

Spring Energy Event: April 5, 2014

## **ONE LOVE: Partnering with Spirit in Your Practitioner Practice**

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### ***Quotes supporting our all-providing connection to the Universe:***

*Ralph Waldo Emerson, from The Over-Soul*

“We live in succession, in division, in parts, in particles. Meantime within man is the soul of the whole; the wise silence; the universal beauty, to which every part and particle is equally related; the eternal ONE. And this deep power in which we exist, and whose beatitude is all accessible to us, is not only self-sufficing and perfect in every hour, but the act of seeing and the thing seen, the seer and the spectacle, the subject and the object, are one. We see the world piece by piece, as the sun, the moon, the animal, the tree; but the whole, of which these are the shining parts, is the soul.”

*Neil DeGrasse Tyson, Astrophysicist*

“Recognize that the very molecules that make up your body, the atoms that construct the molecules, are traceable to the crucibles that were once the centers of high mass stars that exploded their chemically rich guts into the galaxy, enriching pristine gas clouds with the chemistry of life. So that we are all connected to each other biologically, to the earth chemically and to the rest of the universe atomically. That’s kinda cool! That makes me smile and I actually feel quite large at the end of that. It’s not that we are better than the universe, we are part of the universe. We are in the universe and the universe is in us.”

*Marianne Williamson*

“Just like a sunbeam can't separate itself from the sun, and a wave can't separate itself from the ocean, we can't separate ourselves from one another. We are all part of a vast sea of love, one indivisible divine mind.”

*The Bible: Corinthians 12:12, English Standard Version (ESV)*

“For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ.”

*Shankara, The Upadesahasri*

"[I am] the nature of Pure Consciousness. I am always the same to beings, one alone; [I am] the highest Brahman, which, like the sky, is all-pervading, imperishable, auspicious, uninterrupted, undivided and devoid of action. I do not belong to anything since I am free from attachment. [I am] the highest Brahman... ever-shining, unborn, one alone, imperishable, stainless, all-pervading, and nondual-That am I, and I am forever released."

*Larry Dossey, M.D., from One Mind: How Our Individual Mind is Part of a Greater Consciousness and Why It Matters*

In the 20<sup>th</sup> century we were introduced to several subdivisions of the mind, such as conscious, the preconscious, the subconscious, the unconscious, the collective conscious and the collective unconscious. The One Mind is an additional perspective on our mental landscape. The difference is that the One Mind is not a subdivision. It is the overarching, inclusive dimension to which all the mental components of all individual minds belong.

### **Notes for Discussion:**

1. Clearing the judgments, triggers, wounds of early programming and ideas about "them"
2. How conscious connection enriches life for you, your clients and the world
3. "Tell" VS. "Ask" Models of communication
4. "Tell" Model techniques, benefits and shadows
5. "Ask" Model techniques
6. Visioning exercise with tapping

## **Visioning Exercise, adapted from Rev. Michael Beckwith**

- Step 1:** Breathe in and out deeply a few times.
- Step 2:** Begin tapping. Use one or more points.
- Step 3:** Allow yourself to feel the unconditional love that is within you and all around you
- Step 4:** Set an intention for receiving answers. Silently tell your Higher Self, Universe, God, whatever resonates with you, “I am willing to listen deeply and receive information.”
- Step 5:** Ask, “What wants to emerge through me?”
- Step 6:** Ask, “What must I become to manifest this vision?”
- Step 7:** Ask, “What must I release to manifest this vision?”
- Step 8:** Ask, “What talents and gifts do I already have that can support this vision?”
- Step 9:** Say yes to this vision
- Step 10:** Feel gratitude for this vision, this information and for your own willingness to receive to it
- Step 11:** Slowly open your eyes and write down the information