

Mindwork Facilitator Script - Spiritual Connection

Each step is a single 30-35 min session | 15-20 min Breathwork | 10-15 min reprogramming | Remember to pause 10-15 sec after each question you ask | Visualize asking yourself the same question.

Session 1- Identify The Challenge

STEP 1: ISOLATE THE CHALLENGE / BLOCKAGE

1. Awareness (3-5 Min)

- Connect with yourself. When you think of the word spirituality, what comes up for you? What emotions do you feel? What images do you see? Bring some awareness to negative feelings, blockages, doubt, uncertainty around spirituality. Whatever that means for you.
- What are these feelings communicating to you? Where do they come from? Do you feel confused? Do you feel closed minded? Are you closed off in any way? Do you feel like you are unable to connect to a spiritual experience? Do you feel like you want to explore this area but don't know where to start or don't have enough time?
- Why is it important to you?
- How did your external environment shape your view of spirituality? Were there extreme religious views that you no longer align with? Friends? Family telling you what to think or how to feel? Media? Or maybe no exposure at all? It just never existed in your life. How has this impacted your view of spirituality? Maybe there is a lack of modeling or direction.

Bad experiences, pressure, expectations. Allow yourself for a moment to set yourself free from all of this. To see your part in creation, as a part of nature, as a part of life.

2. Root Cause (3-5 Min)

- Focusing on some of the root causes of some of the feelings that you have regarding spirituality, the story, the experience. Can you identify where this feeling is really coming from?
- Can you remember the first time you felt this way? Do you remember what caused you to feel this way the first time? Were you forced to feel shame or regret for not following a certain way of thinking or feeling? What messaging and belief did you acquire? Was there a story or narrative growing up around spirituality? Feelings of inadequacy? Feelings of shame? Feelings of pressure? Did you collect negative thoughts, perceptions or beliefs of how spirituality should be present in your life? Did you hold onto any of this negative messaging?
- Can you see any recognizable patterns in relation to spirituality? Do you feel resistance or closed off? Do you feel uncertainty or maybe unclear as to where to start?
- Focus your awareness just around your heart. All spirituality comes from within. It starts from you. Within your heart. The undeniable truths, the intuitive force guiding you always.

3. Action (3-5 min)

- Around these blockages that you may have or feelings of friction or resistance, what would you like to feel here instead? What would feel good to you? What are the things that you want to change in your relationship with spirituality? Sometimes a spiritual calling or connection is hard to explain in words. It is more of a feeling or calling that is pulling you in a certain direction.
- What beliefs may need to change to allow yourself to explore your spirituality more authentically? Maybe you need to let go of feelings of unworthiness, shame, religious shaming or fear, closed mindedness, ect
- What do you need in order to feel like you are truly in touch with your intuition? Give yourself permission to explore from the heart.

SESSION 2: Identify and Feel the Change /Breakthrough

This session includes steps 2 and 3. You can also do a single session for each step. Always start with review and recap of the last session and anything that came up since

STEP 2: Identify what you need to change (approx 2-3 min each)

- 1. Identify what you need to break through** (makes suggestions specific to topic/ identify limiting beliefs) Can you identify what you need to break through? Maybe its resistance, unworthiness, shame, religious shaming or fear, closed mindedness, ect (refer to your notes from previous session)
- 2. In order to experience change, what do you need to change in relationship with how you treat your body?** In order to experience a change, what do you need to change in relation with how you connect spiritually? Do you need to create

more time to explore this area of your life a little deeper? Do you need to meditate/pray/ reflect consistently more often? Do you need to be more open minded? Maybe explore other ideas or philosophies that may resonate with you? Do you need to read more? Find a mentor? Find a community that aligns with you, that is more supportive of what you feel?

- 3. What potential changes or action steps come up when you ask yourself these questions?** Now I'm going to invite you to pick one or two things that stood out the most in your mind so far that you know you can do to improve the RELATIONSHIP that you have with connecting to spirituality. What will make you feel more empowered? Sometimes it's as simple as giving yourself permission to explore spirituality without someone else telling you what it should be. How can you allow more gratitude into your life? To allow the mind to slow down? To spend more time in nature, spend more time meditating or praying. To really connect to your feelings. Just remove any words from it. What does this mean to you? To be in the present moment? To feel really connected?

STEP 3: FEEL THE CHANGE/ BREAKTHROUGH (approx 3 min each)

- 1. What would it feel like to be free of this problem or no longer feel this way?**
Try to imagine what it would feel like to have a spiritual connection? A spiritual experience? A spiritual life? Maybe to remove attachments to let go and surrender to life. To trust? To feel more patience? To feel accepted? To feel gratitude and compassion? To forgive more? To feel kindness, connection and love without expectation?
- 2. What can you do?** How can you do something different or change the current pattern you find yourself in?

3. **How do you want to feel?** Can you embody or feel the way you want to in relation to your current situation. Can you embody the feeling of being spiritually connected and the feelings we have mentioned.

4. **Self Empowerment/Gratitude** Give yourself permission. Allow yourself to feel this way. Have gratitude for this feeling. Believe it's possible as you are moving towards this feeling. Allow things to change, to grow, to deepen. To be more aware. As the spiritual experiences are happening all around you at all times. The smallest forms. It just takes a small shift in awareness to see it. It all starts with being present.

Imagine yourself waking up every morning and feeling connected, Loved, seen, heard, The way you want to feel. The way you are starting to feel.

SESSION 3: TAKE ACTION AND ANCHOR

This session includes steps 4 and 5. You can also do a single session for each one. Always start with a review and recap of last session and anything that came up since

STEP 4: What actions can you take to make this happen? (approx 3 min each)

1. **What's the first step?** What is the first thing that comes to mind that you can implement or work on? Can you think of one small change or the first step? What does that look like for you? Making a commitment to a daily routine or ritual? Daily practice? How about educating yourself on different philosophies? Talking to other people seeing what resonates with them and seeing how that resonates with your own values. How about being more present? Tapping into your own intuition Trying to get out of your mind, not over analyzing or over thinking things. Sometimes it's as simple as shifting the internal dialog. Maybe it's spending time in nature, meditating? Praying?

2. Why is it important?

3. What's the cost of inaction? Have you ever asked yourself: What is the cost of not taking action? This disconnected feeling. How much has it cost you so far? Do you feel like something is missing in your life?

4. What is your level of commitment? Are you ready to commit to at least exploring it a little more? Connecting to yourself, your higher purpose, higher meaning?

5. Visualize your first step. What does it look like to do and feel these things? What are the things you can really do to create change and feel this way more often?

STEP 5: Anchor in the new you. (repetition plus emotion)

1. As we anchor in the new you, I really want you to **Envision** yourself doing these things. Feeling fulfilled, abundant, connected, at peace, non attached, free.

AFFIRMATIONS: *I am connected. I am fulfilled. I am at peace. I am free. I am abundant.*

2. How does it feel? Try to feel it in your body? What does feeling spiritually connected feel like to You? Having purpose? Meaning? Non attachment? Being patient, releasing anger? How does that feel?

3. Create a mantra. How can you verbalize this into an "I am" statement about yourself? I am love. I am connected. I am whole. I am spiritual. Or simply, I am.

- How do you feel when you say it?
- As you say the statement, also feel the feelings associated.
- Feel the feeling of gratitude. Think of a moment of gratitude. Feel It in your body. Breath in that feeling through your heart.

- What is it about these higher vibrational emotions and the feelings that they evoke in the body?
- Remember to have passion and gratitude for yourself and the world around you.

ANCHORING VISUALIZATION- Imagine the feeling of relief of removing these blocks, of having true spiritual experiences. However small or big they are, we do not need to walk on water, we can see the beauty of life all around us, the seed that sprouts, a butterfly, your family, a smile, a connection. Imagine yourself living that life, that spiritual life, without fear, in resonance with people on the planet. No conflict. No fighting. Being supported. No attachments or judgments, no guilt or shame. I want you to visualize yourself living this way. How does it feel? No one is perfect. Just visualize or embody what it feels like to move in this direction. To do your best. To acknowledge you made a mistake. To be able to ask for forgiveness, to start to rewrite our life in this new way. Reprogramming our mind to new ways of thinking and being. Living from the heart, trust yourself.

As you start these new things, it may take time to build up again to where you want to go, so be patient. When you fail or stumble, be compassionate and get back up again. You can do it. You need to show up for yourself the same way you have shown up in other areas of your life. You are worth it. Remember, all emotions are guides to deeper learning. Be in touch with all your emotions. Visualize yourself feeling more positive emotions. As we address the underlying things that are holding us back emotionally, we can move past them and into our potential fully expressing yourself. It's important to respect yourself, to love yourself. Take some time to reflect on what comes up, what stood out, where do you find resistance? Set some goals. Small things add up to big things and create huge changes over time. Trust yourself, believe in yourself. You are doing a great job. Keep it up. Keep breathing. Keep growing

What mantra sums up the result you are looking to achieve?