



ROCK WORK TRAINING MANUAL

ANGER AND CONNECTION PROCESSES

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REGARDING PERSONAL PRONOUNS USED IN THIS MANUAL:

You will notice that we are using pronouns for both men and women throughout the document. Sometimes you will see he/him. Other times you will see she/her. This is intentional. It avoids having to say (he/she; him/her) in each scenario. Sometimes it will be in the masculine and sometimes it will be in the feminine.

THE TUNNEL



Use The Tunnel when a person:

- Needs a “fresh start”
- Feels crushed
- Feels hopeless
- Needs to find a stronger part within

Participants Needed:

- The “positive part” (God, or the part of them that will cheer them on and speak positive encouragement to the attendee)
- A Staff person to support the “positive part’s” back once they are holding the attendee in their arms
- The Tunnel (6-8 people; 3-4 pairs) With limited number of participants (staff and attendees) it may be necessary to start with 3 pairs and then once the Attendee has crawled under the first pair this pair moves to the end.

Safety: This process is not for someone who has back issues or who is claustrophobic. ASK if they are claustrophobic.

Materials Needed:

- Tarp to be laid out on the ground (Do this out of sight of the attendee)
- All participants will be on the tarp during the process.
- Why the tarp? This avoids rug burn.

Set-Up: Once the tarp is down

- Minimum of 6 people to make up the tunnel
 - Have everyone remove glasses and belts
 - Situate them on the tarp “head to tail” alternating on all fours
 - Instruct them to push down with their stomach when the attendee is passing beneath them and to say the messages over and over again throughout the process
 - Instruct them that you will tap them on the shoulder when it is time to get up ○ Because we are limited by the number of participants ask the FIRST TWO to move to the end of the tunnel once they have been pulled off to make it longer
- Positive Part will be placed at the “end” of the tunnel

The Process:

Prepping the Process

- In the Huddle give Staff instructions
- Return to the attendee and move him off to the side facing away from the set-up of the process
- While the staff is setting up the process check in with the attendee. If you have not already pulled out “the positive part” do so now. Name him. Example: “The Confident One” ● Bring the positive part over to the attendee. Get the encouraging words that the Positive Part will be saying. Ask: “What would the _____ be saying to you? It’s the thing you’ve needed to hear for a long time. (To help you to freedom...)”
- You could add: “We know that this part of you is the part connected to God’s Spirit and he reveals the heart of God for you. “What would this part be saying to you?”
- Examples: It’s always positive and encouraging. “You can do this. I believe in you. You are strong. I love you. You have what it takes.....”

Running the Process

- Turn the attendee around and explain what he sees. Have “the tunnel” get in position. “This is a chance for _____ (a new start, to break free...)”
- Send the “positive part” to the end of the tunnel
 - Instruct the “positive part” on what to do: Get on hands and knees and speak loudly the positive messages to the attendee as he comes through the tunnel. Tell him when the attendee gets close to him to reach in and help pull him out and then sit down – legs spread open – and bring the attendee into his chest and hold him. (Attendee’s back is against the positive part’s chest.) He then speaks gently the messages to the attendee. ● Get the negative messages and assign them to “the tunnel”
- Run the messages.
- Check in with the attendee. “Is that it? What are you aware of?”
- Return to Cost/Impact “What will happen if you continue to listen to these messages? ● Are you ready to get rid of them today?”

Instruct the Attendee

- “Get on your stomach (not hands and knees) and using your body and your voice push free to _____ (the positive part).”
- Instruct “the tunnel” “Begin saying your lines over and over again.”
- Stick with the attendee throughout the process. Get on your hands and knees
 - Is he using his voice? Is he arguing with the lies? Stop the process as necessary and give guidance.
- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)
- Attendee breaks through to the “positive part” (see above) and lays back into his arms and listens to the positive messages. Instruct the Positive Part to say the positive messages with feeling.
- Check in with attendee “What are you aware of? What’s going on? What are you connecting to?” Any or all of these questions with time in between. Take your time on this. Let the attendee soak it in.
- Affirmations when ready. (Maybe use the mirror after the affirmations are spoken with the attendee in positive part’s arms.) De-role and Sovereign Chair

THE PILE ON (Facilitators do this process in different ways. Ask for clarity if you are uncertain about how to do this process.)



Use the Pile On process when someone:

- Feels crushed by the false self or “wound” (the story)
- The “young part” of the attendee has been crushed early in childhood
- Feels “weighed down or heavy”

Materials: None

Set-Up: 4-5 role players (they will be the negative messages of the part)

Staff: SHOW the role players how to link arms and instruct them on when to let go.

- Two Options:
 - The Attendee under the Pile On
 - Get the negative messages and assign to the “pile on” group
 - Run the process
 - Attendee breaks free using body and voice to connect with her positive part who has been cheering her on
 - The Attendee’s “crushed self or younger self” is under the Pile On
 - Get the positive wants from the “crushed self or younger self” (“Examples: I want to be loved. I want to be valued...)
 - Get the negative messages of the block (wound or false self) and assign them to the Pile On
 - Have everyone run their lines. Check in with Attendee. (Awareness)
 - Run the process
 - Attendee uses body and voice to pull off the negative messages and release her “crushed self”
 - Attendee connects with crushed self and gives her what she needs
 - Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)
 - Affirmations, De-Role, Sovereign Chair

THROWING THE STONES

Use Throwing the Stones when the Attendee:

- Is weighed down
- Has physical limitations and can only use their arms

Materials:

- 5-6 large rocks (Use attendee rocks)
- Duct Tape and Black Sharpie
- Bucket with handle

Staff:

- Tear off one piece of duct tape to put on each rock
- When given the messages write them one at a time on a piece of duct tape THEN put on the rock(s)
- Put them in a bucket

The Process

- Get the negative messages and staff puts them on duct tape and on rocks
- Attendee picks up bucket with rocks/messages in it
- Depending on Attendee's physical condition:
 - Have the Attendee carry the bucket around the room for a while. While he is carrying it check in with them for safety (too much to carry?)
 - Check in "What are you aware of?"
 - Restate the messages as he is walking around
 - Revisit Impact/Cost
 - "What's going to happen if you keep carrying this around? What's life going to be like?"
 - Do you want to get rid of these messages today? You will have to do it again tomorrow and after, but today you can discover that you can deal with them now and in the future."
 - Go outside to a safe place for throwing rocks (so nothing will be hit)

Throwing the Stones

- With the rest of the staff/attendees BEHIND the Attendee cheering him on
- Prompt the Attendee to take each rock one at a time
 - Name what is on the rock (the message or false self)
 - Make a verbal choice to let it go (get rid of it) "I'm letting go of _____."
 - And throw it away (body and voice)
 - Everyone else is cheering
- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)
- Check in when Attendee finishes
- Anchor the experience. (Awareness, Connect to Body)
- Check in with Positive Part
- Affirmations, De-Role and Sovereign Chair

THE UMBILICAL CORD



This process is helpful for people who need to cut free from an unhealthy relationship with a parent, particularly mom. It can be used for other things as well such as a generic need to “break free.”

Materials:

- Sisal Rope – Enough to go around the Attendee’s waist (not too tight) with about 4-5 feet of length between the Attendee and the Role Player, then tied around the Role Player’s waist as well.
- Butter knife
- Sharp knife (may not be needed if attendee is able to cut the rope with the butter knife)

Staff Set-Up:

- See above description of Sisal Rope
- Discreetly hold onto both knives and give the Butter Knife to the Facilitator when called for. Hold onto the Sharp knife (out of sight) until, AND IF, the Facilitator requests it.
- Measure the rope by testing this on two staff people before bringing it out to the Facilitator. (Cut off excess)

Facilitator

- Once the Umbilical Cord is set up:
 - Get the negative messages for the Role Player
 - Bring out the Butter Knife (The Attendee may laugh or balk at this, don’t laugh back. You can prompt them to trust the process.)
 - Instruct the Attendee on what to do
 - With voice and using the knife cut through the cord
 - Run the Process
 - Encourage them throughout to look up and make eye contact
 - Check for SAFETY
 - Give encouragement and get the rest of the group to engage by cheering the Attendee on.
 - Option: If the Attendee is not connecting with their power do the following and HASN’T cut any of the cord: (This can be done at the beginning of the process as well.)
 - Instruct (discreetly) the Role Player to pull the Attendee around the room with the cord while saying the negative messages.

- After a moment check in with the Attendee: “What’s going on? What are you aware of? Is this what it is like to be attached to these messages?”
- Cost/Impact “What is it going to cost you to stay attached?”
- “Are you ready to cut yourself free?”
- If at the beginning of the process, instruct Attendee on what to do as noted above.
- When the knife is not cutting through the cord help the Attendee out by pointing out to take one strand at a time (there are 3 making up the cord).
- Sometimes it is helpful during the process to ask: “How long have you been believing these messages? Or, How long have you been dragged down by this?” Attendee answers. “It’s been a long time, right? It makes sense that this might take a while.”
- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom) ■ Attendee cuts free on her own, OR
 - If you determine that the Attendee has “worked hard enough” to cut the cord, but still can’t do it, Ask: “Are you ready to finish this off?” Then, give her the sharp knife. Again, SAFETY with the sharp knife. Make sure the Role Player is not in the way of being cut and that the Attendee is cutting the rope in a safe way.
- Connection to Positive Part: Attendee breaks free and connects with positive part
- Check in, Anchor, Affirmation, De-Role, Sovereign Chair

BREAKING FREE (Ropes holding Attendee back)



Use the Breaking Free Process when someone:

- Feels held back or restrained from moving forward or being who they are
- Has a need to break free of the messages (most everyone could do this process)

Materials:

- 3 nylon ropes
- “Belt” to put the nylon ropes through
- 3 5x7 cards and a black sharpie

Setting up the Process:

- Staff put belt on Attendee – not too tight
- As the Facilitator gets the negative messages thread the rope through the belt and had both ends to a process participant (Need 3 people to hold the ropes – one for each message) ○ The 3 with the rope are standing BEHIND the Attendee holding the rope taut (no slack)
- Staff writes down the 3 negative messages on 3 5x7 cards and places them about 10 feet in front of the attendee.
- Place the positive part facing the Attendee (with the 5x7 cards between them) encouraging her

Facilitator

- Get THREE Negative Messages and assign them to participants who will hold the ropes (So, 3 ropes)

Run the Process: Attendee attempts to move forward using body and voice

- Instruct the 3 with the ropes when to let the Attendee move forward and by how much (maybe a foot at a time) all while they are saying the negative messages (Show them a “hand signal.” See video)
- Attendee slowly makes progress and when she gets to the 5x7 cards she grabs them one by one and throws them behind her.
- WHEN she throws the last 5x7 card away motion to the 3 with the ropes to let go ONE by ONE (not all at the same time)
- Connection to Positive Part: Attendee breaks free and connects with positive part ● Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)
- Check in, Anchor, Affirmation, De-Role, Sovereign Chair

THE GAUNTLET



People needed: 6 minimum (3 pairs) to create the gauntlet (with the first two moving to the end after Attendee pushes through) to make 4 pairs

This process may not be practical if there are not enough people to make it work.

Staff Set-Up:

- See photo for how to make the gauntlet. SHOW people how to set this up ●

Instruct everyone in the Gauntlet to

- Remove glasses
- Their arms should be chest high of the Attendee, not level with their neck
- Let the Attendee 'break through' them when the staff taps them on the shoulder (or lightly pulls their shoulder back)

What should be in place before starting:

- The Gauntlet
- The Negative Role Player at the end of the Gauntlet (Ex. "Bad Dad")
- Any Positive Part with positive messages BEHIND the Negative Role Player ● All the

Negative Messages and assign to The Gauntlet AND to the Negative Role Player **Facilitator**

Instruct the Attendee:

- With your body and your voice break through the messages.
- Arms by the side
- Careful to not get too low with the neck level with the Gauntlet
- Open eyes and look at _____ at the end of the Gauntlet ("bad dad" or whoever)

Running the Process:

- Stay focused on the SAFETY of the Attendee (neck not being at the level of the Gauntlet) ●
- Watch the Attendee: Is he using his voice? Arguing with the lies? Help him as necessary ●
- Encourage Attendee as he goes through The Gauntlet
- Instruct The Gauntlet to let Attendee through ONCE YOU SENSE THAT THE ATTENDEE HAS FOUGHT HARD TO GET THROUGH. If the Attendee breaks through too soon. Acknowledge his work so far and reset part of The Gauntlet and start again.
- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)
- Revisit Cost/Impact if necessary

- What's one thing that will be different? (If needed) Do this right after the final break through and before the connection to the Positive Part
- Connection to Positive Part
- Affirmations, De-Role, Sovereign Chair

THE BOWLING PINS



People needed: 6 minimum

Staff Set-Up: (After Facilitator pulls out the Positive Part)

- See photo
- 3 rows placed like bowling pins: 1st Row – one person, 2nd Row – two persons, 3rd Row – 3 persons
- Rows 2 and 3 are locking arms together
- Instruct The Bowling Pins to hold tight together and to not let Attendee through until the Staff pulls back on their shoulder

Facilitator

Setting Up the Process:

- Before the Bowling Pins are set up pull out the Positive Part and get Positive Messages
- Once the Bowling Pins are set up get the negative messages
- The Negative Part is behind the Bowling Pins (If there are not enough people you can put the Negative Part at the front of the Bowling Pins and put the Positive Part behind the Bowling Pins for the Attendee to connect with once he's broken through the "pins")

Run the Process:

- Instruct the Attendee to use his body and his voice to break
- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom))
- Revisit Cost/Impact if necessary
- What's one thing that will be different? (If needed) Do this right after the final break through and before the connection to the Positive Part
- Connection to Positive Part
- Affirmations, De-Role, Sovereign Chair

THE TENNIS RACQUET



Use this process for any power process, but particularly if a person has lower body limitations.

Materials:

- Tennis Racquet
 - Options:
 - Large Pillow with a blanket (to keep dust from pillow and to keep it stationary)
 - Padded chair (might need blanket on it as well to keep dust down)
 - Small Pillow for Attendee to kneel on

Staff Set-Up:

- See photo
- Set up the above materials with the small pillow placed in front of the object that will be hit by the tennis racquet
- If you use the large pillow and blanket option it may be necessary for two staff people to hold down tightly the blanket over the pillow and keep it taut.

Facilitator

- Place the Negative Part behind the Large Pillow or Chair and offset to the left so that he is not in the direct line of fire of the tennis racquet (in case the Attendee accidentally releases the racquet).
- If there is a Positive Part place him behind the large pillow and offset to the right.
- Kneel on the small pillow and demonstrate to the Attendee how to hold the racquet (flat and with both hands and YELL while beating the racquet on the pillow. SHOW THE SAME LEVEL OF INTENSITY THAT YOU ARE ASKING HIM TO USE.

Run the Process:

- Give instructions to Negative Part (and Positive Part if there is one) to say their messages over and over again until I tell you to stop.
- Instruct the Attendee: "Using your body (the racquet) and your voice get rid of these voices. Let out the anger."
- Monitor the Attendee (Is he arguing? Using his voice?)
- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)

- Revisit Cost/Impact if necessary
- Finish off the Negative Messages (A staff person could slowly cover this part with the black cloth to illustrate that it is being killed off.)
- What's one thing that will be different? (If needed) Do this right after the final break through and before the connection to the Positive Part
- Affirmations, De-Role, Sovereign Chair

BEING PULLED IN DIFFERENT DIRECTIONS



Use this process when the Attendee describes being confused or pulled in different directions. NOTE: the “things” that are pulling the Attendee in different directions will NEVER be a POSITIVE PART (a loved one...). They will ALWAYS be negative or burdensome messages.

Materials:

- Nylon Belt
- 4-5 nylon ropes (depending on available group members)

Staff Set-Up:

- See photo
- Place the nylon Belt around the Attendee’s waist (not too tightly)
- For Each Negative Message - Thread one nylon rope at a time through the belt. The Role Player will be holding BOTH ends of the rope (which should be knotted at the ends).
- Instruct the Role Player (who now is the Negative Message) on what to do:
 - Keep the rope taut
 - Pull when the Facilitator tells you to REPEATING THE MESSAGE
 - ONLY LET GO when you see this sign from the Facilitator (See video/photo)

Facilitator

- Get the Negative Messages and assign them one at a time to someone and Staff will hand them each a rope.
- To Attendee: “These messages are pulling you apart. Let’s see if this is what it’s like for you.”

Run the Process:

- Give instructions to Negative Parts (and Positive Part if there is one) to “say their messages over and over again until I tell you to stop and Pull.”
- After a moment check in with the Attendee:
 - Are you okay physically?
 - How does this feel?
- Run it again – Check in
 - Revisit Cost/Impact
 - “Are you ready to get free?”
- Instruct the Attendee: “Using your body and your voice break free.”
- Monitor the Attendee (Is he arguing? Using his voice?)

- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom))

GIVE THE ATTENDEE THE IDEA THAT HE SHOULD TAKE EACH MESSAGE ONE AT A TIME

- Break Free the Negative Messages ONE AT A TIME
- What's one thing that will be different? (If needed) Do this right after the final break through and before the connection to the Positive Part
- Connection to Positive Part (if there is one)
- Affirmations, De-Role, Sovereign Chair

PULLING WEIGHT



Use this process when the Attendee presents the False Self of the Performer, Perfectionist, “Superman/woman”

Materials:

- Large Tarp

Staff Set-Up

- See photo
- Set the tarp out of sight of the Attendee
- Once the Facilitator has brought the Attendee to the Tarp wait for the Negative Messages to be assigned.
- Each Negative Message will SIT on the tarp. There will be 3-4. Confirm that they are physically able to do this process. They will be pulled off of the tarp.
- Instruct them to:
 - Remove glasses
 - lock arms tightly and to not let the Attendee pull them off of the tarp until you pull on his shoulder.

Facilitator

- Get the Negative Messages of _____ (The Performer, Perfectionist, Super----) and assign them one at a time to someone and have them sit on the tarp
 - Have the Attendee take a corner of the tarp.
 - Start the process: Instruct the Attendee to pull on the tarp once the negative messages begin. (Do this for a while)
 - Check in. “Aware? Cost/Impact? What’s going to happen if you keep doing this?” ●
- Have Attendee pick someone to be “himself.” (No need for any messages)
- Discreetly instruct the Role Player WHO IS NOW THE ATTENDEE to take a corner of the tarp and to try and pull the tarp (with the negative messages on it). Make sure he pulls hard. He will not be able to move it. (He is not saying anything.)

Run the Process:

- Begin by instructing the Negative Messages to say their lines and tell the Role Player (as the Attendee) to try and pull the tarp (the whole time)

- Instruct the Attendee to get rid of the Negative Messages using his body and voice.
- Monitor the Attendee (Is he arguing? Using his voice?)
- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)
- GIVE THE ATTENDEE THE IDEA THAT HE SHOULD TAKE EACH MESSAGE ONE AT A TIME
- When All the negative messages are pulled off
 - Check in (Awareness...)
 - Then, have Attendee take the tarp in hands and pull it now. (No one is on it.) ○
 - Check in. “Now what does this feel like?”
- *“What’s one thing that will be different given that you have _____?”* (If needed) Do this right after the final break through and before the connection to the Positive Part ●
- Connection to Positive Part (if there is one)
- Affirmations, De-Role, Sovereign Chair

SWORD AND CLOTH



Use this process when an Attendee has PHYSICAL LIMITATIONS and needs to get rid of negative messages.

Materials:

- Sword
- Large White OR Black Cloth
- Foam Brush, Tempera Paint (White if you use the black cloth, Black if you use the white cloth), container for paint

Staff Set-Up

- See photo
- Will need 4 staff to hold the cloth, one on each corner – very tight
- The Negative Part will stand about 5 feet behind the cloth (safe from being touched by the sword)
- The Positive Part will stand behind the Negative Part – on a chair if possible

Facilitator

- Do not get the Negative Messages until the process has been set up (see above)
- Get the Negative Messages from the Attendee. (3)
 - She will write the negative messages using the paint and brush onto the cloth one at a time
 - As she writes the negative message on the cloth assign the same message to the Negative Part who is standing behind the cloth – 5 feet back.
- The Positive Part will be behind the Negative Part. The positive messages should already be assigned to this role player

Run the Process

- Both Negative and Positive Parts are running their lines for a while
- Check in with the Attendee “Aware, Cost/Impact, What will happen if this continues?”
 - Instruct Attendee to use the sword and her voice to break through the messages ○
Make sure everyone is SAFE and out of reach of the sword

Continue the Process

- Monitor the Attendee (Is she arguing? Using her voice?)

- Interject key theme or Scripture as necessary (Arguing with the lies, Spirit of Power, Bringing every thought captive – Scriptures; Not about blaming (dad/mom)
- When the Attendee has TORN the cloth/messages apart:
 - Have her confront the Negative Part one last time
 - Negative Part says messages
 - Attendee using her voice (not yelling) finishes off the messages
 - Slowly cover the Negative Part as Attendee “finishes it off”
- Check in (Awareness, what’s going on inside?)
- “What’s one thing that will be different? (If needed) Do this right after the final break through and before the connection to the Positive Part
- Connection to Positive Part, Affirmations, De-Role, Sovereign Chair

THE CIRCLE



When to use: Any time the Attendee feels trapped, held back, etc.

This is the same process as the Pile On but is STANDING Up.

One thing to watch for in this process:

The Attendee may “wriggle out or slip out” too easily. The Facilitator MUST coach “The Circle” to hold tight together and not let the Attendee out until you have pulled on their shoulder.

CONNECTION PROCESSES:

Energy: More connected to the heart, slower, quieter in tone

In STAGE ONE you will have determined that this will be a connection process.

Situations where we would use a Connection Process:

- Carrying a lot of guilt/shame
- Carrying the weight of Christ to serve and carry the burdens of others and the world
- Death or loss of a loved one
- Lack of Trust
- Stuck in their relationship with God (anger, frustration, can't hear from him...)
- Need to grieve a lost part of self (divorce, body changing, age related)
- Fear of connection with others
- Illness of a loved one, ongoing pain of a loved one (relating to the need to entrust God with this loved one)
- When the person does not want to do an anger process (sometimes they will tell you this when you check in with them)
- When the person is not connecting to anger, but more so to sadness and grief **Choose the**

Process: See attached detailed explanation of processes which will outline when and how to do the following:

The Process:

- **Telling the Story during the process**
- **Cost/Impact:** This will be different depending on the process. See individual process descriptions.
- **Making Space:** Just like in every ANGER/POWER Process there must be a RISK to take – some kind of LETTING GO.
- **Connection:** This will be different depending on the process.
- **SEE SYNOPSIS FOR LEADING CONNECTION PROCESSES** – You will not follow the same path as the Power/Anger processes

Choosing which connection process to use:

- For Spiritual Reasons
- Dealing with Guilt (One's own or others)
- Carrying the weight/burdens of others and/or self instead of trusting Christ to carry it (As if one was in the place of God/Christ)

LAYING ON THE CROSS



This process is for people who are carrying the weight of their own sins or the sins of others. It is useful for those who are experiencing a lot of guilt or for people who are trying to bear the weight of other people's (the world's even) burdens. In a way, it can be for some people who are taking on the role of Christ for others instead of entrusting them to God. This process can also be helpful for pastors, leaders, etc.

Opening Question

Hear the Story - you determine this is a person who relates to the above situation

Prayer

Gaze

Huddle

Materials:

- The Cross
- 5 large rocks (or smaller depending on if the attendee has any physical issues)
- 5x7 card
- Pen for staff to take notes of what the rocks represent.

Staff:

- Move the attendee away from the center of the carpet. Blindfold her.
- Staff sets the cross down on the floor.
- Staff gets 6 people, 3 + 3, facing each other and instruct them on how to lift the attendee up as she leans forward and gently move her over the cross and place her down with her arms on the "cross bar" and face on the cross.
- Have everyone sit down around the cross.
- Facilitator sits at the head of the cross.
- Staff obtains 5 larger rocks from the attendee bags (Larger if the attendee doesn't have any back issues, smaller (not TOO small) if she does.) Bring them over next to the Facilitator. *Run the Process*
- Facilitator energy is regular volume, patient and kind
- **Check in with the attendee.** "Do you know where you are?" (You can remove the blindfold) Tell her if she doesn't know.

- **Explain what is happening:** “Do you understand why you are on the cross?” (She has told her story – feed it back to her.) “You described how you are carrying the weight of ____ (sin, burdens of others... anything she has said that has been hard for her to carry, because she is not really supposed to carry it.) It’s like you are crucifying yourself.”

NOTE: An important part of every process is that all the attendees can hear what is happening during the process. This, like other “connection processes” are sometimes very quiet and it’s hard to hear the attendee who is in their heart. Gently repeat what the attendee is saying in order for the other attendees to hear what is being said so that they can connect with the attendee. ● **Identify the messages** that “put her on the cross.” (4-5 messages)

- For every negative message place a rock on her back. Place it well so it won’t fall. Check in if the weight is ok.
- Have a staff person write down on the 5x7 card each message so that you will know them later.
- Name each one as you place it on her back.
- Examples of messages: “You are responsible for ____.” “If you don’t do it, no one else will.” “You are a failure.” (Whatever fits the story.)
- **What are you aware of?**
- **Cost/Impact:** After all of the rocks/message have been placed on her back ask: “What is it costing you to carry this/these _____?” (Say all of them to her.)
 - She can tell you and the group, or she could begin a conversation with Jesus.
 - “What will happen to you (to others) if you continue to carry all of this?”
- **Conversation with Jesus:** Explain to her that Jesus is beyond time and is present at all times and ask her to envision Jesus on the other side as if He was on the cross right now.
 - “Is there anything you would like to say to Jesus about all of this?” “Out loud if you feel comfortable.” “Tell Him what it is like to live like this.”
 - Ask her: “How are these messages blocking you from knowing everything Christ has for you?” “Tell Jesus.”
 - “What else do you want to say to him?” Encourage her to say a prayer to Jesus either out loud or silently.
- **Listening to Jesus:** “Now, let’s ask Jesus to speak to you from His heart to yours and hear what He might have to say to you.” (You pray out loud for her – asking Jesus to speak to _____ (her name).) Encourage her – “God is here and He wants to speak to you from His heart. Let’s listen.” Wait a minute or two for her to hear from Jesus.
 - Ask her: “Are you hearing anything from the Lord?” PAUSE.
 - Ask her what Jesus may have said. Repeat back what she says, gently with encouragement.
 - “What’s going on now?” Encouraging words for any positive awareness.
- **Letting Go of the Messages** (and removing the rocks)
 - To attendee: “You said that this is costing you _____.”
 - “Would you like to let them go in this moment? (You can add, you may need to let them go again tomorrow or in the days to come, but for now are you ready to let them go?)” ○

Address each rock/message. Press down on them one at a time – repeat the message and ask “Are you willing to let go of _____ (saying the message)?” “Then, with your voice make a choice – ‘I let go of _____ (saying the message)’” When she does – remove the rock. And go on to the next one.

- One thing that will be different: You can ask the attendee - “As you let go of these messages what is one thing that will be different about how you will show up?” She answers. Ask “Are you willing to do this?”
- **Check in with her.** “How are you doing? Or, what are you aware of?”
- **Last Conversation with Jesus:** “Now, I believe He has one more thing to say to you about being on this cross. Let’s listen.” (It needs to end up being – “Get up off the cross.” You may have to help her with this.
- **Off the Cross.** Applause.
- **Affirmation Statements, De-Role, Sovereign Chair**

THE CROSS: EXCHANGING GUILT/SHAME/MESSAGES WITH CHRIST



Facilitator determines that “the part” is the guilt/shame and that this is a Connection Process (to forgiveness) and not an Anger Process

Find a Positive Part (Ex. The innocent one. Get a color and get positive messages

Prayer

Gaze Huddle

(This process is for someone who is holding onto messages from others or self – typically messages of guilt/shame).

Materials:

- Red Duct Tape
- Black Sharpie
- The Cross and stand. Alternative: Instead of putting red tap on Jesus have Jesus put it on the cross.

Run the Process

- **Have the attendee pull out Jesus.** (Whenever you are having them pull out God always say something like “Pick someone from the Group (anyone) who you have already sensed you can feel God’s presence, love or care within in them.”
- **Identify the negative/guilt/shaming messages** – Use 2 Staff persons to write them on the Red Duct Tape and one at a time place them on the attendee (front of body) (At least 4 messages) ●
- **Bring out the mirror** – Show the attendee the messages on his body. “What are you aware of?” ●
- **Cost/Impact** - “What is this guilt/shame/burden costing you? Others?” “What’s going to happen if you continue to bear this _____?” Or, “What will life be like if you continue to bear _____?”
- **Prayer** - Asking God to come and meet the attendee in this moment
- **Tell Jesus** what this feels like to carry this guilt and shame

Letting them go “Would you be willing to make the choice to give up these messages and give

them to Jesus?" ("Yes") "Before you do, what will be different when you let them go? How will you show up differently?" (Answer) "Are you willing to do this?"

OPTION ONE: Jesus and Attendee place red tape (guilt/shame) on Jesus

- **One at a time – each message from his body to Christ's body** – "Ask Jesus if He is willing to take these burdens on Himself (or to put them on the cross)." Then, make it a dual effort. One at a time - with the attendee's hand on the duct tape and Jesus taking the end of the tape the attendee says something like "Jesus, I give you this burden _____. " (message, etc. – speaking it out) and Jesus takes it and puts it on Himself or on the cross.

OPTION TWO: Jesus takes the red tape off of the attendee and places them on the Cross.

- **Jesus speaks as he takes on the guilt/shame** Have Jesus say something like (whisper this to the role player) "I take this on myself. It is not yours to carry it. I have carried it. You are free." (for each piece of red tape)
- Have Jesus speak to the attendee. (Discreetly instruct the role player for Jesus to speak words of forgiveness, cleansing, affirmation (whatever is needed) to the attendee and encourage the attendee to be open and to receive.)

NOTE: If the attendee has a hard time letting go of the guilt/shame and receiving forgiveness/cleansing then bring out a rock that represents the attendee's fear/guilt/shame.

Ask what color it is.

Ask what the impact will be if the attendee holds onto this fear/guilt/shame.

Ask if he is willing to give it to Jesus.

- **Check in with the attendee** – "What's going on?" "What are you aware of?" Give him a chance to share how this is impacting him. Encourage him.
- **Bring out Positive Part** and have attendee listen to the positive messages and then take on the role of the Positive Part with the colored cloth.
- **Affirmations, De-Role, Sovereign Chair**
 - "Based on having released your (guilt/shame/messages) to Christ what are 3 things that are true about you?"

GRIEF PROCESSES: For when there is a loss of some kind. A death of a loved one. Or, when the attendee is grieving a lost marriage, health, etc.

THE TOMBSTONE



(This process is for helping an attendee deal with a loss of a loved one. It could also be used to grieve the loss of a part of one's self, i.e., youth, health, or a marriage...)

Listen to the Story. Death of someone is mentioned. "Is this something you would like to work on?"

Prayer

Attendee Picks someone to be the deceased

Gaze and Huddle

Materials:

- Black Cloth
- "Tombstone"
- Chair (to lean the tombstone up against)
- Small pillow for the role player (under their head)
- Staff to have 5x7 card and pen to write down what the attendee is saying as himself and as the person who has died.

Set up the Process: (Do this with the attendee not seeing this set up.)

- Role player (person who has died) on the floor (with pillow under their head)
- Black cloth completely covering role player (including face)
- Chair behind the role player's head with "tombstone" propped up against it just behind the head.
- **IMPORTANT: Discreetly give the role player the instructions to try and remember as much as possible of what the attendee says. (Whenever the attendee is speaking.)**
 - Prepare a staff person with the 5x7 card and pen to write down (discreetly) everything that the attendee says and then to position himself to where he can whisper close to the ear of role player the words that the attendee spoke.
 - **Note:** This will be done in TWO positions. (After Switching places)
 - The role player as the deceased remembers the words of the attendee as he is talking to the deceased. Then, they switch and the role player is now the attendee and repeat to the deceased the same words.
 - The role player (as the attendee) listens to the deceased response (coming from the attendee as the deceased) and is reminded to remember as much as possible to repeat back once they are back in the deceased position.
- Bring attendee to the "tombstone" and sit down facing the "deceased" close to their shoulder.

- When the attendee turns around to see the tombstone PAUSE a moment as it may bring up emotion. Proceed after a moment.
- Attendee sits close to the role player's head.
- Facilitator sits to the attendee's left.
- Share the following

The key to making this process effective and for it to make sense spiritually when a loved one - sometimes a friend - has died:

Key things to share: (This comes from the facilitator's sovereign, caring heart)

- With God all times are now. He is present to everything now – past and the present.
- He is present to _____. (Deceased name)
- "Is _____ with the Lord? (a Christian?)" If so, "Then, _____ is with God in this moment and knows the heart of God, right?" "And, as _____ is with the Lord _____ is free to be their truest self – as God created them to be. Able to hear what you have to say and to listen with love, just as God created them to. No more false self. Right?" "He/She is now a part of that 'great cloud of witnesses.'"
 - If the person was not a Christian or if it is not known if they were a Christian: "Let's trust that God knows everything and -----"
- Prayer: "Lord, we trust you to guide us and to speak in this moment."
- Beginning the Conversation with the deceased
- To the attendee: "We are going to give you an opportunity to say the things that you never got to say or still need to say to _____. When you are ready, pull back the black cloth." ● (The role player should be reminded to try and remember as much as possible of what is shared – both words and tone. And, a staff member is writing down everything that is said.) Make sure the "deceased" is looking at the attendee.
- The attendee speaks to the deceased – "Tell _____ whatever you need to say to him/her." (You may have already heard some of this in Stage One)
- Encourage the attendee to say whatever is on their heart.
 - You may need to prompt the attendee to say more (Ex. Impact, what he/she needs to hear from deceased...)
- When you sense that they are done, ask "Is that everything you wanted to say?" (If yes, continue.)
- **SWITCH POSITIONS:** The deceased is now the attendee sitting down next to the Facilitator and the attendee is now lying under the black cloth, head facing the "attendee."
- Explain to both what role they are now playing.
- Tell the "attendee" who is now in the position of the deceased to listen (as if she was the deceased) to what _____ (the name of the attendee) has said. Encourage the attendee to listen with the best part of the deceased – the part that if it had been able would have been able to hear what was being spoken.
- The Role Player (originally the deceased)- now speaks AS IF THEY WERE THE ATTENDEE repeating the words that the attendee said to the deceased. (The staff person is behind them prompting them when they pause or have forgotten what was said. – Discreetly)
- The "deceased" (the attendee in this position) has a chance to respond. Ask the attendee: "Would you, from the heart of _____ (the deceased) respond to _____ (the

attendee's name)?"

- NOTE: Remind the role player (discreetly) to remember as much of this as possible
- Give the attendee time to speak (to herself in essence). Ask if there is any more she would like to say. Sometimes you might need to prompt the attendee to say more and to address specifically what they want for _____ (themselves). This will help the attendee to eventually let go and receive what has been needed for so long.

- **SWITCH back to original positions.**

- The role player (the deceased) now speaks to the attendee what they just heard shared by the attendee as the deceased.

- You may need to prompt the role player: "Tell _____ what she needs to hear..."

- Encourage the attendee to listen with an open and receptive heart. (Observe the attendee during this time.)

- Coach the role player if you feel that they missed something that needs to be said to the attendee.

- You can ask the deceased: "_____, do you want _____ (attendee) to continue to hold on to _____ (whatever attendee shared)?"

- A staff person will be whispering the lines if the role player forgets.

- **Check In with Attendee:** Once the "deceased" has shared everything CHECK IN with the attendee. "What's going on? What are you aware of? What are you receiving?" (any of these)
- Go slow here and don't rush. Be encouraging and compassionate to the attendee. *COMPLETE THE PROCESS*

- Saying Good-bye. "When you are ready, say good-bye to _____. And, then cover them up with the black cloth.

- If the attendee has a hard time saying goodbye you can create a lasting connection by using color. Ask attendee what color would represent the deceased. Have them both hold the cloth and tell the attendee that the cloth represents the ongoing connection even after he/she says good bye.

- If the attendee has a hard time saying good-bye: "When we receive someone's love it becomes a part of us at in that way we carry them with us. They never leave us."

- Check in with attendee.

- Still sitting: AFFIRMATION STATEMENTS

- Stand: De-Role and Sovereign Chair

TRUST PROCESSES

CONVERSATION WITH GOD

This process is for someone who focuses on God in their story. It could be disappointment, guilt, anger, confusion, lack of trust in God, or for someone who is having a hard time trusting God with a loved one – (someone who is sick, addicted to drugs, who doesn't know God....)

Hear the Story

Determine that this is a simple process of giving the attendee a chance to say to God whatever is on their heart that they have been holding onto.

Prayer

Attendee and God are standing facing one another

Note: This process is very similar to the steps of the Tombstone process but it is with God, not a loved one who has passed away. And it is done standing up.

Materials:

- White cloth to put over the shoulders of person role playing God.
- May need a large rock and a colored cloth depending on how the process goes.

Run the process

- Attendee pulls out "God."
 - *The key to making this process effective:* Sharing with the attendee that God is present in him and in the role player who is "God." Encourage the attendee to trust in the Holy Spirit. Guide the role player who is God to speak from the heart and to stay as close to the words of the attendee as possible.
 - Instruct "God" (discreetly) to try and remember as much as possible of what the attendee said. Tell "God" that she will be repeating this back in just a minute.
 - Staff person is writing down what the Attendee says to God.
- Have Attendee and "God" face one another.
 - Have the Attendee tell God "the story." (What happened. How she feels. Whatever is on her heart that needs to be said to God.) "What is blocking you from trusting God with _____?"
 - Identify the "thing" or it could be a person (Option Two) that the Attendee needs to give up to God. (Fear, shame, distrust, or a person they are not trusting God with)
 - If it is not a person then "If it had a color?" Bring out a large stone covered in the chosen colored cloth. Hand it to the Attendee.
- OR
 - Pull out the person who the Attendee is struggling entrusting to God. (A sick loved one, an addict, an unbelieving family member...)
 - Have attendee talk to God about this person and their fears, etc.
- Cost/Impact Have the Attendee tell God what it is costing her to hold onto this. • Have Attendee and God SWITCH PLACES. Give both of them instructions. Instruct a staff member to take notes (discreetly) of what the Attendee is saying to God.
 - *To the Attendee who is now God:* "You are now in the place of God. You have the Holy

Spirit, right? So, God is within you and can hear what was in your heart that you just shared. Right?"

- *To the role player who **was God** and is **now the Attendee**:* " _____ (address them with the attendee's name, not the role player's name) would you go ahead and tell God what is on your heart." (Staff person who took notes is discreetly helping the Role Player to remember what was said.)
- The Attendee now speaks in the place of God to herself (the role player). (After the role player is finished repeating what the Attendee said in Stage Three.)
 - **IMPORTANT:** Discreetly instruct the role player (who is in the role of the Attendee now) to listen and to try and remember as much as she can because she will be saying these things back to the Attendee in just a moment.
 - Encourage the Attendee (as God) to speak to "herself" and respond to what she heard. Again, reminding her that she is filled with God and actually can connect to the heart of God and speak from His heart.
- Staff person writes down the words spoken from "God."
- Have them SWITCH BACK INTO ORIGINAL PLACES. The Attendee is now the Attendee again and the Role Player is now God again.
 - To the Attendee: Now, you get to hear from God. I encourage you to open your heart and spirit and listen to God's voice."
 - Instruct "God" to speak from the heart what she heard back to the Attendee. (Staff person helps with the lines.)
 - As needed, continue to encourage the attendee to listen with an open heart and spirit.
- Pay attention to the Attendee.
- You might need to prompt God to address anything that she may have forgotten. Example: "How do you want _____ to live her life? "What else do you have to say to _____?"
- Check in with the Attendee and Giving God the WHATEVER/WHOEVER they have not trusted Him with. (the rock representing fear, shame, distrust, a sick loved one, etc.)
 - "How are you doing? What's coming up for you? (Listen) Are you ready to give _____ this up to God? Go ahead and have a conversation with God and then verbally offer _____ to God."
 - Attendee gives God whatever she was holding onto (object/person from earlier in the process). Have the Attendee talk to God about _____ and hand it to God.
- Check in with Attendee "How was that?" Encourage her
- Affirmations - Tell affirmations to others in the group
- De-Role, Sovereign Chair

TRUST FALL



Materials:

- Stable table and chair
- Blindfold
- possible need for colored cloths representing what the attendee needs to “let go of.”

Trust Fall is most often used as a final piece of a process, although it may be used as the entire process depending on the circumstances.

When it is the Entire Process:

- The Trust Fall may work as a stand alone process WHEN the attendee is strongly connecting to lack of trust and WHEN the Facilitator guides the attendee through some kind of awareness around the BLOCK to trust and identifying the COST of the block. There MUST be some kind of connection to the Block and Cost in order for the Trust Fall to fully impact the attendee. Example for how to create the above connection to the Block and the Cost.

- Identify the block to trust and create some symbol for it. It could be a weight, walking blindfolded, walking blindfolded with the weight, standing in front of a wall.... Have them describe the block and its impact/cost to the attendee and to significant relationships.
 - A key question when asking about the cost is to ask “What is going to happen if you continue _____? What will life be like? Would you like to choose another path today, in this moment?”

- Using Color to symbolize the block (the fear, the way the attendee shows up in fear – the false self) Ask the attendee to identify the block(s) with a color and give the colored cloth(s) to the attendee to hold close to their stomach. See below for when to “let go of” this. *Running the Process*

Staff Responsibilities: (See the Picture for how to set it up)

- Set up a STURDY table (confirm this) with a STURDY chair in front of it.
- Organize 8 people (6 might work) 4 + 4 facing one another arms extended with hands up
- Have all of the trust fall participants remove their glasses.
- Instruct them on how to lean their heads back
- Once the attendee has fallen make any adjustments so that the attendee is comfortable and well supported
- Do NOT let the group “sway” back and forth too rapidly. It should be very slow and gentle, if at all.

Facilitator:

Once the attendee has been prepared for the Trust Fall: (see above)

- Lead the attendee to the table and with guidance tell the how attendee how to step up onto the chair and then onto the table. (Do not say “We are going to do a trust fall.”)
- Carefully position the attendee (with staff people stabilizing the table) with his back to the group that is going to catch him.
- Hands to the side.
- Check in with the attendee “What is going on with you now? What are you aware of? What is coming up for you now?” (any of these)
- Acknowledge the situation and struggle for the attendee – trusting.
- Assign colors to the block (if you haven’t already done so). “If _____ had a color what would it be? (there may be a few things)”
- Return to cost/impact of holding on to these “things.”
- “Are you willing to let them go in this moment?”
- “Using your voice and naming each one make a choice to release it by saying something like ‘I let go of _____’ and then release it, throwing it forward.
- “Are you ready to take the risk to be held and to discover what might happen when you trust?”
- Confirm that the attendee is lined up squarely with the group
- “When you are ready fall back, standing up straight with your arms to your side.” ● If he hesitates and is visibly anxious check in with him and let him know support is there for him. Be sensitive and don’t rush this. NEVER force someone to do this if they begin to have a severe reaction. (I’ve never seen this happen but if it does bring the trust fall down to the ground and have the person do it standing on the ground and fall into the arms of the group. This is also an option for someone with physical limitations.)
- Attendee falls back. Have the group shift positions as needed to hold him. Make sure he is comfortable, especially his head.
- Check in with the attendee “What are you aware of?” (Don’t rush this.)
- Option: Have the group slowly, one by one, speak over the attendee words of comfort, love, encouragement, etc. – depending on what the circumstances are. (This is a time for the attendee to practice trusting that he is cared for, etc.)
- The Mirror: Bring out the mirror and hold it up over the attendee for impact. Check in with him.
- Remove mirror.
- Confirm that everyone is still able to hold up the attendee. If so, continue.
- Get the Affirmations (or do this after the attendee is standing again.
- Let the attendee down gently.
- Check in. De-Role. Sovereign Chair

BLESSING PROCESSES

These processes are for those who say that they do not need to work on anything. Typically, it's people who experience themselves as having done a lot of personal work/growth (which may be true) or people who are not aware or who are reticent to do a process. ALL OF THIS IS WELCOME. NO JUDGMENT. However, we don't want to sell these people short so we do want to give them a process.

BEING CARRIED

This process is for someone who:

- Needs/wants a blessing
- Cannot identify anything to work on
- Would like to draw closer to God, but who can't identify any major issues blocking them
- Someone who doesn't want to be touched
- Needs a "quiet" experience

Materials:

- Blind Fold
- Large Cushions (enough to where the Attendee can lie down on them)
- Large Tarp
- Blanket
- Small Pillow
- Colored cloth(s) (To be determined)

Set Up Process

STAFF:

- Give blindfold to the Facilitator
- Out of sight of the Attendee: Set up the large cushions on the ground, then the tarp, then the blanket on the tarp and a small pillow for the attendee's head

Facilitator:

- After the Huddle take the Attendee off to the side, facing away from the set up of the tarp, etc.
- Based on what the Attendee has said about what they want or need tell them: *Transition Sentence:* This all depends on what this process is for.

The Process:

- Blindfold the Attendee and lead her to the tarp. Assist her to lay down on the blanket (which is on the tarp). Place small pillow under her head.
- The Group stands around the Attendee and rolls up the tarp in their hands and lifts her up by stepping back and holding the tarp taut.
- Blindfold off
- VERY SLOW AND GENTLE swaying
- Check in with Attendee - Awareness?
- Depending on what the Attendee has shared identify something that the Attendee might need to let go of. Examples: In order to be closer to God, in order to trust God or others, In order to receive.
 - "If _____ had a color, what color would it be?"
 - Get the colored cloth and wrap a large stone with it. Place it into the Attendee's hands

- Check in – “What does this feel like?”
- Cost/Impact to carry it?
- “Would you like to let it go?” “With your voice – words saying “I let ____ this go” – lift it up. Facilitator takes the stone.
- Check in – Awareness
- Based on what the Attendee is presenting, ask/confirm “What are you willing to receive from _____ (God, the group...)? If this had a color what color would it be?” ● Get a colored cloth and drape it over her torso.
- Give the Group a chance to speak blessing over her (related to what she is looking for) ○ Lower Attendee if the weight is too much. If not continue holding Attendee up. ●
- Affirmations
- Mirror
- Lower the Attendee
- De-Role and Sovereign Chair