

Workshop: **Your Wisdom Revealed**

This simple exercise is a complete workshop for ANY group, ANY time. All you need are a Variety Pack set of Inspiration Cards:

<http://www.songsforyourspirit.com/purchase-cards>

and participants with a personal question to explore and a journal to write in.

1. **WHAT:** Ask your participants to identify a focus – a question, dream or challenge they currently face – and have them write that question in their journal.
2. **VISION:** Take them through a guided meditation to *the other side* – what it will be like when this question is resolved. Here is a sample meditation for you to read slowly, allowing everyone the time to sink into the experience.

PREFACE TO MEDITATION: For the next 20 minutes or so, we are going to journey quietly into the future and explore the impact on your life when you have resolved your question, lived into the fulfillment of your dream.

BEGIN GUIDED MEDITATION {read slowly, pausing often, breathing with them}

Get comfortable, clear your laps, breathe ... imagine the breath filling you head to toe on inhale. As you exhale, imagine releasing tension, clearing old thoughts and beliefs which will not serve you on this journey. Take three to five deep breaths in and out on your own.

Draw to your awareness the question you brought with you today. Imagine what your life will be like when this is no longer an unresolved concern. Imagine your dream realized, your life as it will be *on the other side*. No need to wonder how ... just be with “done, complete, realized.” (*pause several minutes*)

What does it feel like to be here? (*pause after each question*)

What thoughts and beliefs no longer hold you back?

What new thoughts and beliefs are present?

What relationships with people, things and activities have shifted?

Fully relish being *on the other side* of your question, having realized your dream, your vision. Breathe into this place, allowing your body, mind, spirit and emotion to sense what it feels like here.

Ever so gently, slowly, begin to return to this place and time. Become aware of your breath, your heartbeat, the chair on which you sit. Wiggle your fingers and your toes. Stretch. When you are ready, open your eyes.

3. **STRETCH BREAK:** Suggest they stand and stretch and move a bit!
4. **GUIDANCE:** With the cards displayed, collage side up on the floor or a table, ask each person to intuitively select the card that will guide them on their journey. An alternative method would be to pass the cards around the circle (start several cards at several locations on the circle), asking that each person browse for a “hit” and pass the rest on.
5. **JOURNAL:** When everyone has a card, suggest they use the collage and questions to discover their own truth and to answer the question they brought with them. Invite them to listen to the intuitive wisdom in their body,

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emotion and spirit more than the thoughts in their head. Allow sufficient time for the journaling. Use your intuition to know when to end this time. Always, some persons could write longer – others will be done quickly.

6. **STRETCH BREAK:** Suggest they stand and stretch and move a bit!
7. **SHARING TIME:** As facilitator, you choose which way of deeper exploration will best serve your group. Sometimes the size of your group and allotted time will dictate. Other times you will need to discern how safe your participants will feel sharing in small or large groups. Choose:
 - a. Ask your group to break up into smaller groups of 2-4 people
 - b. Plan to go around the entire group as whole

In the group(s), invite sharing of what each person has discovered for themselves. Offer these questions to guide the sharing:

- a. What was your focus, the question you brought today?
- b. What holds you back?
- c. What must you release?
- d. What would move you forward?
- e. What steps could you take?
- f. Would you like feedback?

The person who is sharing can ask for feedback or help from the group – or not! Unsolicited feedback and fixing are totally undesirable. This workshop is about each person discovering their own inner wisdom.

8. **STRETCH BREAK:** Suggest they stand and stretch and move a bit!
9. **PERSONAL COMMITMENT:** On their own, each person writes a personal commitment to their journey in the form of two to four powerful YES and NO statements:

In service of forward movement on my question: _____

- a. I say YES to this next step
- b. I say NO to this thought/belief/activity/relationship which does not serve me

It is helpful for folks to have a support system or accountability partner for these commitments. You may ask them to make a pact with another participant who they will report to around their commitments.

- c. I will report on my successful completion by date to my accountability partner

10. **COMMITMENT CEREMONY:** Having drawn a real or imaginary line on the floor, gather all participants on one side of the line and you on the other. Then, one by one, each person steps up to the line, hands you their YES and NO statements which you hold so they can read them aloud with conviction. When they feel empowered, they take back their journal and cross the line, ready to acknowledge each next person.