

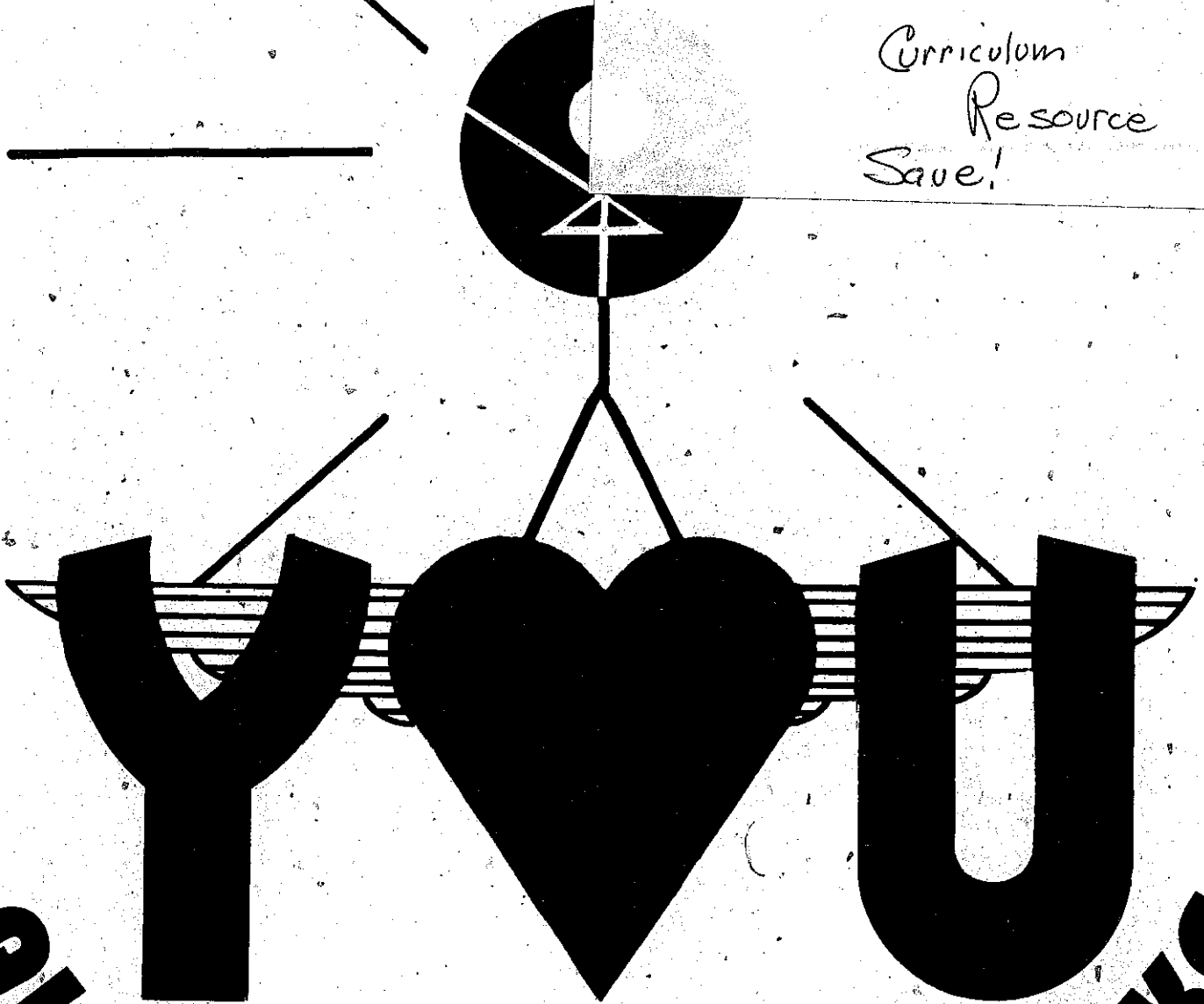


ASSOCIATION OF UNITY CHURCHES®

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ALIVE ★ **ALERT** ★ **AWAKE**

Y.O.U. Conference 1995

Family Workshop Leader's Guide

Compiled by Carol Gardner

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Introduction

1995 Youth of Unity Conference Family Materials

Theme: *Alive, Alert, Awake*

Concept:

Y.O.U. Conference '95 will provide a loving, gentle, safe environment in which participants will be exposed to the idea of "waking up" to their divinity through the tools of remembering who they are, practicing awareness, acknowledging their childlike innocence, listening, and loving, and to understand that this is an ongoing process.

Purpose:

To provide a safe small group environment in which participants can share, experience, and practice Truth in an atmosphere of love, respect, acceptance, empowerment, openness and fun.

Preparation:

Thank you for your prayerful preparation for Conference and for thinking through these materials to develop your own clarity. This will give depth to the principles you are presenting. It is important that you do not read this material to your group (except where indicated), but be completely familiar with it so that you can facilitate an interactive sharing that involves everyone. Many Y.O.U'ers who have attended conferences before have stated that the workshop family time is a highly transforming experience.

The handouts and materials will be provided for you including the tape for the mandala and "I love Myself the Way I Am." Please plan to arrive early to find your workshop space and check to be sure your supplies are complete. Also plan to eat at 5:00 p.m. before the leaders meeting as you will be attending the all adult meeting at 6:30 p.m.

You will need to bring:

- A cassette player (with batteries)
- Soft and lively cassette music
- Your prepared, open, loving self

Family workshop leaders meeting Saturday 5:45 p.m. in AE 3 & 4.

All Adults Meeting 6:30 in AE 3 & 4

Thank you for being present at these meetings.

Thank you for your love, prayer, and commitment.

Carol Gardner

Eleven Commandments for Workshop Leaders
(Excerpts from works by Moses and other important people)

- 1) Thou shalt work to create an environment of love and trust.
- 2) Thou shalt strive to see the Christ in all of one's students and peers.
- 3) Thou shalt remember that feelings are neither right nor wrong; they just are.
- 4) Thou shalt strive to talk less than the most quiet member of the workshop.
- 5) Thou shalt begin and end all workshop sessions at the designated time.
- 6) Thou shalt prepare physically, spiritually, and emotionally prior to each workshop session.
- 7) Thou shalt use the enclosed workshop material as a framework on which to build the content of the sessions adding meaningful insights from one's own experience or from the experience of thy students whenever appropriate.
- 8) Thou shalt strive to remain open to the guidance and direction of the Spirit within.
- 9) Thou shalt hold in the strictest of confidence all thoughts and feelings shared by one's students unless to do so would result in physical harm to oneself or others.
- 10) Thou shalt remember that while thou art officially a "leader" thou art also a follower and fellow traveller on the journey of self-discovery.
- 11) Thou shalt enjoy thyself, grow, and prosper as a result of this experience.

'95 Y.O.U. Conference Workshop Family Material
Theme: "Alive, Alert, Awake"

Saturday Evening

Family Workshop 1

8:00-9:30 p.m.

FOLLOWING: The Opening in Activities Center (workshop leaders will be introduced at that time)

CONCEPT: **AWAKENING THE DIVINITY/LOVE WITHIN**

OBJECTIVES:

1. To introduce theme of Conference
2. To introduce each other and get comfortable with the group
3. To establish agreements

SCRIPTURE: *Sleeper, awake! Rise from the dead, and Christ will shine on you*
 (Eph 5:14)

AFFIRMATION: "Love is alive in me now as I awaken to my divinity."

LE ROY'S SONG FOR THE DAY: "Alive, Alert, Awake."

ACTIVITIES:

1. Opening Prayer	centering	2 min.
2. What's Your Name	learn names	5 min.
3. Knots	play and learn names	10 min.
4. Centering	focus group	3 min.
5. Introductions	get acquainted	15 min.
6. I have never...	relax with group	10 min.
7. Group Agreements	create safe space	10 min.
8. Seed of Divinity/Meditation	introduce theme	15 min.
9. Discussion of Conf theme	explore awakening	15 min.
10. Massage Train/Prayer/Hugs	provide touch/closing	5 min.

MATERIALS:

seashells for everyone, M & M candy (enough for each person to have 10), chart paper, markers, masking tape, seeds, tape player, quiet music.

ROOM PREPARATION:

Tape chart paper to wall; set up tape, put up affirmation.

Activity 1 Opening Prayer

To center the group

2 min.

Directions:

Lead a short prayer to relax and connect the group.

Activity 2 What's Your Name?

To learn names in a fun way

5 min.

Materials: None

Preparation: Practice pattern

Directions:

Group sits in a circle. Leader models this pattern: pat hands on thighs twice; clap hands twice; snap fingers twice. . .pat pat, clap clap, snap snap. . .pat pat, clap clap, snap snap. Everyone joins in the rhythm. Beginning with the leader, say first name on the snap snap. The second person says the first name (on snap snap) and then own name (on next snap snap). Continue around the circle and have leader do all the names to finish.

Example: Pat pat, clap clap, John-ny (snap snap); pat pat, clap clap, Sa-ra (snap snap).

Activity 3 Knots

To get comfortable with the group/learn names

10 min.

Materials: None

Preparation: None

Directions:

Have group stand in a circle and put BOTH hands into the center of the circle (DO NOT PUT IN ONE HAND AT A TIME AS THIS MAKES IT VERY DIFFICULT). Each person is to join hands with TWO DIFFERENT people and not the person next to him/her. When everyone has joined hands, tell them to gently untangle the knot without letting go of hands although hands may untwist. (Some people may be facing outward when untangled.) Before dropping hands, each person must learn the name of the person on either side whose hand he/she is holding. (You may end up with more than one circle.)

If your group does this quickly, they may want to do it again without talking.

Activity 4 Centering

To refocus group

3 min.

Directions:

Ask the group to sit in a circle, close their eyes and take a few deep breaths and become centered. Allow a short silence or say a brief opening prayer to relax and become focused for the following activity. Include today's affirmation:

Love is alive in me now as I awaken to my divinity.

You may want to have a sign-up sheet to get volunteers to do the opening prayer for each upcoming workshop. Ask them to include the concept and the affirmation for that day.

Activity 5 Introductions

To get acquainted with one another

15 min.

Materials: Seashells

Preparation: Place seashells in center of circle

Directions:

Sit in circle,

1. Leader introduce yourself and tell how you feel about leading the workshop.
2. Have each person choose a seashell that in some way represents them.
3. Leader start; go around the circle and have each person tell:
 - a. name
 - b. where you are from
 - c. how long in Y.O.U.
 - d. how the seashell represents you.

Activity 6 I Have Never. . .

To relax and have fun with group

10 min.

Materials: Enough M & M candies for each person to have 10.

Preparation: None

Directions:

Sitting in a circle; leader passes out 10 M & M's to each person. Say, "We are going to go around the circle and say things we've never done." For example, you might say, "I've never visited Alaska" or "I've never fallen asleep in school." Any person who HAS done that thing must eat one M & M. We'll continue until only one person has any candy left. Remind them to say things that won't embarrass others. For example, saying, "I've never had sex," might be true but could embarrass other people.

Leader then begins by completing the phrase, "I have never. . ."

Activity 7
Group Agreements

To establish guidelines for a safe space at Conference

10 min.

Materials: Chart paper, markers, masking tape.

Preparation: Tape chart paper to wall.

Explain: The importance of having agreements is to make the family a safe place to be. . . think about what would make this group safe enough for you to feel comfortable sharing. Brainstorm agreements on the newsprint on the wall.

Be sure to include:

1. Be on time—if one person is late, it affects whole workshop.
2. No put downs/criticism/sarcasm/interrupting.
3. Giving loving attention to each person sharing, eye contact.
4. No right or wrong answers.
5. Right to pass.
6. What is said here stays in the group.

When the group has completed the list, ask for commitment to the agreements (everyone sign or put thumb print). **KEEP THE AGREEMENTS ON THE WALL** and refer to them during week if needed.

Activity 8
Seed of Divinity

To introduce theme

10 min.

Materials: One seed for each participant.

Preparation: None

Directions:

Give each person one of the “acorns” or seeds provided. Have the group discuss what will “wake up” the acorn and make it grow? How is this ACORN like the Divinity within us? Have them discuss the Divinity within themselves and what is needed to wake up to that divinity.

Meditation

To expand on seed of divinity

10 min.

Directions:

I invite you to close your eyes on your next breath. I also invite you to become still and relaxed. Become aware of your breath as you tune out all the sounds and distractions in your head. As you breathe in, say to yourself, “I am committed to my full potential.” As you breathe out say to yourself, “And it is revealed to me now.” . . . Repeat this to yourself a few times as you become more relaxed. . . (pause). . . We are all in one family. . . connected at the heart in love. . . In some way our roots are all connected and supporting each

other. . . If you are at a point in your life where you feel some sort of lack or need to change. . . know that God is with you. . . You are perfect just the way you are, right now. . . through affirming love and faith you are watering that very seed which contains your dreams. . . your full potential. . . your divinity. . . being in the presence and the love of God, you are now wherever you are in your life. . . perfect, whole, and growing. . . That seed within you contains all you are and all you ever need to be. Continue in the silence for a moment knowing you are God's beloved. . .

Activity 9 Group Discussion

To explore the Conference theme

15 min.

Materials: None

Preparation: None

Input for Leader on Theme: Tonight we explore the idea of spiritually awakening. This week we will explore the idea of “waking up” to our divinity through the daily themes of remembering who we are, practicing awareness, acknowledging our childlike innocence, listening, and loving, and to understand that this is an ongoing process.

Workshop Leaders: Please encourage a general discussion based on the following questions to explore the theme. . . encourage participation. . . keep it open to lots of ideas not just one or two. Become comfortable with silence.

Group Discussion:

1. Open up a discussion on my expectations when I came to Conference. . . why did I come? What am I looking for?
2. What does it mean to me to spiritually awaken?
3. What are some distractions that keep us from “being awake” to our divinity (day to day)?
4. What might distract us at Conference?
5. How might we find what we are looking for at Conference?

Activity 10

Closing: Massage Train, Prayer, Hugs

To provide touch, closing

10 min.

Directions:

Sit or stand in a line (maybe a circle if that works) and massage shoulders briefly. Reverse and massage the person behind you. Say a closing prayer with everyone affirming,

Love is alive in me now as I awaken to my divinity.

AND HUGS FOR EVERYONE.

GROUP MOVEMENT: Return to Activities Center by 9:45 p.m., for vespers.

Sunday Evening

Family Workshop 2

7:45 - 9:45 p.m.

FOLLOWING: LeRoy's Concert

CONCEPT: REMEMBERING (WHO YOU ARE)

OBJECTIVES:

1. To continue getting to know each other
2. To become aware of our distractions
3. To remember (and affirm) who we are and our oneness with each other

SCRIPTURE: *Beloved, we are God's children now (I Jn 3:2).*

AFFIRMATION: (we will create our own individual affirmations)

LE ROY'S SONG FOR THE DAY: "I Wanna Be Brand New."

ACTIVITIES:

1. Spiritual family reunion	get acquainted	10 min.
2. Opening - centering	focus group	5 min.
3. Discussion	intro daily theme	15 min.
4. Today's tool	intro Bells of mindfulness	10 min.
5. Guided meditation	dialogue with divine being/write	15 min.
6. Creating affirmations	truth about me	10 min.
7. Sharing affirmations	affirm each other	10 min.
8. Eye to eye	divinity in others/oneness	15 min.
9. Memory books	take home appreciation	20 min.
10. Closing circle	feelings	5 min.

Materials:

Handout on affirmations (H-1), tape player, quiet music, Memory Books, markers, pens, paper.

Room Preparation: None

Activity 1

Spiritual Family Reunion

To continue becoming comfortable with the group

To acknowledge our spiritual nature

10 min.

Directions:

Leaders, this is an energetic way to greet each other. Instruct everyone that we are at a spiritual family reunion. . . we are a spiritual family even if we have never met before. We are going to greet one another and hug (looking at name tags and saying the name) as if we are long lost family members that we have not seen for a long time. Try to greet everyone in the workshop. This is our spiritual family reunion party so be enthusiastic. Leader demonstrate, and LET THE PARTY BEGIN!

Example: "Hi John, how have you been? It's sure great to see you!" (hug) go to next person. Continue to everyone.

Activity 2
Opening Centering

To center the group

5 min.

Directions:

Have a volunteer lead a short centering meditation that focuses on “Remembering who you are.”

Activity 3
Group Discussion

To explore daily theme

20 min.

Materials: None

Preparation: None

Directions:

Let the group have an open discussion for several minutes about the daily theme: (some suggestions)

- What does the daily theme “Remembering Who You Are” mean to you?
- How might waking up from sleep in the morning be like awakening to your divinity?
- What distractions get in the way of my remembering who I am day by day?
- How does remembering who I am relate to the theme of Conference?
- How can I be in constant remembrance of who I am? (Introduce tool below)

Activity 4
Today's Tool

To introduce Bells of Mindfulness

10 min.

Materials: None

Preparation: Be familiar with “bells of mindfulness.”

Directions:

Let someone explain what “bells of mindfulness” are.

Additional information for leader: Many years ago, church bells served as “bells of mindfulness”—a reminder to come into remembrance of God. In some cultures, this is still true.

Brainstorm: To use this tool, let common sounds during the day bring us into remembrance. . .like the telephone when we are home. Let the group brainstorm other sounds to serve as “bells of mindfulness” here at Unity Village (such as the Bell Tower or a bird). What might you do when you are aware of “bells of mindfulness?”

Activity 5 Guided Meditation

To dialogue with divine being on inner qualities/writing

15 min.

Materials: Paper and pen for each person.

Preparation: Pass out paper and pen to each person

Directions:

Instruct everyone to get in a comfortable position, but one in which they can remain alert. Read the following meditation.

Close your eyes—relax your body completely. . .begin to quiet your mind. . .say to yourself, “Peace be still. . .Peace be still. . .Peace be still.”

Now imagine you see a holy presence standing before you. . .it may be Jesus or an angel or a being of light or any advanced being you admire that represents the essence of love to you. . .(pause). . .Notice this presence looking at you. Notice him/her looking at you lovingly. . .and humbly. . .Now begin to imagine all the names you might give this presence. . .as you do this come from a heart full of love. Say to the presence whatever words come to mind such as. . .you are loved. . .you are joy. . .you are my friend. . .you are divine. . .each time you breathe out repeat another name. . .if one name appeals to you particularly repeat it several times or rest in it lovingly for a moment. . .Now continue to create your own names (or qualities) for this loving presence. . .(silence for about one minute) Now imagine that Jesus, or this loving presence, begins to speak to you. . .to call you by these same names that you have used for him/her. He/she says to you. . .Sara (use your own name), you are love; Sara, you are my friend; etc. Now continue to listen as he or she speaks these words to you—the same ones you spoke to him or her—accept these words. . .accept the truth of your being. . .let him/her continue to speak names or qualities to you. . .(silence) Let this being move closer to you and merge into your heart. Feel your oneness. Feel the love glowing in your heart. The love of God is so great that no words can truly express it. . .no words will ever prove adequate. . .You are loved so very much. . .feel this love filling your heart and know it is the truth of you. . .and the truth shall set you free. . .now reflect over the names or qualities of this divine presence and prepare to open your eyes. . .when you are ready, slowly open your eyes and in silence, write down the words you remember.

Activity 6 Creating An Affirmation

To affirm truth about ourselves

10 min.

Materials: Handout H-1, pens.

Preparation: Be familiar with handouts.

Leader:

Discuss why we use affirmations and when we use them. Give a personal example of using an affirmation. When we are not feeling centered or in touch, an affirmation can be very helpful. . .the more we practice it, the more helpful it is.

Directions:

Handout affirmations and directions for writing affirmations. Go over guidelines for creating an affirmation. Remembering the qualities that came up in the guided meditation, choose an affirmation from the list or write one that will really change how you see yourselves and affirm the "real you." Then go around the circle and each person shares an affirmation and have the group support.

Example affirmation: "I am a child of God, capable, worthy, and lovable." or "I love and accept myself."

Activity 7
Sharing Affirmations

**To use my affirmation to affirm others
and to be affirmed by others**

10 min.

Materials: None

Preparation: Quiet music is helpful to set a sacred tone.

Directions:

Have the group form pairs by finding someone with a different sized thumb and decide who is A and who is B. Remain standing and partners distribute yourselves around the room so no one is crowded. Then close your eyes while I give directions.

In a moment I am going to ask all the Partner A's to open your eyes while Partner B's will just stand there with their eyes closed and receive from Partner A.

Partner A, you are to walk up to each person with his/her eyes closed. Use his/her name and lovingly touch him/her in some way while you whisper to him/her your affirmation, but substituting "you." So, if your affirmation was "I am a child of God," you will tell them, "You are a child of God." You can use each person's name, adding a few more words of encouragement if you like. You will be saying the same thing to each person with his/her eyes closed. A's open your eyes and begin. When finished, reverse roles.

Process: Have everyone close his/her eyes a moment and feel what it was like to give and receive supportive words. Words have power. . . power to create. Reflect on who you truly are. (Move into next activity with same partners.)

Activity 8
Eye to Eye Guided Activity

To see the divinity in others/oneness

15 min.

Materials: Tape player and quiet music.

Preparation: Put on music. Set a sacred tone. Leader is to be able to demonstrate position and guide throughout activity without reading.

Directions:

Keep the same partner. Stand facing your partner.

Position (Connect in Oneness):

1. Join right hands (as if shaking hands)—left hand lovingly on their right shoulder.
2. BOW TO THEIR DIVINITY: hands together as in prayer and bow to the person.

Leader: Guide this activity for each person each time partners are changed.

This is a silent activity. . .quiet music is recommended. Now ask them to look deeply into this person's eyes for a few minutes while they continue to touch (position #1). Explain they are to look beyond what this person looks like, beyond the color of their skin or hair, beyond anything they might have said or done. . .look deeply into the eyes (the window of the soul) and recognize who they truly are. . .“ye are gods!” (The Christ is in you and we are One.

Go slowly, take time to look deeply into the person's eyes and acknowledge them nonverbally, feeling your oneness. After a period of time they bow to (divinity in) each other, hug. . .moving to the next person. Continue until everyone has paired with each other.

CLOSE WITH A GROUP HUG.

SHARE EXPERIENCE IF GROUP DESIRES.

Activity 9 **Memory Books**

To create take home appreciation notes

**whatever is available
leave time for closing**

Materials: Memory Books, markers, pens

Preparation: None

Directions:

Give each person a “Memory Book” and ask them to write their name on it and decorate it however they like. Ask them to write their personal affirmation in their books. They will use these books to write appreciation notes to each other throughout the week. **Please keep the books in your workshop space.** If there is time, they can begin passing books around today for others to write notes. Use whatever time is left, saving time for closing circle and hugs.

Activity 10 **Closing Circle**

To make closure; reminder to use today's tool

5 min.

Directions:

Remind them to listen for bells of mindfulness—to stop, take a deep breath and remember who they are. Go around and each person say one word that describes how they are feeling right now. Closing prayer affirming:

“Awakening to my divinity, I remember who I am.”

HUGS! HUGS! HUGS! HUGS!

GROUP MOVEMENT: Return to Activities Center for vespers at 10:00 p.m.

Monday Morning

Family Workshop 3

10:15 a.m. - 12:15 p.m.

FOLLOWING: Keynote speaker: Rev. Mary Omwake

CONCEPT: PAY ATTENTION

OBJECTIVES:

1. To become aware of how "present" we are
2. To practice ways to stay present.
3. To discover purpose in staying present.

SCRIPTURE: *Where your treasure is, there your heart will be also* (Mt 6:21).

AFFIRMATION: "I begin again in this moment."

LE ROY'S SONG FOR THE DAY: "Seize the Day"

ACTIVITIES:

Pre-activity	Memory Books	5 min.
Information for leaders	daily theme	---
1. Opening centering	focus group	5 min.
2. Staying in the moment	aware of present	15 min.
3. One Step at a Time/process	awareness	30 min.
4. Trust Fall	fully present	20 min.
5. Guided Meditation	interdependence	15 min.
6. Fully present, alive, divine	holy massage	20 min.
7. Closing circle	pay attention	10 min.

MATERIALS:

tape player/music, sturdy table, raisins, Memory Books, pens, watch for timing activities.

ROOM PREPARATION:

Have Memory Books out, pens; lively music playing; put up affirmation.

Pre-activity

As people come in, ask them to write loving notes in group members' Memory Books. . .allow five minutes then call the group together.

Information for Workshop Leader on Daily Theme
(use this information only as it is helpful with the group)

To "pay attention" is one of the most important practices to "waking up." When we are really paying attention to what is in front of us, we allow anything to come up in pure awareness to be healed and accepted. To pay attention is a healing practice—a practice of nonresistance and of loving ourselves. Being lost in our thoughts, we may respond with old habits, old patterns of conditioning. We need to be aware of what's happening in the present so we can make wise choices.

When we pay attention to what is right in front of us, we are not caught up in our dramas—in creating stories around our "stuff." What's happening in our lives and in the world has its origin in thought. . .wars

problems, are thoughts acted out. As long as we are caught up in our stories, past and future, we are not able to experience the present moment where God is. God can only be here and now. We create, we make a choice, we let go of the past and begin again in this moment. We are ALIVE in this moment. It is not difficult to pay attention. . .it is only difficult to remember to pay attention.

Activity 1
Opening Centering

To center the group

5 min.

Directions:

Have a volunteer lead a short centering that includes today's affirmation:

I begin again in this moment.

Activity 2
Staying in the Moment

To be aware of how much time we spend out of the present

15 min.

Materials: Watch to keep time.

Preparation: Introduce tool: "Where Are You" (here) "What time is it?" (now).

Directions:

Form partners by finding someone with different colored eyes. Decide who will be partner A and partner B. Have partner A talk to partner B first for two minutes. You are to talk all you want, but may not speak about anything that has to do with the past or the future. You may say what you wish, but it must relate only to the present. You may want to talk about your feelings right now or what you are hearing or seeing. NO REPEATING. Partner B will note if partner A gets away from the present moment and if so, ask, "Where are you?" The person speaking responds only, "here" and beings again in the moment. If silence comes, let that be OK, but watch your mind and new feelings can come up to help you begin again.

Then change roles and Partner B will talk for two minutes about the present and partner A listens. (HINT: Become aware of your five sense as well as your feelings.)

Leader: Time this activity.

Process: Discuss the experience and any insights.

Activity 3
One Step At A Time

To become aware of each step we choose

30 min

Materials: None

Preparation: Play soft music in background.

Directions:

Have group stand scattered around the room. They are to remain quiet during this exercise and listen as you read what they are to do:

READ "ONE STEP AT A TIME"

Please listen carefully to the instructions for this activity. Fully take them into your presence, be willing to go wherever your heart leads you. In this activity, we will be thinking about the steps we have taken throughout our lifetimes, the steps to where we are now.

Leader: Please leave silence enough between steps for the participants to think back and think ahead about the steps in their lives.

Read the following: I'd like you to stand and distribute yourselves in a haphazard way all over this room. You may face in any direction. Just scatter, and once you've settled on a place, stay there while I explain further.

The name of this activity is, "One Step at a Time." Here is how we play: Each time I ask you to take one step, please do so in any direction you want. But please, only take one step. It can be a big step or a small one. It can be to your left or your right, backward or forward, as long as it is just one step at a time.

Each time you take a step, I'd like you to tune in to where you are and how you feel in that new position. Pay attention. Look around and see where you are in relation to the others, and where they are in relation to you.

In this game you are going to move through the world slowly and deliberately. Moving one step at a time enables you to take a close look at your moment-to-moment existence.

With each step you have the option of making some kind of physical contact with whomever is near you. You can touch the person's fingers, or shoulder, or hug the person—anything that is comfortable and natural for you. Remember, this is optional. You do not have to respond to anyone who is touching you.

The only thing I ask is this: Please remain silent during this exercise. I cannot emphasize this too much. You may be tempted at various points to exchange small comments. Please resist that temptation. I want to underscore the importance of being silent during the entire experience.

So, take one step at a time in any direction. Each time you take a step, look around, see where you are in relation to others, and tune in to your feelings about having taken each step—a step into the unknown.

Continue reading slowly, pause at each place as indicated. A journey of a 1,000 miles begins with the first step. Take your first step. (pause)

Each time you take a step reflect on the steps that led you onto your spiritual path.

Take another step. Each of us has our own pattern of movement in the world. Review your steps up to now. Do you see a pattern already developing? Pay attention to each step as you take it. (pause)

Where are you now on your spiritual path? The Christ within you speaks saying, "Follow me. . . I am the way, the truth, and the life." Take time to reflect within. (pause)

Now take another step. Are you aware of your steps? You have a choice of the direction you take: forward, backward, left, right. Remember you have a choice of whether or not to make physical contact with someone near you.

Take another step. Look around and see where you are in relation to everyone else, and continue to remain silent.

Before you make your next move, see if you can get in touch with the process that is going on inside you—how your will is working, and how your mind is making choices. Your power of choice enables you to think like a master or slave, to think about positive or about negative. . .Whatever you choose to focus on you will create and manifest in your life. What do you want? How do you feel about yourself right now? (pause)

All right, take another step. Just one step at a time. We all have our own way to avoid things. Can you become aware of what you have been avoiding so far? Think about this. . .Now take another step. Are you doing what you really want to do? Or are you doing what you think you ought to do. . .what you think is expected. Now take another step. (pause)

Take another step. And still another step. Ask yourself how satisfied you are so far with the steps you have taken. Are there some steps you have taken in your life that you regret taking? If there are, take a moment to forgive yourself. The Christ instructs you to forgive yourself. The Christ instructs you to forgive your debts, to forgive yourself 70 X 7. (pause)

Take another step and still another. Are there people in your life that you need to forgive for some hurt? The Christ speaks to you saying, "forgive, if you have anything against any one: so that your Source also, who is in heaven may forgive your trespasses."

Please take another step. Become aware that you are in the position where you put yourself! Can you feel your responsibility for being where you are right now? Are you conscious of the steps you are choosing in each moment? This is a new moment. . .you can choose again. . .you can begin again. . .so take another step. (pause)

Are you anxious about your next step? In your life are you anxious about what you will do with your life. . .whether or not you will be provided for. . .what you will eat, drink, your clothes, your body? Take another step.

The Christ instructs us to "be not anxious about tomorrow, for tomorrow will take care of itself." Be here now. (pause)

Now take another step. Everyone in their own way is vulnerable. Do the steps you take reflect how you are vulnerable? Think about it. (pause)

All right take the first of your last five steps. (pause) Take the second of your last five steps. There are three steps left. Think about that.

With only three steps left, would you think over the various steps you have taken so far? Were there any steps that you can really congratulate yourself on taking? Can you give yourself warm, generous appreciation for having taken those steps on your own behalf? Take your next step. (pause)

You have only two steps left. Think over what you want to do with them. Do you regret having gone in some direction? Do you regret not having taken certain steps? With two steps remaining, can you forgive yourself, really and fully forgive yourself for having done things that you regret? Take your next to the last step. (pause)

Now, you are ready for your last step. Allow yourself to fully experience this moment as you take that step. Notice where you are in relation to the others. Where are you in relation to yourself? To your inner voice and knowing? Where are you in relation to God? (pause)

Now please return in silence to your seat. (*Continued on next page*)

Process Activity:

Have them sit quietly with eyes closed while you ask questions for them to think about in silence (pause briefly between each question for them to reflect).

How did you feel during this exercise? What were you thinking about? What changes did you make as it went along? Did you see patterns? How do these fit into your life? Did you have any insights? Sometimes we are unaware of our intention in the steps we take or what we are doing. Are you aware of any intentions?

After allowing members this personal time to capture the essence of their experiences, allow time for sharing and discussion of the experience. (Let this be a bridge into discussion of questions below):

1. Our theme for the day is "Pay Attention." What does the daily theme mean to you?
2. How is "Pay Attention" part of awakening to our divinity?
3. Our time and attention are our greatest gifts to others and ourselves. . . Jesus said, "Where your treasure is, there will your heart be also." To what do you give your attention? Where is your treasure? What are LASTING treasures? Who is important? What is important? What you give your attention to manifests in your life.
4. We came to Conference looking for something; what is that treasure?

Activity 4
Trust Fall**To experience being fully present and develop trust****20 min.**

Materials: Sturdy table**Preparation:** Set a sacred tone; put on music**Directions:**

Divide the group in half and have them line up facing each other. One person stands on a chair or on the edge of a table with his/her back to the group. (If someone resists this have him/her stand on floor, but this is harder to catch as those near him/her must bend down to raise his/her legs and feet up.) When it is your turn fold your hands across your chest (important so that you don't hit someone) and close your eyes. When you are ready, say, "Ready to fall." If the group is ready to catch you, they respond: "Fall." You fall backward in a rigid position and are caught by the group.

(Do not bend your body especially as if sitting but keep your body straight as you fall back. Some one who "sits" into the fall is much heavier and more difficult to catch.

Then keep your eyes closed while the group gently lowers you to the floor. All hands remain on you for a moment. Then when you are ready, stand up slowly and join the line while someone else falls.

Activity 5 Guided Meditation

To experience focusing on one activity

To be aware of our interdependence

15 min.

Materials: Raisins, enough for three for each person.

Preparation: Have the group spread out; pass out three raisins per person, asking them to hold them and wait for further directions.

Directions:

Explain in your own words: We are going to experience paying attention to a small task—your experience will be the result of the attention you give to this exercise. We will go through this experience together **very slowly**.

First take one raisin and look at it carefully. . .give it your full attention. . .what does it look like, smell like, feel like in your fingers? (pause) Now hold the raisin in your mouth but do not chew yet. . .close your eyes, roll it around, feel it on your tongue. . .can you taste it yet? (pause) Now very slowly begin to chew without swallowing and really allow yourself to taste the flavor and feel the texture of the raisin. Fully experience this raisin. . .(pause). . .when you are ready, you may swallow, but be aware of your swallow. Next, slowly but at your own pace allow yourself to experience the other two raisins one at a time. . .(pause 'til finished). . .Now get in a comfortable space of your own for our meditation.

Take a deep breath and relax. . .We are going to become aware of the origin of this raisin. . .how did it get here to Conference? To our workshop family? Begin to visualize (or sense if you don't visualize) hillsides covered with green lush grape vines. . .What is needed for the grapes to grow? . . .sunshine—feel the warmth of the sun. . .rain is also needed, so feel the cool wet rain falling and touching your skin. . .and the earth is necessary to grow the grapes. Feel the earth beneath your feet. All of these are a part of the raisin. . .the raisin does not exist separately from the sun, rain, and the earth.

Can you imagine how many people have been a part of your raisin? . . .people to pick the grapes, dry the grapes, carry the grapes to many places. . .how are they moved? . . .perhaps by truck which needs gasoline which comes from deep within the earth. . .and what about the box? The box came from trees—this means more sun, earth, rain, people, machines. . .the whole universe is in this one small raisin. . .how many more people brought the raisin to the grocery store and then here to Conference? . . .and it seems like just a raisin when it is really so much more. . .We are all interconnected with the whole world. . .the universe. . .We are interconnected through this raisin and everything we touch. . .and our lives interconnect and influence everything we touch. . .Today, whenever you sit down at a meal, pause a moment to be aware of the origin of your food. . .the universe on your plate. . .sense our interconnections. . .and give thanks. . .now take a few more cleansing breaths. . .when you are ready open your eyes.

If it feels right, you may want to share about this experience.

Activity 6

Fully Present, Fully Alive, Fully Divine

To fully experience holiness of moment

20 min.

Materials: Tape and tape player.

Preparation: Soft music is very effective.

Directions:

1. Have group be seated in a circle. Ask them to count off in two's. The one's will remain seated with instructions to keep their eyes closed throughout the entire activity.
2. The two's will each find a one to stand behind. (Leader participate if there is an uneven number.)
3. Ask the two's to place their hands gently on the shoulders of the ones. The one's are holy beings, and the two's are the love of God. The holy beings are to relax and receive the powerful energy from the love of God.
4. Two's give a gentle massage and one's receive. While doing this stay completely with the physical sensation of either hands massaging (if you are a two) or of shoulders being massaged (if you are a one). Pay attention to how it feels in your body. Experience fully the feeling of touching and being touched. This is experiencing the moment. If you realize your mind wandered, congratulate yourself for being aware of it, and come back to experiencing the sense of touch and energy.
5. Two's focus on this person, the most important person to you right now. Send them warmth, love, and energy, while the leader says, "You are created in the image of love and you radiate strength, confidence, and peace both inside and out. Know that you are loved for I am your source."
6. The leader directs the two's to move to their right to a new seated one, place their hands on their shoulders while the leader again gives the directions in 4 and 5 above. . and so on around the circle until each two has been to every seated one.
7. The leader then directs the two's to be seated and close their eyes. . .the one's open their eyes, stand up, and get behind a two. The above process is repeated for each of the seated two's.
8. When the two's are finished with the last person, have them be seated, and join hands with the entire circle while you lead a prayer to give thanks for the holiness of the whole group.

Leader: This is a very powerful and gentle activity. Low music in the background is very effective.

Activity 7
Closing Circle

To practice using today's tool

10 min.

Leader Share: (Please share these ideas, in your own words, as some of the Y.O.U'ers will want to use them.)

The rest of today, practice living fully in this moment. Pay attention! Remember, the person in front of you is the most important person right now. Pay attention to everything you do. Right now feel your feet on the floor. As you walk to lunch be aware of your feet touching the ground. You may want to coordinate your breath with your steps. As you stand in line watch your breath. Be conscious of the person you talk to, the words you use, and the food you eat.

In this way we bring meditation into everyday events. Pay attention to everything you do today. Remember our tool: Where are you? (here) What time is it? (now) When we live fully in the now we can "practice the presence" of God in everything we touch.

Go around and each person share one part of your life you intend to "pay attention" to starting now. Close with a prayer, affirming:

I begin again in this moment.

YEA GOD! and HUGS ALL AROUND

GROUP MOVEMENT: Be at lunch at 12:30 p.m.

Monday Evening

Family Workshop 4

6:45-8:15 a.m.

FOLLOWING: Dinner

CONCEPT: HEART TALK

OBJECTIVES: To connect at a deeper level.

ACTIVITIES:

- | | | |
|-------------------------|------------------------|---------|
| 1. Heart talk | heart sharing | 75 min. |
| 2. OM closing | center/prayer requests | 15 min. |
| 3. Optional belly laugh | lighten up | --- |

MATERIALS:

HEART, heart agreements, connecting meditation

ROOM PREPARATION:

Set loving atmosphere.

Activity 1
Heart Talk

To connect at a deeper level

75 min.

Materials: Heart

Preparation: Heart agreements and centering the group.

1. Heart Agreements:

Go over following heart talk agreements and check to see if everyone agrees. (These are unchanging.)

- a. Only the person with the Heart talks; everyone else listens, giving complete attention and support. There is no response.
- b. The Heart is passed only to the left—never back or thrown.
- c. You may choose not to say anything and just pass the Heart to the next person.
- d. You only talk about how *you* feel, not about what someone said.
- e. Listen without advice, criticism, judgments.
- f. Keep what is shared in confidence with this group.
- g. Be considerate about how long you talk.
- h. Remain for the whole talk.
- i. Leader shares first.
- j. Heart continues until it goes completely around the circle with no one sharing (unless it is necessary to set a time limit).

2. Connecting in love (do not omit):

Do this centering before beginning the heart talk or create your own way to connect each other in love.

Have group in a circle holding hands with their eyes closed, and do the following centering exercise:

“Take a deep breath and slowly let it out. . .do that again. . .and take another deep breath and let that out. . .now just listen to the silence around you. . .now listen to the sounds you hear in the room. . .Imagine something that makes you feel a lot of love. . .Bring your awareness to your heart center. . .It is here that you experience your oneness with God. . .Your heart is one with God's heart. . .As your heart beats, it is the rhythm of God's love singing to you of oneness. . .(pause). . .Now, as you breathe feel your breath moving in and out of your heart. . .watch your breathing. . .Imagine your breath coming in and out of your heart. . .Recognizing your heart to heart connection with God, begin to be aware that you re also connected with each person in the circle. . .know that this is a safe place to be. . .you are surrounded in a soft pink light. . .so safe. . .so loved. . .the pink light wraps you in love. . .the perfect love that God has for you. . .Imagine feeling that light radiate from your heart area. . .flowing down your left arm. . .out your left hand and into the hand of the person on your left. . .picture this love flowing around and around the circle and when you feel peace in the room take a deep breath. . .open your eyes when you are ready.”

Heart Talk Topic to Begin: What does Y.O.U. mean to you?

Activity 2

OM and Prayer Requests

To make closure for heart talk

10 min.

Directions:

1. After the heart talk, form a closing circle.
2. To center the group, tone OM three times (you may ask someone to lead this). Set this up by talking about “OM” as a universal sound meaning “All” or “Totally” so by chanting it we bring the energy of “the All” into our being.
3. Go around the circle asking for prayer requests.
4. When finished, bless the prayers and do a closing prayer.

Activity 3 (Optional)

Belly Laugh

To lighten the energy, if needed

Directions:

Lay on floor so that each person's head is on someone else's belly. The first person goes, “HA” then “HA HA,” etc., down the line until everyone is laughing.

GROUP MOVEMENT: Be at Sufi Dancing in parking lot across from the Activities Center at 8:30 p.m.

Tuesday Morning

Family Workshop 5

10:30 a.m. - 12:30 p.m.

FOLLOWING: Keynote speakers - Former Y.O.U. Officers

CONCEPT: RETURN TO INNOCENCE

OBJECTIVES:

1. To become aware of our childlike nature.
2. To let go of attachments that keep me from innocence.
3. To use forgiveness as a tool for openness to reach a deeper level of community.

SCRIPTURE: *Unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven (Mt 18:3-4).*

AFFIRMATION: "I am willing to forgive and let go, and let my childlike nature express freely.

LE ROY'S SONG FOR THE DAY: "Original Plan"

TOOL: Let go of attachments, forgiveness

ACTIVITIES:

Pre-activity	Memory Books	5 min.
1. Opening - centering	focus group	5 min.
2. Memories of childhood	remembering play	15 min.
3. Discuss daily theme	childlike innocence	10 min.
4. Name, Name, God	to play	10 min.
5. Forgiveness cards	aware of feelings	30 min.
6. Guided meditation	inner child	10 min.
7. Lift and cradle	nurture our child	30 min.
8. Closing circle	giving thanks	5 min.
9. Play to dining hall	follow the leader	---

MATERIALS:

Index cards, pens, tape player and soft music, Memory Books

ROOM PREPARATION:

Arrive early; have pens and Memory Books arranged in a circle; have lively music playing in background. Put up affirmation.

Pre-activity
Memory Books

As people come in, have them sit in a circle passing their Memory Books around, writing spiritual loving notes to other group members. Give them five minutes, then call the group together.

Activity 1
Opening Centering

To center the group

5 min.

Directions:

Have a volunteer lead a short centering that includes today's affirmation:

I am willing to forgive and let go, and let my childlike nature express freely.

Activity 2
Pleasant Memories of Childhood

To get in touch with playful child

15 min.

Materials: None

Preparation: None

Directions:

Please close either your left or right eye. . . Find one other person who has the same eye closed as you do, and sit down with that person as your partner. . .

Each of us has our own special personal history of the playful side of ourselves. As a child you make most of your friends by playing with them. . . before the age of ten. In a few minutes I'm going to ask you and your partner to share some pleasant memories of your own personal history of your playful past. First, let me emphasize that you need to really concentrate on remembering only pleasant memories of being playful. Many of us have painful physical memories of our early days of play. . . like dropping the bowling ball on your foot. Well, forget about things like that for now.

The idea of this sharing is for you to reconnect with times in your life when you really enjoyed playing. Decide who will go first. The partner going first will have two minutes to think out loud what it was like for them, pleasant memories of growing up playful before the age of ten. Start as early as possible and work your way forward. Or you might want to spend the whole time thinking about one particular incident, like jump rope when you were seven. It may be helpful to remember who your playmates were, how you used to dress, where it was that you used to play. Listeners give them lots of attention and don't say anything at all . . . give them plenty of support without words. . . no need to think about something to say back. And the partner who is sharing, don't worry if you run out of things to say. Two minutes is a long time, and it's not a subject you've thought about in a while. A moment of silence is fine. Don't start talking back and forth, just take time and see if something else pops into your head. Now begin. . . (Leader: Time for two minutes then reverse roles.)

Next, ask the group if anyone remembers a simple game of childhood that they could do here with this group. . . something that would only take about five minutes and that is appropriate for Y.O.U. If no one responds you may choose to play one of the following games briefly.

Possibilities:

1. Ring around the rosy. A picket full of posies. Ashes, ashes, we all fall down.
2. London Bridge.
3. Head, Shoulders, Knees, and Toes.

Activity 3
Discussion of Daily Theme

To explore childlike innocence

10 min.

Directions:

Openly discuss the innocence of a child: Jesus is quoted, "Unless you change and become like children, you will never enter the kingdom of heaven. Whoever becomes humble like this child is the greatest in the kingdom of heaven" (Mt. 18:3-4).

What is it about little kids that makes them seem innocent? (Feel feelings and then let go, in the moment, not hold on to feelings, not hold grudge, open, honest, trusting, vulnerable, willing, unlimited, in awe).

You may want to brainstorm ideas on chart paper. What gets in the way of our childlike nature or inhibits us as we grow up?

Activity 4
Name, Name, God

To play

10 min.

Directions:

First, have your family sit in a circle, leaving plenty of room behind them. Next, let everyone know what they will be playing. Give each member a chance to say his or her name aloud and make their name tags visible.

Ask for a volunteer to be the first "namer." He/she should walk around the circle saying each person's name as he/she gently taps them on the heads. When the "namer" feels so inclined, he/she should tap someone and say "God" instead of their name. The person who is tapped as "God" should leap up to touch the "namer" with his/her hand of love, light, and wisdom. The "namer," who is anchored in the material world, wants to avoid this touch.

If the "namer" can run around the circle twice without being touched/tagged, he can continue to be the namer." (Remember, in Duck, Duck, Goose, it's the other way around.) If the "namer" is touched, he/she receives all the love "God" has to give and returns to the circle with the "potential" gods.

The game then starts over. The person who is "God" becomes the "namer." Stop before this game gets "old."

Activity 5

Today's Tool: Forgiveness Cards

To be aware of energy shift with our thoughts.

To allow loving feelings of one situation to flow into other situations.

To let go of attachments.

30 min.

Materials: 3 X 5 index cards (enough for ten per person), pens

Preparation: Have materials ready

Leader Intro: A child can become very angry and upset and then at a moment's notice, let go and is interested in what is in front of him/her. . .As we get older, we hold on to feelings and it's harder to let go. Notice where your mind clings to wanting people or situations to be a certain way. . .In this activity we will explore this.

Directions:

Ask the group to find their own space where they can each be comfortable without distractions from others around them. Pass our ten index cards and a pen to each person.

Close your eyes and relax completely. Take a few moments to put your attention on the movement of your breath in and out of the body, and relax even more. Now begin to meditate on situations and people who have blessed your life. . .times when you felt empowered. . .people and situations that make you smile, that fill you with love just thinking about them. As you think of a person, write the name on an index card. Or if it is a situation, think of a word or phrase that will remind you of the situation and write that on an index card. . .write only ONE name or situation on each card. . .you can use six or seven of your cards (only). Pause for them to do this in silence. . .

Leader: It is important to have more blessing cards than ones they don't feel good about. . .seven blessing cards and three they don't feel good about is a good ratio.

When they come to a close with this, ask them to meditate on people (maybe themselves) or situations that cause them to feel anger, fear, frustration, guilt, or other kinds of energy that block our good. Choose anyone or anything they feel disconnected to or don't feel good about. As these come to mind, write each on a separate index card. . .no more than three or four (the remaining of the ten cards). Pause for them to do this in silence.

Next, still in their own space, have everyone sit and center themselves with a few deep breaths or whatever works for them. Then, open your eyes and shuffle your cards. Look at the first card and feel the feeling it brings. . .notice where the feeling is sensed in the body. . .then flip through the cards one by one and be aware of the feeling as it shifts from card to card. When you come to a card that evokes feelings you don't like, NAME the feeling and sit with it for awhile to see if you can accept the feeling and let it be OK to feel the anger or hurt or whatever you experience. There is nothing wrong with having these feelings. . .it's OK, so feel it fully. . .Don't push the feeling away, but let yourself be with it.

Now become aware of what thought is causing the feeling. . .a person or situation. . .and see if you are willing to open to it, bring love in and forgive. . .can you see that the person was doing the best they could from what they knew? Can you see what you are attached to? To things going a certain way? To people meeting your expectations? What is the attachment? Can you release the attachment? Just keep acknowledging whatever feelings come up with acceptance and openness. Continue to flip through the cards several times being aware of the different feelings. (*Continued on next page.*)

Ask them to reflect:

Do you notice a change in your energy or in the location of the energy in your body as you move from card to card? Can you bring the loving feelings from the blessing cards into the negative feelings of the other cards? Continue to work through the cards in silence.

When you feel they are complete with this process, tell them to take the cards with them and pull them out several times throughout the day and flip through and continue to work with the energy. You may not be ready to forgive and that is OK too. Just keep acknowledging and accepting whatever feelings come up.

Activity 6

Inner Child Meditation (with Forgiveness)

To love and forgive ourselves

10 min.

Directions:

Close your eyes. Breathe slowly, becoming calm and centered. Allow your thoughts to settle and your mind to become open and spacious. . .accepting whatever is here. . .allowing sounds to come to you, sensations in the body to arise. . .be open and spacious to everything in your awareness. . .letting it be OK. . .being open and spacious.

Now bring into your imagination a small child—see yourself at the age of about five—take a moment to see yourself clearly as this child. . .(pause). . .now allow this child to represent that aspect of yourself that has been hurt, that feels misunderstood and frustrated, bitter or angry. . .even if those feelings came at a later age, allow this child to represent all those feelings of being wronged. . .(pause). . .And you, the one observing the child, are that aspect of yourself that is whole, compassionate, warm, and loving like a true friend, really willing to be there for yourself, responsive and open to you, without ever judging you, whatever your faults or shortcomings may be or ever have been.

Now, as you breathe in, imagine your observer self opening your heart completely and warmly and compassionately accepting and embracing all of the child's suffering and negativity and pain and hurt. Moved by this, as you breathe out your child opens his or her heart and all pain and suffering melt away in this loving embrace. As you breathe in, imagine yourself sending out to the child all your healing love, warmth, trust, comfort, confidence, happiness and joy. . .Breathing out, the pain melts in love. . .Continue for a moment breathing in and out in this way. . .loving the child's pain and melting it away. (Pause) Know that there is nothing you have ever done and nothing you could do that would keep you from deserving this love. Forgive yourself for all mistakes of the past and the results of past mistakes. Know that you were doing the best you could at the time.

Now as you embrace the child tell him or her that you love and accept him or her just the way he or she is right now. Hold the child so it feels safe. . .now see the child becoming smaller and smaller and merging into your heart where you can continue to love and nurture it whenever you need to. . .And now again notice your breath—breathe love in and out of your heart space. . .feel spacious and open. . .feel calm and at peace. . .take a moment in the silence and when you are ready open your eyes.

Activity 7
Lift and Cradle

To nurture and bring closure to forgiveness exercise

30 min.

Materials: Soft music and tape player.

Preparation: SET THE TONE; lower lights, put on meditation music for background, set up loving atmosphere.

Directions:

Explain (in your own words): Our past experiences carry over into our present experiences and influence how we experience our world today. A lot of fear we experience now can be what we felt as a small child. The next exercise will give us an opportunity to nurture our child. This is a quiet, loving exercise and each person needs our support.

Decide who will go first. That person lays down on his back and closes his/her eyes and folds his/her arms over his/her chest. The rest of the group lines up quietly on both sides (one at the head) and very gently begins to stroke him/her. The purpose is to have the person completely relax, but keep his/her body straight. Also leader says to each person as they begin (don't read, but say in your own words):

“(state name), see yourself as a small child being cradled and receiving lots of love. Know that you deserve this love. As a Child of God, you are always loved and deserving love. Close your eyes and listen to my words and feel the love.” Leader, Guide each person's experience.

Have the group send him/her love and keep the silence. When he/she is ready, the group cooperates to lift him/her to their waist ONLY. No part should dangle. Then rock him/her gently as the music plays. After two minutes, cooperate to lower him/her slowly. Place him/her very gently on the floor. Allow him/her to lie quietly a moment before getting up. Repeat for each person.

Activity 8

Closing Circle: Giving Thanks

To close with group.

To remind them to use forgiveness cards

5 min.

Directions:

Remind the group to take their forgiveness cards and flip through them today. Go around the circle and ask each person to say one thing they are thankful for. Close with a prayer of thanksgiving for the opportunity to awaken to our true nature and be free.

Affirm:

I am willing to forgive and let go and let my childlike nature express freely.

(Continued on next page.)

Activity 9

Play

To experience being a child again—being uninhibited

10 min.

Directions:

Ask for a volunteer to lead the group outside in "Follow the Leader." Explain that he/she can lead the group in silly but safe antics. Encourage everyone to be open and free to express in a fun way. End at the dining hall for lunch.

GROUP MOVEMENT: Be at lunch at 12:30 p.m.

Wednesday Morning

Family Workshop 6

10:00 a.m.-12:30 p.m.

FOLLOWING: Keynote Speaker: LeRoy White

CONCEPT: LISTENING

OBJECTIVES:

1. To express nonverbally.
2. To touch the divinity in nature and in ourselves.
3. To experience going within.
4. To listen to our inner spirit.

SCRIPTURE: *Be still and know that I am God (Ps 46:10).*

AFFIRMATION: "In silence I see and hear."

LE ROY'S SONG FOR THE DAY: "Breathe and Smile"

TOOL: Breathe and Smile

ACTIVITIES:

- | | | |
|-------------------------------|---------------------|---------|
| 1. Walk with God | listening | 30 min. |
| 2. Creative writing | express experience | 10 min. |
| 3. Individual Mandala | deeper listening | 40 min. |
| 4. Group Mandala | group connection | 20 min. |
| 5. Octopus Massage | give & receive love | 30 min. |
| 6. Silent appreciation circle | listen to touch | 15 min. |

Materials:

Paper, pens for creative writing, individual mandala paper, chalk, markers, group mandala paper, mandala tape, tape player.

Room Preparation:

Arrive early and have materials ready, music playing; mandala tape ready; put up affirmation.

Activity 1
Walk with God

To listen within

30 min.

Leader Information:

LeRoy will lead the group into a Walk with God at the end of his talk. They will come into the workshop in silence following the Walk with God at 10:30.

Activity 2
Creative Writing

To express Walk with God

5 min. creative expression in silence

10 min. sharing

Materials: Pens and paper for each person.

Preparation: Have materials ready when they return in silence and have them begin as they come in.

Directions:

They can write a poem, letter, story, or meditate. Allow some time for those who want to share their experience and/or creative expression.

Activity 3
Mandala Meditation (tape included)

To express from a deeper level of listening

40 min.

Materials: Mandala paper, chalk, mandala tape, tape player

Preparation: Place tape in player, put out materials.

Directions:

Get in a comfortable position and listen to tape provided. Then IN SILENCE draw mandala with chalk (there are instructions on the tape and they will be asked to choose a symbol that will be used in the Group Mandala below).

Process (5 min.):

Share the experience of the mandala with a partner when finished. (May want to write these two questions on chart paper in front so they can continue at own pace.)

Share with partner:

1. What the meditation experience was like.
2. What your mandala represents to you.

Discussion:

Bring the group into one circle and continue discussion (15 min.). Suggested questions:

1. Would anyone like to share their experience?
2. What has been your experience of meditation at other times?
3. How has silence ever helped you?
4. What gets in the way of our listening to Spirit? (i.e., TV, being busy, lots of media, not willing to be alone, etc.) How can we create more time/space for listening or do we want to?
5. Think about your relationship with God. What has been your experience of God? Are you sure there is a God? Is God a part of your life? (*Leader:* Let it be OK to voice any doubts they may have.)
6. Remember to "breathe and smile."

Activity 4
Group Mandala

To create group expression and connection

20 min.

Materials: Group mandala paper, chalk, markers, etc.

Preparation: None

Directions:

Create a group mandala using the symbols each person chooses—use chalk, markers. Everyone gather around the large paper to add to the group mandala and fill up the whole circle. They may want to give it a title but it isn't necessary.

Activity 5
Octopus Massage

To give and receive love

30 min.

Materials: Mellow music

Preparation: Set up a loving atmosphere; start music.

Directions:

1. Leader input: Explain that touch is a very nurturing thing and that some people have not had the experience of loving touch in their family environment at home. Many people have not experienced touch as healing and soothing. Doctors and care givers recognize the importance of touch in people's lives. . .and in this safe environment we are going to experience touch as a gentle, caring, respecting, love energy.
2. Ask for a volunteer to lie face down with other group members surrounding him/her. Place hands gently on this person and group become centered while volunteer becomes receptive. Have one person at the head. You may want to lead group through different motions such as light tapping, kneading, sweeping, etc.
3. After two minutes for each person, have the healers bring their hands slowly to a stop and ever so gently lift them away. Every two minutes, ask for a new volunteer to take the receiving position.

Activity 6
Closing Circle: Silent Appreciation

To hear and see in the silence

15 min.

Directions:

We can also appreciate each other in silence. . .listening to touch, energy. Each person takes a turn standing in the center of the circle with their eyes closed. Group members step in one at a time and express love in any way that they feel, nonverbally. This can be a hug, a touch, sending energy, or any other demonstration of affection and esteem they feel like sharing. Leader demonstrate.

When finished, remind them the tool today is "breath and smile" so do it often; have a closing prayer and a group hug. **AFFIRM:** *In silence I see and hear.*

GROUP MOVEMENT: Be at lunch at 12:30 p.m.) (take a break or finish Memory Books if you finish early)
Bring your group mandala to the Activities Center lobby to hang with masking tape.

Thursday Morning

Family Workshop 7

10:15 a.m.-12:30 p.m.

FOLLOWING: International Officers' Workshop

CONCEPT: LOVE

OBJECTIVES: To love and accept the humanity as well as spirituality in ourselves and others

SCRIPTURE: *You shall love the Lord your God with all your heart. . .and you shall love your neighbor as yourself (Mt 22:37, 39).*

AFFIRMATION: "I am now awakened to loving myself and others."

LE ROY'S SONG FOR THE DAY: "I Have A Whole Lot of Love to Give"

TOOL: Nurturing what I want to grow within me.

ACTIVITIES:

Pre-activity	Memory Books	5 min.
1. Opening centering	focus the group	5 min.
2. Self talk	awareness	15 min.
3. My Best Friend	self awareness	15 min.
4. Mirrors/song	love my human self	10 min.
5. What I want to Grow	nurture myself	20 min.
6. Love Energy	give and receive	15 min.
7. Connections	with God and others	20 min.
8. OM circle/Share with World	loving others/the world	15 min.

MATERIALS:

Handouts (H-2, H-3, H-4, H-5), pens, paper, mirrors, tape (provided) of "I Love Myself the Way I Am," tape player, meditation music.

ROOM PREPARATION:

Put up affirmation, set up "I Love Myself the Way I Am" in tape player, have Memory Book ready.

Pre-activity
Memory Books (5 min.)

As members come in, continue writing in Memory Books. Comment positively on every member of group.

Activity 1
Opening Centering

To center the group

5 min.

Directions:

Have a volunteer lead a short centering that includes today's affirmation:

I am now awakened to loving myself and others.

Activity 2
Self Talk

To develop awareness of our self talk

15 min.

Materials: Handouts H-2, H-3, H-4; pens

Preparation: None

Directions:

Look at meaning of Jesus' words: "Love God, Love one another" as also meaning to love our divine self and human self. Let's look at how we do that.

1. Ask: What is self talk? (the continuous chatter in my mind about myself.)
2. Leader Input: 84 percent of self-talk is NEGATIVE self-talk.
3. Ask everyone to close eyes for a moment and think about how you talk to yourself? Do you think about how "dumb" you are? Do you tell yourself how "ugly" you are? When you stand in front of a mirror, do you like what you see? What other self-talk do you have going on? . . .(pause). . .Ask yourself, "Would I talk that way to a good friend? Do I really believe those negative things about myself?"
4. Most of us have habits of judgment and criticism that are hard to break—especially self-judgment and self-criticism. Criticism breaks down the inner spirit and never changes a thing. We are going to do some activities to help us change how we think about ourselves.

Pass out handouts H-2, H-3, H-4 and pens. Read handouts out loud to everyone. Allow brief time to write for each handout then continue to next one.

(These are the handouts)

Whenever we use "should" we are making ourselves "wrong." Either we are wrong, we were wrong, or we are going to be wrong. Write five things that you "should" do.

I should: 1.
 2.
 3.
 4.
 5.

(pause while they write, then continue reading:)

Replace each "should" above with "could." "Could" gives us a choice and we are never wrong.

- I could:
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

Next, ask yourself: "Why haven't I?" —perhaps you don't really want to; it's not your idea; etc. . . Can you drop any "shoulds" from your list? Whenever you find yourself saying, "should" mentally change it to "could" and give yourself a choice.

NEXT, list five things you criticize yourself for:

- 1.
- 2.
- 3.
- 4.
- 5.

Leader Processing: Say, "Isn't it amazing how long you have been picking on yourself for the same thing? And it hasn't changed anything. Criticism doesn't work! In order to grow and blossom, we need love, acceptance, and acknowledgment. We can find better ways of doing things without making the way we do it "wrong." If you make a definite decision to release criticism and are consistent, you can work miracles. Give yourself one month of talking to yourself in positive ways, use affirmations like the one you created in workshop 2. When you notice yourself becoming judgmental, repeat your favorite affirmation several times—better yet do it in front of a mirror.

Who do you belittle? Who do you criticize?

List five names and what "bugs" you about them: What do you criticize them for?

- 1.
- 2.
- 3.
- 4.
- 5.

Now take the same people and find one thing to praise about them.

When you release the need to pick on yourself, you will notice that you no longer criticize others so much. When you make it Ok to be yourself, then you automatically allow others to be themselves.

List 15 positive things about yourself:

1. . . . 15.

Discuss:

Was it hard to think of 15 positive things? When someone gives you a compliment, do you hear yourself saying, "Oh, no, not me. If he really knew me, he wouldn't say that." or "No, he's just saying that. It's not really true."

Activity 3

My Best Friend

To increase self awareness

10 min.

Materials: Paper and pens for each person

Preparation: None

Directions:

Give everyone a piece of paper. Tell them "You have one day to help your best friend feel good about him/herself. How would you treat him or her? What would you say? What would you do? Make a list.

When they finish, ask: How many of those things have you done for yourself lately?

Input: If we have a blemish on our face and we look into a mirror, what do we see? (the blemish—what is wrong with us). If we treated our friends the way we treat ourselves, we wouldn't have any.

Discuss:

1. What might be some reasons we are so hard on ourselves?
2. If your best friend does something stupid, how do you react?
3. If you do something stupid, how do you treat yourself?
4. Whether I feel a lack in myself or feel secure in who I am, how does that affect how I express myself? My relationships?

Activity 4

Mirrors

To affirm myself

20 min.

Materials: Mirror for each person, tape (provided)

Preparation: Set up tape in player

Directions: (Leader: This is a reflective activity; no responses)

Have everyone close their eyes and think of accepting themselves. Choose something on your list of what you would do for your best friend that you want, can, and will do for yourself this next week. Or you may want to practice being conscious of your self-talk, or do something that would make you feel great about yourself. (pause) Will you really do this for yourself? Are you worth it? Ask everyone to share with the group one thing they are willing to do—use I statements.

Example: I will take time every morning to smile in the mirror and affirm: "I like myself the way I am."

Mirrors—Leader:

Do a short centering here before starting mirrors and have them move into their heart space.

Give each person a mirror and have them look deep into their own eyes and see who they truly are.

Look at yourself in the mirror as I read some affirmations. After each one, you will all repeat it out loud. Notice what feelings come up for you. What affirmations are hardest for you to believe about yourself?

(Read and then have everyone repeat each one out loud):

1. I am willing to release old negative messages and beliefs that no longer nourish me (take a deep breath). . .repeat. . .breathe. . .repeat (have everyone repeat this three times before going on.
2. I love you (me) and I know you are (I am) doing the best you (I) can. (all repeat)
3. You are (I am) perfect, just as you are (I am). (all repeat)
4. You (I) become more wonderful every day. (all repeat)
5. I love my eyes, my mouth, my nose, my whole face. (all repeat)
6. I love and approve of myself. (all repeat)
7. I am safe to be me in all situations. (all repeat)
8. I am lovable and worth knowing. (all repeat)
9. Loving myself and others gets easier every day. (all repeat)
10. I deserve inner peace and I accept it now. (all repeat)
11. I release the pattern in my consciousness that is creating resistance to my good. I deserve to feel good. (all repeat)

Next ask them to continue looking in the mirror in silence and listen and receive these words as you read them:

"I am God's beloved child; God is well pleased with who I am right now. . .there is nothing I have ever done or can ever do that makes me unlovable. . .I am lovable. . .I am worthy. . .I am enough. . .I am more than I see. . .I am Spirit." Smile at yourself in the mirror.

Take a few minutes in silence with eyes closed to accept this Truth. (After a moment, leader repeat the last affirmation slowly to the group while eyes are closed.)

WHILE EYES ARE CLOSED: Let them listen to tape of song, "I Love Myself the Way I Am"—have them listen in silence to the words and take in it. (The words are printed on the back of their Memory Book, you may want to play it again and sing along)

Process:

Notice what affirmations made you feel uncomfortable. You have these affirmations printed in your Memory Books for you to use in your mirror at home. Try it for a month. . .smile at yourself in the mirror every morning. This will change your life and help make life more joyful.

Activity 5

Cultivate and Nurture What I Want to Grow

To become aware of what nurtures me

10 min.

Materials: Handout H-5; pens

Preparation: None

Input:

We want to cultivate and nurture in our lives those things we want to grow. If we plant a tree or a flower, we nurture it with what it needs to grow and pull the weeds that grow beside it. Right now we can choose to nurture flowers or weeds.

Directions:

Give group members handouts and pens and ask everyone to list as many ideas under each category as they can. Tell them not to put general things, but to be very specific. (Give them five minutes)

Handout:

1. Where can I go that makes me feel good? Be very specific and include kinds of play, service, accomplishment, etc.)
2. What do I do that makes me feel good? (See how many you can list.)
3. What people make me feel good? (names)
4. What food/activity makes my body feel good?
5. What makes me laugh?
6. What feeds me spiritually?
7. What is beautiful to me?

Process:

What on this list are you will to do for yourself more often? How might honoring these things for ourselves have an affect on the world? How do I influence the "bigger picture"?

Activity 6
Sending Love Energy

To give and receive love energy

15 min.

Materials: Tape player, music

Preparation: Play meditation music during this activity, telling them when to change the person receiving.

Directions:

Find a partner by finding someone with a different sized pinkie. Partners face each other, palms forward, close to but not touching your partner's palms. Close your eyes and visualize light and energy coming in the top of your head, down to your heart and then out through your arms and the palms of your hands toward your partner's hands. . .let this energy grow. Now move your hands closer and further away feeling the energy from each other. . .see how far you move away from your partner's hands and still feel this loving energy. . .DON'T BE CONCERNED IF YOU DON'T FEEL ANYTHING. Next, with eyes closed, turn around three times and see if you can reconnect with your partner's energy. (Leader guide movements and partner changes.) Take turns doing this with everyone in the group.

Process:

Take a few minutes to share about the experience.

Activity 7

Our Connection with God and Each Other

To demonstrate our connections

20 min.

To explore relationship with God and others

Materials: Heart

Preparation: None

Directions:

Place the heart (for heart talks) in the center of the room (as near to the center as possible). Have all members of the group stand around the room in an approximate circle, but near the walls—so no one is touching. Face the center. Look at the heart in the center of the room and ask them to imagine that the heart represents God or whatever term you use for greater power. Now begin to walk slowly toward God (the center). . .noticing what happens in our relationship to each other. Let them come together in a close circle with arms around each other.

While standing in the circle, ask: What happens as we get closer to God-awareness? (We get closer to each other.) and in turn, what happens when we get closer to each other? (Get closer to God.)

Sit down and have a lively discussion based on the following:

- How does this idea relate to how I treat others in my daily life?
- What makes me feel closer to others?
- We often say, God is Love. What do you believe about that and how does it relate to the Divinity within you?
- How can I see God (or love) in a difficult situation at school?
- How can I see love or divinity in people I don't like?
- How can I express love when my beliefs are challenged?
- How can I deal with judgment from myself and others?
- How can I come from love?
- How might my actions influence the world?

Activity 8
Closing Circle: OM Circle

To share with each other and the world

5 min.

Materials: None

Preparation: None

Directions:

Ask group to stand in a circle. Center the group. One person at a time stand in the center of the circle with eyes closed. Group members place one hand on that person. Feel love move through your heart center and out your arm to the person in the center. Group chants "OM" three times. Give each person a turn in the center.

Closing:

"We always have a choice what we will give to the world. . .such as more anger or more love. . .We have just experienced giving love to the world. . .in any situation, you can ask yourself, 'What do I want to give the world?' Right now let's go around the circle and finish the statement:

One thing I want to give to the world is. . .

Have a closing prayer and HUGS ALL AROUND

GROUP MOVEMENT: Lunch 12:30 p.m.

Friday Morning

Family Workshop 8

9:30 - 11:30 a.m.

FOLLOWING: Morning Celebration

CONCEPT: **THE ONGOING PROCESS**

OBJECTIVES:

1. To create closure with the group
2. To be aware of tools to take home
3. To be aware of the bigger picture

SCRIPTURE: *You are the light of the world. . .let your light shine before others so that they may see your good works and give glory to the Father*
(Mt 5:14-16).

AFFIRMATION: "Today I begin a journey of spiritual discovery."

LE ROY'S SONG FOR THE DAY: "I'm Not Gonna Give Up, No Never"

ACTIVITIES:

Pre-activity	Evaluations	10 min.
Pre-activity	Memory Books	10 min.
1. Opening Centering	focus group	5 min.
2. Sharing	closure to week	30 min.
3. Action Plan	ongoing process	10 min.
4. Gentle Strength Bombardment	appreciation	20 min.
5. Optional Trust Walk	moving out	25 min.
6. Closing Prayer	Marianne Williamson	5 min.
Optional group photos		

MATERIALS:

Evaluations, handout H-6, pens, Memory Books, cameras

ROOM PREPARATION:

Have evaluation forms, Memory Books, pens ready. Put up affirmation.

Pre-activity

Evaluation/Memory Books (20 min.)

As members come in, have them begin writing their evaluations. As they finish, have them complete Memory Books (20 min.)

Activity 1
Opening Centering

To center the group

5 min.

Directions:

Have a volunteer lead a short centering that includes today's affirmation:

Today I begin a journey of spiritual discovery.

Activity 2
Group Sharing

To make closure for week

30 min.

To explore a "bigger picture"

Directions:

Go around circle one time for each statement below:

1. This week we have learned tools to help us awaken to our divinity. . .one tool that was most helpful to me that I will use when I return home is. . .
2. The most important thing I learned this week is. . .
3. I am a different person than when I came to Conference because. . .
4. When I get home I'm looking forward to. . .

Continue: Reflection on "Bigger Picture"

Close your eyes for a moment and breathe deeply. Say, "We have looked at ourselves and the way we relate to our circumstances and to each other. . .we have looked at what it means to awaken to our divinity. . .as we awaken, we become aware not only of how we relate to our circumstances and to each other, but how we relate to the universe as it is unfolding. Allow your mind to become spacious. . .to take in your total experience right now. . .Realize that you are a part of something much greater (pause). . .Knowing that my life is unfolding perfectly. . .that the universe is unfolding as it should, how do I fit into this "bigger picture"? (pause). . .Knowing that everything I do and everything I am in this world impacts everyone else and impacts the very Universe itself like a ripple moving across a pond, and knowing that whatever anyone of us accomplishes in a single lifetime uplifts all of humanity forever. . .what is my influence on the world and how do I see myself fitting into a greater plan? (pause). . .Touch with your heart your place in this Universe. . .take a moment in the silence to do that (pause). . .When you are ready open your eyes.

Invite anyone to share what came to them. (It's OK not to share.) How do I fit into the "bigger picture". . .the higher universal order? OR what would I like my influence to be?

Activity 3
Action Plan

To explore the ongoing process

10 min.

Materials: Handout H-6, pens

Directions:

It is important that Y.O.U'ers take a tangible plan home to help them continue the growth they have experienced at Conference. Instruct group members to complete the plan, sign it, and take it with them. This written plan may serve as a springboard for more discussion.

Activity 4
Gentle Strength Bombardment (with touch)

To build each other up

20 min.

Materials: Soft music, tape player

Preparation: Play meditation music.

Directions:

Have everyone stand in a circle. One person stands in the center with eyes closed. Everyone else puts their hands lovingly on the person. Then everyone softly says words of love and positive affirmation to the person. . . everyone says words at random so that the receiver is "bombarded" with positive input. (No physical or sexual qualities, please). When the words stop, continue to send love through your hands. . . then gently take your hands down and let the next person get in the center.

Activity 5 (Optional)

Trust Walk

To illustrate going forth with trust

25 min.

To the Leader:

Your group may need to spend time finishing Memory Books and omit this activity. Be sure Memory Books are complete. If needed, let them have a relaxed social time to finish their books. Please do not omit other activities for this one.

Leader Introduce Activity:

Explain to the group that all week we have been exploring spiritual awakening. In Unity we believe in practical Christianity—putting our understanding into action. Spiritual awakening is an ongoing process. Conference is only the beginning. Now it is time to continue the process as we return to the world where we can make a real difference. It can be scary leaving the support of this group and returning home, but it's time to practice what we have learned. Our next activity demonstrates our moving out in trust as we leave Conference. Our true nature is divine. Let us remember who we are, return to innocence, pay attention, listen in silence, and express love as we do this activity.

Directions:

This may be done outside weather permitting. One partner closes his eyes and is led around blind—moving, silently through and over things. Reverse roles and repeat. It is the guide's responsibility to assure his partner's safety at all times. . . guide with loving care. Ask them to watch the time and return in 20 minutes (10 minutes each).

(As they come back they may want to finish Memory Books if needed)

Activity 6

Marianne Williamson Closing Prayer/Closing Circle

To make closure

5 min.

Directions:

Ask the group to close their eyes and go within, then read:

“Father, Mother God,
On this day I ask for new life.
I ask to be reborn in spirit and mind.
I choose to consider as possible through the grace of God,
the total transformation of my mind and body.
Let me see revealed the depth and power of my true Self.
May I be someone more magnificent than I have ever been;
More powerful than I have ever been;
Healthier than I have ever been;
More alive than I have ever been;
More at cause than I have ever been;
More tender than I have ever been;
More compassionate and merciful than I have ever been;
More full of love than I have ever been;
More tolerant, less judgmental than I have ever been;
More at one with myself and all others;
More close to You, dear Lord, than I have ever been.

Remove from our hearts the illusion that we are separate.
May every nation and every people and every color and every religion
find at least the one heart beat we share,
Flow through us, work through us,
that in our lives we might see the illumined world. . .
So may it be.
Amen

Adapted from Marianne Williamson, “Illuminata”

Create a closing circle. . . Do a group hug and “Yea God!”

Group Photos — Optional

<p>GROUP MOVEMENT: Be at closing circle at 11:45. Please bring all materials from your space back to the Activities Center lobby.</p>
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Workshop Leader:

You are great! Please know how much you have given to the Conference experience by your leadership this week. We cannot do Conference without you. . . you have helped your family learn to love and accept each other, to be more aware of their divinity and take that consciousness into the world. Thank you, thank you, thank you!

Samples of Handouts

Handout #1 (H-1)

Affirmations Workshop 2

Writing Affirmations:

1. **Make them personal:** You can only affirm for yourself. You are changing your way of thinking, your self-image or your belief system. Therefore, in most cases, your affirmation will be an "I" or an "I am" statement.
2. **Make them positive.** Write your affirmation in a positive sentence not about what you no longer want. NOT: "I am no longer lazy." RATHER: "I am filled with energy and complete all tasks on time."
3. **Make them short and to the point.**
4. **Make them present tense.** . about right now.
5. **Use action words.** "I am" "I have."
6. **Use exciting words:** Use energetic words or ones that spark emotion like "I love. . ."

Possible Affirmations:

1. I am willing to release old negative messages and beliefs that no longer nourish me.
2. I love myself and I know I am doing the best I can.
3. I am perfect, just as I am.
4. I become more wonderful every day.
5. I love my eyes, my mouth, my nose, my whole face.
6. I love and approve of myself.
7. I am safe to be me in all situations.
8. I am lovable and worth knowing.
9. Loving myself and others gets easier every day.
10. I deserve inner peace and I accept it now.
11. I make choices that support my highest good.
12. I release the pattern in my consciousness that is creating resistance to my good. I deserve to feel good.

Choose one of these affirmations or create your own.

My affirmation: _____

Handout #2 (H-2)

Self Talk: Should/Could Workshop 7

Whenever we use “should” we are making ourselves “wrong.” Either we are wrong, we were wrong, or we are going to be wrong.

Write five things that you “should” do:

I SHOULD. . .

1.

2.

3.

4.

5.

Replace each “should” above with “could.” “Could” gives us a choice and we are never wrong.

I COULD. . .

1.

2.

3.

4.

5.

Next ask yourself, “Why haven't I?” —perhaps you don't really want to; it's not your idea; etc. . .can you drop any “shoulds” from your list? Whenever you find yourself saying “should,” mentally change it to “could” and give yourself a choice.

Handout #3 (H-3)

Self Talk: Criticism Workshop 7

List five things you criticize yourself for:

- 1.
- 2.
- 3.
- 4.
- 5.

Who do you belittle? Who do you criticize?

List five names and what "bugs" you about them. What do you criticize them for?

- 1.
- 2.
- 3.
- 4.
- 5.

Now take the same people and find one thing to praise about them.

- 1.
- 2.
- 3.
- 4.
- 5.

When you release the need to pick on yourself, you will notice that you no longer criticize others so much. When you make it OK to be yourself, then you automatically allow others to be themselves.

Handout #4 (H-4)

Self Talk: Positive Self Talk Workshop 7

List 15 positive things about yourself:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Handout #5 (H-5)

What I Want to Nurture in Myself Workshop 7

1. Where can I go that makes me feel good? Be very specific and include kinds of play, service, accomplishment, etc.)
2. What do I do that makes me feel good?
3. What people make me feel good? (names)
4. What food/activity makes my body feel good?
5. What makes me laugh?
6. What feeds me spiritually?
7. What is beautiful to me?

Handout #6 (H-6)

My Action Plan Workshop 8

Don't let a good idea get away! In order for new ideas and insights to make a difference in your life you must have a plan for using them. Writing this plan down is an important first step. Let's begin now.

1. The idea I want to work with is:
2. One thing I can do to work with this idea is. . .
3. In the next 24 hours I will do the following thing(s) differently.
4. My long-range plan for working with this idea is:

I know the only person I can change is myself. I begin again in this moment.

Signed: _____