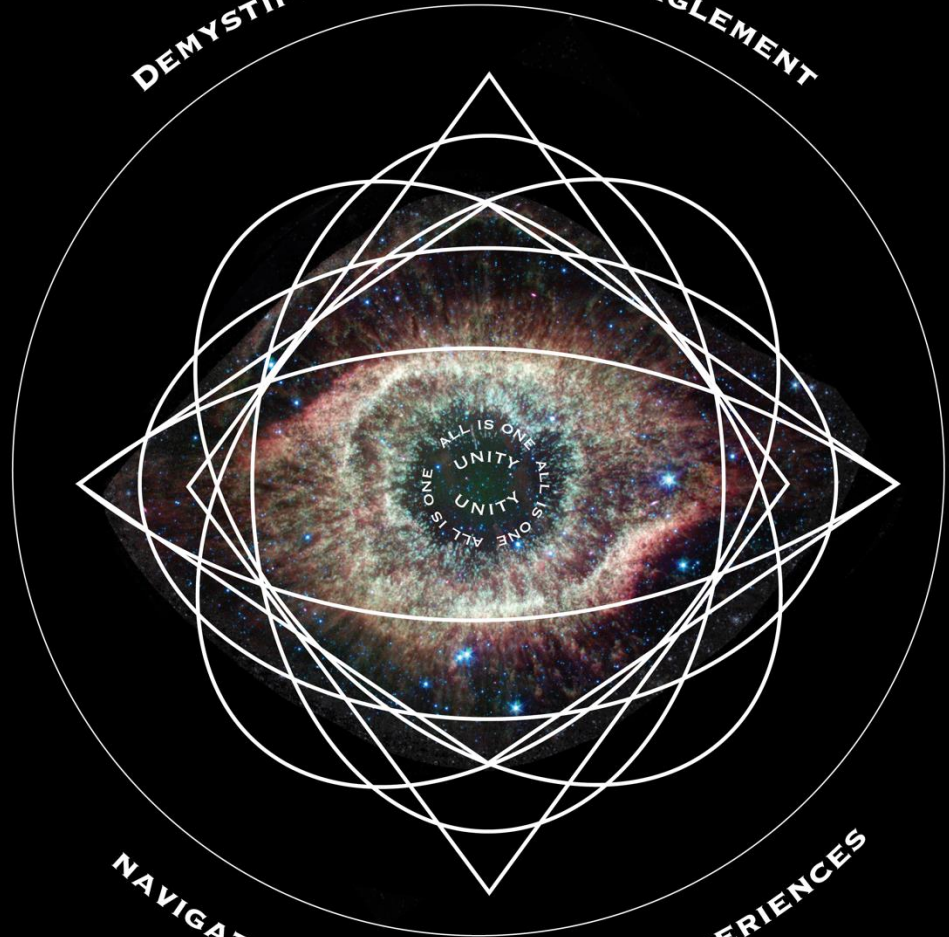
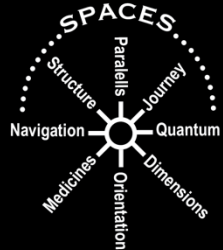
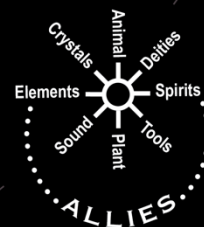
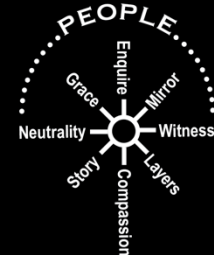
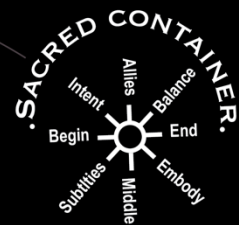
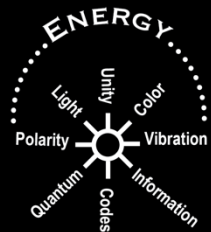


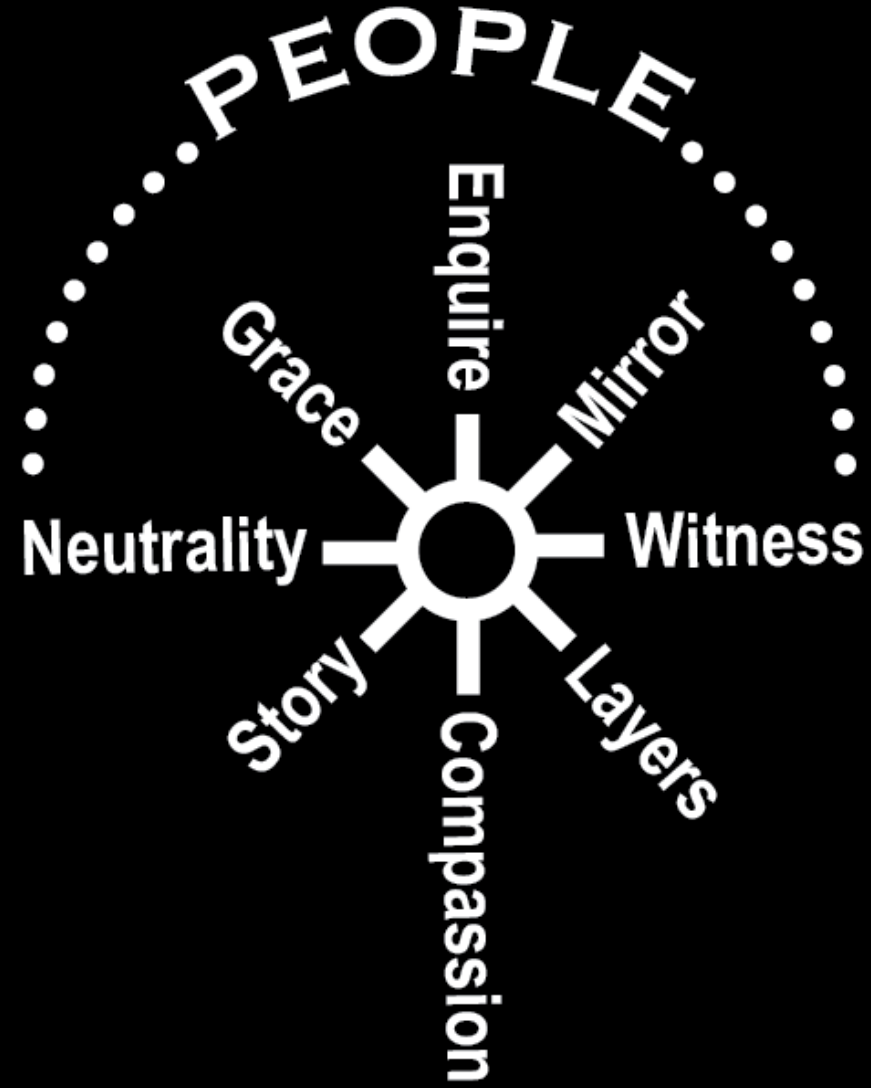
DEMYSTIFY ENERGETIC ENTANGLEMENT



NAVIGATE YOUR VIBRATIONAL EXPERIENCES

OUR SACRED CONTAINER





Sage Drums Tasmania - Jane Anderson

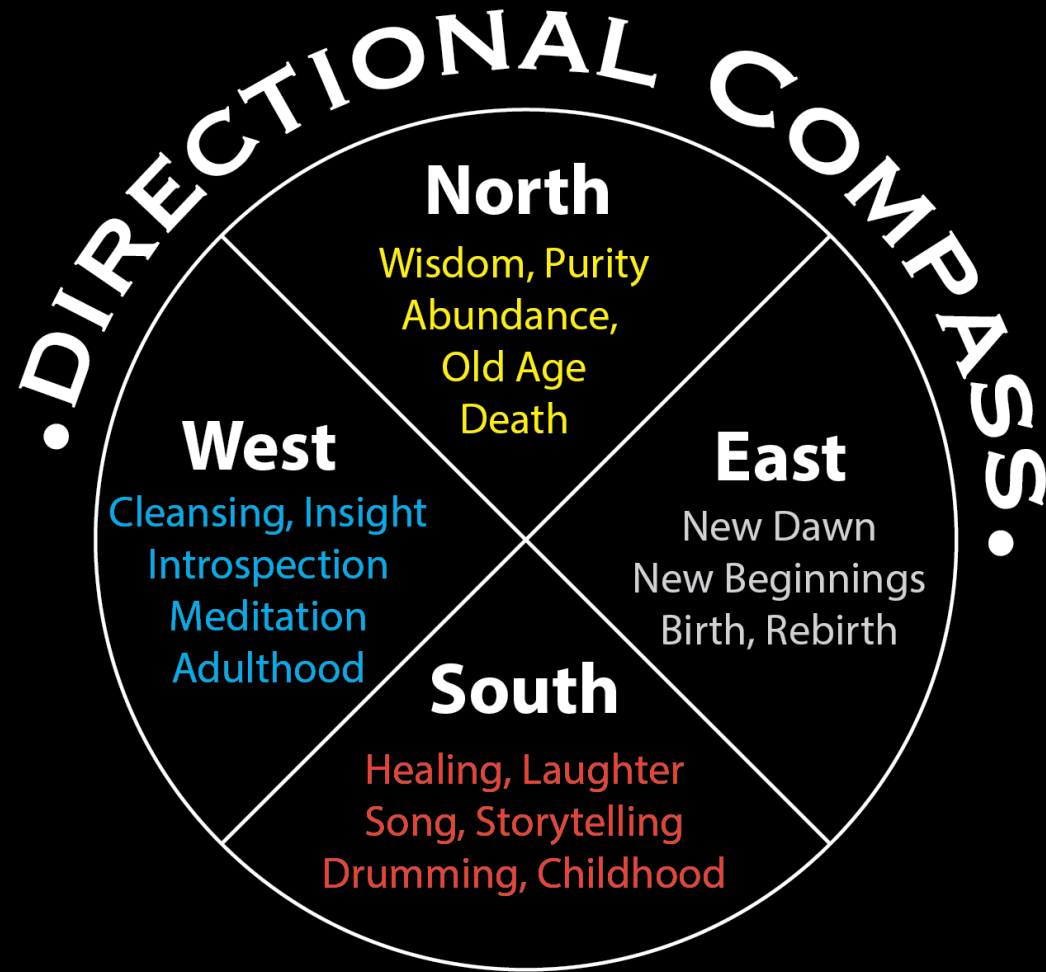
This drumming circle song honours the four directions:
east, south ,west and north, the Medicine Wheel of Life...

Spirit of the East x 4
Help the new dawn in me rising

Spirit of the south x 4
Bring me healing & Laughter

Spirit of the west x 4
Bring me cleansing and insight

Spirit of the North x4
Bring me Wisdom & Purity





.SOUTH.

Healing,
Laughter, Song,
Storytelling
Drumming,

Innocence, Childhood
Adolescence, Family, Growth,
Plant kingdom, Corn, Creativity,
Deer, Buffalo, Mouse

Honoring our Ancestors, honoring ourselves





Abram 1779

Augustin 1806

Henri 1859

Augustin

Mary 1853

Harriet

Geoffrey

Freda

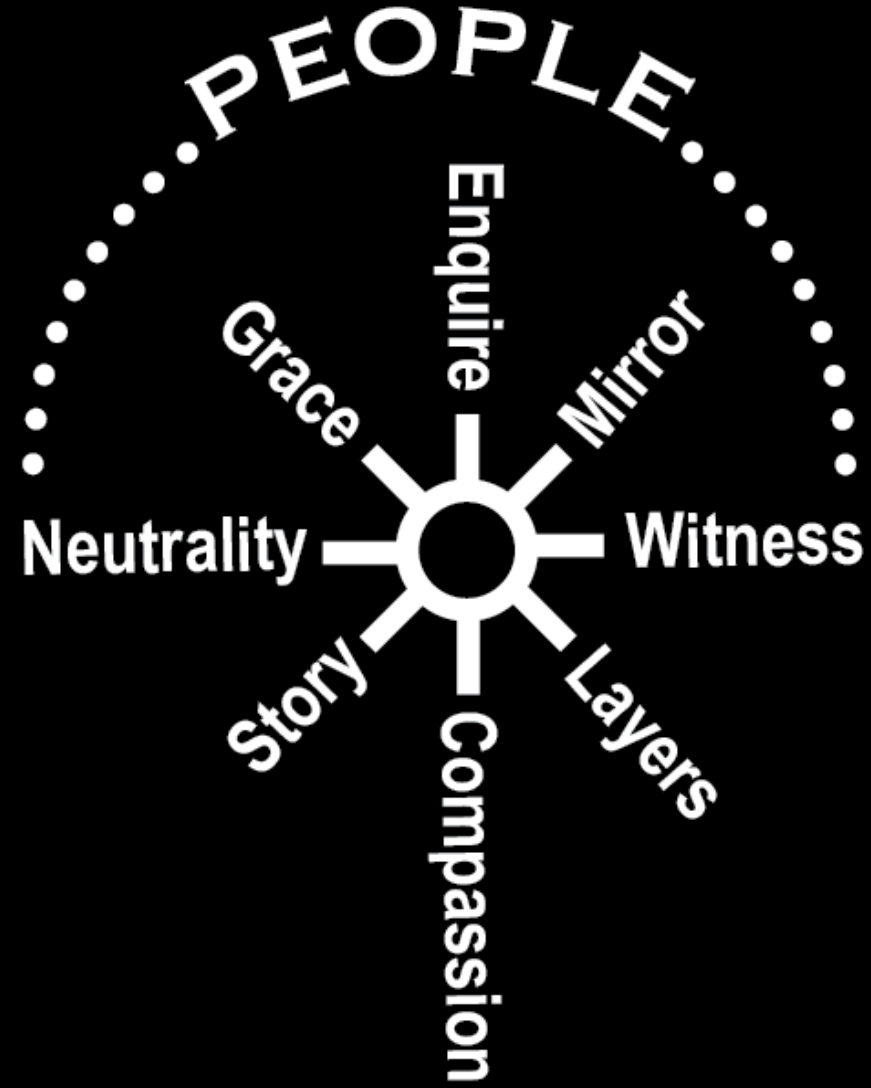
Fornachon

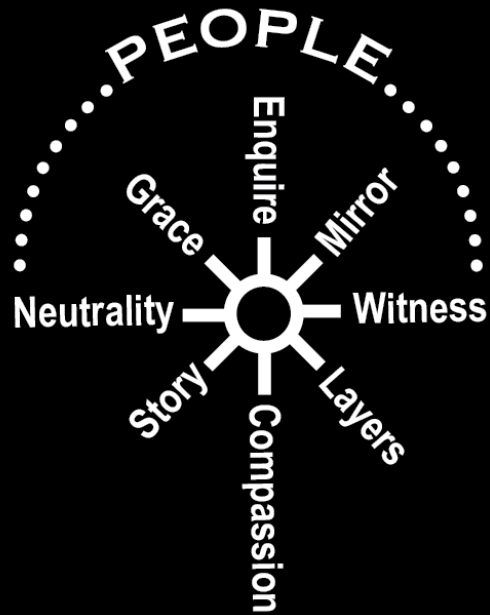
Peter

Janet

Marsh

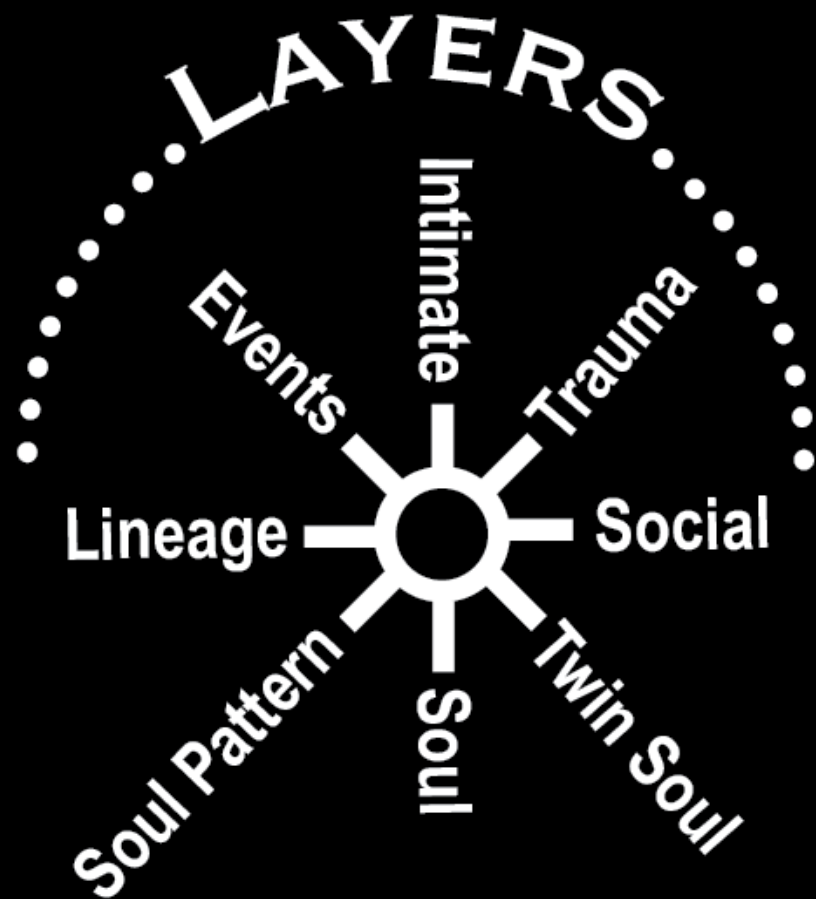
Anna
1972

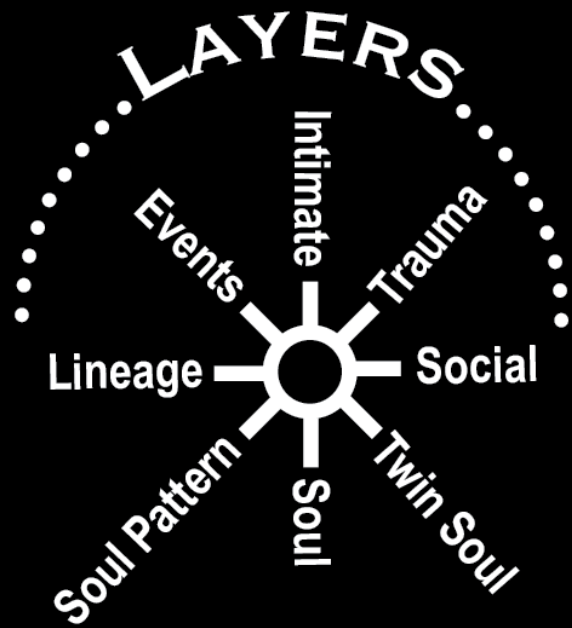


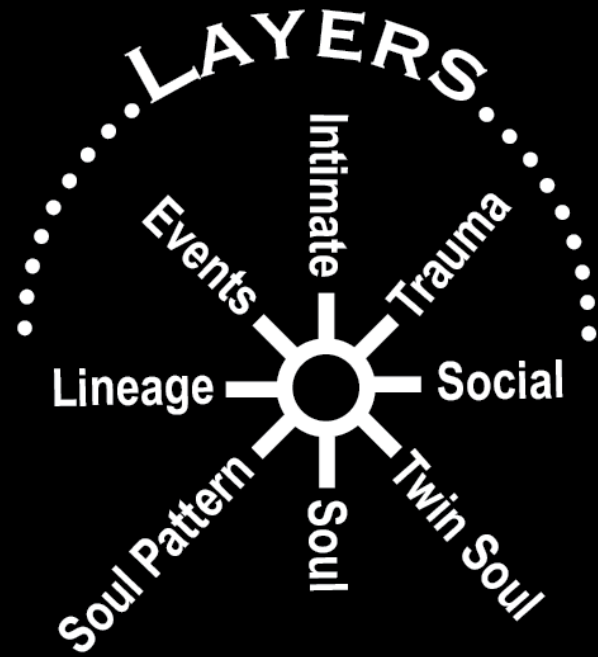


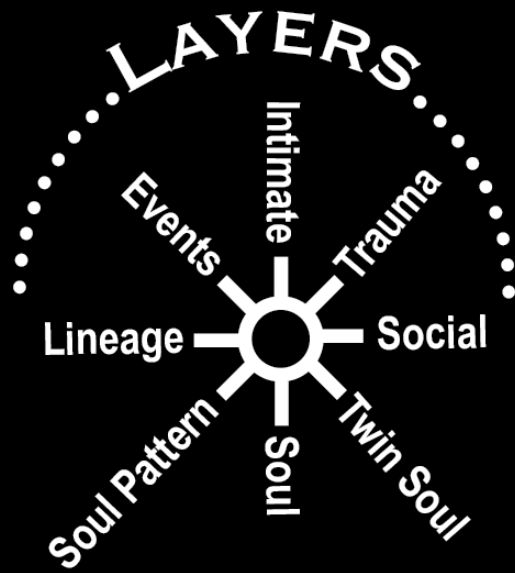
- Connection
- Communication
- Creation/Creativity
- Understanding
- Belonging
- Meaning
- Perspective
- Transformation

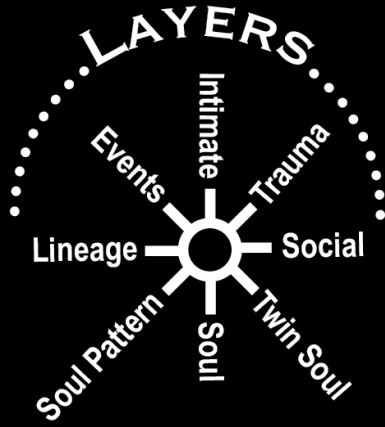








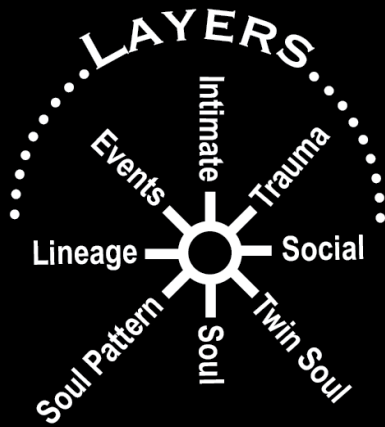




Emotions

Thoughts





Emotions

Anger

Fear

Sadness

Joy

Thoughts

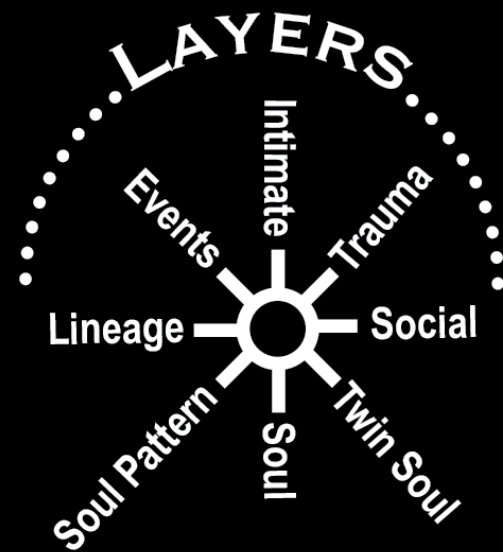
I didn't get what I wanted

I did something wrong

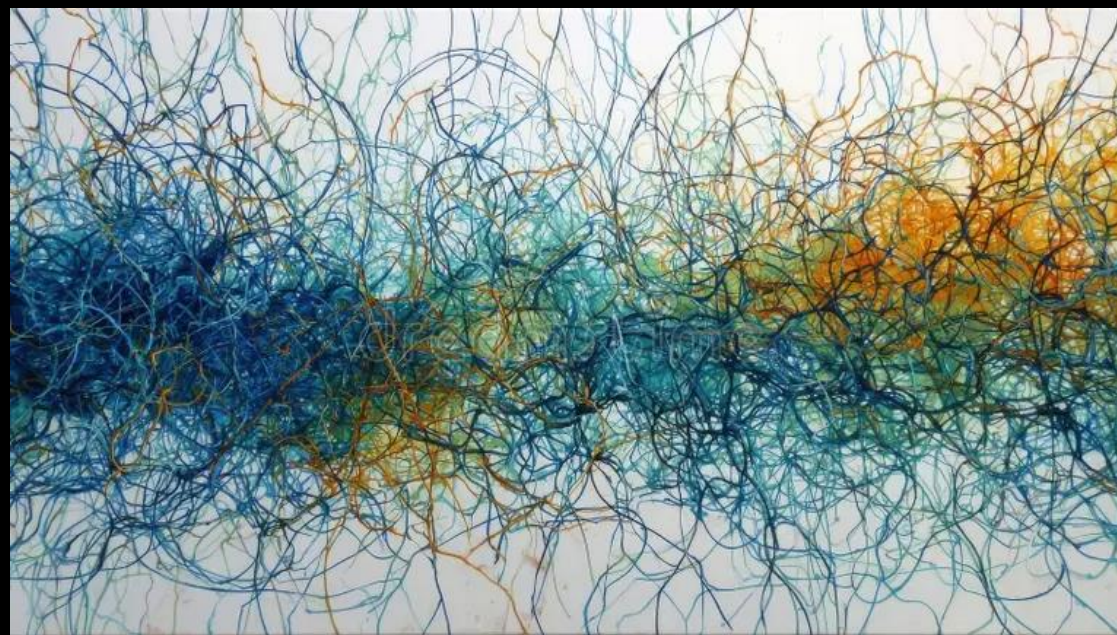
I miss my mother now she has passed

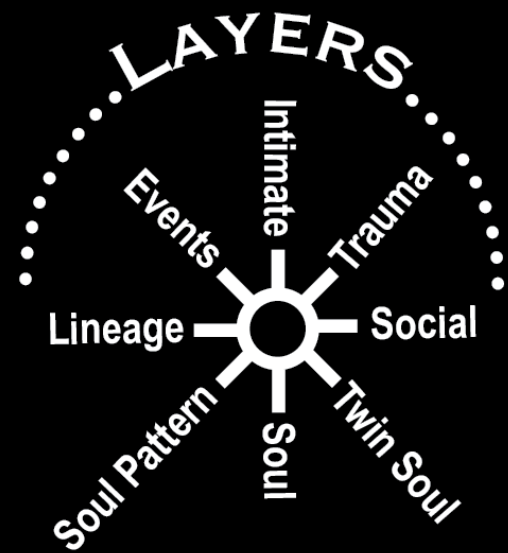
I achieved my goal!

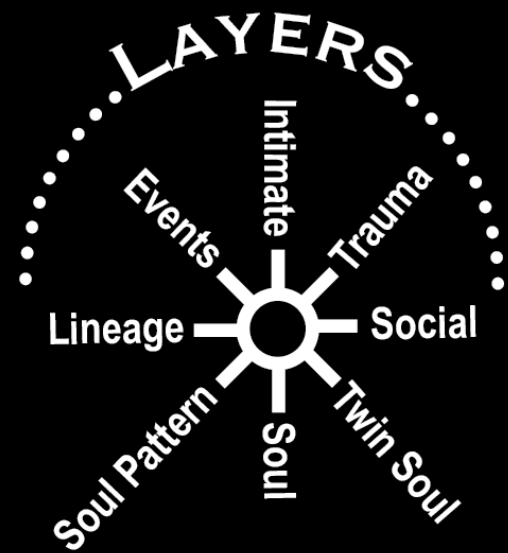
I love my life

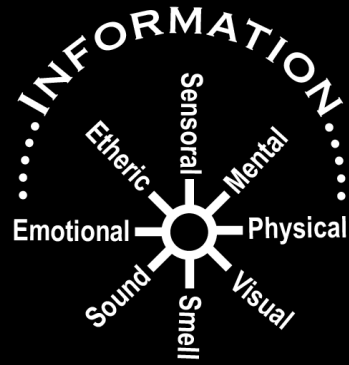


- Energetic entangled mess!
- Lack of presence/awareness/lack of love
- Overthinking/Emotional turmoil
- Addictions/lack of clear boundaries
- Continuance with unhealthy patterns/relationships
- Not speaking ones truth
- Not living in a way that moves and inspires us









The “Clairs”

Clairvoyance – clear seeing

Clairsentience – clear feeling

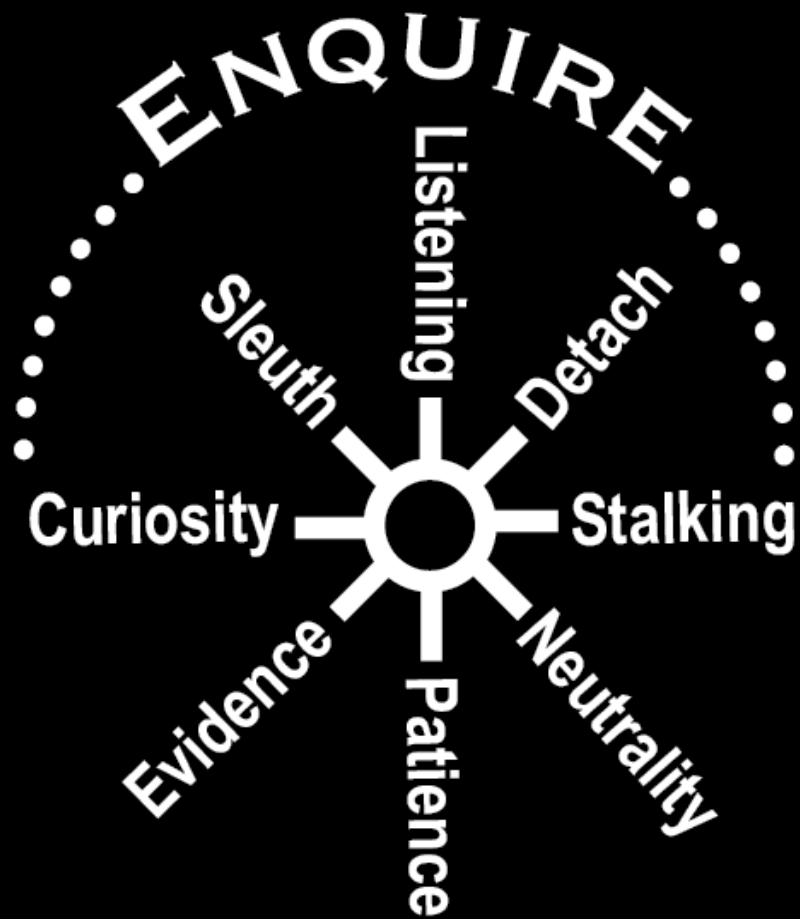
Clairaudience – clear hearing

Clairaliency – clear smelling

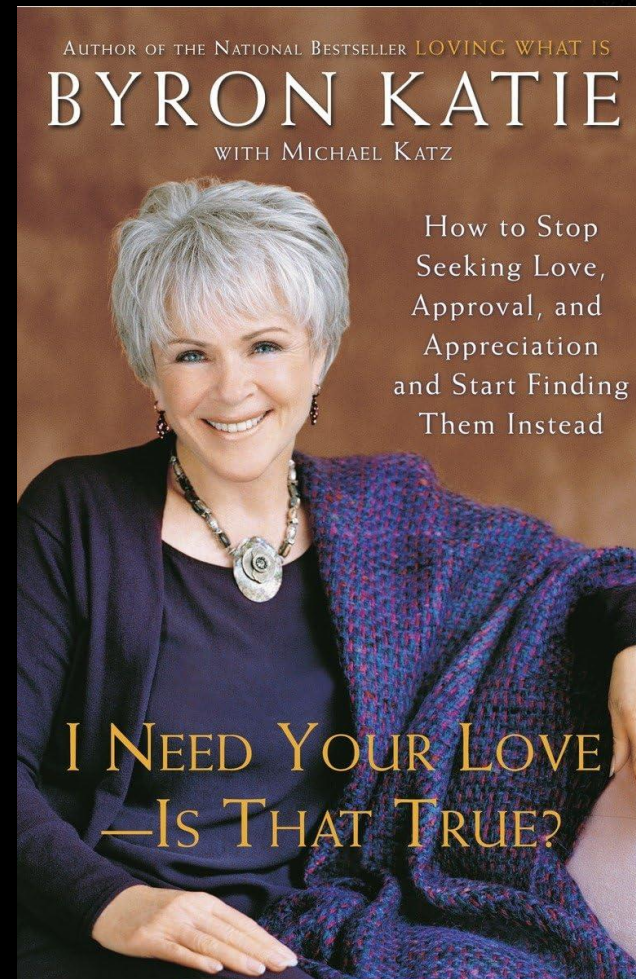
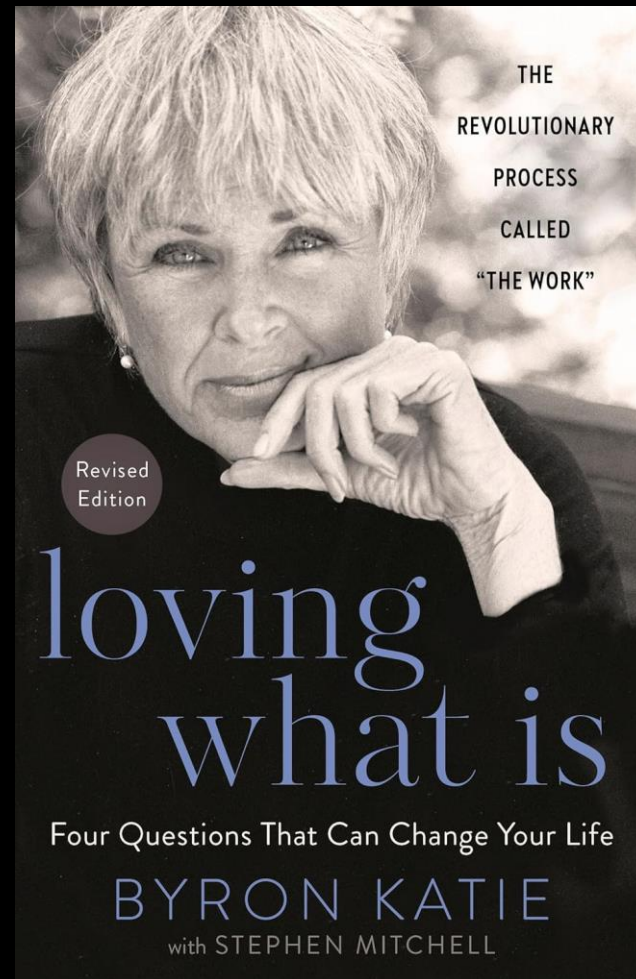
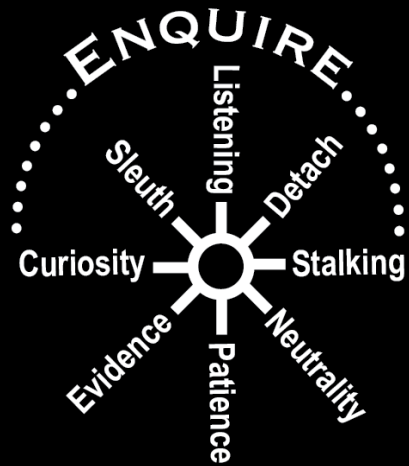
Clairgustance – clear tasting

Claircognisence – clear knowing





Byron Katie



<https://thework.com/>

The Work of Byron Katie

4 questions and a turn around

The four questions

Example: Paul lied to me.

1. Is it true? (Yes or no. If no, move to question 3.)
2. Can you absolutely know that it's true? (Yes or no.)
3. How do you react, what happens, when you believe that thought?
4. Who or what would you be without the thought?

Turn the thought around.

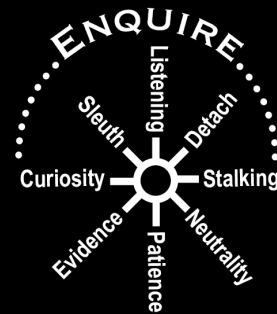
I lied to me.

I lied to Paul.

Paul didn't lie to me.

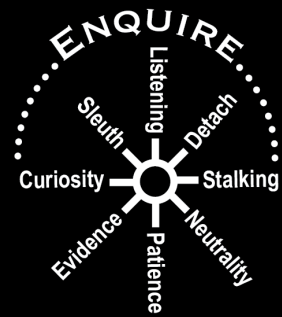
Paul told me the truth.

As you visualize the situation, contemplate how each turnaround is as true or truer.



Marshall Rosenberg

Nonviolent Communication

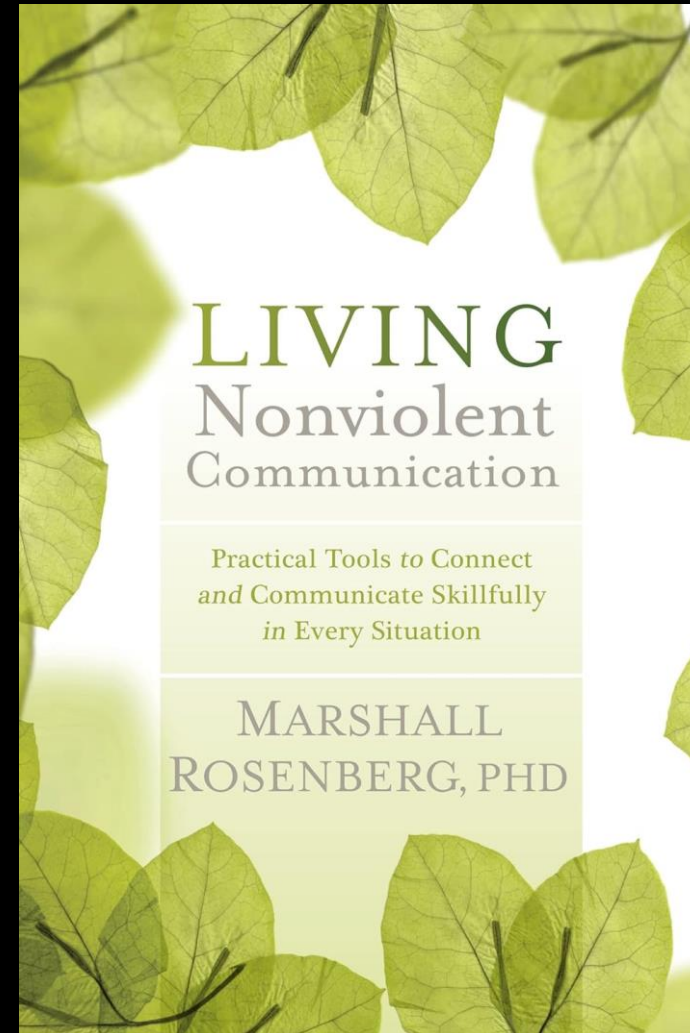


Emotions

Needs

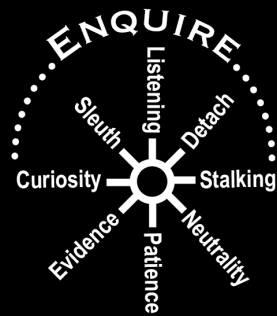
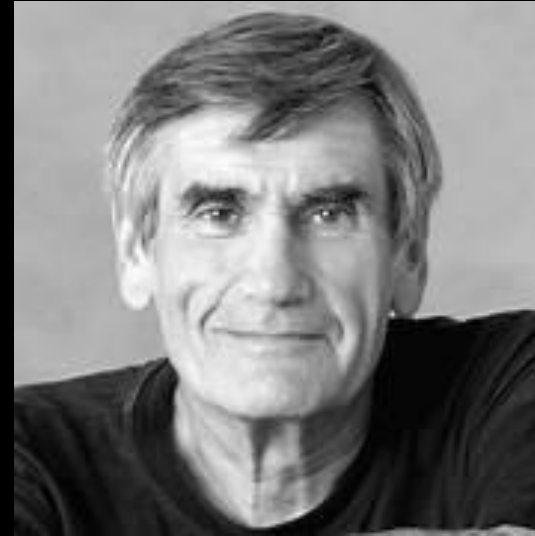
Values

Requests



Marshall Rosenberg

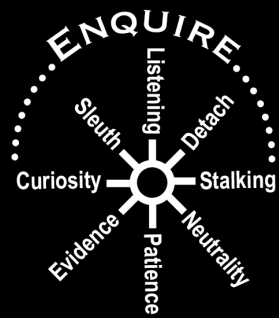
Nonviolent Communication



Marshall Rosenberg
American psychologist

Marshall Bertram Rosenberg was an American psychologist, mediator, author, and teacher. Starting in the early 1960s, he developed nonviolent communication, a process for supporting partnership and resolving conflict within people, relationships, and society

Rosenberg's motivation for developing nonviolent communication was based on his own experiences at the Detroit race riot of 1943, as well as the antisemitism that he experienced in his early life.



Emotions

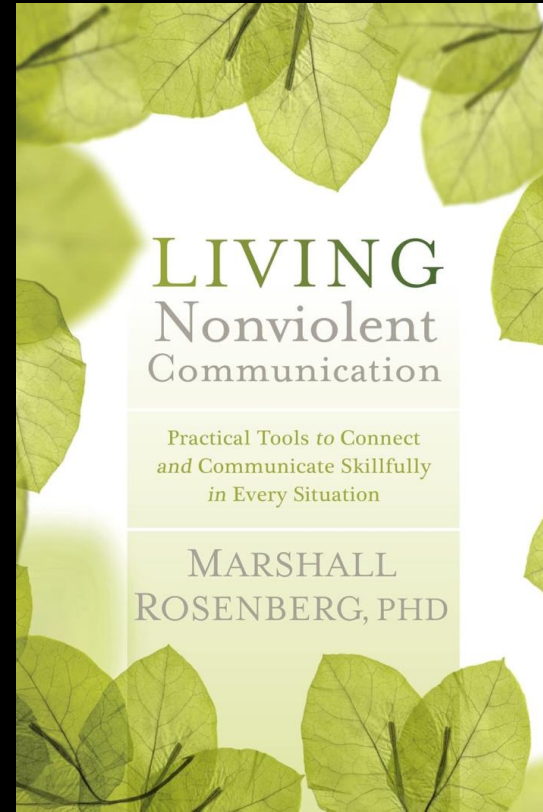
Needs

Values

Requests

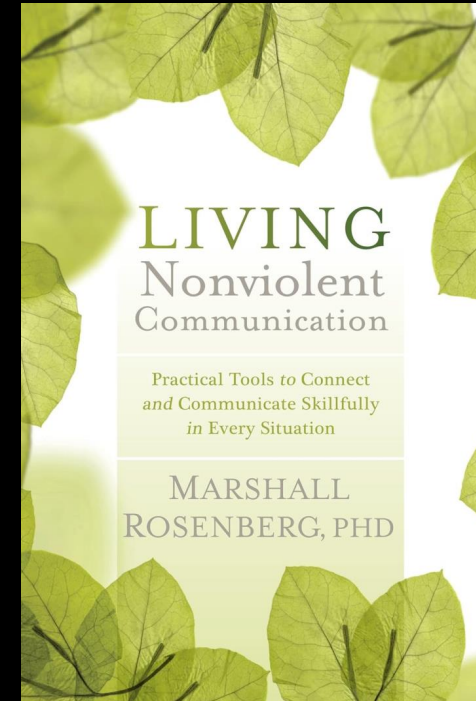
Conflict resolution

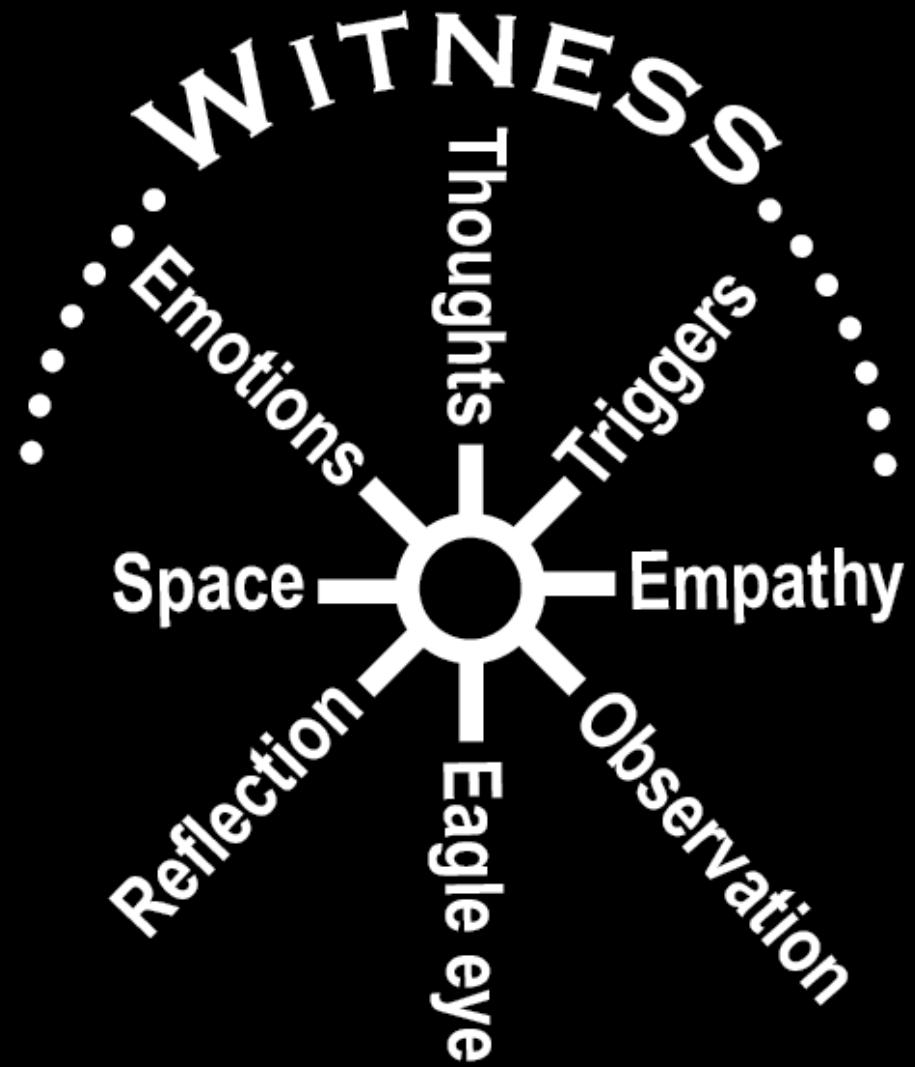
Peace

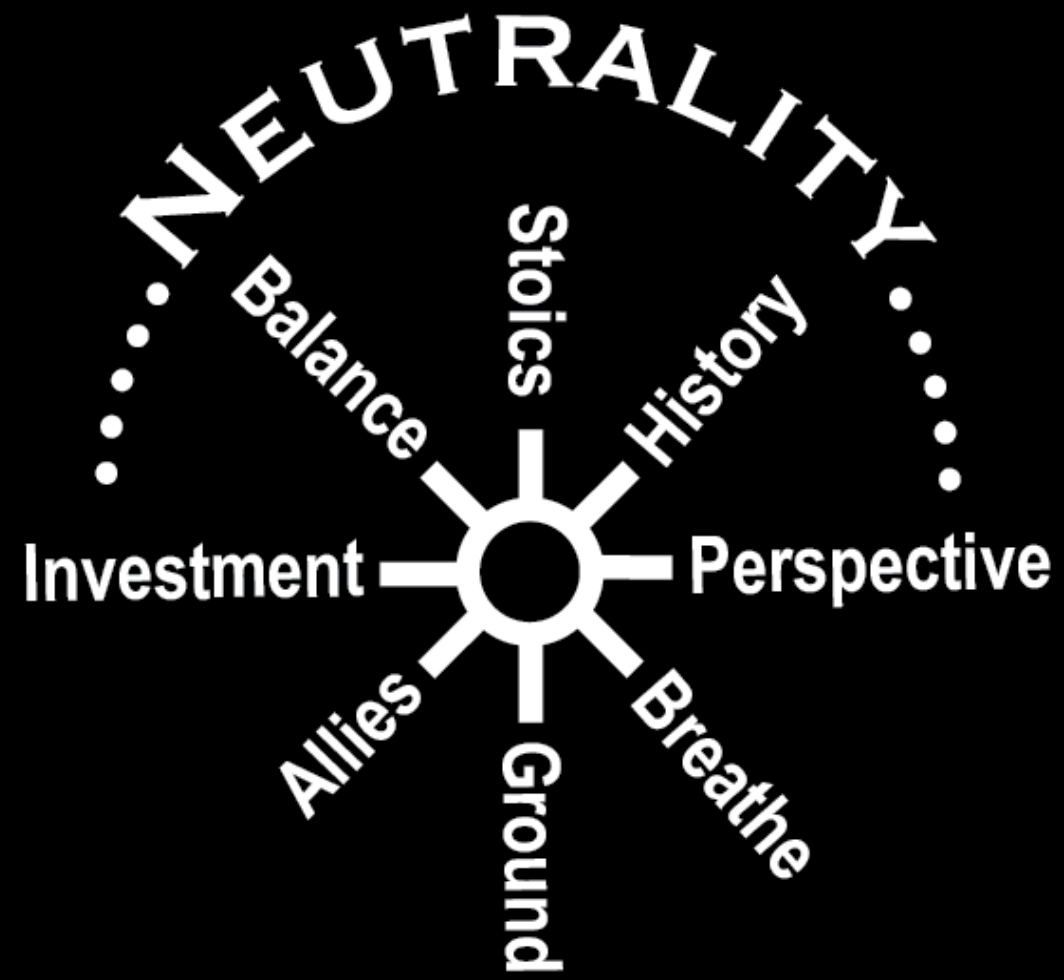




- **Courage**
- **Vulnerability**
- **Openness**
- **In touch with younger Part of ourselves that has been wounded**
- **Present with what is**
- **Don't need answers in the moment**
- **Calmness/grounded**
- **Peace/Joy**

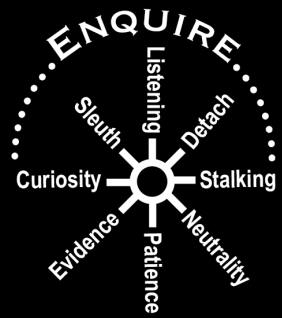


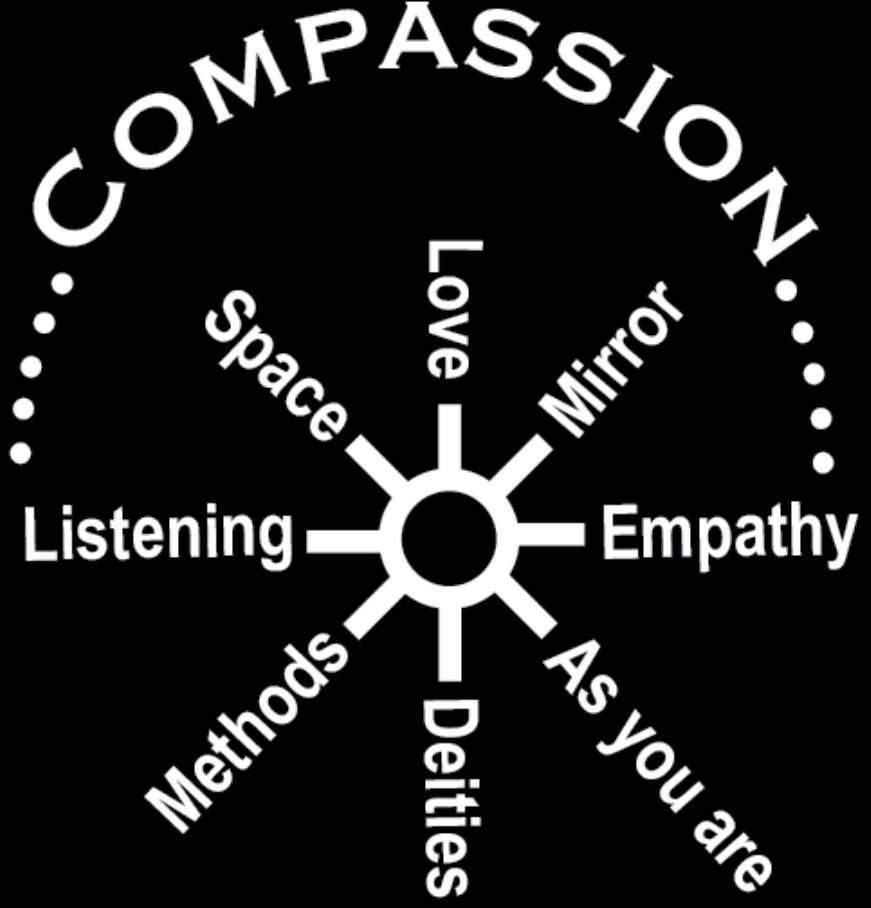




Linda Wolf

Compassionate Listening





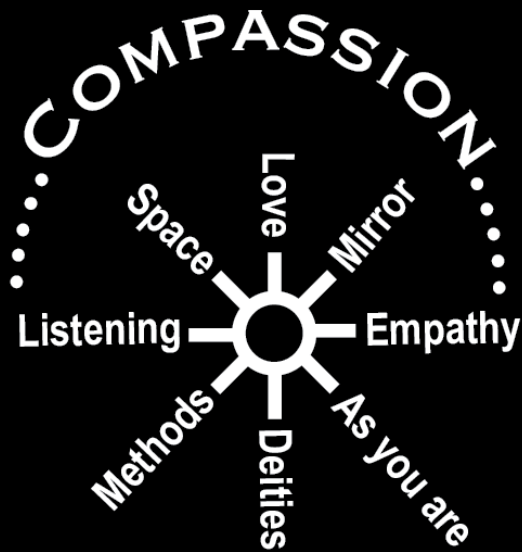
Compassion

Feeling of kindness and care for another

Compassion is a social emotion that motivates people to go out of their way to relieve the physical, mental, or emotional pains of others and themselves.

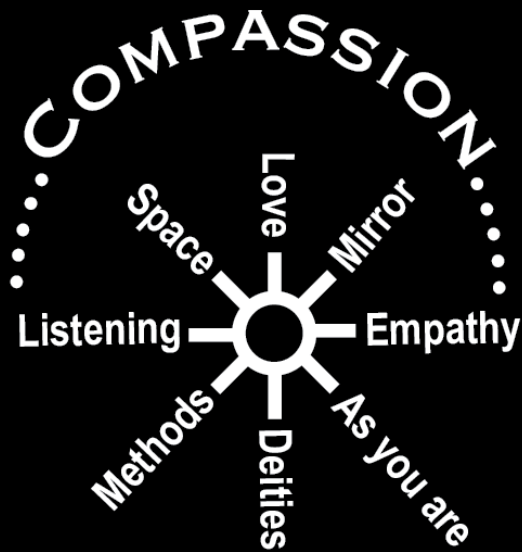
Compassion is sensitivity to the emotional aspects of the suffering of others. When based on notions such as fairness, justice, and interdependence, it may be considered partially rational in nature.

[Wikipedia](#)



Miriam Webster dictionary sympathetic consciousness of others' distress together with a desire to alleviate it

Compassion – words that can help get us in touch with Compassion



Synonyms & Similar Words

Relevance

sympathy

kindness

pity

sensitivity

humaneness

altruism

magnanimity

humanitarianism

benignity

charity

largeheartedness

empathy

commiseration

generosity

understanding

condolence

affinity

rapprochement

goodwill

warmheartedness

largesse ⓘ

bigheartedness

feeling

regret

mercy

humanity

kindliness

ruth

kindheartedness

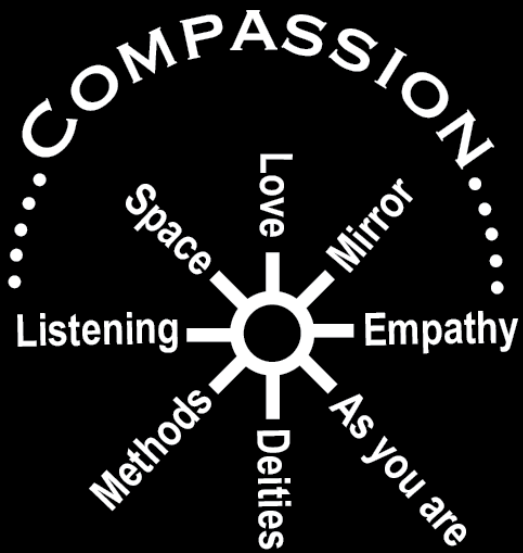
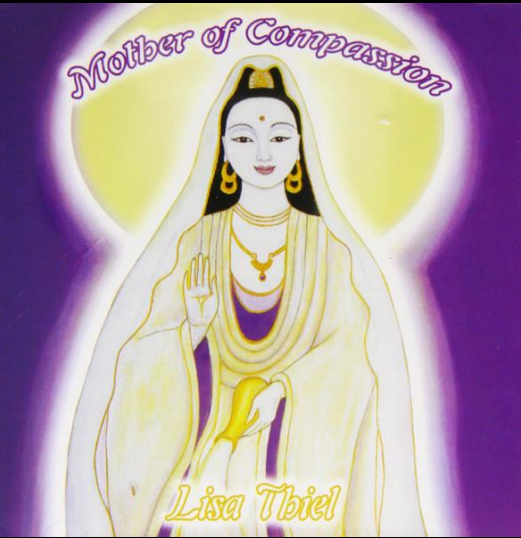
benevolence

philanthropy

softheartedness

Compassion – felt from Deities/Archangels

- Kuan Yin
- White/Green Tara
- Virgin Guadalupe
- Virgin Mary
- Jesus
- Chandi
- Pistis Sophia

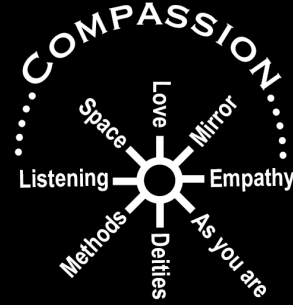


COMPASSIONATE LISTENING

Compassionate Listening is:

- **A personal practice**
to cultivate inner strength, self awareness, self regulation and wisdom
- **A skill set** – to enhance interpersonal relations and navigate challenging conversation
- **A process** – to bring individuals or groups together to bridge their differences and transform conflict
- **A healing gift** – to offer a compassionate listening session to a person who feels marginalized or in pain





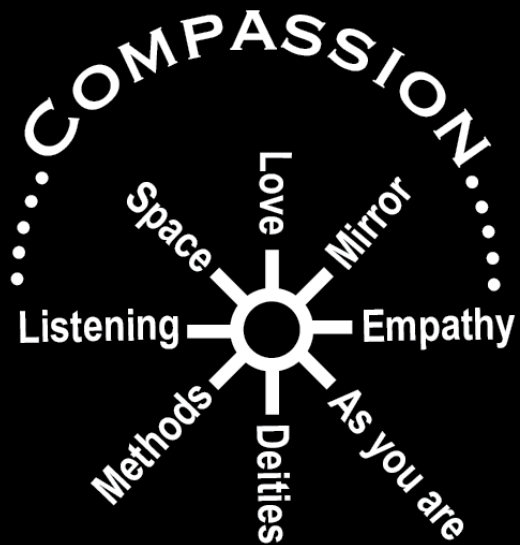
COMPASSIONATE LISTENING

First step to Reconciliation

Compassionate Listening was conceived by
Gene Knudsen Hoffman (1919 - 2010)



- International peacemaker, founder of the US/USSR Reconciliation program for the Fellowship of Reconciliation
- Student of Vietnamese Buddhist Monk, Thich Nhat Hanh.
- The concepts were further developed by Leah Green, Carol Hwoschinsky, and a group of dedicated individuals who are now facilitators of the work.



As Gene originally conceived it, Compassionate Listening requires :

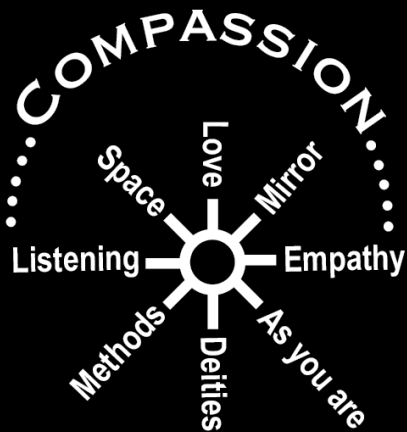
non-judgmental listening and deepening,
non-adversarial questions.

Listeners seek the truth of the person speaking,

Seeing through ‘**masks of hostility and fear to the sacredness of the individual.**’

Listeners accept what others say as **their perceptions**,
and **validate the right to their own perceptions.**

In this way, listeners seek to **humanize the ‘other’.**



Compassionate Listening can cut through barriers of **defense and mistrust**,

enabling both those listened to and those listening to hear themselves in new light,

to change their opinions, and to **make more informed decisions**.

Through this process, **fear can be reduced**, and participants will be better equipped to discern **how to proceed with effective action**.

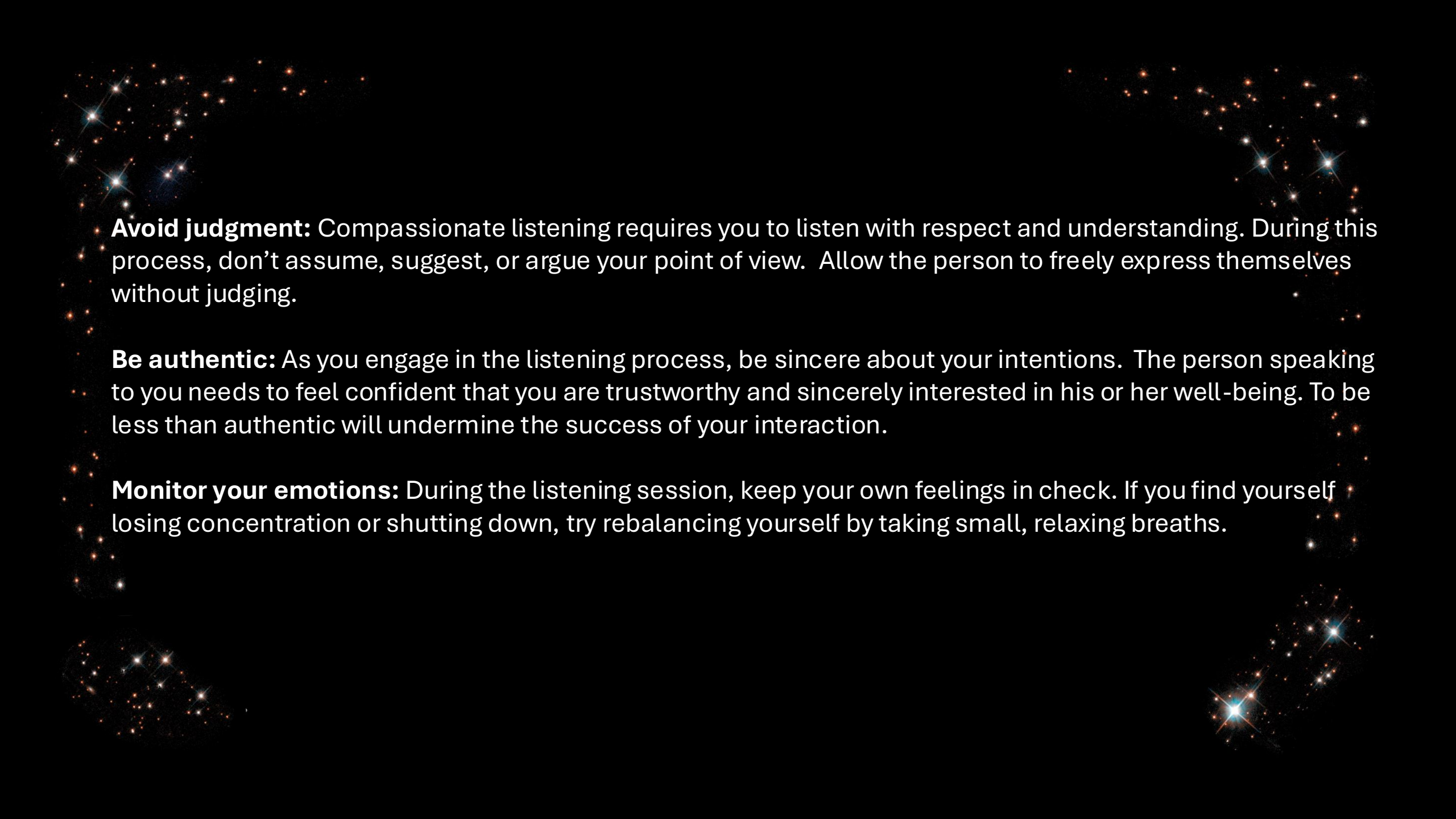
How can you become a compassionate listener?

To build your skills, use with these strategies within the context of a face-to-face interaction.

Be attentive: Concentrate on the other person. Look at him or her directly and maintain good eye contact. Keep in the moment and give the person your undivided attention throughout the conversation. Ignore tendencies to check your watch or cellphone or to let your mind wander.

Focus on listening: While the person is speaking, withhold any responses and questions you might have until he or she pauses. Pay close attention to how and what the person is saying. Make sure that your posture and body language are open and inviting.

Demonstrate interest: Make the conversation about the person and his/her issues. Refrain from interjecting any opinions or anecdotes that might refocus the conversation away from the individual and on to you. This interaction is NOT about you.



Avoid judgment: Compassionate listening requires you to listen with respect and understanding. During this process, don't assume, suggest, or argue your point of view. Allow the person to freely express themselves without judging.

Be authentic: As you engage in the listening process, be sincere about your intentions. The person speaking to you needs to feel confident that you are trustworthy and sincerely interested in his or her well-being. To be less than authentic will undermine the success of your interaction.

Monitor your emotions: During the listening session, keep your own feelings in check. If you find yourself losing concentration or shutting down, try rebalancing yourself by taking small, relaxing breaths.

Compassionate Listening Tips

Stay present (bring yourself there)

Allow silence (be quiet, just listen)

Don't try to fix it (they are finding their own way)

Use inquiry (would you tell me more about...?)

Witness your judgments (own them!)

Be gentle with yourself (we're all in the same boat)

Don't ask why questions (it can often feel threatening) or if appropriate ask if it is ok to ask a question before asking it this give the speaker the option to say "No" if they just want to be heard

Listen with your heart, not your head feel it)

Use reflective listening (I heard you say...)

Use your intuition!

Remember, the energy of the heart communicates millions of words in silence...just listening is good enough.

Practitioner Interview – Linda Wolf

Post author: [Kris Miner](#)

Post published: November 12, 2008

Practitioner Interview with Linda Wolf, Executive Director [Teen Talking Circles](#). I met Linda in May 2006, she facilitated a Sacred Circle Retreat in Yelapa Mexico. Linda's been doing this work since 1993, her books are excellent and you'll enjoy her website.

Links/Information about Linda Wolf

<https://www.lindawolf.net/about>

<https://womensmediacenter.com/shesource/expert/linda-wolf>

Speaking and Listening From the Heart, The Art of Facilitating Teen Talking Circles (2005)–with Neva Welton

Daughters of the Moon, Sisters of the Sun: Young Women and Mentors on the Transition to Womanhood (New Society, 1997)

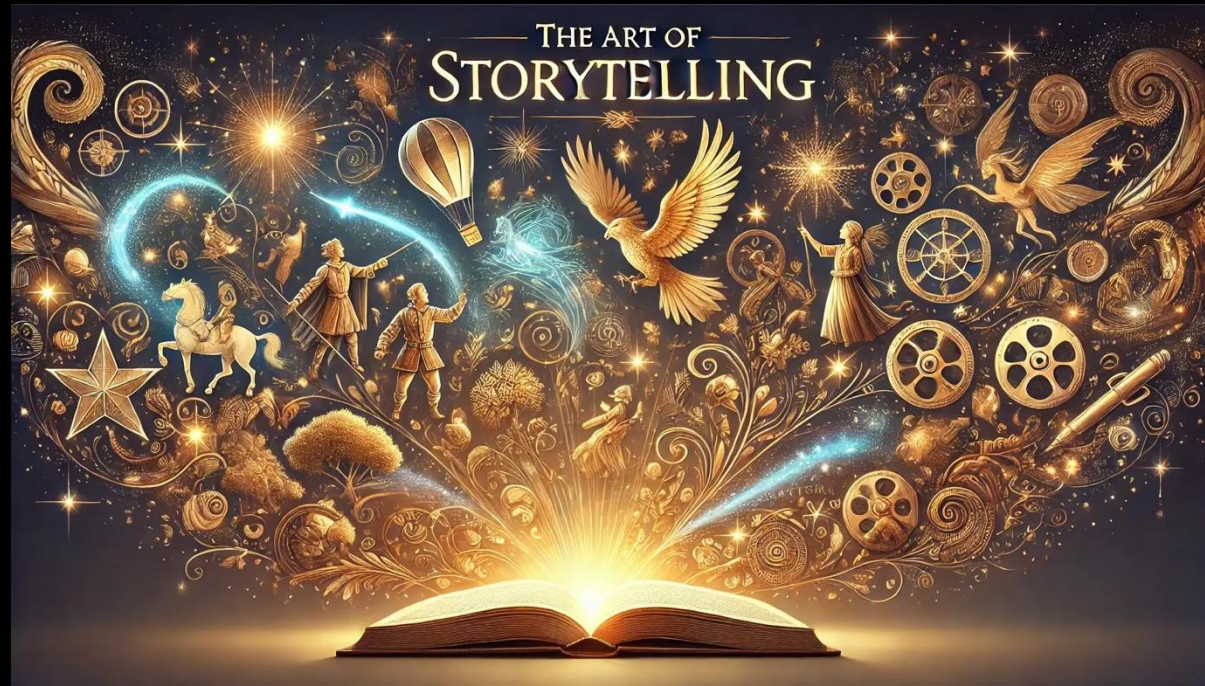
Kris: Do you have a favorite Circle story for us?

Linda: I suppose I have to mention this one. We started circle one afternoon and one girl was missing and had not called us to say she wasn't coming. It was a middle school girls circle that has been ongoing for a couple years. About 1/2 way through circle she arrived pretty upset. She had gone to a local store near where we met and stolen some bracelets that all the girls were wearing at the time, bangles...she'd been caught and she'd been at the police station with her parents. Needless to say we all stopped "check-in" and listened to her. After she told her story, a couple other girls admitted they had stolen the same jewelry from the same store and other stores in the same complex and showed us their wrists. Suddenly a number of girls came forth and admitted that they had also stolen jewelry. My co-facilitator and I were really surprised. We inquired what caused these girls to steal from local small stores? Why did they feel they needed it so badly? What was causing them to feel that they would rather give up their integrity for the object? We spent the next 1/2 hour dissecting all the reasons, not making anyone wrong, just listening to the unraveling of their stories and how connected their actions were to the feeling that they needed that jewelry to make them feel good about themselves in the face of other people at school. Pretty clearly everyone realized how absurd it was because they all had a lot of guilt that even tho it was shoved in the back of their minds really was there. We talked about what this did to the fabric of our community to injure the women who owned these stores. I suggested they take off all the jewelry that they had on which was stolen and we walk up the street and give it back. So we did. That night I invited the girls to bring everything they had stolen over to my house and we'd box it up and send it back to the stores. We did this. A month later, I received a letter congratulating me and our organization from the office of juvenile justice in my community saying that they had never seen anything like this before. It was a first. They credited our circle process and our work as the factor that had made this impact.

TEEN TALKING CIRCLES FACILITATOR TRAINING 2018









Grace

A quality of moving in a smooth, relaxed, and attractive way

If someone behaves with grace, they behave in a pleasant, polite, and dignified way, even when they are upset or being treated unfairly.

If someone moves with grace, they move in a smooth, controlled, and attractive way.

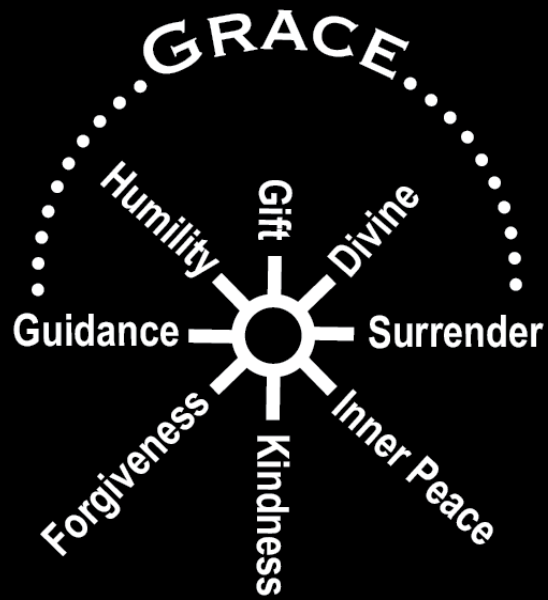
God-given help or kindness gives thanks for God's *grace* by the *grace* of God

From :Webster, Collins, and Cambridge Dictionaries



Grace

1. Unconditional Divine Love
2. Forgiveness Without Judgment
3. A Gift Beyond Merit
4. Inner Peace Amid Chaos
5. The Spark Of Transformation
6. Connection To The Divine
7. Humility In Action
8. Healing Through Compassion
9. Guidance In Uncertainty
10. The Beauty Of Surrender
11. Empowerment Through Weakness
12. Unity And Oneness
13. A Call To Gratitude
14. The Flow Of Abundance
15. Eternal Hope





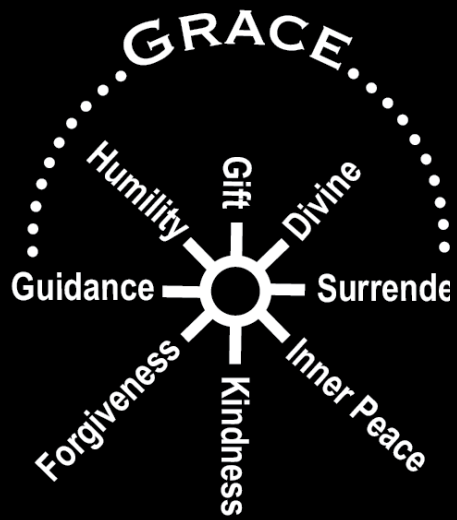


Table: Key Spiritual Meanings of Grace at a Glance

Meaning	Core Essence	How It Manifests
Unconditional Divine Love	Love given freely, without conditions	Feeling accepted and worthy as you are
Forgiveness Without Judgment	Mercy that erases past mistakes	Freedom from guilt and shame
A Gift Beyond Merit	Unearned favor from the divine	Humility and gratitude for unearned blessings
Inner Peace Amid Chaos	Calm in turbulent times	Serenity despite external challenges
The Spark of Transformation	Catalyst for personal growth	Breaking old patterns, embracing purpose
Connection to the Divine	Bridge to a higher power	Moments of spiritual closeness
Humility in Action	Accepting help with a humble heart	Letting go of pride, embracing vulnerability
Healing Through Compassion	Soothing emotional or spiritual wounds	Feeling comforted and whole
Guidance in Uncertainty	Divine direction in unclear times	Intuition, signs, or unexpected clarity
The Beauty of Surrender	Trusting the divine's plan	Peace through letting go of control
Empowerment Through Weakness	Strength in moments of fragility	Resilience when feeling broken
Unity and Oneness	Recognizing shared divinity	Compassion and connection with others
A Call to Gratitude	Thankfulness for divine gifts	A heart open to giving and receiving
The Flow of Abundance	Trust in divine provision	Spiritual and material richness
Eternal Hope	Promise of renewal and redemption	Optimism and faith in brighter days

<https://wisdomofthespirit.com/spiritual-meanings-of-grace/>

CRYSTAL MEDITATION

**Family Challenge
Pattern that you carry
The Shadow**



**Connecting with
your ancestors**

ILLUMINATION



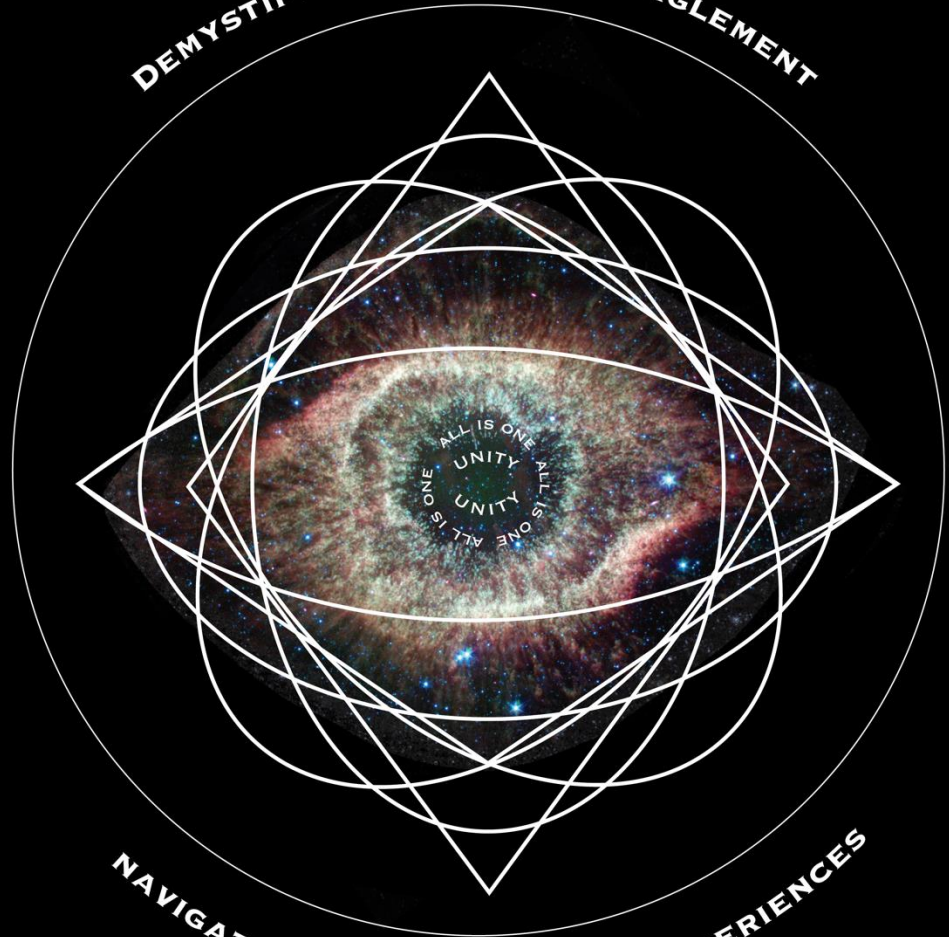
Connect with family members that may have had similar energetic sensitivities as you, or that may be able to impart wisdom. To bring illumination to the generational shadows you carry.

Peace Prayer – Michele Sherer

**I pray for peace in my being
To create peace with all beings
Because peace is healing
The planet our Mother Earth**



DEMYSTIFY ENERGETIC ENTANGLEMENT



NAVIGATE YOUR VIBRATIONAL EXPERIENCES

