

TRAINER DEMO #1

Scott and Kathleen

Why did they choose to present?

You end up teaching what you need to learn – Will was never taught in PS program he attended.

Experiential – shared in dyads. Issues of group explored and facilitators struggled. Merge into exercise of synthesis of the opposites. When we are over identified at either polarity we have strong energy attached to either choice.

No decision about an issue may still require an act of will.

Capacity exists to exist in both poles – pick up sticks – we may need to disidentify. Notice what the two poles are and at that point you have maximum choice.

If bias exists Disidentify from one. That may give freedom to realize the true value of each choice.

Dialogue between hands

When you are in the place of observation of both places it is possible to open to higher will.

When one is in a place of pure awareness the moment before movement you have access to transpersonal energy.

There was a knowing that comes from the body and use of the hands in the exercise made that knowing available to a person.

What did I learn for myself?

FEEDBACK

Trainers expressed the enjoyment of the process. Speed of meditation questioned. Was good for the group.

"That's right."-- Affirmation for one person; yet difficult for another.

Teaching off the experience was new to one of the trainers – "All I needed to do was repackage the teaching point."

Importance of directions and how we invite people into the work – Opposing options were requested but questions/directions were slightly different for each hand.

Suggesting number of breathes to participants may be confusing. Five breaths took someone into hypnosis.

Use of voice in will training – a naturally hypnotic voice may need to be crisper.

**LEHMAN AND SHAMAI
TRAINER DEMO #2**

Introductions and why they were presenting.

Attempting to present the entire topic as a whole.

Experiential –

Centering Exp. Breath in and out – letting go of the extra stress that we don't need at this time. Remembering that we have completely what we need here and now. The place we are in is a safe place. And everything is just right for each one of you. Feel like you are here now.

Didactic

And in this space I invite you think of a time or a place when you were able to make a meaningful choice in your life. See yourself in the process of making that change or choice. What was that like for you? To be able to choose? And what was it you needed and what supported you in the ability to make that choice or change?

.....as you are in this moment how would it express itself

And when you have a sense of that bring it back to the room and we will take it to the next step. "If you need to jot down a few words take a moment to do that.

Aspects of the Will described and then correlated with participants experiences.

John Parks shared an experience of strong will that had a background of a spiritual will. Presenter reframed it as also containing skilful will. Concept of energetic will introduced.