

NOTES ON MINDSHIFTERS & STILLPOINT BREATHING WORKSHOP

INTRO

1. Short meditation to invite Spirit and set our intention to be willing and open to the process.
2. Welcome, introduce yourself and Facilitators
3. This is an experiential workshop. What does experiential mean?
You learn by doing, not by talking about it. Talking is not understanding, doing is understanding.
(JOKE: 2 doors, 1st door has sign = Workshop on Heaven, 2nd door = “Go to heaven.”
Most people choose the workshop door. In this example, we think more info. is better than experiencing heaven, because we can go to our minds for evidence to support the choice to go to the workshop. But the thought of going to heaven, to experience something we don't have convincing info for in our minds, is too scary or uncomfortable. Which will you take?)
4. This workshop is not a shortcut to doing your work; your worksheets; your forgiveness work. This workshop enhances the work that you have done.
5. You have chosen to go to a “not knowing” or unfamiliar place today because you want a different experience in your life. Which means you can't figure it out in your head. Your Spirit knows what you are to experience here today. Let go and trust the process.

PREQUISITE

Be Coachable

When needed, during this experience, you will be given guidance or assistance by your Partner or a Facilitator. You may think you are breathing correctly or that your mouth is open enough, but you need to trust their guidance. Listen to them and allow them to help you have an optimum experience.

MINDSHIFTERS SEGMENT

Purpose: to take you to files or layers of files that you didn't know you had or that were connected.

Process and Procedure:

1. You will be given a statement that you randomly choose. This statement is yours to work with because the energy of it was chosen by your Spirit.
2. Take a sheet of paper and draw a line down the middle, top to bottom. (Show example) (Does everyone have paper and pens/pencils?)
3. I want you to pick two numbers and write them at the top of your sheet of paper.
The First Number: 1, 2, or 3
Second Number: 1-13
Remember: Your Spirit is guiding your energy to make the perfect selection for you.
4. Tell me your numbers and I will tell you the MindShifter statement that your Spirit has chosen for you to work with. If someone else has the same number as you, write down the statement whenever you hear it in order to shorten the time by repeating.
5. Write that MindShifter statement at the top of your page over the left-hand column.
6. The column on the right side of the paper is where you write whatever comes up in your thoughts when you write or think about your MindShifter Statement.

7. You will write the statement and any thoughts on the right side until you exhaust your thoughts on the subject.
8. When you get stuck and there is no more to write, go back to the left side and write the statement.
9. Keep writing even if you are writing your MindShifters statement over and over again until you get something else to write down that the statement brings up for you. It may seem totally unrelated and nonsense. Don't question it. That is the process and it is working.
10. There are no "right" statements in response to your MindShifters statement. The more you write the better your preparation for StillPoint Breathing.

DO NOT THINK ABOUT WHAT TO RESPOND TO THE STATEMENT.

IF NOTHING COMES IMMEDIATELY, WRITE THE MINDSHIFTER STATEMENT AGAIN AND AGAIN UNTIL SOMETHING DOES. IT USUALLY TAKES ABOUT 15-20 MINUTES FOR YOUR MIND TO "GET IT" AND TO ALLOW YOU TO LET GO AND NOT TRY TO CONTROL THE PROCESS.

There is no talking during this time.

REMEMBER TO BREATHE!

You may stay in this room or go to another location in the bldg. BUT no talking.

QUESTIONS? (I want to see constant writing from you, unless you have hand cramps and need to give your hand a rest.)

IT IS NOW (State time) We will stop at (State time). (30 minutes minimum)

PRESENTER:

1. Periodically remind people to breathe.
2. If people are in different rooms, visit each room occasionally to remind them to breathe and to assist them if they need help.

At the end of the time period, give everyone a quick bathroom break.

Gather everyone together to PROCESS THE MINDSHIFTERS WRITING EXPERIENCE - approx. 15 Min.

LOVE EXCHANGE

Pick a partner for StillPoint Breathing and sit with your chairs facing each other side-by-side or knee-to-knee.

In order to create the Love energy of support that is needed for the StillPoint Breathing experience, we will do a Love Exchange. In fact, Michael Ryce recommends that you do this 3 times a day; twice with others and once with yourself in the mirror.

One person will be Light, the other is Peace. Decide between you who will be Light and who will be Peace.

(Who will send first? Light and Peace, will receive.)

Explain Sender process:

Sender (Light) Closes their eyes

Thinks of love by visualizing or remembering something that takes them to a depth of feeling that Love.

The Sender opens their eyes and looks into the eyes of the Receiver (Peace) and sends that Love through your eyes, like water spouting out of your eyeballs to the Receiver (Peace.)

Explain Receiver process:

Keep your eyes open while the Sender is going to their place of Love to get the feelings.

When the Sender opens their eyes, look into their eyes and receive that Love.

After they have been sending Love to you through their eyes for a few minutes,

Wave your hand in front of their face to see if you can feel any sensation on the palm of your hand.

Reverse roles: Senders become receivers, and vice versa.

PROCESS the Love Exchange Experience. Discuss what they felt or experienced.

This is an important part of the process in order to set the intention and be able to hold the space of Love.

STILLPOINT BREATHING SESSION

The purpose is to open up the energy channels and to allow your Spirit to assist you through Connected Breathing to let go of disintegrative energy in your system, to let go of your files massively and quickly. This is an enhancement, not a replacement for using your tools or a substitute for doing your work. The connected breathing is common in people who do not make their transition quickly as in trauma deaths. If you talk to a hospice worker, they will confirm this. At the time of transition, we let go of our stuff if given the time to do so.

PARTNER'S ROLE (The person holding the space of Love and support for the Breather)

First Priority: Actively hold a space of support and Love for your partner while they breathe. It is not a time to go into meditation, take a nap, read a book, etc. Nor is it a time to provide "comfort" because you are uncomfortable that the Breather's stuff has come up. Your role is to facilitate the energy to move through and out of them as they release their files.

You can provide some reminders when you make certain observations OR you can raise your hand and a trained Facilitator will come to assist.

It is important that the Partner stay in a space of Love, where no judgment exists.

If you are not successful with any of the following, raise your hand for a trained Facilitator.
You may remind or coach (no nagging) your partner on the following:

1. If Partner observes that the breaths are not connected, the Partner may lean close to the Breather so they can hear your connected breathing and get back into rhythm.
2. Get Breather to Breathe so that you can hear their breath. The Darth Vader breathing from the back of the throat. Demonstrate it for them as you breathe with them. **(Have audience practice breathing from the back of the throat using connected breaths. Make sure everyone is comfortable with connected breathing.)**
3. Breather needs to Breathe deeply enough for you to observe that the chest rises and falls. If the Partner observes that the Breather's upper chest is not rising and falling, the Partner may VERY LIGHTLY place their hand on the upper chest where it needs to rise and fall and very quietly whisper, "breathe into upper chest."
4. Assist relaxation of Breather.
 - a. The first sign of tenseness is a furrowed brow. VERY LIGHTLY stroke the furrowed brow, just at the top of the nose, between the eyes, and stroke toward the top of head. Stroke a few times until the brow relaxes. Might whisper very softly, "soften."
5. Keep slack jaw with mouth open
 - a. VERY GENTLY press down on their chin and say, "open your mouth wide" or "relax your jaw."
6. Partner starts to tighten up and starts to cry or get emotional.
 - a. stroke brow, say "relax" "breath through it" "let go"
 - b. breathe with them so they can hear your rhythmic connected breathing
 - c. If the tenseness continues or escalates, get a trained Facilitator.

BREATHER'S RESPONSIBILITIES

You have heard my assistance points for Partners. Here are the ones for Breathers.
I repeat: Be Coachable. It is in your best interest to do so.

Example: You may not have your jaw relaxed and your mouth hanging open when you are breathing. A Facilitator or your partner will remind you of that and your part is to relax your jaw and let your mouth hang open.

Example: You may start to tighten up and get tense and want to cry. Your partner or the Facilitator will tell you to relax, breathe through it. You have come here today to let go, so breathe through emotional energy that comes up.

If your mouth becomes dry, it will not be a problem after a few minutes. Focus on your breathing and not on swallowing. After awhile you won't need to swallow. Your job is to focus on your breathing.

Closing remarks before beginning StillPoint Breathing

Know that this a safe and healing place to look at anything.
Trust your Divine Presence inside you.
You will only experience what you allow to show up.

Be willing to go to a “not knowing” place and trust the process.
Be willing to go through the physical, mental, emotional experience.

How long does it take? It takes as long as it takes.

We will take a break after everyone is finished in this group.

PLEASE HONOR EVERYONE’S EXPERIENCE BY REMAINING QUIET WHEN YOU ARE FINISHED AND LEAVE THE ROOM TO HAVE YOUR CONVERSATIONS.

There is food and drink in the Office. As everyone finishes breathing, please go to the Office for nourishment.

When everyone has had something to eat, we will gather together to debrief and process your experience. (To Affirm their good work.)

Then, we will reverse roles and start the second session.

QUESTIONS?

SECOND STILLPOINT BREATHING SESSION

Same process as first.

Gather together when everyone finished for debrief of experiences.

Affirm their good work.

CONCLUSION

Invite Love Offering and the Love Offering Jar location. Make checks out to Unity Church.

Remind people to hang around after they finish to debrief and process.

ALSO, NEED HELP TO CLEAN UP THE CHURCH BEFORE LEAVING.