tinted glasses. How does the world look different? Jot some notes down in this book in the pages after this chapter. Then share with the person next to you.”*

MC rings chime to transition into next activity. “I am (your name) and I am here.”

Activity Five—Holding our Blindspot Lightly—Circle Closing

MC facilitates:

- *“Holding your feather as a reminder of gentleness, stand in front of the group or with the person next to you, depending on the size of the group, and say “I now see you (name Blindspot).” “I move you from background to foreground with awareness and understanding.”*

In Between

1. Every time you put on your tinted glasses ring a bell inside of you to move your blindspots from background to foreground. Use them when you are having a conflict with someone.
2. Make an art piece with eyes.
3. Share with a buddy or on Facebook Group about the times when you have caught one of your Blindspots.
4. Use your feather as a reminder to gently ask yourself, "What am I not seeing in this situation?"

Blindspots: Perceiving and Re-perceiving



For notes, journaling, doodling, creating

GATHERING DESIGN #10

Self-Forgiveness

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Create an altar in center of circle
- Basket of small rocks (lots and lots of them)
- Garbage bag for each participant with a string long enough to tie around their waists
- Each participant brings a photo of themselves as a small child
- Each participant brings a pillow
- Some signs out of construction paper with these labels: Self, Spouse/ Partner, Parents, Children, other Family, Work/Colleagues, Friends, God/ Universe, Life
- Some plastic basins filled with water
- Some candles and matches
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for

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the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.

Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics
- Bring a photo of themselves as a small child and a pillow (coordinate with PM)

Music Master (MM)

- You choose! You will need several pieces of music that stir the heart. One that is soothing. One that is jarring and angry like African or Japanese drumming.
- *Neesa Neesa* by Robert Gass and *On Wings of Song* (We have used this for other gatherings when we are conjuring up the Inner child, so it is familiar.)

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(rings chime) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

Initial readings and consensus should last no more than ten minutes. This is to create a safe container and remind us to be intentional about mutual respect.

**** This is my only mandatory rule. In my experience, if you skip the following readings, things will fall apart and a cohesive group will not be created.**

Self-Forgiveness

MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present

Whenever we start, it is always the Time to start

What happens, is the only thing meant to happen

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into activity. *“I am...and I am here.”*

MM plays soothing flute music while Participants answer Questionnaire.

MC facilitates:

Activity One—Questionnaire for the Head

(suggested time - 10 minutes)

Answer these questions as honestly as you can without editing yourself. No one is going to look at these except you. If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some judgment or “should” arises? If you cannot answer the question from a completely honest place, write about your resistance to the question instead.

1. What is Forgiveness?

2. What does it feel like to Forgive others?

- In your Head?
- In your Heart?
- In your Body?

Self-Forgiveness

3. How does it feel to be Forgiven?

- In your Head?
- In your Heart?
- In your Body?

4. Have you ever Forgiven yourself? If so, what for? What did it take to be able to Forgive yourself?

5. Think of something you feel you want to Forgive yourself for right now. But you just can't. What is your story around this?

6. How do you know Forgiveness has really taken place, toward yourself or others?

7. What have you ever gotten out of Forgiving yourself or somebody else?

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Two—Naming and Owning What Has Not Yet Been Forgiven (suggested time - 20 minutes)

MM plays jarring and angry music during this activity, like African or Japanese drumming.

PM has set up piles of rocks in stations labeled with a sign for each of the following (e.g. Self, Spouse/Partner, Parents, Children, other Family, Work/Colleagues, Friends, God/Universe, Life)

MC facilitates:

- *“Take a bag and begin gathering rocks from the stations that apply to your life. Put a rock in your bag to represent anyone in your life, including yourself, who you have not yet Forgiven. Be honest about this, not in denial.”*
- *“Then use the string to tie the bag filled with rocks somewhere on your body so you will feel the weight of them. You will wear these until near the end of the gathering.”*
- *“Walk around with them. Take a bathroom break. Get a snack. How does the weight impact your living?”*
- Group discussion about how it feels to carry the rocks around.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Self-Forgiveness

Activity Three—This is Why I Don't Forgive You

(suggested time - 20 minutes)

MC facilitates:

- “Use the Dyad Bowl to find your ‘meant to be’ Partner.”
- “Partner One imagines someone they have not yet Forgiven and has Partner Two play that person. Partner One tells Partner Two who that someone is that they are going to be playing. Example: ‘You are my friend who...’”
- “Partner One says: *‘I don’t forgive you and this why...’* (give all the reasons).”
- “Partner Two is silent and just listens. Then says: *‘Tell me more.’*”
- “Partner One says: *‘I don’t forgive you and this why...’* (gives **more** reasons).”
- “Partner Two is silent and just listens. Then says: *‘Tell me more.’*”
- “Partner One says: *‘I don’t forgive you and this why...’* (gives still **more** reasons).”
- “Partner Two is silent and just listens. Then says: *‘I hear you.’*”
- **Switch roles.**

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Four—The Unforgiven Child for the Heart, with the help of the Enneagram (suggested time 15-20 minutes)

MM plays *Neesa Neesa* or other inner child music while **MC** reads visualization and facilitates:

- If possible have Participants lie on the floor comfortably with the pillow that they have brought with them. If not just have them sit comfortably. Have them position themselves with their heart and arms open.

Visualization:

(Read slowly taking long pauses frequently)

- *“Imagine yourself going back and back and back through the timeline of your life. Back to your adolescence. Try to remember a time you got in trouble for something. Picture the scene. What were the sounds? The smells? Where were you? Who was involved? What did you do or get blamed for?”*

(pause)

- *“Feel the shame. Where do you feel that shame in your body? Feel your face and eyes especially. What message do you give yourself?”*

(pause)

- *“How might that message be connected to your Enneagram style? Is it a belief around your worth or value? Do you feel unlovable? Do you feel that you might be abandoned? Do you feel unsafe? Do you feel threatened or vulnerable? Do you feel powerless? Just stay with the belief and the message that you get through your feelings of blame and shame.”*

(pause)

- *“Now move back in time again. Back through pre-teens. Back through grade school, all the while scanning the memories of when you disappointed someone or got in trouble. Notice your beliefs. Notice if you ever really felt Forgiven.”*

(pause)

- *“Now you are very little. Remember a time when someone was angry or disappointed in you. Notice what you thought and felt. Remember the message you gave yourself.”*

(pause)

- *“Now take the pillow that you brought and hold it in your arms. Imagine that the pillow is your younger self, the one in the photo you brought. If you can, try to tell the child that you Forgive her or him. Tell the child they are Forgiven.”*

(long silence, 1-2 minutes)

Self-Forgiveness

Activity Five—The Weight of it All for the Body

(suggested time total - 20 minutes)

PM lights candles on the altar.

MC facilitates, saying to Participants:

- *“Remain where you are and replace the pillow with the weight of your bag of rocks, moving the bag to your Head, then your Heart, then to your Belly. Feel the weight.”*
- *“The poet Rumi said, ‘Out beyond ideas of wrongdoing and rightdoing there is a field. I’ll meet you there.’*
- *“Now stand up and move to one of the basins with water and decide if there is a rock you are willing to bathe, Forgiving. Be specific about who or what you are Forgiving. Now place the rock or rocks on the altar. See if there is one or many rocks you are ready to release now. If not, no worries. You are not ready and you can take the rocks home with you. We all can take our bag of rocks with us and in our own time we can bathe them and release them.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Six—Closing Circle (suggested time your call)

MC facilitates:

The Participants stand in a circle with their bags. They look at the other Participants across from them and say to one or many (whatever feels authentic) aloud, “I forgive you.”

In Between

1. Create a Forgiveness Mudra, a physical gesture or stance that helps you remember to forgive yourself.
2. See if you can release a rock or two from your bag...if you are ready. Bathe the rock and give it back to the earth.
3. Wear a special item of clothing that is especially Forgiving that makes you feel good about yourself.
4. Make a list of all the things you are working to forgive yourself for. Then see if there is someone you haven't forgiven yet and connect the dots between forgiving yourself and forgiving them.

Self-Forgiveness



For notes, journaling, doodling, creating

GATHERING DESIGN #11

Loneliness and Love

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Create an altar in center of circle
- Bring photos from magazines that represent Loneliness so there are extras. Place on altar. Ask Participants to bring a photo that represents loneliness that they are willing to let go of, could also come from a magazine or Xerox a personal photo.
- Pens
- Glue sticks.
- Large poster boards for group collage
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.

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Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics
- Bring a photo from a magazine or somewhere that represents Loneliness (coordinate with PM)

Music Master (MM)

- Some soothing flute music (tons on YouTube)
- *Sand and Water*, Beth Nielsen Chapman (first song on the album with the same name)

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(rings chime) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

Initial readings and consensus should last no more than ten minutes. This is to create a safe container and remind us to be intentional about mutual respect.

*** This is my only mandatory rule. In my experience, if you skip the following readings, things will fall apart and a cohesive group will not be created.*

MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present.

Whenever we start, it is always the Time to start.

What happens, is the only thing meant to happen.

Loneliness and Love

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.
7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

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MC rings chime to transition into activity. *“I am...and I am here.”*

MM plays soothing flute music while Participants answer Questionnaire:

Activity One—Questionnaire—For the Head

(suggested time -10 minutes)

Loneliness: isolation; being unhappy with being alone;
one can feel alone in the midst of many.

Answer these questions as honestly as you can without editing yourself. No one is going to look at these except you. If you have resistance to a question, see if you can sit with the resistance for a moment and be curious about it. Is the question hard because some judgment or “should” arises? If you cannot answer the question from a completely honest place, write about your resistance to the question instead.

1. What does loneliness mean to you? What is it?

2. When do you feel lonely?

3. In those moments of loneliness, what keeps you disconnected from **others**?

Loneliness and Love

4. In those moments of loneliness, what keeps you disconnected from **yourself**?

5. When you feel lonely, where do you feel it in your body? Close your eyes and scan your body to help remember.

6. Can you sense if there is any fear behind the loneliness, something you may be afraid of, when you feel lonely? List three possibilities.

7. How do you treat yourself when you are lonely? Do you get busy, withdraw, collapse into hopelessness, focus your attention on others, or get argumentative?

MC rings chime to transition into next activity. *"I am (your name) and I am here."*

Activity Two—Embracing Loneliness for the Heart

(suggested time - 40 minutes)

MM *Sand and Water*, Beth Nielsen Chapman

After the song is over:

MC facilitates and reads:

“We are born alone, we live alone, we die alone. Only through our love and friendship can we create the illusion for the moment that we’re not alone.”—Orson Welles, actor

Then:

1. Use Dyad Bowl to find their perfect Partner.
2. In dyads discuss what they discovered from their questionnaire answers.
3. Ask each other “How can Loneliness be delicious?”
4. Instead of avoiding it what could be the benefits of embracing it?
5. Ask each other if they feel Lonely right now, and if not why, why not?
6. First hold their Partner’s hand.
7. Then hold their own hand.
8. Share what the difference is.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Three—Loneliness and the Enneagram

(suggested time total - 30 minutes)

*Feel free to refer to your cheat sheets from *Getting Started*.

MC facilitates group discussion:

- *“How does your Enneagram Style experience Loneliness? (Please only speak from your own experience. We do not speak about or for others.)”*
- *“What creates the disconnection for your Style?”*
- *“What can you do to reconnect?”*

Loneliness and Love

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Four—Write a Story or a Poem for the Creative Force (suggested time total - 30 minutes)



Example of Loneliness Photo

MM plays more flute music.

MC facilitates:

- *“Retrieving the magazine photo or other photo you brought to represent Loneliness, use the notes pages at the end of this chapter to write a made-up short story or poem about the photo you chose.”*
- *“Return to your dyad Partner and share your short story or poem.”*
- *“How was the made-up story also about you?”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Five—Closing Circle (suggested time your call)

MC facilitates:

- *“Make a group collage with your Lonely pictures putting them all together on large poster board with glue sticks.”*
- *“What do you all see?”* Group discussion.

MC reads:

*“Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting—
over and over announcing your place
in the family of things.”*
—excerpt from *Wild Geese*, Mary Oliver

- Close the circle holding hands while **MM** plays *Sand and Water* by Beth Nielsen Chapman again.

In Between

1. Reach out to someone that you have been afraid to reach out to until now.
2. Make friends with a squirrel, a bird, a bug, or a tree. Feel connected with them.
3. Give a star in the night sky your name and every time you see it say hello to yourself.
4. Talk to your Buddy or Facebook Group about how you each belong.

Loneliness and Love



For notes, journaling, doodling, creating

GATHERING DESIGN #12

Wholeness

Materials:

Food Master (FM)

- Coordinate brunch or whatever meal or snacks are decided upon

Prop Master (PM)

- Ask each participant to bring a ceramic or special bowl from home.
- Ask each participant to bring a mirror (buy some extras at the Dollar Store in case people forget).
- Create an altar in center of circle
- On the altar place one Whole Orange and others sliced into pieces, sitting on a plate (enough that everyone could have a slice)
- Get the book from the library or wherever, *The Missing Piece Meets the Big O*,
- by Shel Silverstein and put it on the altar in center of circle as symbol
- Markers, crayons, and pens
- Colorful construction paper, scotch tape, and scissors, enough for everyone
- Dyad Bowl will have numbers written on paper ready in a bowl. Two 1's, Two 2's, Two 3's, etc. depending on the number of Participants for

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the gathering. Each person chooses a number and whoever shares your number is your Partner for this experiment. There are no accidents. You are meant to have this Partner. If there is an extra person the **MC** can choose a dyad to join.

Communication Master (CM)

- Emails everyone with a reminder to bring their books and other logistics
- Tells Participants to bring a ceramic bowl (coordinate with PM)
- Tells Participants to bring a mirror (coordinate with PM)

Music Master (MM)

- Tribal drumming music suggestions (lots of choices!): *Shaman Drums*, James Asher, *Shamanic Dream*, Anugama, *Tibetan Bowl Sound healing*, Diane Mandel
- Whale Sounds Reiki CD
- *In Beauty We Return*, R.Carlos Nakai
- *Wholeness* by Sounds of Isha

Master of Ceremonies (MC)

- Chime
- Preparation for Facilitation
- Note that **MC** can participate in all the activities in addition to guiding them if they choose.

Activities:

MC—(*rings chime*) to transition group to begin activities. Each time **MC** rings the chime each participant stops where they are, even in mid-sentence and says, “I am (your name) and I am here.”

Initial readings and consensus should last no more than ten minutes. This is to create a safe container and remind us to be intentional about mutual respect.

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*** This is my only mandatory rule. In my experience, if you skip the following readings, things will fall apart and a cohesive group will not be created.*

MC facilitates asking people to read sections aloud from the passages below.

Whoever is present, are meant to be present

Whenever we start, it is always the Time to start

What happens, is the only thing meant to happen

Intention

(communal and personal)

We create a kind and accepting community. In our Time together we practice safe sharing and awareness. We have a mutual respect for each other and share a common desire to learn more about ourselves and grow. We commit to bring our learning back into our lives and into the world. Now, take a moment, close your eyes, get present, and ask yourselves what gift you personally want to receive today.

Sacred Rules of Engagement

Designed to Create Safety, Trust and Acceptance

1. There is no preference—everything is right, everything is wrong ... there is only “what is.”
2. Safety and acceptance creates the field from which all creativity, heart connection and transformation flourish.
3. Taking responsibility for our own actions and reactions is a sacred trust.
4. Criticism squashes freedom of expression in others. Judgment and/ or approval are simply allowed to arise in this sacred space. Observe them silently, in yourselves, with curiosity.
5. Honoring our Resistance with Awareness allows our Fears to arise and dissolve.
6. We are acting simply as “witnesses” for each other, and ourselves. Therefore—advice, fixing, or interpretations are not appropriate in

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this sacred space. Notice these when they arise and hold them in the silence of your own heart. Notice if the advice might really be for you.

7. What we see and hear during our time together remains private and confidential.

***MC** opens up discussion about each of these rules, then asks if everyone agrees to them, and if not more discussion is necessary. Do not continue, if there is not general consensus. One of the responsibilities of **MC** is to hold Participants to these rules.

MC rings chime to transition into activity." *I am...and I am here.*"

MM plays tribal music while Participants answer Questionnaire:

Activity One—Questionnaire for the Head

(suggested time -10 minutes)

1. When in your life have you felt most Whole? Explore.

2. When in your Life have you felt most broken, fragmented, or missing pieces? Explain.

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3. How do you treat yourself and others when you feel less than Whole?

4. If the bowl you brought here is YOU, what is it filled with? Write down as many aspects of yourself that you can think of, including things you value about yourself and things you don't particularly value.

MC rings chime to transition into next activity. "I am (your name) and I am here."

Activity Two—Puzzle Pieces—for the Body and the Creative Force (suggested time - 30 minutes)

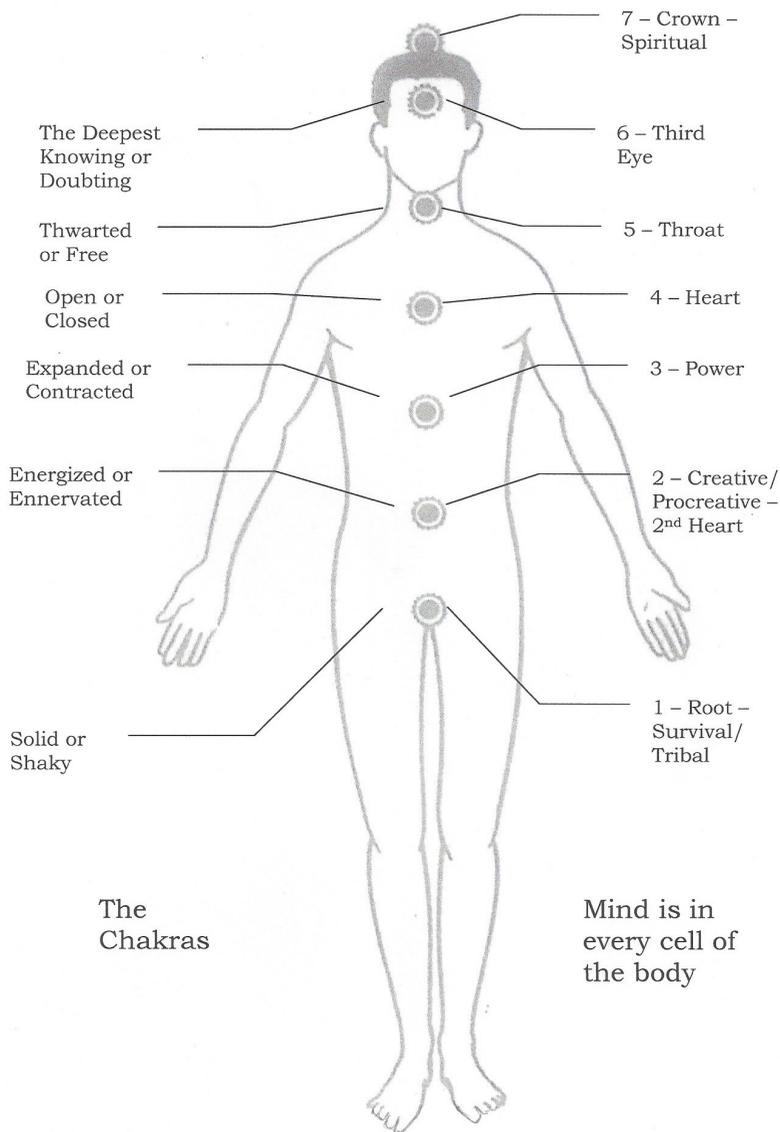
MM plays whale sounds/music during this activity

MC facilitates:

Part One

- *"Scan your Body asking to observe what parts feel connected, and what parts feel disconnected."*
- *"Take a crayon and draw what you have observed in your body on Chakra person."*

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MC rings chime to transition into next activity. "I am (your name) and I am here."

Part Two

- *"Take a piece of construction paper and with crayons and markers write or draw everything that you can think of that you 'are' that makes you Whole, including the Beautiful and the Ugly."*

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- *“Then take scissors and cut the paper in squiggly ways, like making a puzzle, into many pieces. No one can do this wrong! Then put all your pieces in the special bowl you brought. Then set it aside.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Part Three

- **PM** passes the Dyad Bowl and they find their ‘meant to be’ Partner and take their bowls with them.
- They share what they discovered about the drawing and the puzzle of Wholeness with their dyad Partner.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Three—A Whole World, A Whole Person— The Enneagram (suggested time total - 30 minutes)

MC facilitates and reads:

- *“We have been spending the last eleven gatherings looking at our core Enneagram Styles, their strengths and Blindspots. What if we looked at the Enneagram Styles that feel **least resonant** with us, individually? Which ones do we need to develop more in ourselves, since we have all of them potentially within us. Some Enneagram teachers say the nine Enneagram styles are nine faces of the Beloved. Which are under-developed in you?”*
- *“In the notes section at the end of this chapter write about which Enneagram Styles you would like to work on developing to enhance your Wholeness. Remember Wholeness is not stagnant, it is ever growing from its Whole seed.”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

MC facilitates group discussion of what they found they want to develop.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Four—What’s in the Mirror? (suggested time total - 15 minutes)

MM plays *In Beauty We Return* by R.Carlos Nakai

MC facilitates and reads Visualization.

- *“Hold your mirror and look at yourself.”*

Visualization: Reclaiming Wholeness

(Give lots of **long pauses** between bullet point prompts)

- *“As you look at yourself in the mirror notice your first reactions. What do you see?”*
- *“Notice where your eyes go first.”*
- *“Notice what judgments arise.”*
- *“Notice what thoughts come.”*
- *“Notice how you feel in your body.”*
- *“Now look deep into your own eyes. Put all the attention on your eyes: long, wide, and deep. The well is infinite as are you.”*
- *“Now drop into your heart. What does it want to say to you?”*
- *“How can you accept and love ALL that you are?”*

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

Activity Five—Reclaiming Wholeness

(suggested time total - 15 minutes)

MC facilitates:

- Each participant retrieves some scotch tape and puts the pieces of their puzzle back together, taping as they go.
- *“It doesn’t matter that there is tape holding your puzzle together. We all have our tape. The tape is acceptance and love.”*
- They place their reclaimed puzzle on the altar in the middle of the circle.

MC rings chime to transition into next activity. *“I am (your name) and I am here.”*

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Activity Six—Our Wholeness is Part of All That Is and Closing Circle (suggested time your call)

MC facilitates and reads:

“As we have been walking in the world of acorns, caterpillars and aspen trees and have been listening to the wisdom of the great teachers and meditating and listening to ourselves and each other, we have come to some new awarenesses.

“One of the realizations, although we thought we made the plan or there really wasn’t a plan, is that there is a plan, an evolving magnificent plan for the whole human family, one of peace and freedom, health and joy, challenge and growth, caring and continuing creativity. We were designed to participate in developing it, and now, after all our stumbling around blindly, we are invited to commit to participate actively in it.”

—Who Creates the Future: Discovering the Essential Energy of
Co-Creation by Francis Rothluebber

MM plays *Wholeness* by Sounds of Isha

PM passes the plate of orange slices as each person takes one and eats its deliciousness.

After *Wholeness* by Sounds of Isha ends:

MC reads:

“This final quote is from me, Ruthie to you. If we are to create a Whole world that is kind, accepting and loving we must begin with ourselves. Wherever you are, we are walking together on this journey. Long, wide and deep. We are connected. We are developing. You are me and I am you. Make decisions that include your heart, as well as your head and body/gut. Honor your worth and the worth of others, remembering that our ultimate worth rests in the gift of life itself. Speak your truth kindly and clearly and be respectful of the truth of others. Acknowledge your moments of fear and joy with gratitude. Embrace them both. Remember that receiving is giving and giving is receiving. Make mundane magnificent and magnificent mundane. Try not to judge your judgments while knowing from whence they came. Clean your mental and emotional glasses frequently. Set

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yourself free with self-forgiveness, thanking shame for her part in getting you there. Hold this to be true; we are never alone because we are a part of all that is. And reclaim your wholeness for the sake of humankind and our whole glorious world."

In Between

1. Put your puzzle and bowl in a prominent place. Remember your puzzle can grow and you can create bigger ones with bigger pieces.
2. Look in the mirror daily, diving deep into your eyes. Ask your heart to love what is in those eyes. Practice accepting the unacceptable.
3. Consciously develop all your Enneagram Styles, remembering there are Nine Paths to Oneness.
4. Ask the Creative Force to participate more frequently in your life.
5. Consult with your Body with gratitude as often as possible.
6. Invite your Heart to all of your experiences.
7. Offer gratitude to your Head for all the ways it helps you.
8. Allow Nature to give you messages and open to those messages.
9. You don't need to develop your Intuition. Just **listen** to it.

Wholeness



For notes, journaling, doodling, creating