

Turning a Question Into a Statement

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Goal: to explore something about how you came into creation in a supportive space of slowed rhythms that allows you to integrate the experience as it unfolds.

STEPS

Do a 5 minute per-person check-in

Decide roles and who will go first.

- Facilitator
- Turn person
- Support person

Before starting do Mother Earth, Father Sky together, to come into resonance as a group.

The Turn begins:

The facilitator asks each person "are you ready to begin?", and then affirms that she/he is also ready.

The facilitator will be in more direct connection with the turn person, while the support person holds the second layer and present time.

Facilitator asks the turn person if they are ready to start (they might need to change position, or require a prop etc.).
Facilitator invites the turn person to ask their question.

Turn person asks their question, and just sits with it. Stay in touch with present age and just sense the energy of the question without trying to answer it. The facilitator and support person just listen.

When the turn person is ready they can turn the question into an affirmation. The others listen. Make space (MEFS , present age, orient to physical space). This supports the turn person to discover their answer.

Sense the shift in what happens from transferring a question into an answer.

Completing the turn:

After each turn, spend a little time sharing and commenting so that the group is clear and ready for the next turn.

Between each turn it is helpful to do something to support the change. This allows for integration. For example, once the sharing is completed for the group, each person can state "I am no longer the facilitator/ turnperson/ support person" depending on your role.

Sequence of role changes

