

## FACILITATOR'S GUIDE



### Tips

- Be sure to read the "Being a Good Facilitator" section of the Book Study Guidelines. It has a lot of helpful tips that aren't repeated here.
- All the book study materials can be copied and freely distributed. Pass them out at meetings, send them to friends and relatives and keep extras on hand.
- After doing introductions in the first meeting, pass out the first discussion guide for everyone's reference. Before ending each meeting, tell participants what pages will be covered the next time and hand out that discussion guide.
- Reading aloud is a great way to cover material during the first meeting or to clarify a point anytime. Taking turns, reading 1 to 1½ pages at a time, then talking about the related questions and bullets in the discussion guide works well.
- Personal worksheets are included for each chakra. These may be used as springboards for discussion, or simply as an aid for personal reflection.
- Don't worry if all the points in a discussion guide aren't covered in the meeting. The group can choose which points they want to focus on.
- Simple refreshments can bring warmth and comfort to the group.



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**Clarifying note:** If questions arise about the color of chakras because people have seen different color versions, please see pages 15-16. The chakra colors used in this book are the color of chakras in their pure, original state.



## Heart-to-Heart

### First Meeting: Introductions

- Tell everyone your name and share some personal background information.
- Ask what brought people to the book study or what they want to get out of it.

### All Other Meetings

**Keeping in Touch - At the beginning of each meeting ask questions like:**

- How was your week?
- How did you like this week's reading? (You'll find out if people didn't have time to read it!)
- Is there something from the reading you would especially like to discuss?



Questions similar to these appear at the beginning of each discussion guide to help people get back in touch with each other. This establishes a friendly feeling in the group.

### Optional Opening and Closing

- To begin, you could ask everyone to close their eyes, be quiet and release all the tension from their bodies. (Or use any other idea that works for you and the group.)
- To end, you could use any of the affirmations in the discussion guides or the book. (Or use any other idea that works for you and the group.)  
Thank everyone for coming.

### The Last Meeting

- Be sure to hand out the "If you want more" list.
- You may want to schedule a celebration to commemorate your time together!

**Your Seven Energy Centers**

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