

Centered
in the
Universe



Great Lakes Region
Fall Y.O.U. Retreat
2012

FAMILY MATERIAL

2012 Fall Retreat – Centered In The Universe

Family Session 1- Connect

Friday, October 12th, 2012

8:05 -9:20 p.m. (75 min)

Intention: To become a closer with all group members and become a family.

Materials: Pens, markers, large sheet of paper, two stacks of index cards

Activities:

1. Attendance & Welcome	2 min	~ 8:07 p.m.
2. Check-In	15 min	~8:22
3. Opening	5 min	~8:27
4. Heart Agreements	15 min	~ 8:42
5. Two Be or Not To Be	18 min	~ 9:00
6. Connected at the Bone	12 min	~ 9:12
7. Discussion	3 min	~ 9:15
8. Closing	5 min	~ 9:20

Please make sure you are back to the lodge by 9:30.

~Approximate time activity will end

Bold Italics = what you say to the group

1. Attendance: (2 min) Materials: Attendance Sheet, Pen (~8:07 p.m.)
Please take attendance and place on the door, outside of your family area. Thank you!

Welcome to the FAMILY!! We will be meeting 4 more times this weekend. (Family leaders now is a good time to introduce yourselves ☺)

2. Check-In: (15 min) (~8:22)
Go around the circle to the left in a whip. Have everyone share their answers as a way to get better acquainted.
- ***Your name, grade, chapter, and how many events you've attended.***
- ***What is one thing you do in your life, which you find to be centering?***
- ***What is your favorite shape of noodle?***

3. Opening: (5 min) Materials: (~8:27)
**** Intention: To come into this family session with open hearts and minds, and use these activities to create lasting connections.***

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.

****Please center the family with a few deep breaths before the opening prayer.****

Prayer: Dear God, thank you for today, thank you for tomorrow, and thank you for this wonderful chance for us to all connect with each other and with our selves. Amen.

Affirmation: "I now have tremendous opportunity to expand my world!" (Repeat thrice with zeal)

Bible Quote: "The multitude of the wise is salvation of the world." Solomon 6:24

****Ask your family to share their thoughts about how the Bible quote ties into the theme of the day.***

2012 Fall Retreat – Centered In The Universe

Then read what the Regional Team thought.

Possible Discussion starters:

1. What does “multitude of wise” mean to you?
2. How does this relate to today’s theme of “Connect”?
3. How can this save the world?

Regional team thought: *We all have the opportunity to be wise and we all have the potential. When we have a good idea or make a smart decision, it not only benefits us, but it benefits the whole world like a chain reaction. The more people there are using their full potential in a positive way, the more good that is generated into the world.*

Quote: *That deep emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God.*

Albert Einstein

*Ask your family to share their thoughts about how the quote ties into the theme of the day.

Regional team thought: *Often it is very difficult to put God or Spirit into words. Although we don’t always completely understand God, we can feel that presence and that power because we are part of it.*

4. **Heart Agreement:** (15 min) Materials: Heart agreement poster, pens, markers (~8:42)

***Intention:** *To establish guidelines for the family in order to create a safe space for everyone to share themselves in*

***Materials:** Heart Agreements Poster, Markers

Have your family make a list of the agreements they think those in your family should follow. For the sake of time, the Regional team has provided a list of the basic heart agreements that you can use as a guide.

1. **Respect- show love:** *Demonstrate honest, responsible, trustworthy behavior, always extend courtesy to family members and use appropriate touch, respectful to each individual’s personal boundaries.*
2. **No put downs:** *Give three put ups for every put down, and do not be a part of any verbal or mental character assassinations or judgments of family members.*
3. **Focus:** *Be centered during group meditations and prayers, remain silent and respectful to the experience of others, and give loving support and attention to all speakers and group leaders.*
4. **Participation:** *Make an honest attempt to participate and add to the experience and consciousness of the group during activities, discussions, and the heart talk.*
5. **Right to pass:** *You have the right to pass if you feel uncomfortable with a discussion or you do not have anything to say*
6. **No Rescuing:** *Do not give advice unless asked for, and when giving advice, make sure it’s from a place of love not ego.*
7. **Confidentiality:** *Anything said in the group stays in the group. The exception to this is:
(1) Anything said that could affect the safety or welfare of that person or others.
(2) In this case the Facilitator or sponsor is obligated to report this directly to the Regional Consultant.*
8. **Be on time:** *Starting families on time is important to make sure you get all the activities in without having to rush through them.*
9. **Be honest with your feelings:** *Be real with yourself and what you feel about something. Be conscious*

2012 Fall Retreat – Centered In The Universe

of the choice you make in each moment- choose to love and have fun rather than choosing to create an alternate reality which might cause you to not have fun.

10. **FUZZIES!**: Share fuzzies at the end of families!

5. **Two Be or Not to Be:** (18 min) (~9:00)

Intention: To get to know one another

Materials: Index cards (1 per person), pens

Pass out one index card and a pen to everyone in the family. Have each person write three statements on their index card, two of which they wish to be someday however unrealistic (Ex. To be a rock star) and one they do not want. In any order, the person introduces themselves again, and shares the three statements to the entire group. The group may then ask three questions so that the person has an opportunity to defend their statements. The object of the game is to figure out which statement they do not want to come true. The rest of the group votes on each statement, and the person then reveals which one is the lie.

6. **Connected at the bone:** (12 min) (~9:12)

Intention: To work jointly and have fun

Materials: Index cards (1 per person), pens

Pass out index cards so that each family member has one. Write two different body parts on each one using the following... arm, knee, shoulder, head, foot, hip, elbow and back. Use this format: Ex: "Shoulder to chin" or "elbow to knee" ect. *for simplicity avoid a "head to foot" combination. Form a circle and place one paper upside down in front of each person. Chose a person to start and have that person pick up the index card and hold it in the appropriate place between themselves and the person directly to their left. For example the card says "head to elbow" , the partners must place the card between one person's head and the other persons elbow. Now... Without dropping first paper, the second person must pick up their card and do the same with the next person to the left. Continue until everyone in the circle is connected.

7. **Discussion** (~9:15)

1. What did we accomplish? Or try to accomplish?
2. What did you learn about yourself or your family members in this activity?
3. What did you find made this activity difficult or easy for you as an individual?
4. What would have made it easier?

8. **Closing** (5 min) (~9:20)

Ask if there is anyone who would like to volunteer to read the closing prayer

Closing Prayer: *Dear creator, we are so thankful for this family group that we have been blessed with. We are so excited to grow closer to everyone as this weekend progresses. We are thankful for all that we have been given. Amen*

FUZZIES!!!

Family Leaders!!!!

Thanks for being the amazing people that you are everyday ☺

Love & Light

Joey, Shelby & Eileen

2012 Fall Retreat – Centered In The Universe

Family Session 2 – Channel

Saturday, October 13th, 2012

9:55 -11:15 a.m. (80 min)

Intention: To focus our divine energy outwards and manifest our greatest good.

Materials: Attendance sheet, Opening Prayer Sheet, cups, 2 containers of water, crystal photographs, string, beads, paper

Activities:

1. Attendance	2 min	~ 9:57 a.m.
2. Check-In	12 min	~ 10:09 a.m.
3. Opening	10 min	~ 10:19 a.m.
4. Gratitude Activity	15 min	~ 10:34 a.m.
5. Discussion	10 min	~ 10:44 a.m.
6. Prayer Bracelets	12 min	~ 10:56 a.m.
7. Appreciate You	14 min	~ 11:10 a.m.
8. Explanation of Act of Kindness	3 min	~ 11:13 a.m.
9. Closing	2 min	~ 11:15 a.m.

~Approximate time activity will end

Bold Italics = What you say to the group

1. **Attendance:** (2 min) Materials: Attendance Sheet, Pen (~9:57 a.m.)
Conduct attendance and place outside the door or doorway of your family area. Thank you!

2. **Check-In:** (12 min) (~10:09)
Go around the circle to the left in a whip format.
-How are you feeling on this lovely morning?
-If you had to be represented by one object in your home, what would you choose?
-If you could change one thing in the world right now, what would you alter?

3. **Opening:** (10 min) (~10:19)
**** Intention: To center ourselves and open our hearts to Spirits loving energy.***
Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.
Please center the family with a few deep breaths before the opening prayer.

Prayer: ***“Sweet Spirit, thank you for this day, these friends, and your love. We begin today recognizing the many magnificent things in this life and in ourselves as we see your light everywhere. We are so grateful for your presence. Amen.”***

Affirmation: ***“In Truth and love we give thanks!” (repeat twice enthusiastically)***

Bible Quote: ***“The eye is the lamp of the body. So if your eye is healthy, your whole body will be full of light.” –Matthew 6:22***

2012 Fall Retreat – Centered In The Universe

*Ask your family to share their thoughts about how the Bible quote ties into the theme of the day. If discussion is slow then use some of these discussion questions.

- **What “eye” do you think Jesus is referring to?**
- **What are some ways that the “eye” can be healthy?**
- **What does it mean to be “full of light”?**

After, please read what the Regional Team thought.

Regional team thought: “Although God’s light and love constantly surrounds us, we choose whether or not to embrace it. It’s by seeing the good in all people and appreciating the gifts of the universe that we turn on our ‘lamp’ and tune into that God consciousness.”

Quote: “If we have the energy of compassion and loving kindness in us, the people around us will be influenced by our way of being and living.” -Thich Nhat Hanh

*Ask your family to share their thoughts about how the Bible quote ties into the theme of the day. Then read what the Regional Team thought.

Regional team thought: “What we think and believe is a part of a greater human consciousness. We have the power to affect others through what we put out. If we live our Truth and stay in alignment with Spirit, then others will follow with more acts of compassion and kindness.”

4. **Gratitude Activity:** (17 min) (~10:34)

***Intention: to discover the power of appreciation and the power our words and energy has.**

Materials: paper cups, 2 containers of water, water crystal photographs

Directions: pass out the paper cups and fill each one half way with water from the unlabeled container.

Say: We are now going to drink this water, just paying attention to the texture and how it tastes. Take a moment to feel it on your tongue, swish it around in your mouth, and when you are ready swallow it. Please do this now....

(After everyone has drank their water)

Say: Water is a common element, it is found in every one of us and it’s something that we often don’t pay a lot of attention to. We just know that it’s there. However, a scientist named Masaru Emoto decided to take a look at water, and what happens when it’s the receiver of different energies. He experimented with having people speak to the water and writing on the water container. He then froze the water and observed the formations of the water crystals. People said different things to the bottles of water, but the water used was all from the same source. When people said “you’re cute to the water cute crystals formed, but “you fool” had the opposite effect. (Pass around picture number 1) When words that indicate harm to humans were shown to the water, no crystals formed. It even appears that the words “You make me sick created the shape of a man with a gun . (Pass around picture number 2.) All of these crystals have gross bubbling and no pattern to their formation. Then, Moto wrapped a piece of paper with words type on it around a bottle of water. When the words were “love and gratitude” the crystal was as perfect as can be.

2012 Fall Retreat – Centered In The Universe

This indicates that love and gratitude are fundamental to the phenomenon of life in all of nature. When we give love and gratitude we giving that pure, divine expression of Truth. (Pass around picture number 3.) What we put out truly changes the world and effects not only others, but ourselves as well.

Keeping in mind the power of our words, and our mind, we are now going to send that energy to our water in the container labeled LOVE AND GRATITUDE. The regional team has already taken time to bless this water and send their energy into it, but now we are going to send ours to it as well to make it even more powerful. We are going to pass this container around the room, each of us taking time to hold it and send our love and gratitude into it. Feel how thankful we are for it nourishing our bodies. Water is what sustains life and what is in each of us. We wouldn't be able to do anything if we didn't have water. So, take this time now to bless it with your whole self and truly feel that love and gratitude flowing through you.

Family Leaders, pass the container to the left allowing time for everyone to bless the water. Once it has gone around, take the container and pour the water into a cup for each of your family members (about half full). When everyone has received a cup, say the following, then drink the water together.

When we drink the water this time, keep in mind all of the incredible energy that has been sent to this water, and the effect that it had on the crystals. If it physically altered the water crystals, will it change the water that we're drinking? Take this time now to carefully sip the water. As you do so, roll it around on your tongue, swish it in your mouth... Does it feel different? Perhaps silkier and smoother? When you swallow the water know that it has been given that energy filled with love and gratitude, and that it is now a part of you.

5. **Discussion:** (8 min) (~10:44)

Please use a popcorn format for this discussion.

-Did you notice anything different about the water? Please elaborate.

-What did you think about this activity?

-What does this show about the power of love and gratitude?

-How do you think this idea could affect the world?

-What happens to us when we receive loving energy if our bodies are primarily composed of water?

6. **Prayer Bracelets:** (12 min) (~10:56)

****Intention: to create a reminder for ourselves to fully appreciate life.***

Materials: string, 12 beads per person, 1 ziplock bag, and gratitude ☺

Say: We are now going to create prayer bracelets. Because gratitude is such a powerful prayer, we challenge you to use your bracelet as a way to appreciate all aspects of your daily life.

Directions: Family Leaders, pass around the bag of string and beads having each person select 1 string and approximately 12 beads. Allow each person to design it how they want but recommend leaving room to move the beads along the string.

7. **Appreciate You:** (14 min) (~11:10)

Materials: blank sheets of printer paper, writing/drawing utensils

2012 Fall Retreat – Centered In The Universe

Say: “Another way we project our energy is through kindness. But, in order to fully give kindness with our whole soul, we must first be able to be kind to ourselves. If we are connected to everyone, then if we forget to share that love and energy with ourselves, then we cannot give it to others to the fullest extent. In this activity, you will receive a sheet of paper upon which to send loving energy to yourself. It can be anything you want: compliments, qualities you admire, actions that you are glad you made... anything that expresses the true gratitude you feel for yourself. Feel free to express this in any way you want (words, pictures, symbols, etc). Please take your completed appreciation sheet home with you as a reminder to love and be kind to yourself.

8. Explanation of Act of Kindness (3 min) (~11:13)

Say: “Throughout the rest of the day we will be practicing kindness. Everyone will receive the name of one of the people that is attending this rally. At least one time today you will send that person a gift of kindness. You can do anything you wish, as long it isn’t an object. Remember, the best gifts come from the heart!”

9. Closing: (3min) (~11:15)

(Please ask for a volunteer to say the closing prayer)

Prayer: “Loving Presence, we take in this moment and breathe in the friendship and compassion that we share. We know that we are each a unique expression of God and that with every action we both send and receive divine, loving energy. We are so grateful for who we are as individuals and for what we have the power to do. Amen.”

FUZZIES!!!

Awesome Family Facilitators,

Right now YOU are channeling your divine love and energy to Y.O.U. and we are so grateful to have you leading and serving in this way ☺

Love & Light,

Shelby, Joey & Eileen

2012 Fall Retreat – Centered In The Universe

Family Session 3 – Channel

Saturday, October 13th, 2012

1:35 -2:50 p.m. (75 min)

Intention: **To find and express our inner beauty*

Materials: Attendance sheet, Markers, Fabric piece, Power sheet, Piece of string, Safety pins, Forgiveness steps handouts

Activities:

1. Attendance	2 min	~ 1:37 p.m.
2. Opening	7 min	~ 1:44
3. Check-In	8 min	~ 1:52
4. We got the power	10 min	~ 2:02
5. Going to Holland	25 min	~ 2:27
6. Discussion	10 min	~ 2:37
7. Build-a-shake	10 min	~ 2:47
8. Closing	3 min	~ 2:50

~Approximate time activity will end

Bold Italics = What you say to the group

1. **Attendance:** (2 min) Materials: Attendance Sheet, Pen (1:37)
Please conduct attendance and place on door or doorway outside of your family area. Thank you!

2. **Opening:** (7 min) (~1:44)
Intention: To center ourselves so that we may be able to better connect with spirit and all those around us.

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.

Please center the family with a few deep breaths before the opening prayer.

Opening Prayer: *"Today is the most perfect day to be alive and to be here. Wherever our paths may take us in life, may we always give thanks and be thankful. Thank you God, Amen."*

Affirmation: *"I am so cool!!!!" (Repeat thrice enthusiastically!!)*

Bible Quote: *"And now these three remain: faith, hope and love. But the greatest of these is love."*

1 Corinthians 13:13

Ask your family to share their thoughts about how the Bible quote ties into the theme of the day. Then read what the Regional Team thought.

Regional Team thought: "These three universal powers are key in the existence of human kind. Everyone wishes to experience all three, and love is the most powerful because God is love and our essence is of God. If each person strove to realize their ability to channel these powers, think of the possible outcomes."

Quote: *"To err is human, to forgive, divine." - Alexander Pope*

2012 Fall Retreat – Centered In The Universe

Ask your family to share their thoughts about how the quote ties into the theme of the day. Then read what the Regional Team thought.

Regional Team thought: Our human errors are part of what makes us perfect. Without our errors, we would have no opportunity to forgive or be forgiven. Without the chance to experience forgiveness, we would have no chance to show our true divinity.

3. **Check-In:** (8 min) (1:52)

Go around the circle asking the questions in a whip format.

- What do you think you'll do for free time today?***
- What is the least tasty item in the Chex Mix bag?***
- What is your favorite line in a song?***

4. **We Got the Power:** (10 min) (2:02)

Intention: To channel our inner powers into something tangible

Materials: Colored fabric piece, markers, power sheet, string, safety pins

This is your time to be a little creative. You will find the 12 powers written on a sheet with some information about each power in your family bag. Each person may choose a power and decorate their fabric piece however they would like with the power they have chosen. This can be done in any way, using drawings, words, symbols, phrases, let your creativity shine! When everyone's flag is completed, fold the top edge of the fabric over one long string and safety pin it to create something like a prayer flag. At the end of the next family session, please bring the family's completed entity with you as it will be hung as power flags amongst all the other family's designs. Have some fun!

5. **Going to Holland:** (25 min) (2:27)

Intention: To practice the wonderful power of forgiveness

Materials: Steps of forgiveness handouts

Please read out loud to the family as if you are telling a story or reading a meditation. ***Picture that the one place in the entire world you wish to go to most is the fabulous country of Holland. You have saved for quite some time, and the trip is finally here. You have made arrangements to stay in a beautiful hotel on the coast and it is going to be the week of your dreams. You have never been on an airplane before so this makes it all the more exciting. You look out the window of the airplane and see beautiful ocean beneath you. The captain comes over the speaker and announces that you are about to land. The excitement building in your stomach as your dream is about to be complete. The plane lands and you step off with your bags. The sign above your head says: WELCOME TO JAPAN! You do a double take to make sure your eyes have not deceived you. But sure enough, you are in Japan. How could this have happened, you put so much time and effort into this trip, how could something this major go wrong? How could the universe do this to you?***

After a short period being slightly upset, you decide it is time to go through the steps of forgiving the universe.

1. ***Acknowledge your feelings of anger and resentment.***
2. ***Identify what caused you to have these emotions.***
3. ***Allow yourself time to experience these feelings.***

2012 Fall Retreat – Centered In The Universe

4. *Desire the release that forgiveness offers.*
5. *Picture how things would be without this negativity in your life.
Practice blame-free living in short bursts.
Dig deep and offer light and goodness to the person or people who hurt you. Repeat “I forgive you, I release you, I am letting you go.”*
6. *Repeat Steps 4 and 5 until you feel detached from the person or situation that hurt you.*
7. *Accept that forgiveness is a process. Expect to go three steps forward and two steps back. Blame and resentment can resurface without warning. Be prepared to renew your efforts.*

6. **Discussion:** (10 min) (~2:37)

Occasionally, like in the story above, we have to force ourselves to adjust to the new situation.

Sometimes we have to change our mindset about something very quickly. Sometimes we only have seconds to feel comfortable with a situation. It could be, however, that it could take you days, months or even years to figure out how you feel about something and then even longer to adjust to it. Things like this happen to us every day—and quickly too. From friends, to classes, to family, we are often challenged to accommodate change into our lives on a daily basis. The trick is to find ways to forgive, release and, eventually, appreciate the things we can. So you have landed in Japan...let's explore it and enjoy yourself a little!

1. *What were your first thoughts when you heard the word Japan instead of Holland?*
2. *Is it always this short of a turnaround from being put in a negative situation to seeing the positive? If not, then why not?*
3. *Is simply deciding to be comfortable with something negative that has happened enough?*
4. *Now that you are in Japan, how can you enjoy it?*
5. *How can you use the 7 steps of forgiveness to shift your energy when faced with disappointment or an unexpected challenge?*

7. **Build a shake** (10 Min) Materials: Your whole body ☺ (~2:47)

Directions :

1. *Find a partner.*
2. *Make up a two-step handshake (ex. Handshake, pound it, high five, snap, be creative).*
3. *Practice, make sure both partners know the steps and can teach it to someone else.*
4. *Find a new partner (both people).*
5. *Show each other previously learned handshake steps.*

2012 Fall Retreat – Centered In The Universe

6. *With new partner, decide which of your two handshakes you want to build off of.*
7. *Work with your current partner to add two new steps to previously chosen handshake.*
8. *Practice so that both partners know all the steps and can teach it to someone else.*
9. *Repeat steps 4 through 7.*
10. *Make sure you and your newest partner know all 6 steps and can perform it for the whole family group.*
11. *Each final pair can now demonstrate their final 6 step handshake to the group*
12. *Once everyone has gone, by a show of hands, vote on whose was the most creative.*

Discussion:

1. *What do you think the purpose of this activity was?*
2. *What did you learn in this activity about yourself?*
3. *What did you learn about your fellow family group members?*

8. Closing: (3 min) (~2:50)

Ask if there is anyone who would like to volunteer to read the closing prayer

Closing Prayer: *Awesome Creator, today we are deciding to live our lives full of color. Let us join the world with ecstatic light, and let us dance to our hearts content. We see the creations around us as beautiful works of God. Thank you for your abundant blessings, Amen.*

FUZZIES!!!

Dearest Family Leaders-

We are forever grateful for your willingness to serve our wonderful region, you guys really help make these events so awesome!!

Love & Light,
Joey, Shelby & Eileen

2012 Fall Retreat – Centered In The Universe

Family Session 4 – Channel

Saturday, October 13th, 2012

5:45 -7:45 p.m. (120 min)

Intention: **To open our hearts to each other and make loving connections.*

Materials: Attendance sheet, Opening Prayer Sheet, Heart, Tissues, silly putty, markers

1.	Attendance	2 min	~ 5:47 p.m.
2.	Opening	7 min	~ 5:54 p.m.
3.	Explanation of Heart Talk	5 min	~ 5:59 p.m.
4.	Heart Talk	94 min	~ 7:33 p.m.
5.	Release Activity	10 min	~ 7:43 p.m.
6.	Closing	2 min	~7:45 p.m.

~Approximate time activity will end

Bold Italics = What you say to the group

1. **Attendance:** (2 min) Materials: Attendance Sheet, Pen (5:47 p.m.)
Conduct attendance and place on the door or doorway, outside of your family area. Thank you!

2. **Opening:** (7 min) (5:54)
**** Intention: To become centered in this moment and let divine energy to flow through us.***
Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.

Please center the family with a few deep breaths before the opening prayer.

Opening Prayer: *“Great Mystery, as we open our hearts tonight we do so knowing that our souls are deeply connected, intertwined by the love that we share. We see these bonds allowing us to express, release, and listen to our Truth while being supported in this sacred space. And so it is.”*

Affirmation: *Every cell in my body radiates love!* (repeat three times with oomph!)

Bible Quote: *“We walk by faith, not by sight.” – 2 Corinthians 5:7*

Ask your family to share their thoughts about the Bible quote. Then what the Regional Team thought.

The Regional Team thought: “When we allow our eyes to guide us, we only see the physical appearance of things which leads to judgment and pressure to do what others are doing. When we let spirit guide us we know that we are following our divine paths and are doing what is best for our souls.”

Quote: *“When the power of love overcomes the love of power the world will know peace.”*
–Jimi Hendrix

2012 Fall Retreat – Centered In The Universe

Ask your family to share their thoughts about how the quote ties into the theme of the day. Then read what the Regional Team thought.

The Regional Team thought: “Love is the ultimate peacemaker as well as the most powerful energy and feeling that we possess. When we truly see love in ourselves and allow it to flow through us there is no room left for negative energy.”

3. **Heart Talk Explanation:** (5 min) (~5:59)

**Intention: To explain the procedure of a heart talk and to review heart agreements that are prevalent in a heart talk situation*

Say:

“During this family time together, we will be having a Heart Talk. This is an opportunity for each person to share from their heart and talk about what may be on their mind. The intention of a Heart Talk is to create a loving, supportive environment through giving love, understanding and compassion while we express our hearts and invite the expression of the rest of our family’s hearts. The heart talk requires attention, focus, and respect from all participants. It is also important to understand that what you share does not necessarily have to be of a negative nature, it can be about good news in your life. We just want to make sure that because someone is having a problem, we don’t all have to tune into “what’s wrong in my life”. We also can take a look at “what’s right in my life.”

“The person with the Heart starts by expressing what their feelings are at the time and then moves on to any other feelings that come up. The intent is to talk about the feelings. This is not the place to describe the details of everything that has happened, but rather to relate just enough information to provide the group with the basic conditions affecting your feelings.”

“As each person talks, we all focus on sending love to them as we silently affirm God’s love and see them in a perfect light.”

Please make sure that the following agreements are understood by going over them again:

♥ ***Only the person holding the heart may speak.***

- ***The following is extremely important for everyone to understand:***

♥ ***Confidentiality: Anything said in the group stays in the group. The exception is:***

- ***Anything said that could affect the safety or welfare of that person or others.***
- ***In this case the Facilitator or sponsor is obligated to report this directly to the***
 - ***Regional Consultant.***

♥ ***Emphasize the importance of active listening – your job is to listen and understand where another person is coming from, not to try and judge, solve, or fix their situation.***

♥ ***The heart holder may speak from their heart – nothing is right or wrong***

2012 Fall Retreat – Centered In The Universe

- ♥ *When participating, remember to come from a place of love and respect. Everyone has something to share and this is not a time to compare.*
- ♥ *When finished the speaker passes the heart to the next person*
- ♥ *No one may comment on what another individual has said*
- ♥ *If someone wishes to be given advice about a certain situation, they may place the heart in the center of the circle. People who give advice need to make sure that they are not speaking of their own troubles during this time. Focus on the person receiving your words.*
- ♥ *Family facilitators will be giving a friendly ten minute warning when the heart talk is nearing its ending time. (Facilitators keep one eye on the clock as time passes).*
- ♥ *Please respect the time allotted. Everyone needs to share but stay on time.*
- ♥ *When the heart makes its way around the circle without anyone speaking the heart talk is complete.*

4. Heart Talk: (94 min) Materials: Heart, Tissues (≈7:33)

** Intention: To reflect on our lives and express what is in our hearts in an open and loving space and to be open and loving towards others as they release.*

Put the heart in the middle of the circle. Anyone may take it and go first and then continue passing it to the left. To end the heart talk, the heart must go once around the circle without anyone talking before it can be completed.

*****After the heart talk has been completed please ask your family to join hands (thumbs to the left) and say this******

“I invite you to close your eyes. Please take a deep breath in... and let it out. Take another deep breath in... and sigh it out. Now take a moment to be here, right now. Feel the love that surrounds you... Let it build inside of your core... Warming you up like a cup of tea, it calms and comforts you. Now take that energy and send it from your heart space, to your shoulders, down your left arm and into your left palm. Now send that love to the person to your left... See them whole and comforted by divine love. As you are sending that energy, feel yourself also receiving that same loving energy from the person on your right... It travels from that person, into your right palm, up your arm, and back into your heart space where it is fully received and then sent on to the person to your left... let this flow of love continue as we go into a silent moment, appreciating where we are here and now...(allow 2-3 minutes of silence to soak in the love)... As we return to this space, we keep this incredible love with us, knowing that we are always supported by the many souls we are connected to.”

5. Release Activity: (10 min) (≈7:43)

Materials: Silly putty and markers

Say this to the family group: “Now that we have expressed our thoughts and feelings, we are going to

2012 Fall Retreat – Centered In The Universe

completely release the negative energy from our beings and replace it with positive energy. Take a moment to focus on whatever thought or feeling you currently have that you don't wish to have in your life any more... As you release and let go of that thing, write it on the piece of silly putty... When you are ready to move on from that thing, mush up the silly putty with your hands until the words on it have completely disappeared... The words can no longer be read and have lost their power on the silly putty just as they have lost their power on you... At this time, please take a deep breath in, and as you exhale also exhale from your being whatever it is you are releasing. I invite you to repeat this affirmation, 'I LET GO AND LIVE MY FREEDOM THROUGH SPIRIT.' "

6. Closing: (2 min) (~7:45)

Ask if there's anyone who would like to read the closing prayer

Closing Prayer: *"Please take a deep breath, in... and out. Feel the divinity inside of you and inside of every person in this room. We are so loved. Thank you, Divine Energy for this opportunity to experience this powerful truth with all of these truly magnificent beings. Amen."*

FUZZIES!!!

Hey, fabulous Family Facilitators!

We are overflowing with love and appreciation for each and every one of you. THANK YOU for helping to make this event fantastic!!

**Love & Light,
Shelby, Joey & Eileen**

2012 Fall Retreat – Centered In The Universe

Family Session 5: Live

Sunday, October 14th, 2012

9:15 -10:50 a.m. (95 min)

Intention: *To continue the cycle of breathing beauty*

Materials: Attendance sheet, Opening Prayer Sheet, Love Note Booklets, Pens

Activities:

1. Attendance	2 min	~ 9:17 a.m.
2. Check-In	11 min	~ 9:28 a.m.
3. Opening	8 min	~ 9:36 a.m.
4. Love Notes	70 min	~ 10:46 a.m.
5. Closing	4 min	~ 10:50 a.m.

~Approximate time activity will end

Bold Italics = What you say to the group

1. **Attendance:** (2 min) Materials: Attendance Sheet, Pen (~9:17 a.m.)
Conduct attendance and place on the door, outside of your family area. Thank you!

2. **Check - In:** (11 min) (~9:28)
Go around the circle to the left in a whip format.
-If you were to perform in the circus, what would you do and why?
-What is one of your family's traditions?
-What has been your favorite part of this weekend?
-What is one lesson you will take home with you?

3. **Opening:** (8 min) (~9:36)
****Intention: to attain focus while centering our minds and spirits.***
Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.
****Please center the family with a few deep breaths before the opening prayer.****

Opening Prayer: "Divine Wisdom, we are so blessed to have all of these beautiful souls that surround us be a part of our lives. We express our gratitude for this amazing weekend and all of the lessons we have learned. We know that we are responsible for creating and holding our consciousness as we affirm our highest good. Amen."

Affirmation: "I am living from the Christ within me and I am creating this wonderful life!
(Repeat twice enthusiastically!! It's the last one!!)

Bible Quote: "Like good stewards of the manifold grace of God, serve one another with whatever gift each of you has received." – 1 Peter 4:10

Ask the family if they have any thoughts on how the Bible Quote ties into the theme for the day.
Then read what the Regional Team thought.

2012 Fall Retreat – Centered In The Universe

The Regional Team thought: “When we freely share our energy, talents, passions, and ourselves with the world we are allowing the divine nature in all of us to flourish. So, let your incredible souls shine!”

Quote: ***“We are all cells in the same body of humanity.” ~Peace Pilgrim***

Ask your family to share their thoughts about how the quote ties into the theme of the day. Then read what the Regional Team thought.

Regional Team thought: “We, every single person on this Earth is a part of something greater than our individual selves. Although we may look different or do different things, we are all people and are all working towards a common goal of being the best we can be. When we are all able to work together in love is when our ‘body’ will be completely healthy and immune to sicknesses like hate, jealousy, selfishness, blame and fear.”

4. **Love Notes:** (70 min) Materials: Love Note Booklets, pens (˜10:46)

**** Intention: To tell your family how much you love them.***

Say:

“A Love Note is a message of love that you are giving to your family members. You may want to thank them for something specific that they said that inspired you this weekend, or share something that you admired about them. Please refrain from sharing advice about something specific that was shared in the family this weekend. Anything uplifting that you would like to say to this person is what a love note is made of. Do not read anything anyone else has written. Please keep this a silent, focused activity.

Write your name on the top of your love note booklet and pass it to the left. Write a love note in the booklet you receive and when you are done pass it to the left. Continue to do this until you get your own booklet back. Please don’t read your love notes until the car ride home. You may choose not to read them at all until you are faced with a challenge when you may pull them out to inspire you.

5. **Closing** (4 min) (˜10:50)

Please ask for a volunteer to start the closing prayer

Closing Round Prayer: ***Please ask your family to join hands, get centered with a few deep breaths, then lead them in a round prayer. Once the prayer has gone around, invite everyone to participate in a CINNAMON ROLL HUG!***

FUZZIES ☺

Dearest Family Facilitators,

Whether you realize it now or not, what you have done this weekend is VITAL to Y.O.U. Without people like you who so eagerly share their skills, love, and energy with their families and with Y.O.U., these events would lose that special spark that they have now. You have without a doubt made a difference in the lives of many Y.O.U.ers this weekend. It could have been a smile, a brief conversation, an inspiration of leadership, a listening ear, or just your ability to create a safe and loving space. Whatever it was, we are eternally grateful for you. So, thank you Family Leaders for being amazing. We love you, so so much.

Love & Light,
Shelby, Joey & Eileen