

Week 0 – 3 Temple Keeping, Checklists & Docs

Preparing for our next gathering on April 3, 2018, 7 pm, MST



Eostre Blood Moon Blessings Dear Sisters,

Celebrating REBIRTH & a beautiful blood moon with you all from San Francisco! We just arrived and I woke this morning after a 17-hr savasana to a whole new reality, feeling refreshed, and REBORN!

Can you feel the beauty and power of this moon, and collective global awareness of "Rebirth" on this day in all it's various forms? I can't imagine any of us NOT being affected by both of these powerful forces. I hope and trust you are all taking time to honor YOUR relationship to these cosmic and global energies.

I have highlighted in bold, below, the temple-keeping tasks to address. I have also created a PDF version of this you are welcome to print and store in your binder. Moving forward we will link these pdf 's in the private portal.

New Sister Referral Gifts in form of \$200 credit!!

Now that you have had a small taste of what this journey entails, can you think of any women in your lives who you feel would desire to be a part of something like this? If there are any women you feel inspired to bring the gift of this journey to, please do! I welcome you to introduce me to them via email, and let them know I'm happy to personally answer any questions they might have.

We are capping the group at 15, so we have 3 open spots at this time. April 22nd is the last day to welcome new sisters. Your \$200 credit is a small token of our appreciation for you helping us spread the word, and can be applied to Select Soul Flow Alchemy offerings - including private coaching packages, trainings, and retreats.

Mahalo in advance for sharing this gift with others!

Small Sister Group Leader Assignments

One of your tasks for this week was to reach out to your small group sisters. I acknowledge and remember that in any "diffusion of responsibility" situation, things tend to not flow so well. No one wants to lose time and energy because of potential redundancy. In light of this insight, I feel inspired to assign "group leaders", and rotate the leaders every month. Today is April 1st, so timing is perfect to rotate on the 1st of every month.

Here are my suggested leaders for each group. If amongst the 4 of you, you collectively realize a different sister is best for that role at this time, you are free to re-assign. And for now:

April Leader for Small Sister Group 1: Mary O

April Leader for Small Sister Group 2: Heidi

April Leader for Small Sister Group 3: Shawna

Your Role & Responsibilities as a Group Leader:

- Initiate any groups tasks assigned or encouraged by Dr. Jinju and/or Luminaries
- Host the small group gatherings (via zoom or some other platform)
- Prepare a short, inspiring, opening for the call. It can be as simple as one minute of silent meditation, or you may go deeper with another form of centering or meditating. Please no longer than 10 min.
- Guide the call according to weekly themes and group needs.
- Moderate Time during the gatherings. These calls should be no shorter than 30 min, no longer than 60 min.

Small Group Tasks this week & next:

- Initiate group connection and scheduled time for meetings. I recommend every two weeks, unless everyone agrees to a weekly gathering. Shawna went ahead and initiated for her small group and sent the doodle link out (<https://doodle.com/meeting-scheduler/>) . Great idea, so am passing that along!
- Schedule and complete your first small group call during Week 0 – 4. There is no big group gathering that week, so perfect time to do this.
- Heart & Brainstorm a NAME for your group!
- Heart & Brainstorm an accountability structure or system

This week's gathering – what to expect:

This week is our first official "group coaching call". We will play with and explore a few different structures for these bi-weekly big group calls. This week it will look like this:

- Circle Opening with Luminary Guide Cassandra Rose – Yay!
- Introduction to the Lokahi Medicine Wheel, the Elements & Koshas as our guides and you as a multi-dimensional BEing
- Group Shares (4 – 5 min each)
 1. One thing that is currently working really well for you in your journey so far. Have you had any breakthroughs or life-giving realizations in the past couple of weeks?
 2. One thing you anticipate needing support around in this journey. If there's one thing that you feel from past experiences, will get in the way of your success and participation, what will it be?
 3. Close with a brief description or a few words that encapsulate your relationship to the spiritual realm.
 4. One resource or piece of inspiration that you believe others in the group would appreciate knowing About (let's share this piece in the private FB group to give more time to #s 1 & 2)
- A word on creating Sacred Space, Altars & Time
- Closing at 8:30

Updated Master Schedule & Timeline in the Portal

Apologies, I just realized the dates are a little off on your master schedules. I prepared the timeline while in Bali! We will update it and copy it to the Main Private Portal page so it's super easy to find!