

Affirmation Workshop

Participant Handout

This handout includes the First Page of the Presenter Handbook; the affirmation “Our Deepest Fear” by Marianne Williamson; the outline for “Patterning for Change”; the Tibetan Bardos of Birth and Dreams, and the Affirmation Workshop core sequence.

<http://affirmationworkshop.wordpress.com>

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*Today we are focusing on aspects of our lives and ourselves
different than letting go of something;
different than starting something new.*

*Today we focus on who we are today,
what we have achieved recently
or will finish soon.*

*We are framing our Minds
to the good we have created for ourselves
in the present moment; our lives today.*

This is a group effort.

Workshop and Ritual Materials

Pitcher of water	Bowl of rocks	Pile of handouts
Colorful altar cloth	Basket of pouches	Workshop handbook
Purple bowl	Bag of note cards	Bundle of Sweet Grass
Small plate	Bag of pencils	Bundle of White Cedar
Lantern or votive	Small folding table	Burning Sage
Cowry Shell Gourd Rattle	Word Cards	Bag to burn note cards
	Bag of Blessing Cards	
Personal affirmations	Sample affirmations	Group affirmations

Our Deepest Fear

*Our deepest fear is not that we are inadequate.
Our deepest fear is that we are powerful beyond measure.
It is our light, not our darkness that most frightens us.*

*We ask ourselves,
Who am I to be brilliant, gorgeous, talented, fabulous?
Actually, who are you not to be?
You are a child of God <Creation>.*

*Your playing small does not serve the world.
There is nothing enlightened about shrinking
so that other people won't feel insecure around you.*

*We are all meant to shine, as children do.
We were born to make manifest
the glory of God <the Divine> that is within us.
It's not just in some of us; it's in everyone.*

*And as we let our own light shine,
we unconsciously give other people permission to do the same.
As we are liberated from our own fear,
our presence automatically liberates others.*

*by Marianne Williamson
from Return to Love*

God = Goddess = Divine = Creation = Higher Self = All = Sacred

Patterning for Change

Courtesy of: The Monroe Institute

Adapted by: Nicholas Sea

- 1. When creating a pattern toward a desired or needed result, use the present tense as in "I am" and "I have".*
- 2. In formulating the pattern, use "I", and perceive myself as a part of the pattern.*
- 3. Pattern only for myself.*
- 4. Be specific in formulating the pattern, use detail.*
- 5. In the pattern, be clear on what it is that I really want.*
- 6. Be sure that I really want what the pattern specifies.*
- 7. It is important that I put some feeling into the patterning.*
- 8. After the pattern has been formulated and is clear, let it go. Let the energy move out into the world and be worked.*
- 9. Start with smaller reasonable requests until I am sure how it works.*
- 10. It is important that I do not specify how the request will be fulfilled. This limits the pattern.*
- 11. As I pattern, I qualify the pattern as for the good of my total self.*
- 12. Let myself be willing to receive what is in the pattern, or something better.*

13. *Before, during, and after the patterning, express gratitude. Especially express acknowledgment and gratitude as and when the result of the pattern unfolds.*

In Other Words

1. *"I am" and "I have" what I need and what I desire*

2. *I am a part of the pattern.*

3. *I pattern only for myself.*

4. *I am specific and I use detail.*

5. *I am clear on what I really want.*

6. *I am sure that I really want this.*

7. *I put feeling into this pattern.*

8. *I let this pattern go out into the world.*

9. *I work smaller patterns first, moving to larger patterns.*

10. *I keep the pattern open, avoiding limiting factors.*

11. *I pattern for the good of my total self.*

12. *I let myself receive what is in the pattern or something better.*

13. *I acknowledge the efforts in this pattern and am grateful.*

Bardo of Birth

*Now when the bardo of birth is dawning
upon me, I will abandon laziness for which
life has no time, enter the undistracted
path of study, reflection and meditation,
making projections and mind the path,
and realize the three kayas;
now that I have once attained a
human body, there is no time
on the path for the mind to wander.*

*from The Great Liberation
by Francesca Fremantle
and Chogyam Trungpa*

Bardo of Dreams

*Now when the bardo of dreams is dawning
upon me, I will abandon the corpse-like sleep
of careless ignorance, and let my thoughts
enter their natural state without distraction;
controlling and transforming dreams in luminosity,
I will not sleep like any animal
but unify completely sleep and practice.*

*from The Great Liberation
by Francesca Fremantle
and Chogyam Trungpa*

Workshop Core Sequence

1st	Introduce self and the title of the workshop Read the preface text Read the workshop topic list of ideas
2nd	Note cards are passed around Pencils are made available Each person writes an affirmation on a note card
3rd	Each person places his or her note card in the purple bowl
4th	Bowl of stones is passed around Each person takes some stones Stones are held in hands or set in front of the person Extra pile of stones is placed in front of speaker on small plate Explain that the stones are being charged during the workshop
5th	Presentation is given; opened for questions throughout
6th	Cards are passed around a second time Pencils are made available People may write a second affirmation if they wish Something new or repeating the original affirmation
7th	Second set of cards is placed in the purple bowl
8th	Stones are placed in the purple bowl on top of the cards
9th	Meditation on affirmations
10th	Water is poured on top of the stones
11th	Basket of pouches is passed around Each person takes a pouch Each person takes some stones from the purple bowl of stones and water
12th	The spirits are thanked
13th	Opened for final questions
14th	Meditation on affirmations, holding the pouches of stones
15th	Remaining stones are scattered someplace at the gathering
16th	Cards are put into a cloth pouch which is later put into the gathering fire later