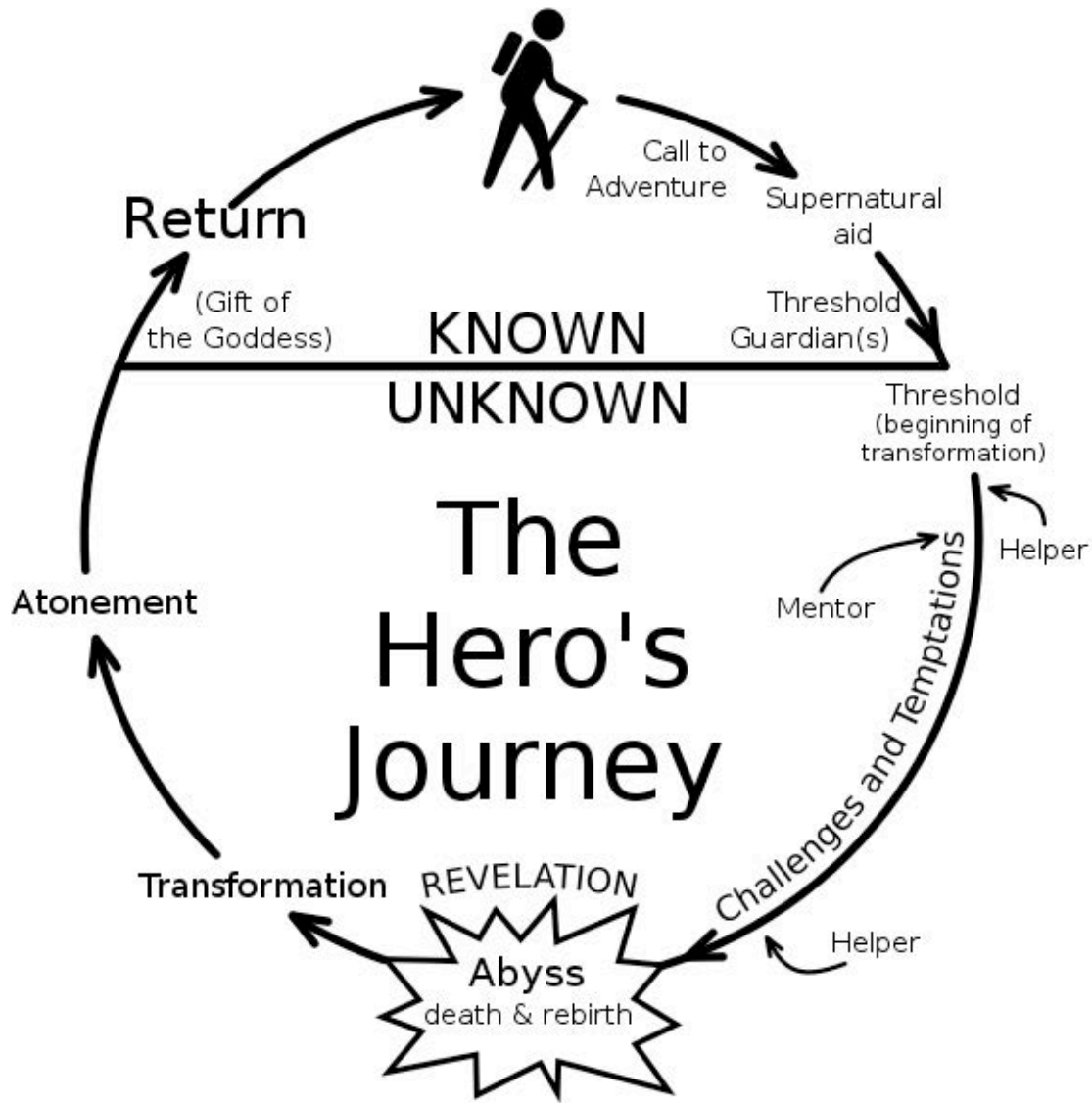


Willamette Valley MKP



I-Group JumpStart Guide

June 2021

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Quick Process Choice Chart

Work Statement	Process	Why use it
Ongoing Issue/Belief	Inner Child	To bring healing/awareness to the unmet needs of the inner child. To release beliefs or behaviors that no longer serve.
Difficulty/ Doubt Achieving	Owning Gold	To access our unconscious inner Strength, energies, and gifts and bring them to the present for us.
Anger/Charge at someone	Man in the Mirror	Gives opportunity to recognize and own the projections we put out into the World. Allows us to see the wound that was touched, regain our power and let the person who “triggered” us off the hook.
Indecision/Conflicted	Look Who’s Talking	Voice dialog is a method for contacting, learning about, and working with the many aspects of who we are. A man can learn how these aspects determine the way he sees the world and how they control his behavior and possibly limit his choices.
Release Stuck Emotion/Energy	Symbol Extraction	Helps a man get “stuck” energy out of his body and replace it with new, empowering energy. Can also be used to release

Work Statement	Process	Why use it
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Limiting Beliefs	Bucketing	To discover how limiting beliefs about ourselves and the world are formed, where we learned the “stories we tell ourselves, perhaps rewriting the early story or message we got a long time ago.
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Release a Charge	Clearing	To release a charge, take ownership of the projection and shadow, and move to a place of healing.
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Clarity Around a Conversation	Dialog Chairs	When one needs to get clarity around a difficult conversation, or needs to practice same.
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Advice and Feedback	King’s Court	A man wants the support of his iGroup around a particular issue.
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Internal conflict/Out of Balance	Voice Dialog	To develop “empowered awareness” and to ma
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Work Statement	Process	Why use it
		choices from this place.

Facing Risky Decision-Feels Stuck	What's at Risk?	To deliver a man to the awareness that he has created a reality that does not make sense on some fundamental level.
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Safety Agreements

Safety means I will do no harm to myself, to others, or to any property. It includes physical, emotional, mental, spiritual and energetic safety.

Q Who has responsibility for safety?

Individual
Group
Facilitator



Calling “Safety”

When the person working or any member of the group calls “Safety”, the facilitator will address the concern and make a judgment on whether changes are required. For physical safety concerns, always err on the side of caution. When calling emotional or spiritual safety, use discernment, *is this an internal anxiety/projection (are you triggered?)*, or an objective concern for safety.

If the person working calls safety, stop immediately and explore other options to process them, or discontinue completely. Assess and get explicit assurance that they are in a safe and stable condition before moving on or having them leave. If not stable, the group must decide the most appropriate action which could include the following; calling emergency services, calling a friend to come, having a group member accompany them home, making a commitment to consult with a doctor; see a licensed health practitioner, counselor, or addiction therapist or seek out a program better suited to meet that person’s needs.

For and Emergency: Dial 911

The National Suicide Prevention Hotline: at 1-800-273-TALK [8255]

MKP MHRT Contact: David Rose 301-502-1777 or mhrt@mkp.org

Facilitator:

- *Do you have any medical, physical or psychological conditions that I should be aware of?*
- *If you experience pain, discomfort or anything that causes you concern, I need you to let me know. Will you take the responsibility to keep yourself safe during this process?*
- *Our designated safety signal is SAFETY.*
- *If any man calls SAFETY, everything stops instantly while the situation is assessed and corrected or the process is terminated if appropriate.*

I-GROUP FACILITATOR SCRIPTS

Compiled and Edited by Aaron Grad (Scarlet Macaw)

These scripts were designed for use in PIT trainings held in the Puget Sound community of MKP-Northwest. The intention is to provide new brothers documents that they can read from directly while practicing facilitation, without the extra explanatory information contained in the manual. These scripts are not meant to replace the PIT manual, but rather to serve as a supplement.

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Special thanks to Mike Buckley, Steven Crozier,
Bob Jones, Mike Seilo and the warriors of the Puget Sound
community who field-tested these scripts.

COMPILED ON NOVEMBER 22, 2014 – DISCARD EARLIER VERSIONS

I-GROUP MEETING OVERVIEW

1. SETTING THE CONTAINER

- (optional) Group business
- (optional) Choose a king for the meeting
- Smudge
- Directions
- (optional) Sensei question
- (optional) Reading or meditation

2. LOVER ROUND

- Check in – name, animal name, feelings, followed by “I’m in”
- (optional) High-Low round
- (optional) Withhold round
- (optional) P.I.E.S. Check in – physical, intellectual, emotional, spiritual

3. WARRIOR ROUND

- Self-Accountability
- Support Accountability
- Clearings
- (optional) State missions, report on mission stretches

4. MAGICIAN ROUND

- Work Statements
 - “If I were to work tonight, I would work on my resistance to ...” ~or~
 - “If I were to work tonight, I would work on my [sadness, anger, etc.] around ...”
 - (optional) Hold up 1 to 5 fingers to rank importance of work
- Work: the man working starts by choosing a facilitator
 - Consult Guide to Magician Round Guide if needed
- Clear space between work pieces – energetic “vacuum” or “broom”

5. KING ROUND

- (optional) Mission stretches
- Blessings
- Check out: name, animal name, feelings, followed by “I’m out”

ACCOUNTABILITY

1. SELF-ACCOUNTABILITY

King asks: **“Is there any man who wants to hold himself accountable?”**

If a man puts his fist in, King asks: **“Do you want to run the accountability process? If so, pick a facilitator.”**

Facilitator asks:

- 1. What was the agreement, and who was it with?**
- 2. Did you keep the agreement, yes or no?**
- 3. What did you do instead? What did you choose to make more important?**

If the man has trouble identifying the choice he made, follow up with “How did it serve you?” or “What did you get out of it?” Have him state the choice in the positive (i.e. “I chose to ...”) instead of the negative (i.e. “I chose not to ...”)

- 4. What is the shadow in this for you? What belief about yourself or the world set you up to make that choice not to keep your agreement?**

Facilitator may need to “drill down” to the true shadow by asking questions like, “What’s underneath that?” A shadow will take the form of a belief.

- 5. What’s the possible impact of the choice you made? The impact on you? The impact on others?**

- 6. Around this choice, what do you want for yourself as a man, moving forward?**

- 7. Do you want to offer a simple act of intention? What simple thing can you do right now to get back into integrity with yourself and this circle?**

If a man is having trouble formulating an act of intention, try flipping his shadow; i.e. if his shadow belief is “I’m not good enough,” ask him to share something that makes him feel good about himself. Re-committing to the original agreement is not an act of intention, nor is any other offer that would already be expected of the man. The act should take place right then, not later in the meeting or outside the circle.

King asks: **“Is there any other man who wants to hold himself accountable?”** If not, proceed to Support Accountability.

ACCOUNTABILITY (continued)

2. SUPPORT ACCOUNTABILITY

After men have processed self-accountability, King asks: **“Is there any man who would like to support a brother around his accountability with this circle? If so, put your fist in the center.”**

If a man puts his fist in, King asks whom he would like to support. King then asks that man if he is willing to hear the offer of support. **If no, the process ends immediately.**

The man makes his offer of support, i.e. **“I believe you made an agreement to _____.”**

King asks man who received offer of support: **“Do you want to process your accountability around that?”**

The man receiving the offer may choose to accept it or not.

If yes, King instructs man: **“Pick a facilitator.”** It is recommended that the man who made the offer of support not serve as the facilitator for the accountability process.

The facilitator then runs the man through the Self-Accountability process.

If the man chooses not to look at his accountability, the process ends immediately with no further discussion.

King asks: **“Is there any other man who wants to support a brother in his accountability?”** If not, proceed to the Clearing round.

CLEARING

GETTING INTO THE CLEARING ROUND

1. Look into each man's eyes. Note if you have a charge that will keep you from being present.
2. If you have a charge, put your fist into the circle.
3. (If a man has a charge) Who is the clearing with? Who would you like to facilitate?

From this point forward, only the facilitator speaks to the men involved in the clearing. Suggestions can be whispered in the facilitator's ear. The man being cleared with—"the mirror"—never speaks.

SETTING UP THE CLEARING

1. To the clearer: **Do you understand that this clearing is about you, and that this man is serving as a mirror for you?**
2. Ask the mirror: **Are you willing to stand in this clearing?** If yes, both go to center of circle. If no, mirror leaves room, clearer can choose another man or an empty chair to clear with.
3. To both men: **Do you want support? What do you want it to look like?**
4. To both men: **Bring up your psychic shields. Choose what fits for you and deflect the rest. Nod when you've got it.**
5. (Optional) **Put your hands on the staff.** Clearer's hand goes on bottom.
6. To the clearer: **Maintain eye contact with this man. Address him directly (use "you").**

THE CLEARING PROCESS

--DEFINING THE CHARGE--

1. **What's the data?** Objective reality. The Facts. "What I saw...", "What I heard..."
 - o **Any other data?** (Keep asking until man says no.)
2. **What judgments do you have about this man?** "What kind of person does ____"
 - o **Any other judgments?** (Keep asking until man says no.)
3. **What are you feeling?** Stick to basic five: Mad, Glad, Sad, Afraid, Ashamed. No story.
 - o **Any other feelings?** (Keep asking until man says no.)

--OWNERSHIP OF THE PROJECTIONS AND SHADOWS--

4. **Who else in your life was _____ around you?** [Use same words as judgments]
Who does this man represent for you? ("This man stands at the head of a line of people who have brought up these feelings and judgments for you before.")
5. **Where do you do this in your life, or where have you done this in the past?** [Use same words as judgments] **And who with?**
6. **Do you get that this man is a mirror for you?**
7. **Are you willing to withdraw your projections from this man? Name each projection as you withdraw it, speaking directly to this man.** (Prompt the clearer if he has forgotten the projections. The format is: "I withdraw my projection that you are _____.")

--HEALING--

8. **What do you want for yourself as a man, moving forward?**
9. **What do you want for yourself in relationship with this man, moving forward?**
10. **Are you complete? How would you like to end this process?** (Hug, sign of affection)

If, at the end, the mirror needs to do a clearing, something else should happen first to avoid getting into a back-and-forth retaliation. The facilitator's role is now complete.

CONTINUING/CLOSING THE CLEARING ROUND

The king asks if there are any more charges to clear. If so, man with charge identifies mirror and chooses facilitator as above. If there are no more charges, the clearing round is complete.

GUIDE TO MAGICIAN ROUND PROCESSES

When a man chooses a facilitator and begins his work, he may already have a process in mind, or he may ask for guidance from the facilitator.

The facilitator can ask:

“What do you want to have happen here?”

- OR -

“What do you want to get out of this work?”

Listen for what the man wants, and see if those intentions match any of the processes below.

NAME	INTENTION	USEFUL WHEN...	NOTES
Bucketing	To discover how limiting & beliefs are formed and to empower & more functional outlooks on life.	-A man is experiencing intense feelings , especially fear, sadness or shame -A man is stuck in limiting beliefs	-The key is to “bucket” down to the physical feelings in the body. -This version does not visit past memories.
Clearing	To release a charge , take ownership of the projection and shadow, and move to a place of healing.	-A man is experiencing intense anger	The same Clearing process from the Warrior Round can be used in the Magician Round. Have the man pick a role player or an empty chair to be the “mirror.”
Dialogue Chairs	To practice a conversation or dialogue.	-A man needs clarity around a particular conversation he wants to have	-If the dialogue is with an internal aspect of the man, use Voice Dialogue instead.
King’s Court	To ask for advice and feedback around an issue.	-A man wants the support of his “court” of brothers around a particular issue.	-The facilitator mainly keeps the process on track. The “king” asks for what he wants.
Voice Dialogue	To develop empowered awareness and to make choices from that place.	-A man is experiencing internal conflict . -A man is out of balance or disempowered .	-Always come back to the “place of empowered awareness” -Make sure there is enough time. This process can take 45-60 minutes.
What’s at Risk (WAR)	To deliver a man into the awareness that he has created a reality that does not make sense on some fundamental level.	-A man is facing a risky decision . -A man feels “ stuck ” in a particular situation.	-This can be used quickly to go deeper on work statements -The outcome of WAR is often an unsettled state; From that place ask, “What’s your work?” or “What do you choose to do?”

Note: Remember to “de-role” any role players after each work piece. The man who worked says: “You are not _____. You are my brother, _____.” The role player repeats, “I am not _____. I am your brother, _____.” If a role player senses that he is still holding some of the energy from the work, cleanse him with a quick smudge.

BUCKETING

1. Body-Emotional Connection

- What's the basic story?
- Close your eyes and think about [charged situation].
- What are you feeling? (*Listen for primary feeling: angry, sad, scared, happy, ashamed*)
- How does it feel in your body? (*Location, color, temperature, physical sensation*)

2. Shadow Formation

- Thinking about [charged situation] and [primary feeling], what judgments or beliefs do you have?
- What beliefs have you adopted about the world?
- What beliefs have you adopted about your self?
 - (*Drill down for core shadow: What's under that belief? etc.*)

3. Support from Self

- Now invite in a supportive part of yourself.
 - What do you want to call this part of you?
 - Breathe into this new energy. Let it fill up your body.
- From this place, what observations do you have about the [primary feeling] part of [man's name]? (*i.e. the sad part of Fred*)
 - What feelings are coming up for you from this place?
- Do you understand how, in this situation, he took on those beliefs?
 - (*Or, to ask another way, do his beliefs make sense to you?*)
- Can you accept this [primary feeling] part of [man's name]?
- Are you willing to forgive this part for any harm his beliefs have caused?

4. Empowerment

- Come back to the place where you started this work.
 - (*Remind him of the feelings and sensations, have him breathe into them.*)
- Do your beliefs that the world is _____ and that you are _____ really serve you?
- What are the impacts of continuing to hold these beliefs about the world?
- What are the impacts of continuing to hold these beliefs about yourself?
- Would you like to replace these limiting beliefs with empowering beliefs?
- What affirmation statement do you want to make?
 - *If [limiting belief] doesn't fit for you anymore, what will take its place? (or)*
 - *What's true about you in this moment?*

5. Closing and Blessing

- Tell your affirmation to your brothers. Tell it to that man! (hold up mirror)
- Stand in the center so we can honor you for your work.

DIALOGUE CHAIRS

This process provides an opportunity for a man to practice a conversation.

SETUP

(optional) Ask the man if he would like a scribe to record what he says. This may be useful if he wants to capture specific words or ideas that come out of the practice conversation.

(optional) Set the intention for the work before it begins by asking “What do you want to have happen here?” or “What do you want to get out of this work?”

1. “Where in the room do you want to have this dialogue? Do you want to be sitting or standing?”

2. “With whom are you speaking?”

3. “Where is this dialogue taking place?”

4. “Do you want a man to hold the space of __[other person]__?”

(If yes) “Pick a man who can hold that energy.” Make sure the role player verbally agrees to participate. Instruct him to use exactly the same words, gestures and facial expressions that the man models.

5. Instruct the man to begin the conversation.

Listen for when the man gets stuck or needs a response, and then switch him into the other role. If needed, use a guiding question, such as “What would you expect to hear back after saying that?”

6. Switch back and forth between roles until the man has the practice and clarity he was looking for.

Each role always stays in the same physical location. Make sure the man always speaks as himself from his original location, and as the other conversant from the other location. The role player (if used) always switches locations, too, and may be called upon to repeat back lines from either side of the conversation.

7. (optional) Ask the man if he would like feedback from the group.

8. What do you want for yourself as a man, moving forward?

9. Affirmation: What’s true about you in this moment, as a man among men?

10. (If a role player was used) Have the men “de-role.” The man who worked begins by saying, “You are not _____, you are my brother, _____.” The role player responds, “I am not _____, I am your brother, _____.”

KING'S COURT

This process provides a forum for a man to receive support and feedback from his “court.” The facilitator is mainly responsible for keeping the process on track.

SETUP

Reset the chairs in a horseshoe shape, and place a “king’s throne” at the open end.

(optional) Ask the man if he would like a scribe to record what he says. This may be useful if he wants to capture specific feedback.

(optional) Set the intention for the work before it begins by asking “What do you want to have happen here?” or “What do you want to get out of this work?”

1. (To King) “Take a few minutes to explain your situation. Be clear with your court about what kind of feedback you are asking for.”

King speaks for approximately five minutes. Facilitator keeps track of time.

2. (To Court) “Now give the King your feedback. Use warrior communication: tell him the truth as you see it, but with compassion. Speak in any order, when you are ready.”

Facilitator ensures that the process does not digress into dialogue. The court should give feedback only, not ask the King questions or “process” him. The King can ask clarifying questions about the feedback, and then any further discussion should be taken offline.

3. (To King) “I invite you to thank these men for serving as your court, and to share an affirmation—something that is true about you in this moment, as a man among men.”

VOICE DIALOGUE

1. Establish a Place of Awareness

- Is it okay with you if a man takes notes during this process? (*Choose a scribe.*)
- What is your issue?
- Close your eyes. Bring up the part of you that has awareness, the empowered man.
- Picture a place in this room where that energy is strong, the place where you can be aware and see things clearly.
- Open your eyes. Go to that place now. (*Don't think about it—trust your body.*)
- Breathe into the energy of this place of awareness. We will be returning here again.
- Now I want to talk to the energy that is in control most of the time around [the issue].
 - (*This is the part that drives the bus, the part that runs the show for you.*)

2. Identify the Voice

- Move to the place in the room where you feel that energy.
- Who am I talking to? What do you want to be called?
- What's your job? (*What do you do for [man's name]? What do you really want?!*)
- When did you first start doing this job?

3. Interview the Voice

- How effective are you at your job?
- What percent of _____'s life do you think you occupy?
- Are you satisfied with your job?
- Is there anything getting in your way?
- Would you be willing to accept help to make your job more effective?
- Is there anything else you want to say to [man's name]?
- Thank you for telling me about yourself. Is it okay if we move back to the place of awareness now?

4. Debrief in Place of Awareness

- Move your body back to the place of awareness. Breathe into that energy.
- I want to recap for you some things that the _____ part of you said. His job is _____, and he told me how that job is going: _____.
- Now think again about [the issue]. Is there another voice you need to hear from?
 - (*It may be a loud voice, or it may be the one you don't hear very often.*)

REPEAT STEPS 2 THROUGH 4 UNTIL THE MAN HAS BROUGHT OUT THE KEY VOICES.

5. Empowered Awareness

- Now that you have heard what these voices have to say, this is your chance, as an empowered man, to respond and bring the energies into balance.
- What part of you do you want to address first? Go face it.
- What do you want to say to this _____ part of you? Can you thank him and bless him?
- Go face another voice. What do you want to say to this _____ part of you? Can you thank him and bless him? (Continue until he has addressed all the voices).
- Now let's return to the place of awareness.
- From this place, imagine the voices gathering around you as your allies. What do you want to say all of them together?

6. Choice

- Do you get that these voices are all parts of you, and that you can choose how they show up in your life?
- From this place of awareness, what do you want for yourself as an empowered man?
- State an affirmation: Something that is true about you now, as a man among men.

Inner Child

Key Concepts:

- The mature “Adult Self” offers support, advice, perspective, inspiration and/or love to the wounded “young self”.

Safety

To avoid the possibility of re-traumatization, the man working “**remembers**” the past by bringing in a stand-in for his younger self. We do not “*regress*” the man working.

What is it?

A process that helps to heal or re-frame a wound from childhood that is manifesting in a current issue.

Why use it?

To bring healing and awareness to the unmet needs of the inner child. Our inner child may have adopted beliefs, behaviors and/or survival strategies that no longer serve our adult self. Once the adult self understands the reason for these beliefs or behaviors, they are able to release them by lovingly accepting and blessing our younger self (inner child). Going forward, we are able to make different choices from this new found awareness.

When to use it?

Works well when a man has an ongoing issue or a theme of repeating a problem, (e.g., difficulty in relationships, problems with authority, over-eating, addictions etc.) that seems to keep coming up over weeks, months or even years.

Deeper Understanding: The point is to keep the man working in the “here and now”, side by side with the facilitator, “*remembering*” the past without having to go back and reliving it. The man chosen to hold the space of the younger self allows the man working to differentiate himself from the past/younger self and safely stay in the present moment.

Inner Child

(Page 1 of 3)

1. THE SITUATION

- *I understand that you have a challenge or an ongoing issue that you would like to work on. Tell me more about that?*
- *What feelings are you having about this situation?*

[FACILITATOR NOTE: If the man is already emoting, proceed to step 2. Otherwise, continue to step 1a until he is in touch with his feelings.]

1a. LOCATE FEELINGS IN BODY (Building the Metaphor)

- *Close your eyes*
- *Let yourself take a few slow, deep breaths*
- *Where in your body is that feeling?*
- *If the feeling had a shape, what would it be?*
- *Does it have a size? A Color? A Texture?*

2. RECOLLECTION-REMEMBERING

- *When is the earliest time you remember feeling this way?*
- *How old were you?*

[FACILITATOR NOTE: Once you get the earlier age, i.e. "7" Always refer to the younger self as "7"]

3. CHOOSE A CHAIR TO HOLD SPACE OF THE YOUNGER SELF

- *For the purposes of this process, would you be willing to envision <age> in that chair? [Facilitator points to chair]*
- *Who was there with <age> when he first felt this feeling.*
- *What happened?*
- *And what else happened?... And then?... Is there more?*
- (Repeat *What happens?* until the remembering sequence is complete.)

Inner Child

(Page 2 of 3)

[FACILITATOR NOTE: HAVE SOMEONE TAKE NOTES FOR STEP 4]

4. BEHAVIORS, BELIEFS AND JUDGEMENTS

- *What are the messages/stories <age> took on?*
- *What beliefs or judgments did <age> take on about himself?*
- *What behaviors did <age> use to survive in this setting?*
- *What things did <age> need or want but didn't get?*
- *What did <age> need to hear?*
- *Is there more?*

5. SUMMARIZE INFO LEARNED TO ADULT SELF: MAN WORKING

- *We just heard that <age> took on some beliefs and judgments about himself, others, or the world.*
- *Shall I summarize what we just learned about <age>? (If No, skip to 6.)*
- *<age> felt <Summarize behaviors, beliefs & judgments>.*
- *Did I get it right?*
- *Is there more?*

6. THE HEALING: SPEAKING TO ADULT, THE PERSON WORKING

- *Would you be willing to support <age>?*

[FACILITATOR NOTE: Make sure these are **POSITIVE** messages to the Younger Self.]

6a.

- *What does <age> need to hear about himself?*
- *What does he need to know about the adults? About the world?*

Inner Child

(Page 3 of 3)

7. PERSON WORKING CONNECTS TO THEIR INNER CHILD

- ***Close your eyes and go within. Can you connect with <age>?***
- ***In your mind, imagine looking in to <age> eyes?***
- ***Does he recognize you?***

8. ADULT SUPPORTS AND TELLS INNER CHILD WHAT THEY NEED TO HEAR

[Be sure the man working uses age appropriate language]

- ***Tell <age> what he needs to hear***
- ***What's true about <age>? About the adults? About the world?***
- ***Does <age> get it?***
- ***Are there new beliefs you would want <age> to take on, based on this new information?***
- ***If it's your truth, tell <age> that you are willing and able to give him what he needs and wants.***
- ***Are you willing to invite <age> to come and be with you from now on?***
- ***Embrace <age> and bring him into your heart. Remind <age> that you will always be there for him.***

9. INTEGRATION: SPEAKING TO ADULT SELF: This is a re-wiring of the story from childhood victim to empowered adult.

- ***Open your eyes and come back to this space. How do you feel about a boy who survived an experience like that all by himself?***
- ***Can you understand the decisions he made, and the behaviors he adopted were his way of surviving?***
- ***Is there anything else that needs to be said or done for you or <age> to be complete for now?***

10. STRETCH/AFFIRMATION: Commitment to a New Way of Being

- ***Does this newfound awareness about yourself, others and/or world around you offer any insight on the situation or issue you wanted to work on?***
- ***With that in mind, do you have an affirmation or stretch?***

Look Who's Talking

History

Hal Stone, Ph.D. and Sidra Stone, Ph.D. initially developed Voice Dialogue, Relationship & the Psychology of Selves (also known as the Psychology of the Aware Ego) in 1972. In the 80's, the Internal Family Systems model was developed by Richard Swartz Ph.D.

Key Concepts

- You are not one, but many selves.
- Voice Dialogue is a method for contacting, learning about, and working with the many selves that make up each of us.

What is it?

The Psychology of Selves provides a clear explanation of how these selves operate in our lives and how they may be keeping us from realizing our full potential. This process allows a man to hear or get advice from the voices in his head. Often hurt, disowned or protective parts of the psyche wants our attention and this process gives them space to be heard.

Why use it?

Through this process, a man can learn how these "selves" determine the way he sees the world, how they control his behavior and may possibly limit his choices.

When to use it?

Often used when a man is confused or conflicted about a situation or decision and feels pulled in different directions. For example they may use phrases like, "**A part of me wants <one thing>; another part of me wants <different thing>.**"

Look Who's Talking

(Page 1 of 3)

We typically use 3 chairs for this process starting the man working off in the center chair.
 [Note: Replace words/phrases in <angle brackets> with the man's own words. It is also advisable that you have a **scribe capture answers to steps 4-9.**]

1. THE CONNECTION TO SOVEREIGN

- ***Close your eyes. Take a Breath.***
- ***Move your body to a place of awareness.***
- ***Connect to your inner Sovereign/King, the part of you that is wise.***
- ***Know that your Inner King is aware of your indecision and that there are inner parts or advisors available to consult.***

2. CONNECTION TO THE 1ST ENERGY/ADVISOR NEEDING TO BE HEARD

- ***Which part (or voice) seems to have the strongest energy right now?***
- ***Breathe in to that energy; allow it to fill your body.***
- ***Move to the chair where that energy is the strongest.***

3. THE WELCOMING: GREET THE NEW ENERGY/ADVISOR AS IF A NEW MAN JUST WALKED INTO THE ROOM

- ***Welcome to this space, Thank you for being here.***

[**HAVE SOMEONE TAKE NOTES FOR STEPS 4-9** Get agreement from the man who is working.]

4. THE INTERVIEW: Identify the purpose of the "Advisor"

- ***What do you do for <man's name> or
What is your function or purpose?***
- ***When did you first show up in <man's name>'s life?***

5. REFLECTION AND CONFIRMATION

- ***It sounds like you <advisor's purpose> for <man's name>.***
- ***Is that right? Did I get it?***

Look Who's Talking

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6. IDENTIFY ENERGY <advisor's name>

- ***For the purposes of this conversation, how may I address you?***

[This becomes the <advisor's name>. If necessary, suggest things like Guardian Angel, Traffic Cop, Safety Monitor, etc.]

7. IDENTIFY ADVISOR'S WANTS

- ***<advisor's name>, what do you really want for <man's name>?***
- ***<advisor's name>, what do you want <man's name> to know about this issue?***
- ***Is there more?***

8. SHADOW BEHAVIORS

- ***What happens to <man's name> when he doesn't listen to you?***
- ***What happens to YOU <advisor's name> when <man's name> does not listen to you?***

9. CONFIRM ADVISOR IS COMPLETE

- ***Before we move on <advisor's name>, is there anything else you'd like <man's name> to know about this issue?***

10. THE HONORING

- ***I really want to honor you <advisor's name>, for the wisdom and service you bring to <man's name>***
- ***Thank you for being here with us.***

11. THE RETURN

- ***When you are ready, I invite you to step back into your Sovereign/King.***

[FACILITATOR NOTE: Be sure you see a physical confirmation that the man working has returned from his altered state before continuing.]

Look Who's Talking

(Page 3 of 3)

12. THE REFLECTION AND CONFIRMATION

[Facilitator tells the Sovereign what the <advisor> said. Refer to scribe's notes if needed]

- ***We just spoke to <advisor's name> , would you like to hear what he shared?***

[IF NO, proceed to step 13.]

- ***Did I hear that right?***
- ***Did you hear anything else?***
- ***Is there more?***

13. NEXT ADVISOR

- ***Now, I invite you to step to the other side.***

[GO BACK TO STEP 3]

14. THE CLOSING

- ***I invite you to reflect upon what you now know about the situation after hearing from your advisors.***
- ***Are you complete?***

Man in the Mirror

Key Concepts

- Facilitates an energetic shift so we can be fully present.
- Opportunity to recognize and own the projections we put out into the world.



What is it?

A process that allows a man with a “charge” or is “triggered” to see himself more clearly by asking another human to hold space and reflect back what they see and hear. (*Judgements only*)

Why use it?

When we are triggered, whether we know it or not, we are no longer in the present moment. Asking for support will enable us to see the wound that was touched, take responsibility for our feelings and judgements, take ownership of the projections (see ourselves in “other”), regain our power and let the person who “triggered” us off the hook.

When to use it?

When any energy or emotion is keeping us from being in the present moment or keeping us from connecting openly to another.

When we blame “others” for our emotions or the situation we are in.

Man in the Mirror

(Page 1 of 4)

1. CONFIRM THIS IS THE RIGHT PROCESS.

Ask the man working:

- ***What do you want from this process?***

[You should hear something like, “I want to be clear, I want to be in connection with _____, I don’t want to be angry/upset/putting them on a pedestal anymore.”]

If you hear some version of this, then move on.

- ***Do you understand this is about you?*** Yes/No
- ***Are you willing to own your projections?*** Yes/No

If the answer is “Yes”, then we can keep going. If the answer is “No”, use another process.

2. SELECT A MIRROR

This can be done by the man working or the facilitator. Be sure to confirm with the man asked to be the mirror by asking:

- ***Are you willing?***

[*SAFETY: if they are not a confident **YES**, then they are a **NO**, select someone else]

3. SET UP PROCESS FOR SAFETY

[FACILITATOR NOTE: Facilitator sets the energetic safety of the container (the room) *and* the process. If using a staff, ask the Mirror and the Participant to hold the staff, Mirror’s hand above.

Ask the Mirror and the Participant if they need support.

Explain that this is a process for the Participant to get clear and that the Mirror is a Gift to the participant.]

Man in the Mirror

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TO THE MIRROR:

- ***If at any time you feel yourself getting hooked or unable to hold a mirror, signal me and I will get you out of the process. Do you understand? Y/N***

(Do not move on until this is a Yes.)

- ***Now, go within and bring up your energetic shield, whatever that is for you.....Do you have it?***

4. DATA: Asking the man working

Observable as if seen on camera Ask the triggered man/man working

- ***What's the Data?*** [Optionally you may add...]
- ***Objective reality, the facts, something that could be entered as evidence in court.***

5. JUDGMENTS:

[FACILITATOR NOTE: Have someone outside the process write down each judgment. These will be brought back in during STEP 10].

Addressing the Mirror first:

- ***I ask that you immediately repeat each judgment you hear with the same words and same Intensity.***

For example: If they say ***“You were late!!!,”*** you repeat, ***“You were late!!!”*** ***You will only be asked to mirror back what they say for Judgments.***

Address the man working:

- ***What are your judgments about this*** <person/man/woman/name>**?**
- ***What are your judgments about their behavior?***
- ***How would you label them?***
- ***What kind of*** <person/man/woman/name> ***does this?***
- ***Is there more?***

Man in the Mirror

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6. RELEASE THE MIRROR

Once judgments are complete address the Mirror.

- ***You are now done reflecting the judgments, go back to silence and hold a mirror for this man.***

7. FEELINGS

- ***What are you feeling about this situation?***
- ***Where is this charge held in your body?***
- ***What is the primary emotion?***
- ***Is there more?***

8. PROJECTION

We are projecting a *PAST* experience into the *PRESENT* moment

- ***Whose behavior does this remind you of?***
- ***What behaviors you attribute to <that person>.***
- ***Can you summarize this in a sentence or two?***

9. CLEANING THE MIRROR

Taking the projection off of the (Mirror) by asking the Participant:

- ***Are you willing to see that you projected that <person> on to the mirror?***
- ***Are you willing to withdraw your projection so that you can begin to see them more clearly?***
- ***Do that now symbolically.***

Man in the Mirror

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10. SIMILARITIES/OWNERSHIP

Have the list of judgments ready from STEP 5.

- ***How do you show up <projection/judgment>?***
- **OR**
- ***How is this <judgment/projection> like you?***
- ***Are you willing to see this is a projection of some part of yourself that you are putting on this <man/person>?***
- ***Are you willing to withdraw it now so that you can begin to see them more clearly?***
- ***Do that now.***

11. WANTS

- ***What do you want for yourself?***
- ***What do you want from this <man/person>?***
- ***What do you want in your relationship with this <man/person>?***
- ***Suppose you get all that you say you want, what will you have for your -self that you really want?***
- ***Feel that, where is it in your body?***
- ***Knowing that what you want is already within you, Do you see how you can create that for yourself?***

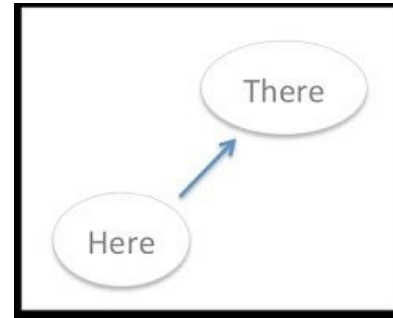
12. WRAP UP

- ***Are you complete for now?***
- ***How would you like this to end?***

[*Facilitator Note: Remind the “Mirror” that they do not have to hug if they don’t want to. Remember to De-Role the “Mirror”]

Symbol Extraction

This process has its origins with the pioneering New Zealand psychotherapist David Grove and was later adapted by Cliff Barry for Shadow Work.



Key Concepts

- Issues or feelings are contained through the use of a metaphor and extracted from the body.

What is it?

Though it contains a bio-energetic component, being in the body, it's actually a Lover process that offers the participant an opportunity for perspective and freedom from "the issue."

Why use it?

This process can help a man get stuck energy out of his body and replace it with new, empowering energy.

When to use it?

When a man describes an energy in his body that is unwanted. It can also be used to release shame or guilt.

A Deeper Understanding: Be conscious of who is working and their physical and or emotional limitations. Do they have any injuries? What archetype/stage in life are they in? If they are an Elder, the use of "warrior energy" may not be appropriate. Ask questions. Be aware and get creative. An Elder may just need to set it down or to "let it go." A young or middle aged man may need to push it out 3 times with explosive Warrior Energy! A good facilitator will be curious and adaptable!

Symbol Extraction

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READ SAFETY QUESTIONS FIRST!

1. THE SET UP

- *You mentioned that something is bothering you or doesn't feel right.*
- *I invite you to get a hand towel and put it down by your side.*

2. THE PROBLEM

Localize the feeling in the body

- *Where do you feel it, notice it?*

3. BUILD THE METAPHOR

- *If it were something you could touch or see, what would it be?*
- *What color is it? What is it made of?*
- *Is It hard? Soft? Is it hot? Cold?*

[FACILITATOR NOTE: You want to get to at least one adjective and noun e.g., "sharp spike," or "stinky black ball." This becomes the <symbol> that they'll remove.]

- *I invite you to really let yourself feel this <symbol>.*

4. INTENT OF THE METAPHOR

- *What does the <symbol> want to do to you?*

5. THE COMMITMENT: GET OUT COMMAND

- *What do you want to have happen to the <symbol>?*

[FACILITATOR NOTE: Get the man to explicitly state that he wants the energy out of him]

- *We have a process that will help you remove it.*
- *Do you want to do that?*

Symbol Extraction

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[FACILITATOR NOTE: Be conscious of who's working and their physical and/or emotional limitations. Do they have any injuries? What archetype/stage of life are they in? If he's an Elder, using Warrior energy may not be the most appropriate. Ask questions, be aware and get creative. An Elder may just need to set it down or let it go. A young or middle-aged man may need to push it out 3 times or more with explosive Warrior Energy! A good facilitator is curious and adaptable.]

6. SYMBOL EXTRACTION

- *I invite you to once again feel this energy in your body.*
- *In a moment I'm going to have you take that energy, the energy of this <symbol>, and you're going to transfer it into the towel. Are you ready to do that?*
- *Pick up the towel and hold it with both hands next to the area where you feel this energy, this belief, in your body.*
- *Begin to apply a twisting pressure to the towel. As you do, begin to move this energy from your body into the towel.*
- *Do that now, move the energy of the <symbol> from your body into the towel.*
- *Now, I want you to summon up to 25% of your power and begin to apply more twisting pressure. Notice as you do that, the <symbol> starts to shift. Apply some more pressure and continue to move that <symbol> to a position in front of your chest. Begin to move this <symbol>, this energy, up in front of your chest.*
- *Feel the impact of carrying this <symbol>, feel the cost.*
- *Now, with this <symbol> held firmly out in front of you, in front of your chest, begin to amp up the pressure to 50%. Do that now. <pause>*
- *Give it a sound, a transformative sound. And focus all of your intention with your eyes, focus all of your intention on shifting this energy out of your body so it's up in front of you, where you have power over it.*

Symbol Extraction

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- ***Now give it 75% of your power. Feel that power in your hands and notice the <symbol> is now moving and transforming within the towel under the influence of your power.***
- ***Notice that the <symbol> is now completely under your power.***

[FACILITATOR NOTE: Match the energy of the Man Working; think about an increasing energy with the person building toward a peak in which he fully transforms the symbol into whatever and wherever he wants it to be.]

- ***Now, are you ready to be fully free of this <symbol>?***
- ***Go to 100% pressure, 100% of your power. Give it all you've got!***

[FACILITATOR NOTE: If necessary, continue to encourage the Man Working using some of the following phrases.]

- ***Do it now. Make a sound. Use your eyes.***
- ***Get it done now!!! Don't stop until you're free of this <symbol>.***
- ***It's working, keep going, don't stop now!***
- ***Now, when you're ready, use all that power, push it away from you and release the towel.***

7. COMPLETE EXTRACTION

[FACILITATOR NOTE: Wait for a signal from the Man Working that he's done; watch for the energy to subside and he goes quiet. Follow up with]:

- ***Is it all out?*** [If no, repeat until it is.]

Symbol Extraction

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8. HEALING ENERGY

- *Notice what that void feels like now.*
- *What healing, supportive energy would you like to fill that space?*
- *Name it and bring it into your body.*
- *Anchor this energy.*

9. RITUAL FOR SYMBOL DISPOSAL

[The man may want to dispose of it in a ritualistic or symbolic way.]

- *What needs to happen to the <symbol>?*

10. COMPLETION:

- *From this space, do you have an affirmation or stretch?*
- *Are you complete?*

Owning Your Gold

Key Concepts

- Accessing the unconscious power that lies within.



What is it?

A guided imagery process that takes us back to a peak experience, invites us to remember and embody that experience, then bring that energy to a current situation.

Why use it?

We can access our unconscious inner strength, energies and gifts and bring them to the present moment to support us.

When to use it?

When a man doubts they can do or attain something in his present life.

Owning Your Gold

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1. IDENTIFY THE ISSUE

- ***What do you want to have happen here? or***
- ***What's the issue? or***
- ***Where in your life are you not fulfilled?***

[FACILITATOR NOTE: Often a man will respond with something like, I want more money, fame, possessions, respect. If he does, ask:

- ***If you had the <money/fame/possessions> What would you have that you REALLY want?***

2. RESISTANCE/LIMITATIONS

[Process Mentor writes these down; they'll be used in step 8 as the things he says "no" to]

- ***What's limiting you? What's in the way? What else is in the way?***

3. RECALL THE PEAK EXPERIENCE [Does not have to be related]

- ***Close your eyes. Take a couple of slow breaths. [do with him]***
- ***Imagine a time when you were in your power. In your Joy. Doesn't have to be related just a time you really felt powerful.***
- ***You can still remember how joyful you felt in that moment.***

4. EMBODY THE EXPERIENCE

- ***Go there now. Feel it. Live it. Embody it.***
- ***What's happening there?***
- ***Where are you? What are you doing?***
- ***How are you feeling?***
- ***Put a hand on your body where that feeling is strongest***

(Pause and both take a breath)

Owning Your Gold

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5. HARVEST THE GOLD

[Process Mentor writes down the 3 strengths]

- ***At this moment, what's true about you?***
- ***What strengths, qualities or values do you have in this moment?***
- ***Name 3 strengths, qualities or values from this experience that can help you with your current issue.***
- ***Anchor that gold in your body. Is there a motion that you want to do that evokes those strengths? Or a specific place you feel it?***
- ***Really feel that and see if you can magnify that feeling right now***

(Pause and both take a breath)

6. RETURN WITH THE GOLD

- ***In a moment I'm going to count back from 3 to 1.***
- ***When I do, you'll bring these 3 qualities, values or strengths back withL you.***
- ***Three - Take a deep breath and begin to move your hands and feet. AsL you do, know that you can revisit this peak experience anytime you want.***
- ***Two - Begin to stretch and enliven your body, knowing this great reservoir of gold lies within you.***
- ***One [Facilitator snaps fingers/clap hands] - Open your eyes and come back to the circle.***

Owning Your Gold

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7. BIO-ENERGETIC SET UP

- ***For safety reasons, I invite you to look around your area, make sure it's clear, and make sure you're aware of your cord if your headset is corded.***
- ***When we start, I'll invite you to strongly push your limitation away. Then I'll invite you to strongly pull your gold towards you.***
- ***As you do this, be careful of your computer, your headphone wires, and the space around you.***

8. AFFIRM NEW CHOICE

[Facilitator gets list of limitation/strength pairs from Process Mentor in Chat]

- ***As you push your limitation away, say I say NO to <limitation> and***
- ***As you pull your gold towards you, say I say YES to <strength>***

Do this 3 times, either repeating one limitation/strength pair 3 times or with 3 different limitation/strength pairs.

9. CLOSE

- ***Coming from this empowered place, what choices can you make now?***
- ***Do you have an affirmation or stretch?***
- ***Are you complete?***