Become a great Facilitator

Meditation outline

I invite you meditate this week, using your own recording.

Instructions:

* close your eyes and see yourself as a GREAT Rebirthing Facilitator
* either in the present time if you feel yourself already being ready
* or the facilitator you will grow into
* speak about yourself with “I am” and “You are” statements, such as:

1. I am crystal clear
2. I awaken my clients at the deepest levels
3. I have and amazing intuition
4. I am grounded in love and compassion

Then switch and praise your talents and skills as a facilitator:

* think about compassion
* wisdom
* intuition
* love
* truly seeing people

The recording should be about 5-10 minutes long.

Listen to your recording at least 5 times this week.

This meditation will help with your confidence and your sense of where you are going and give you faith in your work.