

ROCK WORK READY - STAFF



PURPOSE: To give instructions to staff on how the Rock Work Ready time for the Attendees will work

ENERGY: Sovereign, Lover, Warrior

PROCEDURE

Have all the staff circle up and make sure to hit all of the points below:

- This is a time to connect to your Sovereign, Lover, and most importantly your Warrior as we prepare to fight for our sisters. This may be the first time anyone has ever fought for them.
- This is a time to be present, not to focus on any jobs or talks that you might be worried about or anything yet to come. Your sisters need your presence.
- The Staff will stand in an open and receptive position, hands down by side, palms forward in a circle. Any extra staff will create a circle spread around the outside of the main circle and be in the same open position.
- “Fight Song” will be playing in the meeting room. The Line Leaders will lead Attendees single file around the inside of the circle until the first Attendee in line reaches the last staff woman, and each staff woman is eye to eye with an Attendee. Make eye contact with the woman in front of you and hold their gaze.
- “Fight Song” will fade out, and “The Unmaking” will play.
- Please stay present and open, no singing along with the music. Be still with a warm, steady warrior/lover energy; hold their gaze the entire time.
- Once “The Unmaking” song ends, the speaker will address the the attendees.
- After asking them for the third time, “*Are you ready,*” all staff will cheer and clap wildly until told to stop. It may feel like a long time – keep going – show them extravagant support.
- Speaker will pray a short prayer for the day, and then the assigned person will dismiss them into groups.

Tell them that we are now going to become present to ourselves, God, and the Attendees by doing a visualization. Make sure their hands are free of any items.

THE VISUALIZATION

Note to Speaker: Speak with a loud enough voice that all can hear, with a calm, yet strong energy. Keep the cadence slow but solid. Speak this visualization to the staff women as if they were your daughter needing to rise up and fight for their child.

Close your eyes and take a few deep breaths (pause, breathe audibly with them to encourage slow, deep breathing).

Keeping your eyes closed, bring to mind a loved one who you want to see freed from the crushing weight of fear or shame or lies. Maybe it's your child...a niece or nephew. Maybe it's your sister or mom. Or a close friend. What lies stand between them and their truly experiencing God's essence...His freedom...His joy? What is crushing this person who is so precious to you? Imagine them laying on the floor under this unbearable weight. You look down at them as their eyes meet yours with desperation. *"Help me, please fight for me" they seem to be saying to you.*

And now allow yourself to transfer this feeling to a woman here this weekend. Imagine her on the ground devastated by the weight of her own fears, shame, sadness, pain, and loss. Offer her your hand, and pull her to her feet. Standing eye to eye with this person, tell them either in your mind or out loud, *"I will fight for you. You are not alone."*

Say it now.

What else do you want to say to her? What does she need to hear? With the fierceness of a mother bear, speak it to her now.

Open your eyes. Stay with this feeling, ladies. Let your mind and heart stay present to the day ahead, to the important place we hold for these women, and to the God who is able to do great things! Let's pray.

[Pray a short prayer.]