

Stepping Into A Different Kind of Leadership

Radical Aliveness Core Energetics Final Project My Experience Leading Three Workshops Using The Radical Aliveness Core Energetics Model

Setting the Stage:

I have been leading groups all my adult life, yet I entered Ann Bradney's four-year program with the intention of learning how to work with groups. I have a performing arts background and I am a healer. Though I have had extensive experience doing movement process work, dance therapy and Brennan Healing Science energy work, I did not yet have the personal tools to channel the impulse I have had for almost all my life. This impulse is terrifying and exciting. It is the urge to go all the way... to jump...to take something over the line... to go out of bounds in order to find out what I did not know. I kept feeling like my impulse wasn't allowed. My work at the university was and is as a teacher/choreographer/director. The impulse to push past limits always showed up in my art. I was an edge pusher as a choreographer, dancing with large rocks on stage, creating pieces for grocery stores and performing them without permission, annoying people in one way or another by making a mess or causing a stir. I have had the police called on my activities more than once. I always backed down when confronted. I didn't really have to be in relationship when I took those risks in performance. I led students in those activities to learn something and to teach them. How far could I go? Could we go together? Could we inspire others in the process? I wanted to risk and I wanted to take others with me. I wanted to lead them. I suppose throwing rocks on stage was one way to do it. And it was so much fun. As I entered the Radical Aliveness Group Process work at RACE it occurred to me that there was another way to do it—a way that I could satisfy this impulse to go all the way and bring it into my whole life, not just in my art. I could lead others to follow this impulse in themselves while building community and connectedness that would challenge and reward each participant to the core of their being. This felt like the creative process in art, in life-- and it was healing. It could all come together. I could be the artist/teacher, healer and be radically alive at the same time.

While teaching in various universities, the healer side of me spent years in the closet. It would show through my teaching and then I would draw back and deny that part of myself and stick to my lesson plan. I answered a deep soul calling to healing in 2001. After graduating from the 4-year program at the Barbara Brennan School of Healing, I became more confident and it really changed the way I interacted with others. The Brennan training influenced my teaching, and I started a healing practice seeing individual clients while still teaching my classes at the university. As I came more fully into my own body through the healing work, I became even more aware of how my students don't feel connected to theirs. They look outside themselves to determine how they should behave and are afraid someone is going to judge them, which is going to happen, but it stops them from doing their work. Though their bodies are their instruments, they do not live in them. I began to try to find a way to blend the RACE method with my healing work and my teaching.

This problem occupied my dreamtime almost constantly. As I progressed through my second year at RACE, I began including more of the Core-work in my private practice with great success and was finding a way to

integrate the two modalities—Core and energy healing. I was growing. I hadn't supported my dance students to go all the way into their personal wounds through the process work I discovered at RACE, even though I suspected it might be the thing that could really help them make a break-through in their life and their craft. I went to an edge with the work and not over it into the deepest work. Something deep inside told me I would be crossing the line if I did so. I continued longing to do the RACE work with my students to see what it would be like to go all the way into their blocks and support them in their vulnerability with all their feelings. It seemed like I had been with this college age group for so many years. I wanted a breakthrough method. I might have just been looking for a way out. Maybe I needed proof that I couldn't follow my path and stay there. I was not sure they would be interested in going there even if we were at a different venue. Was it the dance class format at the university that kept the process work within this limiting framework or was it something in me? Was I not courageous enough? What was this resistance? Note to reader: You will all get what is going on here way before I did.

The Decision:

Whatever direction my work was going to take, I was sure something was going to change. It was really Ann's example that gave me permission to take more risks than I ever thought possible. I was tired of trying to fit a square peg in a round hole. It was time to take myself on a test ride into a new form of teaching. I was excited to try my hand at holding the energy of a group with the intention of going all the way into aliveness. And I was especially interested in working with a group of only dance students in that way to find out something. I really couldn't name what I wanted to find out. I just wanted to see them in that process and hoped for enlightenment to clear my frustration. In order to take my teaching to its edge I would have to take very personal risks as a leader. Witnessing Ann take risks time and again with our training group gave me a template to be able to conceive of a different kind of leadership for me. I could no longer act for the approval of my students. I would have to own my faults and name the truth of what I see that is blocking the process of the group or of the individual. It would be scary to step all the way into my leadership and take risks at the places where I hold back out of the same fears my students have, being judged, being wrong, looking like a fool or actually being a fool. And it would be even riskier for me to ask others to go there. The group energy has a potential of wild chaos. I have always wanted to be in that rich place of chaos where anything is possible, but it is also terrifying at the same time. I could no longer play it safe. If I stayed small I could keep blaming the situation instead of growing and truly bringing my gifts as a teacher and a healer. I had to accept the invitation to change. My fear of not having a place in the world to do my work was and still is overwhelming to me. The university has been my safe haven. What if I have to give that up in order to grow? I longed to find out, but was afraid to know the answer.

The Project:

The first thing I longed to do was to get my work out of that building on campus. I had to break free of that space. I wanted to create a space for this work in Orange County where I live. I wanted to introduce Radical Aliveness Core Energetics to my community and I am still in the process of creating my own space. I wanted to teach people about the RA process that had changed my life, my family's life, and so many others' lives. I had some things I needed to explore and so I structured my fourth year project to be a laboratory for me to step into a more radical approach to leadership. I had to be my own leader first. I felt the support of the RACE community, Ann Bradney, Patricia Pfof, and especially my training group for this endeavor. I structured my project to be three weekend workshops; the first two would be homogenous groups. I wanted to get away from the dancers and just try what it would be like to do this deep work with the community. It

was important to have only dancers in my final one. This would allow the greatest possibility for the following intentions.

□ **Intentions For Participants:**

- To learn about the RACE process as a way to step into full aliveness and heal wounds from the past
- To receive personal healing
- To explore deep contact with self and others and become aware of what it brings up
- To explore dropping all the way into the body for messages, intuitions and truth that lies there
- To feel and allow the truth of the feeling to come all the way through the body
- To play, move and express through the body and with others
- To experience what it is like to have needs and to receive support from others

□ **Intentions For Myself:**

- My overall intention is to search for truth and support it to come forward to bring healing
- To step all the way into my leadership in organizing and leading three Radical Aliveness Core Energetics weekend workshops
- To create a space for my work and hold that space
- To explore ways to get the word out and procure participants
- To create a safe space for participants to feel and express all of themselves- body, mind, feelings and heart
- To teach about the RA Core process
- To provide a place for participants to heal wounds with the support of a group
- To take my healing practice to the next level
- To explore the boundary between the work I do at the university and the work I do as a healer
- To develop my courage and capacity to hold the energy of a group as they go into deep process
- To challenge myself in the place where chaos and strong energy might be directed at me during the workshop
- To allow the group energy to evolve and be willing to ride the wave of energy minute by minute, hour by hour, day by day and over the whole weekend
- To trust my intuition and let go of the need to have it turn out any certain way

The Project Step by Step:

Finding Participants: I had a number of clients and acquaintances along with ex-students I was considering for the workshop. I put out a flier (*see Appendix*) by email to my list. After I enrolled the few that agreed to take part, I still needed more participants for my project. I asked around and one of my classmates suggested I try Meet-Up.com as a way of offering it to the community at large. I described my group the following way: The title was "Healing/Radical Aliveness." My goal with the title was to have it come up in searches for groups around healing, but to separate it from Reiki groups and New Agers who would not be interested in the vulnerability aspect of my work by adding "Radical Aliveness." I didn't want to nor did I think it wise to offer a workshop to individuals who knew nothing about what we would be doing. I was concerned that while the description of the workshop mentioned moving blocked energy and radical aliveness, it is very different when you experience the depth of the process in a workshop. I was not really interested in an introductory workshop because I have been doing that in my university work, not going all the way. I really wanted to go all the way with the group. I felt I needed a way to introduce new people to the work so I decided to hold

meet-ups on Sunday afternoons twice a month to introduce my work to the community. I offered movement and some breath work as well as some work with relational contact among the participants. After a couple of sessions I had identified a few individuals that I felt would be ready to do a full weekend workshop. I followed up with individual interviews and had each participant fill out an intake form. When possible I did this in person because I get so much information from being with someone face to face. For me their body is key in revealing information about their readiness to do this work. It is an intuitive process for me and I have learned to trust it.

Between the Meet-Up group and my private clients I had fifteen people for my first workshop. They were both male and female and mixed ages between 19 and 70 years old. My second workshop included some of those members two months later as well as some new members who had heard about it from the participants from the first one. The third workshop was all female and composed of ex dance students ranging in age from 20 to 26 years old. This one was critical to one of my intentions to explore the boundary between my university work and RACE. It seemed that once I put my energy in direction of doing the workshops, the participants just arrived from different places and connections.

Finding Space: I acquired a studio space at Momentum Dance Center in Yorba Linda. The owner agreed to donate studio space for the workshops and the Meet-Up groups.

Support: I needed support for logistics during the workshop and asked two of my clients if they would help me. They agreed. I had them assist me during the workshop as well, since they had been a part of my women's group. They helped with snacks, hot water for tea, locking the studio door and letting latecomers in. They also assisted in the running of the workshop. In general I found that I could have used more experienced and consistent support. I felt I let one of the women down because she was so willing to help me and she wasn't really ready to deal with the strong energy especially when directed at her. It was my fault putting her in that situation. Here are W.'s comments,

"Hi Lynn, assisting you in the workshops holds a specific place in my memory that never gets erased. It was so much energy and information at a time when much of the emotional work had just begun for me too. I felt nervous, excited and curious. I remember in the beginning we joined in the early exercises, where everyone moved from person to person (I can't remember the exact things we spoke about to the other person). I started to relax and get integrated into the group but then we were to step away and not participate for the rest of the workshop. That was a hard transition for me. I got so interested in the personalities in the room and of course later understood that my energy was to hold space for you not for my personal experience in the group. I was better at that during the second workshop.

I do remember at one point sitting up against the mirror and really felt like I was falling in to a hole. Now, I can't remember what it was about but there was a big trigger in the group. I had one girl tell me I really triggered her. Then later as I walked by her she told her partner, "oh, does she trigger you?" "She really triggers me". Oh, yea, now I remember, you helped me find the place in myself where I didn't feel sincere, the 'triggered' gals would pick up on my "mask" but not know it. It was the "mask" of 'performing' the work of the assistant. I was just so dang curious to be a part of the workshop and watch you work with the group, it never dawned on me that I wouldn't be ready to face all those personalities! It was also a big trigger for me because I always hated it if who I was made other people uncomfortable.

Oh, yea and then there was the guy that reminded me of my Dad and I didn't want to be around him or have to connect to him. I didn't feel compassion towards him and I felt bad about myself that I would have this. Being in the workshop pointed out to me how immature I am in many ways and taught me how I respond in a group (and in the world) not being able to hold my 'shape' and space and self.

One of the main things I took away from the experience was how much we are all the same, carrying around our stories, energetically and otherwise. I remember seeing so much compassion in you and your knowing that each person (even though you met many of them on the internet!) hold the same amount of value and need for love. I also remember feeling this deep love for each person and wanted to encourage them but when I spoke I felt nervous and wasn't able to really articulate that

You can see from her words how unprepared she was for this. She said she really wanted to do it, but then she had never been in a RACE workshop with 15 people. I will be much more sensitive about choosing assistants next time around. C. was much more ready to be an assistant. She has been running her own dance studio for many years and is used to dealing with conflict and strong energy. C. had this to say,

"Here are some thoughts.

It was really interesting being an assistant in the process work. Noticing the triggers in the room and the way you held all of it was amazing. My job as an assistant was to support you and the work that the participants were doing. I got a lot out of being able to go in and out of participating in the group work. I think I got the best of both worlds!

The two assistants traded off on the second day of each workshop. One could not be there until late on the very beginning evening of the first workshop. I feel this is a weak area for me. Of course I thought of support for me last. If I would have asked for what I needed from them sooner, I could have found out their time limitations and adjusted my start times and maybe even dates of the workshop. I would have enjoyed having a male assistant and will definitely ask for one next time I do a workshop.

Planning the Workshop: My intention was to introduce the work so the theme was Introduction to RACE. The title of the workshop as published in my flier was "The Power to Heal"--A Radical Aliveness Workshop. I kept the intentions I listed earlier in this paper in mind as I planned and sequenced the activities. What I wanted to happen for my learning and what I hoped the participants would get were two unique issues. The participants are always the most important consideration because there is no purpose for the workshop otherwise. I hoped they would be willing to really let go and go deep with my exercises; and I realized that if I was willing to be vulnerable myself, then they would be more likely to go there.

Getting my feet wet by doing the first workshop for the community and just seeing how it would be to hold the energy of a whole weekend experience was exhilarating and frightening. I wanted the participants to feel safe enough to go all the way into their feelings and hopefully be able to access their presence and strength in their humanness. I sketched a plan. I have not planned a class and written it down for years. I usually fly by the seat of my pants, because every time I try to plan it has to be changed anyway. I did plan in a loose way which I will share here.

Schedule for First Two Workshops

- Friday night 7:30 to 9:00, Saturday and Sunday 10-6 with lunch for 1 hour
- Short breaks between at places where there is a natural break in the energy

Structure of the Workshop

- **First Night-**
 - **Greeting coming in the door:** Tea and fruit while waiting for others to arrive
 - **Welcome:** Thanking them for being part of my project and letting them know I want them to be free to express themselves, to play, follow their impulses, and try out a different way of being in a group.
 - **Logistics:** Go over schedule and confidentiality
 - Go around the circle and share what attracted them to the workshop

- **Activity:** Walk around the room and feel the space we will be working in for the weekend. Notice where you like to be in the room. Just look and feel the space in the room. Now look into the faces of others as you pass. Just go back and forth between moving into the space and contacting others as you do without talking.
- **Share:** What came up from the above exercise
- **Activity:** Move around the room again and this time stop and make contact with someone and share by saying, “Something you don’t know about me is.....”
- **Activity:** Continue the above this time saying, “I hold back my.....”

- **Share:** What came up from the above exercise in small groups and then in the big group.
- **Last Go:** One more go around saying, “What I long for in my life is.....”
- **Sharing:** Some feelings started to come up and I talked about how there is a way with this work that you will be able to go all the way into your feelings and be supported. I could have encouraged several people to go into deeper process, but since the group was so new and we had to whole weekend, I chose not to encourage that on the first evening. I wanted to make sure we had a large enough container to hold it.
- **Checked in** to see how everybody was... bathroom break.
- **Last Activity:** Show the cube (stack of gym mats) and the racquet. I explained the purpose and use of the mat and the racquet as a way to move their energy so I showed them briefly how to hold the racquet and made a game or movement activity to come up and hit saying, “I’m here” or whatever came to their mind as they whacked the mat with the racquet. The intention with this is just to feel the form and experience the hitting without all eyes on each so it was like a gym class where you would do batting practice. It was playful.
- **Closure:** We gathered in a circle and made a closing and asked people if they want to share how they felt and to put any fears or expectations or intentions for the workshop to sleep on it for the night.
- **Sharing** was deep and honest. It was a great start.

- **Second Day:**
 - **Start:** Music and movement.... Try to move every part of your body and move your energy into the whole room. Make contact with each other in movement.
 - **Circle:** Share anything from the night before or anything you are holding. Taught about following impulses to share and to notice if you want to say something and then you check it. See if you can risk to share what is there.
 - **Processing:** There were a couple of people who looked ready to “pop,” so I asked if anyone wanted to take it further. There was one volunteer and then another. Things moved from there with the group getting involved with the person processing....using cube or mattress (gym mats.) I taught about the importance of the group being involved and everyone’s energy was important to everyone else in the room. I called for feed back after each process and the group was great. I asked, “Can you tell her how you feel when you take her in and see her in her vulnerability?” There was great

response and support. And a couple of other people piggybacked on this as each individual process brought up feelings in others.

- **Break:** Took a bathroom break
 - **Brief Sharing:** How is everyone doing. I shared how I was so impressed with the depth of their work so far and asked what people needed.
 - **Processing:** This led to more processing individually with group support as before.
 - **Lunch Break:** 1 hour to eat....notice if you want time for yourself or if you want contact.
 - **Activity:** Find a place in the room where you have a space of your own. Close your eyes and drop into your body. Breathe into your hips and let your breath fall out of you on your exhale. Be in your senses. Feel your skin. Feel your weight on the floor. Notice where you are attracted in your body. Go into that place and dream into what is there, maybe pictures or words or just sensation. Bring breath to the place where you are attracted. What's there? Do you hold something there? Protect something there? Try really hard there? Is there pain.....ease....pleasure, numbness? Just listen. Now let that place in your body expand to include all of you. If that place in you would take over your whole body would it cause you to move a certain way? Or maybe it would bring you into another position... or up off the floor. Take time and just let that place in you speak through your whole body. Maybe it is in the background of your life all the time. Let it come to the front where it can have all your attention. I played supportive music with emotional invitation, but not coercion.
 - **Sharing:** Divided into pairs for sharing the experience and what they noticed and felt in their bodies. Came back to the whole group to share.
 - **Processing:** Came from the sensing deep into the body and then encouraging them to share what the statement is from that part. There was one more break before the end of the day.
- **Last Day**
- **Start:** Feelings were right there as they entered. There was frustration with an outside-the-group relationship that one person wanted to do some work with and the feelings were right on the surface, so we went right into that.
 - **Break:** Tea, fruit, nuts...
 - **Movement:** Put on some really upbeat music and asked them to just shake everything out. I encouraged them to really go into chaos and lose their balance and just be crazy in the space and go wild. After the music was over I asked them to shake and then be still and feel their bodies and shake and feel etc. for a few minutes.
 - **Teaching:** Around the formation of patterns in the body drawing from the experience the day before and talking about images you hold there and feelings, blocks, limitation, strength.
 - **Activity:** Pairs going into the body from memories of the family and how your body received parents, siblings, teachers, caregivers' words, including words directly referring to your bodies or posture. Each writes their memories of the words. One stands while the other one says the words. Give time for partner to feel the words

and how their body reacts. Trade roles. It's one we have done a few times in workshops and training.

- **Process:** Mattress, roller and cube. Teaching in between process work.
- **Lunch:** One hour
- **Activity:** Get a partner and a mat. One lies down and one keeps contact. Kicking and hitting with legs up and vibrations in between. Go for a few rounds and try to get vibrations. Encourage to let words come if they are present. Trade.
- **Process:** Going deeper with several individuals who had not worked as yet.
- **Break:**
- **Music/Healing:** Lie on floor and breathe. Listen to "Sea of Love" by Cat Power. Play a second time and be as though you are singing this song to yourself. Let your hands move to support your body. Let your body receive from your hands. Lots of tears and healing
- **Sharing:** About receiving from yourself, having needs, and honoring yourself. Lots of feeling came up. Several individuals wanted to experience receiving support from the group. Ended in a puppy pile. Ending sharing happened from there.
- **Discussion about after care:** Drink lots of water. Take care of yourself. Reach out for support. Let them know about contraction after a workshop. Also to be aware they were expanded and that others out there are probably not expanded. Just to know others may not understand the place they are in. An email group was set up.
- **Goodbyes:** Yay!!!! Lots of hugs and exchanging personal information.

Riding the Energy of the First Workshop: I think my angels were there making the way smooth for my first try at holding space and riding the energy wave for the entire weekend. I just loved it and I was dancing on the moon over how amazing the experience was for me and how much they received for themselves and how well the group bonded. I found ample opportunity to teach, interweaving it between processes or after breaks. People went deep, honored each other, brought their truth, but lower self did not come out in the open. There was a lot of awareness of needs that came through. Individual processes started in anger and dissolved into the soft pain of the wound. I encouraged some of them to start by bringing more energy to the hurt in the cases where I saw collapsing as a strategy. The collective result was claiming the right to have needs and the right to stand up for themselves. They received from each other and noticed how difficult it was to do that.

The Challenge of the Second Workshop: The second workshop had 16 people and used different exercises from the first one. Although I used a similar format for the second workshop with several individuals attending both workshops, they were very different. The second workshop was two months later and there was some different energy in the room. I was attacked on the first evening. As I thought about it later, I was clearly being challenged in the place where I might think I was a master at this after my experience with the first workshop. Things went smoothly during the introduction and opening exercises and then they started to hit, as before, just to claim being here or just to hit. My goal, again, was to get them used to the racquet so that when the time came when they needed to move some powerfully blocked energy; they would be familiar with the racquet technique. S attacked me on the first evening for being incompetent, contradicting myself, being critical and controlling. She was triggered by my reaction to her hitting the cube (mats.) I had shown people how to hold the racquet in both hands and straight over the head and down. I taught that the reason for that was to stay in control with the racquet so people didn't get hurt and so their work could have the most power. Maybe it was controlling, but I felt for a good reason. She came up to take the racquet to claim her

presence and went wild. She was way out of control with the racquet hitting with the edge of the racquet and swinging sideways etc. I was concerned she was going to throw it so I yelled, "Stop." As soon as I did this she started yelling at me. My heart rate went up to 120 beats a minute immediately. I took a few seconds and just stood and grounded and let her just go while I received it. I had the presence of mind to say, as she took a breath, "Who do I remind you of right now?" I was able to redirect her energy to the original hurt and help her to bring consciousness to it. I amended my direction with the racquet to just say keep control of your racquet and she was able to focus her energy and keep hitting, this time bringing her energy to the one I stood for. I felt pretty good about staying with myself and thinking on my feet and not taking it personally. I thank Ann who warned me that this would happen and to not take it personally. That was the best advice and I used it through the entire project. This feels like a secret to being able to hold big energy and not be afraid. *(comments in the Appendix, page 18 to compare her feelings right after the workshop and a year later.)*

I felt there was a part of that interaction that I should own regarding telling them they were to follow their impulse and then directing their use of the racquet. I apologized to the group afterward if I was unclear and told them that I wanted to make sure we would all be safe enough in the room to really let go. However I mentioned that whatever happens in the room is fair game and I was not the "teacher" in the traditional sense and that if anyone got angry at me they should bring it out so we can work with it. I think this is one of the most important things I have had modeled at RACE, not to avoid conflict. Being raised in a conflict-ridden household, I had to learn to avoid it to have any peace at all. I found such richness in just being able to receive her. I was able to use everything that happened in my workshop as teaching and learned if I didn't try to duck out of anything or steer clear of anything the energy kept moving beautifully.

The second situation was more difficult and it really freaked me out because I sensed it was powerful Lower Self energy. L. is a man nearing 40 years old. He was a student with me during the early 80s. He had been in my improvisation class and had really missed doing that kind of work. He emailed me out of the blue between the first two workshops and I figured it was synchronicity and that he should be at the second workshop. I spoke to him on the phone since he lives in Los Angeles and let him know this was not going to be like my improvisation classes. I asked him how he was with being around strong feelings and expressing his own feelings. He said he would be fine with it. After asking him, as I had done with everyone else, about any issues in his life that he might want to work on, we decided it would be a good idea for him to come. I was not prepared for what he would bring. I learned that you never know and you can never assume anything. A monster arrived; however the monster was hiding inside this fellow. That's how it felt to me. He joined in the beginning exercises and during some light contact work feelings came up for him. I think he was really surprised about that. He went into the corner and sat there in isolation and separation. He wouldn't budge. Some members of the workshop tried to bring him back. That didn't work. I suggested we give him his space and we continued to the end of the first evening. And I reminded the participants that they could do what they needed to do in the workshop. However I did not want the energy he was bringing to control the group and I wanted to know what he needed and be able to find a way to support him. How? He did come back to the circle for the closing of the first evening. He did not want to share. I went home and he was still with me. I knew that when someone in the group is holding back like that, it really does affect the whole group and also that that energy is probably not just in him. It was big and I knew it. I slept on it and prayed for guidance for the next day.

The next morning I arrived early and smudged the room with sweetgrass and sage. I grounded my energy and put on some music and, together with my assistants, danced to clear the space and set it for the workshop. Then we held hara for the day's workshop. My guidance said to just be present and ready for

action. I felt ready when the participants arrived. L met me outside in the hall before he came into the studio and told me he didn't think he should be there. He drove all the way from Los Angeles to tell me that. He said he was so terrified to come in and thought he would be judged. I suggested that if he stayed he might get what he needed and asked him if he could stay open enough not to deny the possibility of that happening. I noticed some counter transference in me as I started to see him as trying to take over. He wanted to make the workshop all about him. This is stuff for me from my mother and sister and goes way back. I said to myself, "It's my workshop and I am holding space for you and others to be supported to bring all of your aliveness." That helped me feel the ground again. I also couldn't let him take all my attention because there was a workshop full of people.

There was a whole day ahead of us and I hoped to stay present and be able to hold space for what was to unfold. We danced to start the day and get everyone's energy going and L sat in the corner. We gathered in the circle and checked in. He didn't speak. So we went into the work that started to open up from the check-in. I had asked people to feel into their bodies and breathe and close their eyes. I asked what people needed and there were a couple of hands. The energy flowed and then we took a break. L again told me that he was going to leave. I have a hard time remembering how he got moving after the break. I think it was that he finally danced and that got something going. I remember one of the group members went and pulled him up to dance. It was a mirror dance to see if you could match your partner's energy and take it further one challenging the other back and forth. After the dance, he went back to the corner. I asked if anyone felt like they were holding back. C., a psychopathic characterology, got up and said she had to say something. She took the racquet and started to hit. She pushed her energy at L saying, "What are you doing here? Let it out!" A lot of energy came at him. I was hoping I could hold this exchange. I needed help from the group. I asked the group to respond from their impulse if they felt drawn to support someone or to ask for support. It was strong energy. People went to stand by L, who had stepped away from the cube. C. had her process around "getting to it" and eventually owned it as her issue. Stuff came up around not wanting to take care of anyone. It was a great balance in the room because the lower self had arrived. I asked L if he would like to move his energy around his choice not to be here. L was clearly triggered by C. I asked who she reminded him of and he said his mother and his sister. I suggested he move that energy he held back toward his mother and sister. He did and went all the way with his energy. The child consciousness energy was really present as he expressed his anger. His body looked really young. I had him hang over and feel vibrations and breathe. When he came up I asked him to feel his body and he said he could feel his legs and he could see people. This was big after all the time he had spent in the corner. He was able to take the group in and receive feedback. After this process and during the rest of the time he was a good support for the men in the group. I know that it doesn't always work that way with resistance and especially when there was so much fear. I was so happy that energy moved and was so appreciative that C was brave enough to risk the group judging her. *(See her comments regarding this in the Appendix, pg. 20-21.)*

The difficult places in the first two workshops were paralyzing. I don't think anyone noticed I did not know what to do, because during those times I just took time for myself and grounded and said to myself, "I don't know what I am going to do here." And a few times I said it out loud. That really relaxed me to tell the truth of what I was feeling while I was leading. Then I waited and during the waiting something would always happen that took the energy to a new place. I did fantasize on just bailing and that maybe I didn't want to do this work after all. What I notice looking back on it, is that I had many moments where I could have controlled things and then just didn't go there. I really wanted to ride the energy. I was scared and excited a lot of the time.

Final Workshop with the Dancers: My third and final workshop happened five months later and took place over two mid-week days. I had 8 dancers. As I stated earlier at the start of this paper, I had been looking forward to doing the Radical Aliveness process with this population for several years. I was hoping for clarification for this massive confusion around my work at the university and my life path.

Assumptions and Fear:

To begin with I made a lot of assumptions about this group. I think assuming makes me feel safe. So I was actually afraid of this group, of bringing this process to them, but it didn't know it at first. I was more casual about doing this with them because I "knew" them. I didn't arrange for an assistant. I had had teaching assistants in my dance classes, but many of these women had been my teaching assistants with my improvisation classes. I assumed they knew many things that they did not know. I learned that when I did this I was not meeting them where they were. I was keeping them in the dark and not actually respecting them. I was saying, "I know more than you; or another way to say it is, "I am better than you. You should already know this." I thought about whether I carried this attitude in my classes at school. That is the old model of teacher that is still in place in the theatre and dance department with most of the faculty. And, again, it had its roots in fear. That was interesting and I couldn't see it until I got them out of that building and into a setting with a different intention for our work. So I felt a little off balance and it felt so strange because I felt so uncomfortable. I did not expect that. I came to the place where I had been trying to shove these two things together. I felt sick. Something big was happening for me. I suddenly had the desire not to do the workshop with them. I had that sinking feeling that I had gone too far even before I started to lead them into it. Looking at this now, I see that it is an issue of self-image and position. They wouldn't respect me seeing me as a therapist. They wouldn't want to see me as a healer. I would have no credibility. I pretended to be a dancer/artist with them. It's not that I am not a dancer and an artist, but I was wearing a mask with them. I was trying to be formal—professional and trying to "fit in" to the dance world. The truth was about to come out.

Sinking In:

I proceeded shakily to start the business of the workshop. There was no introducing since they all knew each other, and some of them knew each other very well having worked together in classes for four or five years. I had used some of the Core exercises with these women during my improvisation classes to get the energy going. They had done the ones to bring their healthy aggression like the "no" exercise and "give it to me." The challenge with this one would be to get them to go past the structure of their relationships with each other to get to the truth in each and to go all the way with their energy into their aliveness. We did some movement to music first to fill the room and set the container. We got into a circle and talked about schedule, confidentiality etc. like in the other workshops I had done. Each shared why they came to the workshop. Most said they wanted to see what it was all about and they trusted me. A couple had been in another of my workshops and shared their experience with it, which helped focus the group. A couple of dancers had shared that they had an amazing experience. The barrier had been broken. I felt calmer. I shared why I wanted to do this with them. I said I had felt limited at school knowing I had tools that would help clear some of the blocks that continued to cycle in them, keeping them from moving forward in their dancing. I also shared that I felt afraid to take them all the way into this process, not because I wasn't competent to do it, but because it was such a different thing from what we usually do together. So I said, "Let's try this together." I encouraged them to use each other for support and to see what it was like to go all the way.

The Flow:

We went back into movement to drums where I suggested they really shake out their bodies. I stopped them and modeled the hitting technique and said to try it out as a way of bringing themselves all the way into their bodies and into the room. I put the drum track back on and they took turns at the mats hitting. They generally felt energized and felt powerful hitting in most cases. Several felt it was too violent. D. went really wild and I could see she was out of her body. She became totally ungrounded so I stopped her and asked what was happening for her. She related that she was imagining that the mats were the Devil and that she was beating the Devil with the racquet. I stopped dead in my tracks and realized that there was a huge block that was going to be a big problem...or maybe it would be interesting to see if she could work with her fear of the dark side. Then I thought probably not. Dancers generally have rigid overlays to their characterologies. They have a strong need to control exemplified by their dedication to dance technique which is the ultimate control of the body. They are perfectionists. D. was no different. Since I did not have them fill out intake forms, I had no idea of her background. I knew generally, but not specifically in her case. This was a mistake I will not make again.

So I let the incident go for the time being. I needed to breathe with this because it was going to stop her dead in her tracks going into her vulnerability and she might be calling me a witch at the next opportunity. I became aware of how much fear she held and what constant struggle she must be in to have to hold herself so tightly against the devil. (*Read her feedback in the Appendix, pg 23. It is incredible.*) She said she had beaten the Devil with the racquet and won. I suspected she had cast her lower self out as the Devil. It was a war that would never end. As I could think of no way to tackle her fear of the devil right then, I just asked her to breathe and feel her body. I asked if she could feel her feet. She seemed like schizoid/rigid to me. Her terror was covered by control. She hung over and I got her to bend her knees a bit and get some vibrations going, which happened right away. The group gave her feedback and remarked on how powerful she looked when she was grounded. That seemed like enough for that moment. I made a note to myself that this was going to come up over and over with her. This really scared me. There is so much unconsciousness in that stance I felt overwhelmed with the work ahead of her in her life. I was worried that I wouldn't know how to work with this huge resistance to the work.

The workshop was really starting to flow. I asked how everybody was feeling. Some feelings came up around the different experience and images different ones had hitting so I asked if anyone wanted to go deeper. So we began to process one by one with a few volunteers. I started to be comfortable with the flow of things then. They were going deep and being vulnerable. They really did go all the way and they loved it. We took a break and then tried a contact exercise intending to deepen them further into their vulnerability. I think they said something like, "I hold back my....." as they made individual contact one by one. And then they did, "I am afraid to let you see....." A lot of feeling came up. They really supported each other. It felt like a family. After lunch they made masks. I provided paper plates and had them draw the part of themselves they show the world on one side and the part they keep hidden. They shared with a partner and then with the whole group. More feelings came up from that and some others that had not processed did so. We ended in a circle with feedback and sharing. They ended setting an intention for the following day. And they said they were surprised that they felt much closer to each other. I had my eye on D and on her reactions to the processes and to the way she might be perceiving the Devil at work. It was bothersome to say the least and I left with an uneasy feeling.

The next day a few of them arrived late for one reason or another. D. was 45 minutes late. This was annoying and I could have used my assistant, if I had had one to support me. I just needed someone to talk

to that wasn't in the workshop and could feel into the day with me. They all arrived and we started in the circle and each one shared what they needed for the final day. I won't go into the whole day here, but to say that overnight more came up for people. No conflict came out between individuals in the workshop except between D. and me. It happened as I had them in pairs lying on the mats kicking and hitting and letting their energy move. One woman had a lot of withheld rage. She hadn't wanted to bring her energy until this time and she really did on the mats. The energy was moving beautifully when D asked if she could talk to me. I went to her while the others were working in pairs. She asked me what my intention was. I told her it was healing, but there is a way I got into a position of defending the work. I didn't defend it, but I felt like she was calling me out. Like she was "taking a risk with me for the Lord." I kept it short with her and said I would speak with her after the workshop unless she wanted to bring it out in the group. She said not, but now I wish she would have done that. No I don't. I have no idea what to do with that. That hits me in the place where memories of lifetimes of being cast out or called a witch in my attempt to bring healing. She continued through the workshop pretending to be involved, but wasn't. After reading her comments (*see Appendix*) it is clear to me that she was there to guard the workshop in case the Devil got too out of hand. "Please save me from this," I prayed, and after reading her feedback I see she was praying for the same thing. This is definitely something I want to work with in supervision.

There was more process. Some went deeper into what was coming up from the kicking and hitting lying down on the mats. Some really young and tender children appeared and we took care of them. We ended the workshop in a circle sharing what they want to take with them. We talked about what it would be like to re-enter their normal daily life and I offered to follow up with any one of them that felt like they were in need. One individual took me up on that a few weeks later.

What Came Up for Me Working with the Dancers?

Was it an epiphany? As soon as I finished the workshop and walked out to my car I said to myself, "My work at school is one thing and RACE is another." V's feedback email says it best,

"I felt like your (improvisation) class opened the door for issues I've kept from myself. But the most valuable thing I learned from your class was that these issues needed to be addressed in order to have self-expression. How could I ever be an artist if I don't have a self to express?"

I think that was what I realized as I left the workshop. The university class points out where the blocks are and RACE works on the blocks. That all sounds so simple and true. Sometimes epiphanies are. Even D., who basically put up with the process and was just there to protect others had wise words,

"This workshop was different from improv(isation) class in that it deals with much deeper issues. Improv(isation) seemed quite surface level and used art as therapeutic, but this work was tackling to really bring release and freedom in a different and I think a more effective/powerful means. I can see how this workshop could help with their goals and dreams as it deals with identity and who you are. From that place also stems what we do."

One other important thing I realized is that I no longer want to work with individuals who are forced to be there. I am finished with the structured school setting. The workshop was a free will event with no attachment to a grade or credit. Those who came to it wanted to get something. And they received a lot for themselves. For years I have brought students to the brink of self-discovery and now I have the tools to take them all the way if and when they are ready; and it does not belong at school. However the movement and the artistry does belong out of school. I have resisted leaving because of my identity as an artist as if I couldn't be an artist out in the world.

Conclusions:

I am in love with the creative process. And I love teaching. I was afraid if I stopped teaching the creative process to college students, I would not be happy. I am now seeing the RA process as a creative process. It is a creative process that involves energy and movement and healing. There are periods of chaos and not knowing, also part of the creative process. I have never felt more creative than I did leading these three workshops. I was in my flow and using my imagination, my mind, my heart and my guidance to go through the days. It was fulfilling and I was at my edge creating moment by moment, holding the space, shifting the energy, smoothing the waters, and riding the wave.

As I look back at my intentions for my project, I have fulfilled all but one of them and that is to create my own space for my work in Orange County near where I live. My practice is in my healing room attached to my garage and it is way too small for me. I long to create a space large enough for movement, creative projects, healing, and RACE. Finishing the RACE training feels like the time is now right to do this. I no longer feel tied to the university in order to be an artist, trying to fit a square peg in a round hole with the students. Through the past four years here at RACE I have discovered I have tried all too hard to make things work. Maybe I could actually let go and move on.

As I step out of the university's space I will step into my own.

One Last Thing: I drew an Osho Zen Tarot card for what my project embodies for me and got this one. You might enjoy it too. *(Find it on the final page of the Appendix.)*

Appendix

Feedback From Workshop Participants

Comments On Feedback:

I solicited feedback from 25 individuals who had attended one or more of my project workshops a year after their conclusion. I received 13 responses. 7 out of the 25 individuals who attended were men. Only one man responded to my request for feedback.

M: Female...35 year old and comments one year later....attended two workshops

In short, the big issues that I remember crying about in your workshops are 95% healed. I remember the you, the class, the people, the interactions, and the profound releases of your class fondly (and sometimes yearningly because I have wanted more opportunities like that). The people from our class never got together again as far as I know, but I would have wanted to. It is a rare opportunity to get to dive in and cry as soon as I walk into a door, or make faces and jump around - a tantrum like a 2 year old - and have that accepted, and even ignored as normal. I look forward to other opportunities with you. I am glad that you are continuing your work. Lots of love!

M: Comments right after the workshop 3/29/11

Hey, Lynn. I am doing really well. I have been so aware of my emotions and my body the last 2 days, that I feel the emotional impact of subtle changes in conversation or meaning that I put on to things, or my own thoughts - I feel that all in my body. It has been so interesting to see the immediate changes in my sensation of my body in reaction to everything. I am learning a lot, and I am so thankful to you. You did a great job creating that workshop! Thank you so much for being with me and guiding me, especially on that last exercise.

M: to the group right after the workshop 3/29/1

Well, I have still been with you all in the workshop in my head for the last two days. I still have more work to do with you! I want more! Give it to me!

I benefited so much from the group and Lynn. Wow. I so appreciate the interactions I have had with you all.

I am writing because I appreciate that someone came up with the idea for us to keep contact. I think a blog would be great, if someone knows how to set it up, so that we can randomly tap in, say how we are feeling to the group, and that anyone can answer if they feel like it. Or maybe group email will work that way.

Also I am writing because I want to keep the workshop going. I have had enough experience with workshops to know and have been warned by the facilitators themselves, that relationships outside the workshop are very different than inside the workshop, and to know that so that you are not disappointed when somebody's normal blocks and walls come up and that our interactions don't match and that a friendship cannot be maintained.

So I propose to take the workshop with us as much as we can. We may be different in the outside world, but together in that workshop, we were great, and I want more! So I would love for us to be Therapy Friends, not Social Friends. Meaning that we carry the underlying rules that we have built our relationships on with each other so far.

We may have interpreted these rules differently, so I will tell you how I built those rules in my mind, and then we can discuss what we want to agree on.

In my mind, we already agreed to:

1) first and foremost, to honor ourselves at every moment, as best we can. That means allowing ourselves to be aware of our emotions and all other parts of ourselves, and do a good job of taking care of ourselves. If we want to say "no", we say "no". If we want to say "yes", we say "yes". If we need to disengage for a while, then we do, and not put on a happy face for everybody else. We take the responsibility of taking opportunities to get healing, to express ourselves, to ask for help when we want it. It is all a matter of how daring we are willing to be in our own minds, and if we don't honor ourselves one moment, that is OK, we are still doing a good job, and we can honor ourselves in the next moment. I know it is a challenge to be true to myself. Sometimes I am more successful at it than others.

2) respect that others are honoring themselves. That involves remembering that rule #1 is in effect, and that if another person is freaking out, then that is their reaction to a trigger (maybe we triggered them, or something else did). That means loving ourselves enough to remember that another person's behavior is not about us, its about them acting out what they need to act out.

3) If we get upset about someone else being upset, then that means that we have been triggered or reminded of something that gave us pain in the past, and is an opportunity for us to flush this new upse in ourselves out, and heal it. This brings awareness to us to see the parallel between what the trigger is now, and what has happened to hurt us in our past. That is a lot of loving power, and we have seen it happen many times in the workshop, and we can do it again. (I want to do it again with you guys!) I got triggered over a few things in the workshop, and I released and grew from each one, and I am actually gratefull that I got upset so I could get it out! So I guess rule #3 is to remember as best we can rule #2, and, combine it with rule # 2, to not take other peoples upset personally, realize our upset is a mirror of some bigger, older upset in ourselves, and to take the opportunity that the group holds for us to heal it.

So, what do you think? Can we be Therapy Friends? Or Workshop Friends, or whatever you want to call it? Do you have a different interpretation of the underlying rules that we had in the workshop?

I think we can do social things together, and my preference would be to keep it for the purpose of continuing our opportunity that the group provides to be a healing place for us. Lets create a healing safe place wherever we go together.

S: Female 27 year old and comments are one year later

funny, been thinking of this work, that time recently.. then u write.

k, truth, honesty. **first-- i felt not safe enough to open up like i wanted in the workshop. i didn't go deep like i wanted. i didn't feel the space ready to hold me.**

i was disappointed that no one really seemed to respond or keep in touch with each other much after.. like it was just an experience where we connected briefly-- some moments more profound.. but really.. it all wasn't kept.. in my mind. like everyone kind wanted to keep this anonymity going.. like the experience didn't really happen or something.. maybe too much vulnerability among strangers. i let go of some stuff.. but realized so much was left that the workshop really didn't last for me.. bits yes, grateful yes i was.. but deep enough- no.

i don't think i would do it again unless there was a deeper place of a container and realness. i wrote you sometime after and didn't hear back from you.. wasn't so bad, but then it seemed that was the theme of the group after.. no connection. i kept in touch with the one that did want to keep in touch, for a while.

but this is society these days, limited depth.. so i feel.

i love this work, i'd love to take it with a very experienced, very strong teacher if i was to do it again. i know we all grow. i am thinking i'd like to create a kind of space for people myself. and i am starting my bus. in a kind of similar way..

S: (same as above) Comments right after the workshop (Interesting to compare with the comments above about the same experience one year later)

I started to write this the other day, but didn't finish until now.. it's almost easier to not write when you have a lot you could say-- **and the word thank you doesn't quite match what i want to say-- you were amazing with so many of us, and being their for me-- and again i just want to express how grateful i am for your bringing your whole self to our table and being there for us- cause without you NONE of that would have happened :)**

Of course i think if only everybody could be so privledged to have this experience-- but in the mean time, i just try to remember that you/we share by the growth we incorporate in ourselves :)

i almost feel selfish to even bring this up-- but part of me is afraid that the next repeat workshop will fill up quick-- so i want to put it out there that i am interested in re-attending-- i just don't want to miss any info. you send out to let us all know about it.. so im letting you know now..

hug, :)

L: Female 43 year oldcomments are one year later. She had experience with process groups and is a client of mine.

Thanks for this opportunity. The workshop that I participated in continued to support my intention to have more of me in life. Releasing many of the blocks in a group setting allowed me to reveal my fears and challenge my images while being supported by all who were there. On another note: Lynn, your work and the results of working with you have helped me make leaps in my consciousness. I consider myself fortunate to have found you.

LS: Female 52 year old- Attended two workshops and comments are one year later.

I had a really huge opening in my first class with you, which I feel impacted me in a very deep and positive way. It flipped on a switch for me that was flipped on long long time ago but I think when I got to your class a dimmer switch had replaced my brighter one.. Taking your class got that dimmer switch back to a brighter level. What I'm trying to say is that your class was a real inspiration and got my hunger for authenticity back on board. After your class I went on to do some further work in bioenergetics and i have been on the journey since.... I have been able to go deeper into this work and your class was an integral part of inspiring me to continue moving through my barriers. The Waking up process, and becoming more authentic hasn't been easy. I have had a tendency to put up resistance along the way but I've seen that is the way for most of us. We're human. What I loved about your groups is how we were all so very human in our vulnerable spaces. . I

felt a lot of support in your classes, and i felt a trust in you immediately. I am really happy to hear you will be going back to doing this work with others again. I hope you're passionate about it because it truly feels to me like it's your calling... your gift...

W: Male 70 year old and comments are one year later--Some experience with process groups

I did get a lot out of our time with you in those weekends of so long ago:

Specifically: it was good to get to feel and release emotional energy. It was good to dance and be a witness for others. I did feel renewed and empowered. It is a pity that it was a long time ago and memory is not one of my strong points any more (or ever was)...anyway...it was good and I was glad I had participated with you and everyone there.

I have moved on a bit in my interests concerning process work. I just got back from a 5-day training at Esalen called "free your breath, free your life" with Dennis Lewis. (This is also a book title of his - you may enjoy reading it as well as "breathe into Being"...

I: Female 20 year old—comments are one year later...No previous process group experience

Hi Lynn! I'm so sorry that I haven't gotten back to you. Anyways, here's a moment from your class that was a major break through for me. I was beating the racket against the mats and I broke down from the overwhelming feelings of being lost and insignificant. When I took the racket again and declared "Look at me." and "I am here." I became grounded. I knew in that moment that I was in complete control and that I had a voice.

Needless to say life comes in waves. There have ups and downs since then. I have a very deep and commutative relationship with my boyfriend. I think that without him I would have lost touch with that voice that I discovered in your class. I'm also taking an experimental film class this semester, which is all about artistically expressing yourself through film. This class has given my voice a new outlet in which to be heard. I definitely have passion for this kind of filmmaking. I enjoyed your workshop very much. It was a much needed and very helpful stepping stone in my on going journey of healing and self-discovery. Oh and the dancing! Pure fun.

M: Female 37 year old-- had previous experience with process groups at Barbara Brennan School of Healing and is a client of mine.

I'll be happy to offer my experience of the workshop I participated in last year.

Through the mastery of your guided facilitation I was held in safety and from there allowed the experience of a deeper level of internal liberation which has continued to unravel and expand, supporting my journey to my unique truth.

As I've told you before Lynn, I feel very lucky to have you in my life. You're my angel of grace.

Z: Female 57 year old—attended corporate seminars for personal growth. Comments are one year later.

Thank you for your persistence. I would like to share. I think you did a great job of creating a safe, encouraging, supportive space during the Radical Aliveness workshop. I was so very enthused by the fact that so many participants were in their 20s and 30s and had this opportunity to explore the issues cloaking their passionate spirit. To start so young. Then there were others like me whom had many more years of experiences that seem to be weighing down our essence. I loved the body moment. It was the reason I came. I spend so much time in my head, moving into my body for the weekend was glorious.

The key insight I gained from the weekend was my true "neediness." Even typing this chokes me up. I am a strong, independent woman and have built a get-it-done-no-matter-what spirit. I am a survivor. With this attitude, and based on my childhood interpretations, I have also built a go-it-alone spirit. I have felt let down and disappointed by other, particularly the men in my life. I had learned not to depend on them, lean on them. What I found in your workshop was my "neediness." It is so funny to use this word because I usually associate this word with negative energy, with dependency and victimhood. But what opened for me was my desire for intimacy, for closer relationships. Perhaps "wanting" might be a word less judged but I was feeling a true "need" to connect at a different level. Your workshop opened that strange insight. Me "needy?"

Since that workshop and through additional work, I have opened up to allowing other to be more present for me. My women's group has been a gift, allowing me to share my explorations and to gain other perspectives

and insights, to be vulnerable. My energy work with you was magnificent. Sometimes I would come in not thinking much was up but each time we would dig a little deeper into the recesses of my body, digging out and bringing to light my physic programming so I would feel it fully and allow it wash through me and if appropriate move out of me. At times the awareness was so new and so different that I had to hold on to it a little longer to look at it and chew on it to understand the truth before being willing to accept and release its power over me.

The results. I am so much more open - to myself and to so many others. By acknowledging my neediness I have opened a space for a man to be present in my life; a man whom can stand in the presence of Spirit with me, travel with me as I explore and bring forth whom I am called to be. I am not alone. I am learning to trust once again.

Thank you. Bless you,
Z.

C: Female 40 year old Barbara Brennan Graduate commenting a year later

I think the workshop showed me more of what I had accomplished as far as healing at BBSH and afterward, how far I had come. At school I struggled with truly connecting with people, mainly in group, speaking out in front of people, being seen, heard, witnessed. After graduating I felt that BBSH had opened up a can of worms, and while I certainly didn't expect to come out of there completely healed, I kind of felt like I was left hanging. But I knew that I had been given a great gift and that was the tools and the knowledge that I had the ability to heal myself.

Anyway, the workshop showed me that I was no longer so scared to presence myself in the group, in fact I looked forward to it. I also saw my willingness to let myself be vulnerable, or maybe more that I allowed myself to be seen in my vulnerability, such as when I hugged you. That was so genuinely my inner child and it still blows me away because I didn't even see it coming. Or when I allowed my frustration to outburst when that one guy was beating the mats. I didn't feel like I needed to explode, but I needed him to open his mouth and let it out because me and I know a lot of people were holding it for him. What we do we do for the group. Later we talked and he really appreciated it and said he sure hoped I would be at the next one.

If you remember, my back went out during one of the racket/mat sessions so that took a while to heal and that let me know that I was still hanging onto the back area things, like Barbara says in her book, backing out on yourself. Louise Hay's book *Heal Your Body A-Z* also explains the low back as fear of money, lack of financial support, which was very true for me. Still working on that one. It is a very powerful, deeply entrenched part of 'my story'. I have been working a lot with the Law of Attraction and *A Course in Miracles*.

When we did that one laying on the mats and beating the floor with our fists and legs, I went right into being molested. That's what it felt like. And even though I had worked through most of it, there was still that bit left and that exercise brought it out nicely, very energetically. That kind of blew me away as well because the emotions and vibrations of it were so real. In this workshop I also realized that even though I could tell what emotions were about, the story really wasn't important to me anymore. I didn't need to go in and figure it out and go back into the story.

As far as the group keeping in touch I tried, but most everyone just let go and scattered, much like at BBSH. I felt like I was able to connect with the group better than I had ever been, not that there was anything special about these people as opposed to my BBSH friends, but that with all my work I had gotten to a place where I could allow myself to connect a little more. I loved the closing when the black guy (sorry, I don't remember anyone's name from the group) went into his process and I'm so glad we stayed for it because I know how important that was for him, and when we laid around on each other afterwards, that was the FIRST time ever that I actually felt comfortable in that type of setting. I actually felt comforted and safe. I was content to just lay there for a while. I actually felt a part of something. That was a first.

I loved the dancing, of course. And, most of all, I thought you did an incredible job. You helped me to see that things aren't always going to go the way we think they will or hope, and that it's okay, it's still good. I have found that one of my biggest problems is my need for perfection, whatever that is. I went to the Unity Church once before I left and got a powerful message when the pastor said, Perfection=Procrastination=Paralysis. Dan Millman wrote in his book one of the things I most need to remember is, Not perfect but good enough. At

school it was often said that no matter how your session or healing goes, it is enough, it is exactly what is needed. I am really learning to be more and more okay with that.

You are good at this work, Lynn. I have thought about when my practice is going, how I would love to have you do some workshops here.

I hope this helps you Lynn. Feel free to use it as you see fit. There was a lot in that workshop and I remember all of it. I am very grateful for it and to receive it for free. Again, it showed me a lot of how far I had come and also what was needed. Thank you, thank you, thank you. There is still some things coming up for me, I realize, but I need to go to bed. Let me know if there is anything else you need.

C: Second email the next day after the one above with more to share:

Okay. So some other things that came up for me at the workshop is when 'that guy' was beating the racket, I really wanted to let that lower self come up, because it was really there and I knew it would help him as well, but I was afraid of interrupting his process and then finally I thought, You are part of his process. I kept getting his mother and girlfriends degrading him and somehow I knew he needed that vision, something specific to get him to open his throat and let it out. Otherwise, we were all going to burst. What comes up for me around that is that I know loud processing scares some people and I felt self-conscious about it afterwards and I think embarrassed and ashamed because I felt that a lot of people didn't really understand it and might have seen it as being insensitive so I was worrying about what others thought, and especially a group that wasn't Brennan students. But I connected with him to make sure he was all right and knew that it wasn't anything personal and he was quite happy about the whole thing and we had a wonderful connection. I remember when you came in Saturday morning and told us he might not be coming back (this is before his process) and I remember feeling really disappointed and concerned because I knew how much he needed this. Somehow deep down I must have known that something was going to happen, whether with me or someone else, but I was really hoping that he would show and very relieved when he did. I also find myself really loving and honoring that masochistic spite and provoke, not so much in the lower self, but because I saw the healer in me and my higher self choosing to do what was here and trusting what seemed right to help someone and knowing that I am gentle and loving first and foremost. And I think this is what I am afraid of is that people become afraid of me, especially as a woman and women aren't supposed to be that way and be angry and loud. I know that what really scares people when they witness that for the first time is that it could be them, that that same rage or bitch is in them, but I want them to know that this is all good, let it out.

And I felt I really saw this in a couple of people. One lady who I had a nice connection with, after that and the whole next day, I really kept seeing her need to protect everyone who got on the floor and whenever you called the group forward to hold them, she would just push her way out in front to be right next to them, to the point of almost being on top of them. I thought she was being obnoxious. I kept thinking you might say something because, for me, it seemed so overbearing, especially to the guy whose issues are about controlling degrading women or the girl who was dealing with molestation issues. All my stuff.

The other thing that came up for me is when 'that guy' was at the mats and I provoked him and he told me I was faking it in my process, I knew I wasn't, but I didn't like being told I was faking it. I was disappointed that several people wouldn't do anything because it felt fake, and I know that feeling really well, but I also found out in that workshop that to start the movement, even if it doesn't feel real, actually gets the energetic blocks to start moving and unfreezing and then the movement of the blocked energy takes over and moves on out. Yahoo!

There was one last incident that sticks out and that was the woman who was kind of doing the child dance while she was getting ready to beat the racket and you trying to help her with her stance so she wouldn't get hurt and she couldn't seem to take it in that you weren't trying to block her expression, but just trying to save her from like what I went through. She was really in the child consciousness at that time and didn't seem to come out of it for the rest of the work shop and after. A couple of times through the weekend she wanted to express to me, and others, about this, in other words, wanting to do some lower self talking about it and I and I believe one other person that I witnessed tried to explain the same thing you were trying to explain, but she was in that place very, very heavy and I realized how deep her wounded child consciousness was because

she just didn't want to take in that you weren't trying to stifle her in any way. I remembered that she was a social worker which scared the shit out of me like it does with my sister and others in field like this and psychology who are out there trying to help others while having done zero work on themselves. One thing I think I am still dealing with right now is the wounding I have been through from my social worker sister and a psychologist friend of the family's. And I wonder how much damage has been done out there from people who are allowed to get out there and do this heavy kind of work, but haven't cleared their own stuff and don't even know that they have stuff to clear. And it pisses me off that society puts so much credit around having a degree, which is all about putting in extra classes and money into the system, classes that usually have nothing to do with the major itself, instead of producing truly qualified healers. This is still huge on the planet today. Anyway, I still liked this woman, but it was like she couldn't grow up after that piece for her. And I know it's right where it needed to be for her and everyone, but this is just how I was relating to everything.

I loved the really quiet shy girl who got up and beat that racket and to watch her just shed that meek mousy exterior and this vibrant, strong, confident woman showed up. What a transformation that was!

All these people were a strong mirror for me and I am grateful for their process and mine, and I am looking at all this within myself. I think writing this out came at the perfect time for me. Thanks for asking. I was really looking forward to the next one and I know there will be another one, maybe not with this group, but maybe here in NY. I think it is something people can use here.

Okay. So I know you will be busy writing up your project, but I welcome any insights you may have. Oh, I also loved the little girls dancing at the studio and your pot-smelling sweetgrass. Again, thank you.

Blessings, Lynn

Je: Female 23-year-old dance student... comments are 9 months later. She had no experience with process work.

I feel the experience of the dance workshop really put my goals into perspective. I faced an amassing of my unconscious desires. For the first time I could vocalize my desire with the affirmation of a group of supportive people. During his workshop I also put to rest residual anger from childhood. We worked on nourishing ourselves we confronted past issues as a group. I feel overall the experience was very special.

Ca: Female 25-year-old dance student... attended all three workshops and comments are 9 months later. She had no prior experience with process work.

Hello Lynn. I don't have internet right now at my place so in having to do this with my phone.. so sorry if its brief. My experiences with radical awareness have been a huge stepping-stone for me and I have come to realize many things through it. When doing healthy aggression activities like the racket and pillow one I was really able to get a lot out that I didn't even know was there.. I was holding a lot of anger in towards my family. I have learned that I too can make mistakes and that's ok, something you Lynn have really helped me realize. The workshops vs improv were each a different experience for me for I feel my fellow classmates have a hard time digging deeper and showing their vulnerable selves as willingly as those in the workshops. I actually liked the idea that at first I didn't know anyone in the workshop, except for a close girlfriend. Later doing another workshop was very difficult in that I was very vulnerable and constantly cried while listening to others' story.. I thought I was crying because of their sad stories when really I myself was hurting. I allowed myself soon after to get out of a terrible relationship, it felt as though I was shedding my skin.. no longer keeping relationships with people that truly didn't have my best interest. Something that I got from a one on one session was allowing myself to remember myself as a girl growing up, what did I want? Growing up with an alcoholic mother I could see my drinking could at times get out of hand. So I had to ask myself, what did I want as a young girl? Really I wanted some attention which was understandable, but now I want peace and quiet.. no more fights with my mother. Although I still am forgiving my mother for things she has done, I remind myself that its ok and I get to take that time to heal. I no longer get angry very fast, instead I think of things at a slower pace, calming the mind if you will. I really enjoyed the people in the workshop, I love them for being honest and open making a safe healing place. Although I don't usually like to compare but I do think about where I was a year ago vs now, and I see how happy I am. I feel more calm with almost no anxiety. I think of my summer and what's to come and I feel excited and motivated to take it all in. Thank you Lynn for listening and letting me know that everything I'm feeling is ok and its important to learn how to be confident in myself in order to forgive those around me. Thank you for helping me realize that healing the inside comes with the hugest reward, happiness.

D: Female 25-year-old dance student-- She took the dancer workshop only. Comments are 9 months later.

Around July/August time, is when this workshop was scheduled and of course I went! Here is what I can remember:

-I was excited to see everyone and catch up since over summer we were all spread out in different places
-I remember the exercise where we looked at each other eye to eye and told each other things that have remained secret and made us feel vulnerable. Each person that I looked in the eye was an opportunity for me to really see everybody. I asked God, "God what do YOU see in them?" And he told me such a wonderful things about each person and how He created and made them to be. It was truly beautiful. One particular standout was with J. I remember telling J. that it made feel vulnerable to have spiritual conversation with her in fear of judgment and not knowing how she would respond. I believe this vulnerability opened something for us to be honest and share things with each other that people normally don't share with another. I would later have conversations with J. about spirituality during the school year and I believe the root came back to this time.

-The next thing I remember was the exercise with the blue mats and the racquet. Each person had his or her turn, and I remember giving feedback to each person. One person that stands out in particular was V. and I remember feeling so strong that the Esther anointing (Esther from the Bible) was on her.

-On my turn with the racquet and the blue mat, I felt Holy Spirit say to imagine Satan as the blue mat. He has stolen much from me and this was a time to release it. There is also something powerful about joy and laughter. There's a verse in Ps16 that says, "In His Presence, is the fullness of joy." I got hit by joy and started laughing and laughing. It was almost like a righteous laughter and God was giving me the okay to laugh at his face. I also had a funny manifestation of swaying. Many times when I feel the Presence of God, I keep swaying back and forth. It feels quite content and peaceful. I remember the group requested that I stand still for a moment and someone commented that I had so much more power in that stillness. I was pressed with the impression and verse, "Be still and know that I am God." This also made me feel and realize that many things are beyond my control and all I can do is give it to Him.

-Another moment I remember is when T. went to bat. There was a wall built up inside of her and at that moment, I realized that this wall could not broken without God. It was going to happen right then and there but she needed Jesus to break down this wall that built up inside of her. Some of the things I learned from the inner healing internship could have been applied but I never got the chance to meet with her to break it down. It's something I still feel for and want support her in who she is becoming.

-I don't remember much of the first day beyond that. Afterwards, I felt really ucky and confused. The same feeling that I had when I went through the HP (*Harry Potter*) madness began again. I felt very conflicted and my thoughts were very mushed and not straight at all. I felt like I was supposed to ask my mentor, M. her thoughts. She called me the next morning and informed that she was also felt spiritual unrest and that the technique of Reiku has roots in witchcraft. I told her I felt like I was supposed to go back for the second day because of the people that were there and not the work. She prayed for me and just told me to be careful.

-I came in the next day feeling wary and on guard. I remember I was late and the room smelled very bad. The smell wreaked of an awful odor that began to give me a headache. It was sickening and felt oppressive. T. also felt this and it began to manifest in a physical pain for herself too. **This second day was an intense spiritual warfare experience. I walked out because I could needed fresh air and to pray in tongues. Some friends prayed for me over the phone and just released God's goodness and protection over myself.**

-The next thing I remember was the temper tantrums on the mat. T. and I were partners and it was honestly hard to do. I felt Holy Spirit say, "It's okay D., just scream out in tongues. You can change an atmosphere with Me." I was bit fearful to do so, but I did and it felt powerful!

-I remember having a conversation with you about this type of work. You could tell I was not feeling it and stepping into the work. After I shared my recent experience with a deliverance session from the spirit of witchcraft, you just let me be. Thank you and thank you for respecting that. I did have a certain expectation that answers I wanted would be answered then, but I just did not know how to say it or what to say.

-Lastly I remember making masks of the self we show and hide. I really enjoyed that exercise as it gave me a visual representation of the things that really matter to me. It was also interesting to see how others viewed

themselves. We ended the session with each person sharing whatever he or she wanted to share and I felt like God was saying it was important to honor each person there. He again showed the treasure and heart of each person and what a privilege it was to be in a room of such good people that God loved so much.

Something that God showed me through this workshop was to look past judgment and see people with honor and respect. It was hard for me at the time to understand why you chose to do such a work, because yes it helped people but it was in a way that I did not necessarily agree with the techniques of. God was showing me the woman that you are and your heart for others to be healed and made whole again. I remember the word he gave me about you that you were a fisher of people that would care, love, and nourish for. And what a beautiful person you are! This leads to the last question that I would not do more of this work. I was there for the people in the workshop because I care about them and who they are. I was not there to receive but to support, love and learn.

This workshop was different from improv class in that it deals with much deeper issues. Improv seemed quite surface level and used art as therapeutic, but this work was tackling to really bring release and freedom in a different and I think a more effective/powerful means.

I can see how this workshop could help with their goals and dreams as it deals with identity and who you are. From that place also stems what we do. For me, it did not but I can see how it is an outlet to help. Ultimately my whole summer was shaped powerfully in establishing a firm and stronger foundation of my identity in Him. With that, I cannot be shaken!

So there it is...sorry it's so long but I think the backdrop was necessary to fully understand how I came into the workshop. You are a beautiful person Lynn and thank you for your kindness and how much you give and bless others. It is truly a gift.

If there is anything else I can help with, let me know.

V: Female 25 year old and comments are one year later.. Attended all three workshops

I remember feeling uncomfortable and terrified because I knew I was going to reveal many things to strangers that I had never let anyone in my life see before and yet I felt I was ready for the journey. Once I opened up to everyone I felt vulnerable but supported and I feel that ever since then I've managed to say open to experiences as well as people, as opposed to before I started your workshops when I would just keep to myself and resist any new experience. I do feel like I need to do more work because every time I open something up from inside me some new problem seems to come up. I'm definitely a work in progress.

My life is much more calm than before because I'm still staying open to work on myself. I think I've gotten to the root of some core beliefs that I even kept from myself. Now that I'm a lot more aware of my self-sabotaging I would like to work more on a self-sufficient no-nonsense attitude that I project on others being masked as self-righteousness.

The very first couple of workshops I did were the most challenging to deal with after the weekend was over. And even when I reached out through email it just wasn't the same. But I did choose to reach out to family members when I needed support, which was also great because the last time I reached out to my cousin was when I was a teenager. Now I journal write every morning which is self-soothing it helps me not to discharge in the world.

The improvisation class was more challenging to be vulnerable in because it was an unfamiliar process. I felt like your class opened the door for issues I've kept from myself. But the most valuable thing I learned from your class was that these issues need to be addressed in order to have self-expression. How could I ever be an artist if I don't have a self to express? I really had no idea who I was or where I was going or what I was going to do. I felt really lost and I think that's the reason I changed my major so many times. I was afraid to commit to anything. When your class was over I felt compelled to continue exploring but when I took your workshop with my fellow dance peers I felt really nervous about it. I didn't know how I would respond around people that intimidated me in the dance department. Everyone was so great though that it was refreshing. I felt safe around them but I do believe I held back because in the back of my mind I didn't consider myself a dancer because I started late and these girls obviously started dancing when they were young. But I know those are my issues because they never made me feel that way. That's still something I need to deal

with because I still feel like I'm not great and I'll never be great even though I know for a fact I've grown as a dancer. Ahh...more issues. :) Hope this helps.

Community Publicity

CRAIGS LIST: (I had forgotten about putting and add on Craigs List. I got no response from it.)

I am a Brennan Healer and a Radical Aliveness Core Energetics Practitioner. I started this process group with the intention for you to explore ways to free the blocked energy holding you back. This body energy therapy is different than talk therapy in the way that it accesses deep patterns that have been frozen in your body since childhood. We actively pursue freeing blocks at the cellular level using authentic movement, dream dancing, core release, breath-work, and playful exploration. Join us to experience the power and goodness at the root of your most destructive patterns. Discover yourself relating to others in a whole new way living radically alive. I will help guide your process in a safe space where you can let go.

DESCRIPTION OF GROUP ON MEETUP.COM (People are still joining even through we have been dormant since September 2011)

I am a Brennan Healer and a Radical Aliveness Core Energetics Practitioner. I started this process group with the intention for you to explore ways to free the blocked energy that holds you back. This body energy therapy is different than talk therapy in the way that it accesses deep patterns that have been frozen in your body since childhood. Understanding how you got this way is only half the picture. We actively pursue freeing these blocks at the cellular level using authentic movement, dream dancing, core release, sharing emotion, breath-work, and playful exploration. Join us to experience the power and goodness at the root of your most destructive patterns. You will relate to others in a whole new way living radically alive. I will help guide your process in a safe space where you can let go.

DESCRIPTION ON THE "ABOUT" PAGE OF MY MEET UP SITE:

This is a practice that will challenge you to bring all of yourself to each meeting. It is sometimes uncomfortable. It is necessarily so because if we stay comfortable, we will stay right where we are. If we want our lives and our relationships to change, something needs to change in us. Change is almost never comfortable. It will be a time of support for you to try out different ways of being with yourself and others. You will relax and dream a new self into being as you move. You will challenge yourself to let go of the control that holds you prisoner and you will speak your truth in order to set yourself free of the limiting images and beliefs about yourself and life.

We are born into this life free and alive with imagination and a boundless creative impulse. Little by little we conformed to pressure from parents, school and spoken or unspoken social rules to be a certain way. As children, we believed we needed to conform to this pressure to get LOVE. We learned to wear "masks" to cover our authentic self. Twisting ourselves into knots for years, we have still not gotten the love we so desperately yearn for. We have still not found a way to step out and give the gifts that only we can give to the world. This process will challenge those places where you said "no" to your aliveness in order to be accepted. Come try a different way! I would love to support you to reclaim your full alive authentic self.

These kinds of groups are currently \$50.00 per person for a 2-hour session. I am offering these sessions for \$20.00 in order to introduce this powerful work by making it more affordable. This is a wonderful adjunct to talk therapy.



Radical Aliveness/Conscious Movement Workshops

I am offering a series of weekend workshops based on my work in Conscious Movement and Radical Aliveness Core Energetics. This is a powerful method of personal transformation and healing that uses exercises to release blocked energy in the physical body, which stands in the way of pleasure and wholeness. Freeing this flow allows the body to liberate energy and creativity that had been used to hold these blocks in place. You will discover the **power** and **goodness** that lies at the root of your destructive patterns and connect directly with your strength and your truth.

The difference between this physical energy work and talk therapy is important to note. While talk therapy brings you to a state of understanding the root of your destructive and painful patterns, Core Energetics works directly with the place and time when you held back your creative flow. In order to survive when we were young, we cut off this flow to protect ourselves from painful emotions too dangerous to feel. This work provides a way of transforming these patterns that no longer serve us as adults. Understanding why you continue the vicious circle is helpful, but truly clearing the pattern requires working with cellular memory at the physical and energetic level.

Come join me in this exciting vital process. You will play and have fun as you explore the aliveness that makes you who you are. As you see the endless possibilities for creating from your full potential you will relate to yourself, others and the world in radically new ways.

THE FIRST WORKSHOP IS JANUARY 28, 29, AND 30

You must attend the entire workshop to take part.

FRIDAY NIGHT 7-9PM

SATURDAY 10-6PM

SUNDAY 10-5

RETURN THIS EMAIL TO SIGN UP. There is no cost for this workshop. This is a project I am doing to complete my training for certification as a Core Energetics therapist. I ask that you commit to the workshop by January 22 to hold your spot. Space will be limited to 10 to 12 participants. If you know of others that might be interested in this work please pass the word. I will need to interview them before they can attend. I am so excited for the work we will do together and for what is unfolding for you even as you consider the invitation to attend.

“What Does My Project Embody?”



In existence there is nobody who is superior and nobody who is inferior. The blade of grass and the great star are absolutely equal.... But man wants to be higher than others, he wants to conquer nature, hence he has to fight continuously. All complexity arises out of this fight. The innocent person is one who has renounced fighting; who is no longer interested in being higher, who is no longer interested in performing, in proving that he is someone special; who has become like a rose flower or like a dewdrop on the lotus leaf; who has become part of this infinity; who has melted, merged and become one with the ocean and is just a wave; who has no idea of the "I". The disappearance of the "I" is innocence.

Osho *The White Lotus* Chapter 6

Commentary:

In this image of lotus leaves in the early morning, we can see in the rippling of the water that one drop has just fallen. It is a precious moment, and one that is full of poignancy. In surrendering to gravity and slipping off the leaf, the drop loses its previous identity and joins the vastness of the water below. We can imagine that it must have trembled before it fell, just on the edge between the known and the unknowable. To choose this card is a recognition that

something is finished, something is completing. Whatever it is--a job, a relationship, a home you have loved, anything that might have helped you to define who you are--it is time to let go of it, allowing any sadness but not trying to hold on. Something greater is awaiting you, new dimensions are there to be discovered. You are past the point of no return now, and gravity is doing its work. Go with it--it represents liberation.