

Group Facilitator - Referee Role

Sections of the Meeting

Cleansing:

1. Have participants sit in a circle with enough room to stand up in front of their chair to form a circle. Straight back chairs are suggested.
2. Have the participants stand and cleanse themselves.
3. Have everyone sit and close their eyes. Tell them to take 2 or 3 deep breaths, in through the nose and out through the mouth.
4. Read the Philosophy and Aims for the week. (Blue Manual)

Group Shepherd Message:

1. Have the group sit, cleanse and relax. Have them close their eyes and take 2 or 3 slow, deep breaths.
2. The Group Shepherd reads the Group Shepherd message.

Meditation:

1. While still seated in the circle, have participants cleanse, close their eyes and take 2 or 3 slow deep breaths.
2. Read the meditation quote for that week. Read it 2 or 3 times. Allow 3 or 4 minutes of silence for them to meditate. Check with your guidance when to stop the meditation. You can say "come on back" when guidance says it is time.
3. Have each person share moving clockwise to the left of the person who shared. Allow no more than 1 minute per person. If a person speaks for more than a minute, ask them to wrap up their comments.
4. Remember, no one is to comment on another's sharing. Each person needs to feel free to share his feelings and respect the sharing of others. Remind everyone to share in first person such as "I, me, or my" or "in my opinion".

CONTINUED...

Discovery: (or Study)

1. Have everyone cleanse.
2. Ask everyone to open their study book to the appropriate chapter.
3. Have the first person read a paragraph, going around the circle to the left of the first person that shared and each read a paragraph until the chapter is finished.
4. Have them then close their eyes and meditate on what was read, and what was inspired from the chapter.
5. Have everyone share compactly around the circle to the left.
6. Have everyone cleanse, relax and take 2 or 3 slow deep breaths. Read the first study question 2 or 3 times. Give them a minute or two to meditate on the question. Then have them share compactly one at a time around the circle, always moving to the left.
7. Go through each question using #6 as a guideline.

Techniques:

1. Have everyone cleanse.
2. Read how the technique works. Always follow the guidelines for doing the technique.
3. Demonstrate the technique. Have everyone experience it and have each person, if time permits, to also lead it. (If there is a Facilitator instead of a Group Shepherd, they are in charge.)
4. Ask each person to share their experience of doing the technique one at a time, clockwise around the circle. This is an important step. You need to give everyone a chance to regroup their experience at the end of each technique.
5. Share the purpose of the technique and what spiritual gift is associated with it, if applicable.

Note: During healing techniques such as Love Feast, Clear Channel, everyone cleanses before and after sending the energy each time.

CONTINUED...

Outflow:

1. Lead the outflow technique, following the guidelines above.
2. Have everyone regroup their experience of doing the technique one at a time around the circle to the left.
3. Share the purpose of the technique and the spiritual gift associated with it, if applicable.
4. At the end of the technique, have everyone stay in the circle for the Regrouping.

Regrouping:

1. Have everyone standing in the circle.
2. Have everyone close their eyes for a minute. Ask them to work with their guidance for a moment and review the experiences of the group session, asking “what did you learn, what was your highlight, and how can you make the technique practical in your daily life”.
3. Have each person share for a minute on what they learned and how it can be used practically in their daily life, particularly the techniques.
4. Read the weekly IPM Grassroots communication and allow each person to share what it meant to them.
5. Remind them of the time and location of next week’s meeting and any upcoming programs.
6. Cut the energy by saying in unison “1-2-3 Cut”, everyone clapping their hands on “Cut”.
7. Everyone goes home. They do not linger.

(END)

www.ipmiinternational.org
groups@ipminternational.org/support@ipminternational.org