Ancient Sacred Formation

Post Call Notes - WEEK 1: Who am I to hold a sacred circle?

Ancient Sacred Formation Certificate of Completion

There will be a certificate of completion available to each participant in this program. If you are interested in receiving an emailed PDF Ancient Sacred Formation Certificate of completion, please submit a 500 word reflection paper to ancientsacredformation@waymatea.com after you have completed the program. Please submit this by the following deadline: **Midnight PST, October 27th, 2015.**

Resources

1. Facebook Secret Group. Add me as a friend here: https://www.facebook.com/waymateaellis and I will add you to our secret discussion group. The conversation is really great there - lots of excellent contribution and ideas. Joining the Facebook page isn't a required part of this program - just another way to connect.
2. Book: Calling the Circle - The First and Future Culture by Christina Baldwin

Tools to help you gain confidence

1. Circle is a way of life - whether you are doing it formally or not. Notice that you already hold circle space in your life. Do you:
   - Volunteer your time?
   - Sit with your friends while they sort through a problem?

- Care for a garden?
- Send kind thoughts to a stranger?
- _____?

Give yourself a high five! Take notes, journal, demonstrate for yourself that you already do this. Jump up and say YES! I am already holding circle.

2. Meditations for worthiness. There are thousands of these types of videos on YouTube.
3. Worthiness - Matt Kahn's "Love Whatever Arises" catch phrase can be a balm for your inner doubts and fears. "I am terrified that I will hurt someone in my circle" may be an old imprint that you have been carrying for a while. Say to yourself, "I am terrified that I will hurt someone in my circle, AND I love you." Go through each of your fears and doubts, and give this medicine of unconditional love to you.
4. Have an old fashioned tea party - with your Guides, Animals, Imagined guests, or members of your Tribe that you trust. Hold space in a sacred way with those who love you on a soul level. Let them know your fears, and let them help you practice.
5. EFT Tapping, or bilateral tapping through your fears. Some excellent worthiness EFT tapping videos can be found on YouTube.
6. Hold a sacred ceremony initiating yourself as a circle facilitator. Have members of your Tribe come and witness. If you have nobody available, call in your Angels, Spirit Guides, or members of our Ancient Sacred Formation group to participate with you.

Questions to contemplate while preparing for our second call:

1. What is my story? What are some of the things I have been through in my life that may offer a unique medicine to others?
2. What special gifts do I have (think - what do your friends or favourite teachers say about you) to offer my circle?
3. In what way (if any) does your life seem inappropriate or too chaotic to hold circle or sacred place?
4. Who may be your ideal client or circle participant? Can you begin to get a picture of this person?
5. What do you think your facilitating style will be?