

Facilitator Ideas for Gatherings

It's fun to have something planned in addition to the raising the vibration meditation at each gathering event. Here are some ideas that you may consider. I included twelve so you could hold one per month and rotate them each year if you like. You may have participants that have gifts they would like to share as well. (no selling or MLM stuff as that is not the energy we are creating here)

Discussion topics could be built around the 6 principles...

Faith
Surrender
Service
Forgiveness
Abundance
Strength

At each gathering talk about one of these principles. Start with a statement as simple as...."today we discuss faith". Just allow it to flow.

You may also want to plan one of the following activities...or any other activity that you feel guided to do.

1. Chakradance – you don't need to be a facilitator you can do the 7-Keys to Freedom Soundtrack which has a guided voice.

<http://www.chakradance.com/shop/dvds-cds/7-keys-to-freedom-cd-1>
type Tami in the coupon code for a discount.

2. Artwork – you may want to charge a supply fee for this. But you can do water colors and paper and guide the group to free paint a vision of their soul. You can prompt them however you like – but the goal is to tune in to the soul level and then express that physically.

3. Drum Circle – have each person bring an instrument of some sort...a drum, tambourine, etc. and gather in a circle and just create! Use it as a way to release old energies and the constant beat as a meditative metronome.

4. Sound bath – find a local sound healer with singing bowls to come and do a “concert”. You may want to charge an extra fee for this as you will need to pay the person.

5. Create a high vibe board – have everyone bring magazines, glue and construction paper. Create a collage of pictures of things that bring you peace. This can be used to help one during times of stress...sink into the images and “go there” to raise their vibration.

6. Pranayama breathing – invite a yoga instructor in to introduce the group to various types of breathing.

7. Reading – a reading of different book passages can be amazingly moving. I recommend *Awetizm* by Gail and Lyrica Marquez , *Vibrational Healing for Awesome Kids* by me (Tami Duncan) or any other book that gives messages from the awesome kids. Find passages, read and discuss them.

8. Create a mandala – a piece of artwork that one can meditate on. The goal is to allow them to express their creativity into the artwork.

9. Crystals – have each person bring a crystal and the each can hold the crystal and tune in allowing any message to flow forward. Each person can take a moment with each crystal. The contact with the crystals will raise their vibration but also allow them to practice tuning in to something outside their mind.

10. Blessings – practice blessing items, the environment, the room, the food by becoming centered and allowing your soul’s essence to fill you. Use your hands to bless all things. Have a group talk to share your experiences.

11. Connecting – guide the group to send love from their heart to their child. Then from their heart to all of the children. Then from their heart to all of the families. Then from their heart to all of society. Then from their heart to all animals. Then from their heart to all plants and trees. Then from their heart to the earth.

12. Guided meditations – you may find meditations you like along the way. Feel free to play one for the group. Be sure to set the space and the mood first – asking everyone to sit quietly and close their eyes.

I don't recommend bringing in outside healers to discuss their services or method. We are here to be empowered to raise our vibe through natural ways ourselves and not become dependent upon someone to do it for us.

Sample schedule

6:00 p.m.	Welcome and socializing.
6:15-6:45	Food and drink
6:45 – 7:00	Raising the vibe meditation
7:00 – 7:45	Activity
7:45 – 8:00	Community –forming friendships and connections.

(I recommend one gathering per month on whatever day/time you like)

Love donation

On the website I suggest a love donation for each attendee. Please state it as a donation rather than a fee. This is for you because of the effort you put in to advertise, clean your house up, buy supplies, etc. It is an energetic exchange so you don't feel drained. If someone can't afford a donation then allow them to come anyways at your discretion.

More about gatherings

Gatherings are not places to talk about biomedical interventions as a primary focus. That is NOT the energy or intention of the gathering. Please honor that and model that for your group. The gathering groups are not an event of Epiphany Healing Arts however I will list them on the site since we are in co-creation of this intention. It is your own event. These are all just suggestions as I am spiritually guided to share.

Thank you!

You beautiful spirits of light! Thank you for considering facilitating gatherings in your area. What a beautiful way to be of service to the world! You'll know if this is for you because you will FEEL IT!