



## ROCK WORK TRAINING MANUAL

### POWER 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.*

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## 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 in the tunnel 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 who will be cheering the attendee on and ultimately helping to pull him through at the end and having him place their back to their chest

### **Prepping the Process: Give Instructions to the staff in the Huddle**

- 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 \_\_\_\_\_ (name of positive part) be saying to you? It’s the thing you’ve needed to hear for a long time.”*

- 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 loudly speak 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. *“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, whichever is appropriate)
- 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 by modeling for them 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), as is appropriate.

Affirmations, De-Role, Sovereign Chair

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## THROWING THE STONES

[INSERT PHOTO HERE]

This process is effective for anyone needing to unload the burden of the negative messages. It is particularly useful for people with physical limitations (legs, hips, torso).

### *Materials:*

- 5 Large rocks (taken from attendee's bags)
- Duct Tape – Two staff doing this
- Black Sharpies
- 5 gallon bucket (like a Home Depot bucket)

*The Process:* (This process is done OUTSIDE.)

### **Part One:**

- Get the negative messages
- For each message have staff (2 people alternating) write on duct tape then place duct tape on a rock and place in bucket
- Have the attendee pick up the bucket and carry it while walking (Depending on physical capability. If they can't walk with it at least try to hold it up for a while.)
- While walking/holding ask these questions:  
*“What are you aware of? What are these messages costing you? What will life be like if you continue to carry these messages? How will this impact others in your life?”*
- Take this part slow. Don't rush it. Let this sink in.

### **Part Two:**

- Gather the attendees and staff to the place where the attendee will be throwing the stones.
- This needs to be a place where buildings or cars will not be impacted.
- Place everyone BEHIND the attendee.
- Ask the attendee: *“Are you ready to take a step and let go of these messages?”*
- Then, have the attendee take one rock at a time out of the bucket.
- Facilitator: *“Now, with your voice and by throwing this rock away make a choice to let go of these messages.”* –

- Model it -yelling and with force mimic throwing a rock: *"I'm letting go of \_\_\_\_\_."* (speaking the message on the rock).
- Important! Staff models support by yelling and cheering the attendee on. Engage the rest of the attendees in doing the same.

**When All the rocks are thrown:**

- Check in: *"What are you aware of?"*
- Connection to Positive Part
- Affirmations, De-Role, 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.”
- It is also a good process for people who have physical limitations.

*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? 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 (only after having worked hard to cut the rope)
  - 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

*Materials:*

- 3 nylon ropes ● “Belt” to put the nylon ropes through
- 4 5x7 cards and a black sharpie

*Setting up the Process:*

- Staff put belt on Attendee – not too tight, buckle on the front side of attendee
- As the Facilitator gets the negative messages thread the rope through the belt and had both ends to a process participant (Need 3 or more people to hold the ropes – one for each message)
  - The 3-4 with the ropes are standing BEHIND the Attendee holding the ropes taut (no slack)
- Staff writes down the 3-4 negative messages on 3-4 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 (or four) Negative Messages and assign them to participants who will hold the ropes (So, 3 or 4 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

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## 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)

***Before the process begins: The following should be set up***

- The Gauntlet
- The Negative Role Player at the end of the Gauntlet (Example: "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 needs to 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*
- *Open eyes and look at \_\_\_\_\_* ("bad dad" or whoever)

***Running the Process:***

- Stay focused on the SAFETY of the Attendee (neck should not be on the same level as the arms 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
- Progressively instruct each pair of 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
- Option:
  - Pause at the last pair and ask: *What's one thing that will be different?* (It must be practical.)
  - Do this right after the final break through and before the connection to the Positive Part
  - Use the black cloth after the attendee breaks through the final pair and give the attendee an opportunity to use his voice (not yelling) but from a firm, strong place to finally put to death the messages. (See Video)
- 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: 1<sup>st</sup> Row – one person, 2<sup>nd</sup> Row – two persons, 3<sup>rd</sup> 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

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## THE TENNIS RACQUET



This process is useful for a person has lower body limitations. You can also put the cushion on a chair if a person cannot get on their knees.

NOTE: We recommend using this process IF a person is already connecting to anger. This is not the best process for someone who is having a difficulty feeling and expressing anger in the moment.

### *Materials:*

- Tennis Racquet
  - Options:
    - Large Pillow with a blanket (to keep dust from pillow and to keep it stationary)
    - If the attended cannot get on his knees use a padded chair (might need blanket on it as well to keep dust down)
    - Small Pillow for Attendee to kneel on if they are able to get on their knees

### *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.
- MODEL for the attendee: 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 the 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
- Affirmations, De-Role, Sovereign Chair

## PULLING WEIGHT



Use this process when the Attendee presents the False Self of the Performer, Perfectionist, “Superman/woman” OR any false self/negative messages which are holding the attendee back.

### *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 the tarp.
- Instruct them to:
  - Remove glasses
  - Lock arms tightly and to not let the Attendee pull them off 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. *“What are you aware of? What is the Cost/Impact \_\_\_\_\_? What’s going to happen if you keep doing this?”*
- Have Attendee pick someone to be “herself.” (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 she

pulls hard. She will not be able to move it. (She 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 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)
- GIVE THE ATTENDEE THE IDEA THAT SHE 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
- 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 *“What are you aware of? What is the Cost/Impact 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.

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## 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. This typically happens while they are telling their story. Even if they present with a false self, you may discern during the story that one of the following scenarios will lead you to a Connection Process instead of a Power 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 POWER Process there must be a RISK to take – some kind of LETTING GO.
- **Connection:** This will be different depending on the process.
- **SEE NOTES FOR EACH CONNECTION PROCESSES** – You will not follow the same path as the Power Processes

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## LAYING ON THE CROSS



### This process is for people who:

- Are carrying the weight of their own sins or the sins of others
- 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.
- Are taking on the role of Christ for others instead of entrusting them to God.
- Are pastors, leaders, counselors who carry the weight of service and need to let go and surrender to God

### 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 centered and compassionate. You are slowly guiding through this process.
- **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 taking the place of Christ. Does this make sense?”*

**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 negative messages** (4-5 messages) (These are the messages that the attendee “carries.”)
  - 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.”*
- **Ask:** *“What are you aware of?”*
- **Cost/Impact:** After all 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. TAKE YOUR TIME WITH THIS. DON'T RUSH THROUGH THESE QUESTIONS. GIVE HER TIME TO RESPOND.
  - *“Is there anything you would like to say to Jesus about all of this?” “Say it 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 aloud 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 aloud 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?”* (Give her time)
- Ask her *“What are you hearing?”* Repeat back what she says, gently with encouragement.

NOTE: If a person has troubling “hearing from Jesus” remind her that she has the Holy Spirit and to trust that her spirit knows what Jesus would be saying in this moment.

- *“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 one at a time.** (Do NOT rush this.)

Press down on them one at a time – say the message represented by the rock –

Ask: *“Are you willing to let go of \_\_\_\_\_ (saying the message)?”*

Instruct her: *“Then, with your voice make a choice saying: ‘I let go of \_\_\_\_\_ (saying the message)’”*

When she does – remove the rock. And go on to the next one.

**Check in with her.** *“How are you doing? 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 realize that this is what is needed at this point.

- **As she is getting off the Cross.** Applause.
- **Affirmation Statements, De-Role, Sovereign Chair**

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## THE CROSS: EXCHANGING GUILT/SHAME/MESSAGES WITH CHRIST



This process is for someone who is holding onto messages of guilt and shame from others or self. This can be particularly helpful for someone who is suffering under the guilt of sinful actions in the past that are still impacting them in the present.

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

**Prayer**

**Gaze Huddle**

*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
- To Attendee: *“Tell Jesus what this feels like to carry this guilt and shame.”*  
*“Would you be willing to make the choice to give up these messages and give them to Jesus?”*  
*“Before you do, what will be different when you let them go? How will you show up differently?”*  
*“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 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: *“If your \_\_\_\_\_ (shame/guilt) had a color what color would it be?”*

Ask: *“What is the impact if you attendee hold onto this \_\_\_\_\_ (fear/guilt/shame)?”*

Ask: *“Are you 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 PROCESS: For when there is a loss of some kind. A death of a loved one.**

## **THE TOMBSTONE**



This process is for helping an attendee deal with a loss of a loved one.

For the more experienced facilitator: It could also be used to grieve the loss of a part of oneself, i.e., youth, health, or a marriage...)

**Listen to the Story in Stage One.** When the death of someone is mentioned, you can ask:

*“Is this something you would like to work on?”*

### **Prayer**

**Attendee Picks someone to be the deceased** (Have them choose someone who they trust can hold the heart/presence of the deceased)

### **Gaze and Huddle**

*Materials:*

- Black Cloth
- “Tombstone”
- Chair (to lean the tombstone up against)
- Small pillow or a rolled up blanket for the role player (under their head) (Check to see if they are comfortable.)
- Staff to have 5x7 card and pen to write down what the attendee is saying BOTH 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 or blanket 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. **OUTSIDE OF VIEW OF ATTENDEE AS MUCH AS POSSIBLE.**

### **Beginning the Process:**

- Bring attendee to the “tombstone”
- When the attendee turns around to see the tombstone PAUSE a moment as it may bring up emotion.
- Attendee sits close to the “deceased’s” head.
- Facilitator sits to the attendee’s left.

***The following is the key to making this process effective and for it to make sense spiritually when a loved one 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?”*

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 is present here now with you to help you deal with your grief.”*

- Prayer: *“Lord, we trust you to guide us and to speak in this moment.”*

### **First Conversation: Attendee speaking to 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.”*
- Do this NOW: Discreetly remind the “deceased” role player to try and remember as much as possible of what is shared – both words and tone. Tell them we will help them to remember. (A staff member should be 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. Say what has been on your heart.”*

(If they are struggling to say much you may need to prompt the attendee to say more  
(Example: what he/she needs to hear from deceased...))

- When you sense that they are done, ask *“Is that everything you wanted to say?”*

## **SECOND CONVERSATION: “THE DECEASED” SPEAKING TO THE “ATTENDEE”**

**SWITCH POSITIONS:** The deceased role player is now “the attendee” sitting down next to the Facilitator and the attendee is now lying under the black cloth as the “deceased.”

- Explain to each one what role they are now playing.

To the attendee (in deceased role): *“I would like you to close your eyes and now hold the heart of \_\_\_\_\_ (the deceased) as you listen to \_\_\_\_\_ (use the name of the attendee). Listen with the best part of their heart, the part that would have been able to hear what is now going to shared.”*

- 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 name of the deceased) respond to \_\_\_\_\_ (the attendee’s name)?”*

**NOTE:** Do this NOW. Remind the role player (discreetly) to remember as much of this as possible

- Give the attendee (as the deceased) time to speak (to herself in essence). *“What would you like to say to \_\_\_\_\_ (attendee’s name)?”*

After she stops: *“Is any more you would like to say? Maybe something you know she has longed to hear?”*

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.

### THIRD CONVERSATION: Original position - ATTENDEE LISTENS TO DECEASED

#### 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.

To the attendee: *“Now, listen with an open and receptive heart to what \_\_\_\_\_ (the deceased) wants to say to you.”* (Observe the attendee during this time.)

To the deceased: *“Tell \_\_\_\_\_ what she needs to hear.”*  
(Speak into the ear of the “deceased” and encourage them to speak from the heart and repeat back as much as they can remember and that we will help them to remember.)

- Coach the role player if you feel that they missed something that needs to be said to the attendee.  
Example: You can ask the deceased: *“ \_\_\_\_\_, do you want \_\_\_\_\_ (attendee) to continue to hold on to \_\_\_\_\_ ?”* (whatever attendee shared)

**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.

**Saying Good-bye:** *“It is time to say good-bye to \_\_\_\_\_. When you are ready, please cover \_\_\_\_\_ 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 goodbye.
- If the attendee has a hard time saying good-bye: *“When we receive someone’s love it becomes a part of us and 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

# SURRENDER AND TRUST PROCESSES

## CONVERSATION WITH GOD

This process can be for someone who:

- Experiences disappointment, guilt, anger, confusion, lack of trust in God
- Is having a hard time trusting God with a loved one.
- Is hanging on to guilt, fear, or shame.
- Has an attachment to something and they need to surrender it to God

Any of these can be “the block.” When someone is telling their story listen for any block or a person/situation that they are struggling entrusting to God. You will be bringing in a symbol to represent this block or person.

*Materials:*

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

One way to determine if Conversation with God is appropriate is to ask:

*“Is God a part of this for you?”* If yes, *“Would you like to bring this to God?”*

Choosing God: Have the attendee pick someone who they feel can hold the heart of God for them.

### **The Process:**

- Have Attendee and “God” face one another.

**IMPORTANT:** BEFORE the attendee begins talking to God: *Discreetly Instruct the role player “God” to try and remember as much as possible of what the attendee said and that we will be helping her. Tell “God” that she will be repeating this back in just a minute. The Staff person is discreetly writing down what the Attendee says to God.*

### **FIRST CONVERSATION: ATTENDEE SPEAKS TO GOD**

Have the Attendee tell God “the story.” (The attendee may be repeating what was shared at the beginning of Stage One.)

*“Tell God what happened. How you feel. Whatever you need to say to God. Talk to God about \_\_\_\_\_). (the block or the person)*

Ask: *What is the impact of holding onto \_\_\_\_\_?*” (whatever the issue is)

If it is a “block” then ask: *“If it had a color what color would it be?”* Get the colored cloth and wrap it in a large rock and hand it to the attendee.

If it is a person/situation: Have the attendee pick some to represent this – which will eventually be surrendered to God. Have the person stand next to the attendee.

## **SECOND CONVERSATION: ATTENDEE (AS GOD) SPEAKS TO ROLE PLAYER (AS ATTENDEE)**

### **SWITCH ROLES:**

- Have Attendee and God SWITCH PLACES. Give both the following instructions.

(Instruct a staff member to take notes (discreetly) of what the Attendee is now saying as “God.”)

- *Say to the Attendee who is now God:*

*“You are now standing in the place of God. Close your eyes and connect to the heart of God. (Pause for a moment) Open your eyes. You have His Spirit within you. We are now going to give you an opportunity to listen to the heart of \_\_\_\_\_ (use attendee’s name) who is going to share with you what’s on her heart. Listen from the heart of God who loves her.”*

- *To the role player who **was God** and is **now the Attendee**:*

*“ \_\_\_\_\_ (Using the attendee’s name) **would you tell God what is on your heart.**”*

(Staff person who took notes is discreetly helping the Role Player to remember what was said.)

- Now, the Attendee (in the role of God) speaks in the place of God to herself (the role player)  
To the attendee: *“You have heard \_\_\_\_\_’s heart. From the heart of God would you speak to her and respond to what she shared? God knows, you know, what she needs to hear.”*

**IMPORTANT:** *Before the attendee begins speaking,* 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 the person playing her and respond to what she heard. Again, reminding her that she is filled with God and can connect to the heart of God and speak from His heart.

- Staff person writes down the words spoken from “God.”



### THIRD CONVERSATION: Original places – GOD SPEAKING TO ATTENDEE

- **SWITCH BACK** to 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:” *“You are now in the position of God. Would you share your heart with \_\_\_\_\_ ? (attendee’s name)*  
(Staff person helps with the lines.) You may need to coach “God” to be in her heart as she speaks.
  - As needed, continue to encourage the attendee to listen with an open heart and spirit.
- Check in with the Attendee *“What’s coming up for you?”*

IF THERE WAS A CLOTH REPRESENTING THE BLOCK OR THERE WAS A PERSON THAT THE ATTENDEE NEEDED TO INTRUST TO GOD: (See Video)

*“Now, you still have \_\_\_\_\_ (the block/person/situation represented by a colored cloth or a role player).*

*What would you like to do with \_\_\_\_/it?*

*Are you ready to give \_\_\_\_\_ to God?*

*Go ahead and have a conversation with God about this and then offer it to God, both verbally and physically.”*

Attendee has opportunity to connect with God. Hug, held by God, whatever they want.

- Check in with Attendee *“How are you doing?”* Encourage her.
- Affirmations
- De-Role, Sovereign Chair

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## TRUST FALL



This process is used most often 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. Incorporate some aspect of “making space” by surrendering or letting go of a block or attachment to something.

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)

### **Materials and Setting up the Trust Fall:**

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

- Lead the attendee to the table and with guidance tell the 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.
  - Attendee’s 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)
  - Be aware of dealing with issues of trust and its impact on the attendee.
  - 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: *“What is it going to cost you to hold on to \_\_\_\_\_?”*
  - *“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. Someone should be holding 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

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## **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)
- Are not aware of issues they could work on
- 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 HELD/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 hand  
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