

Facilitator Training Notes

START with

Thank you for being here AND for saying YES!!!

I want to learn a bit more about your yes and what you hope to gain from Facilitator Training.

Questions - Poll #1

1. Have you read the entire book from start to finish?
2. Can you feel, sense or know that you are more Balanced in your 4 intelligence systems?
3. Do you have a daily practice of meditation?

Home work Question.

What is your WHY?

Why are you here? What do you want to gain from Facilitator Training?

Three more question for you and then I want to share with you a practice that has aided me in strengthening my spiritual intelligence. Poll #2

1. Do you believe in separation?
2. Does your happiness depend on outcomes?
3. Do you believe you are in control?

Discuss

HOMEWORK - Get the Book **The Awakened Brain**

Library or Book store

We are called to be whole and complete - this means physical, mental, emotional and SPIRITUAL. We are spiritual being expressing Consciousness through this human form - though our human experience.

To guide and facilitate others on this journey WE MUST model what is taught and activated within us — —as our natural, organic, and innate ability to not only experience transcendent relationships but to engineer them in our lives.

At our core - our spiritual intelligence is just waiting to be recalled, remembered and reactivated to be once again lived and shared.

****We are here to Connect with the language of **LIFE - Love in full expression.**

What is YOUR definition of life? How do see your life? Is your life supportive, guiding, and loving? Your thinking will tell you the answers to these questions - are you judging yourself, are you measuring and comparing and noticing what you don't have?

How do you know it's supportive?

How is it guiding

and Loving?

We are here to **BRIDGE** the gap from where we are to where we want to be.

What is this bridging of sorts?

Thankful for my psychedelic experiences and that community as their focus is on **INTEGRATING** their experience into their life. To integrate that alter state and all it brought them into their daily life.

This integrating - this bridging - aren't they ONE in The Same?

We bring all of it - into this present moment - with love, acceptance -

It isn't that we fix or improve or change ourself. Think about this....What is this bridging/integrating?

We cannot fix a problem from the same level of awareness in which it was created. RIGHT.

We need to shift to Transcendent Awareness - Awareness of all that we are. That we are never alone, we are guided, ASK your guides for help. Remember we are so loved, FEEL this love. Bring that part of you from a lower level of conscious with you into a a higher level of conscious and it either dissolves, **disintegrates** or transmutes, transforms into a higher expression of love.

WE are shifting out of Transactional Experiences and into Transcendent Experiences.

As facilitators we are To know one another more deeply, to truly hold another's best interest in our hearts, and connect with others in ways that are loving, kind and supportive.

Let's jump into a short practice that allows us to experience this on a personal level.

I first came across this through expanding my meditation experiences and looking to connect with spirit and recently found a shortened version shared by Dr. Lisa Miller who accredits this to Gary Weaver.

Close your eyes, clear your inner space, and take 5 cleansing breathes.

Imagine a table before you

Invite in - bring in someone alive or passed on - WHO truly has and holds your Best Interest in Mind.

This could be one individual or many. Notice their presence, can you sense, feel or know

Ask them if they love you?

Bring in your higher self - That part of you that is eternal

Ask your higher self if they love you?

Bring in your Higher Power - how ever you see this power that breaths life into you, Source, Universe, Life, God, Abba

Ask this power if you are loved?

Now with your full council present - Ask - What is it you need to know?

Come on back -

As you experienced - transcendence just now - you found or felt that you are loved, guided and never alone. Not thru a physical experience. What you just experienced is the power of your spiritual intelligence. How different would your life be if this KNOWING - that you are loved, guided and never alone was at the forefront of your mind - entwined with everything you do?

We are living in a reality that has forgotten this. We are here to honor this inner wisdom and those mystical experiences and integrate them into our life.

This is your COUNCIL - who shows up may change and you can ask them anything - your questions will change and that's okay. This is the Transcendent Awareness - of the loving consciousness that flows in and around and thru each of us.

I invite you to Reboot your capacity for Transcendence Awareness that is INCLUSIVE, Loving, Supportive and ever Increasing.

It is the strengthening of the muscle of Transcendent Awareness that will open and activate brain neurons to support your growing in your spiritual intelligence.

I want to SHIFT our focus NOW to components and GUIDELINES for Facilitators. A PDF I emailed to you before this call. It is also found in the Membership portal.

#1 component to a strong Spiritual Awareness is LOVE YOUR NEIGHBOR
YOU ARE THE LEADER, As a Leader - your facilitation looks like a contribution of service.

The more you can explain your awareness and your experience the faster and easier it is to embrace it fully and integrate it.

This is WHY the book club encourages you to participate

TO SHOW UP

TO PLAY FULL OUT

its thru all this that you will be able to Listen, Learn and Lead yourself exactly where you need to be.

So how do you explain transcendent awareness?

Let's begin to talk about 4 things YOU as a Facilitator will

HOMEWORK - Get the Book **The Awakened Brain**

Library or Book store

WHAT do you hope to gain from this training?

If and when you bring your own group to a BOOK CLUB -

What do you feel is fair and just compensation for that?

Keep in the background of your mind and be open to ideas on how to make the BOOK CLUB shorter without losing the impact for a beginner on a path to awakening.