

Facilitator Training

Course Syllabus

Module One: The Individual Process

Day One – Morning – The Art of Facilitation

- Understanding the masculine & feminine principle in facilitation
- Understanding the law of circulation
- Balancing the thinking mind and the feeling body

Day One – Afternoon – The Art of Facilitation

- Hands on practice using the masculine & feminine principles
- Practice will include:
 - o Magnification Process (feminine)
 - o Pillow Work (masculine)
 - o Trap Door Game (masculine & feminine)
- Group feedback and discussion

Day One – Evening – Why I want to be a facilitator

- Understanding the difference between the Hero, Victim, Spirit and the Ego
- Victim Work – Understanding the strategy of the victim mentality
- Hero Work – Understanding the strategy of the hero mentality
- Spiritualized Ego Work – Understanding the Ego as God or Spirit
- Ego Work – Understanding the Ego's purpose

Day Two – Morning – Breath & Being

- Understanding breath and the various breath-work techniques
- Facilitating an effective breath-work experience

Day Two – Afternoon – The Holographic Mind

- Sensory & psychological perception of self
- Understanding the fundamental mind
 - o Where change is possible (through practice)
 - o Where change is not possible (learning acceptance)
- The search for enlightenment verse being present

Day Two – Evening – Group Practice & Group Discussion

Day Three – Morning – Working with Anger

- Understanding the warrior principle in facilitation
 - o From selfish to selfless
- The stages of uncovering presence - from anger to grief to acceptance
- Facilitating anger burns & emotional release work

Day Three – Afternoon – Healing the Heart

- Healing through:
 - o Confession
 - o Acknowledgement
 - o Forgiveness
 - o Letting Go
- Using the representation technique for healing

Day Three – Evening – The Healing Circle

- How to create an effective healing circle

Day Four – Morning – Anatomy of a Meditation

- Silencing the mind – returning to presence
- Understanding the anatomy of meditation:
 - o Dynamic
 - o Kundalini
 - o Chakra Breathing
 - o Chakra Dyhana
 - o Nataraj
 - o Mystic Rose
 - o Satsung
 - o And any variation there of

Day Four – Afternoon – Mediation & Coaching

- Nonviolent communication
- Conflict resolution & Mediation