

INNER RECONCILIATION
INVITE ~ INQUIRE ~ INTEGRATE

FOUNDATION
FOR
FACILITATING

LEVEL 1 OPEN FACILITATOR TRAINING
AN 8-WEEK TRAINING PROGRAM



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COURSE OUTLINE

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SECTION 1 - SETTING THE STAGE

FEELING VS. THINKING

- Guided awareness
- Distinguishing feeling from description
- Focusing on feeling - The narration does not have to disappear and likely won't - it's a matter of focus

TRUE LISTENING

- Noticing your agenda & narrative
 - Cultivating open curiosity
 - The willingness to know nothing
 - Giving space
 - Learning how to actually listen
- Feeling vs. thinking while listening

SAFETY FOR YOURSELF AND OTHERS

- The subtlety of judgment
- The subtle arrogance of already knowing
- The energy of 'trying to fix'
- Allowing, Openness = Safety



SECTION 2 - INVITE

INVITING THE ENERGY

- Safety, Safety, Safety
- Movement in a Safe Space - Energy and content will naturally move when it is free to do so. That freedom will vary depending on your openness, ability to stay present, and the amount of it you can handle
- Invitation vs. an Open Door
- The willingness to go deeper

THE YOGA OF ALLOWING

- A.K.A. Meditation
- The Simplicity of the Body
- How to Bring Them "In"
- Body Awareness
- Intentional Triggering
- What to Say When

EXPANDING YOUR LIMITS

- How much space can you hold?
- How present can you remain?
- How much energy can you handle?
- What subject(s) trigger you most?



SECTION 3 - INQUIRE



TAMING THE DRAGON

- The Guardians of the Underworld
- Taming NOT Slaying
- The Hero's Journey

THE ART OF THE TRUE QUESTION

- Cultivating genuine curiosity
- Questioning vs. 'data gathering'
- Patience
- Taking yourself out of the equation

FEELING THE ANSWERS

- Answers from the system vs. the mind

THE NATURE OF A SYSTEM RESPONSE

- Whatever comes up is the answer
- Letting go of the need to make sense

FACILITATING HEALING

- Feeling = Healing
- Questions that can spark processing
- Letting go of your expectations
- The art of not trying to force it

SECTION 4 - ARCHETYPES

THE CHAKRAS

- A Model for Practice
- Archetypes of Consciousness
- Disowned Selves

USING THE MAP

- The Body / Chakra Relationship
- These are Clues Not Absolutes
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SECTION 5 - TAPPIST MONKS

MERIDIAN TAPPING

- Inner Reconciliation Energy Techniques
- The Comfort Spots
- Why Use Tapping
- How to Tap
- When to Tap
- Ending Suffering is the Mission



SECTION 6 - INTEGRATE

BOB THE BALL

- Bouncing Isn't for Me
- The Power of Resiliency
- Integration Happens

THE SWITCH FLIPS

- From Defensiveness to Expressiveness
- From "Getting to Feel Better" to "Getting Better at Feeling"

THE SYMPTOMS OF RECOVERY

- Having Patience
- Instilling Patience
- Noticing the Little Things

DIFFICULT ISSUES / DIFFICULT PEOPLE

- Deep Traumas
- When the Client Resists
- "I Don't Feel Anything"
- Karma
- Vows



SECTION 7 - JOY OF PRACTICE

WHEN WEIRD STUFF HAPPENS

- It will happen
- Visions, past lives, dreams
- When you are in over your head (*you never are*)

A RECONCILED LIFE

- Exercising the Visionary
- Start at the End

A SPIRITUAL PATH

- Inner Reconciliation and Non Duality
- Post Awakening Sadhana

FINAL THOUGHTS

- A universal tool that can exist separately from any philosophy, like physical exercise.
- It's an overall vision, a tool for growth
- You don't have to be perfect to be helpful
- Don't be a robot - your humanity is your advantage





OFFICIAL START DATE SEP 6, 2021

- Program will run through Thursday September 20
- New content will be released every Monday
- Weekly live calls will be every Thursday at 1pm Eastern / 5pm UTC and last approximately 2 hours
- Special calls will be announced in advance

LEVEL 1 HOME STUDY COURSE

- Everyone gets immediate access to the Inner Reconciliation Level 1 Home Study Course (*The Miracle of Intentional Manifestation*) upon enrollment
- Enroll early to have time to go through it prior to class start – It isn't absolutely essential and no one will be turned down but it would be much better if you have gone through it at least once

COST OF ADMISSION

COST OF THE PROGRAM

- The cost is \$897 if paid in full
- Payment option 1 - 3 payments of \$300 each
- Payment option 3 - 6 payments of \$150 each
- Graduates of IRCF or IRET check your email for your special graduate discount

SPECIAL CIRCUMSTANCES

- As always, if you really want to be in the training and there is a financial hardship, we will do whatever we can to help you make it work
- Just ask
- This includes living in a country with a really horrid exchange rate
- We will find a way just reach out



HOME STUDY STUDENTS

- If you have purchased Inner Reconciliation Level 1 or the entire home study bundle within the last year I have a discount for you as well

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