

Leadership and Transformation Training Guidelines

Here are some guidelines for your participation in the training events that include Foundation, the 5-day seminars and other events where the community is larger than L.A.T.-only. They are intended to create a spacious and clear container to generate your most transformative experience. You can use them one at a time to integrate, meditate on one a day, assess your skill level and what areas you want to focus on during the training, etc. Much of the material comes from transformation leaders reflecting on what has been most important to them during trainings.

General guidelines:

- The training container gets vitalized by your intention, commitment and full participation. Anytime you're drooping, look at these three elements and see which wants your attention and/or action.
- Who's in charge? We all are. You serve the training by making agreements you want to make, owning the place,* letting loop of awareness ground and expand you, and be being of service.
- Use telepathic interventions first, and love yourself first for whatever you are noticing "out there."
- You and your L.A.T. buddy ground all the energy of the training by:
 - checking in with each other at least once a day
 - holding the space together for your participant group's full out play

What Works:

- Be of service:*
 - That is, let your being and who you are be of service regardless of what you do or don't do.

"One attitude that served and serves me in being of service to others is recognizing that relationships are an organic system flowing together, back and forth. When I am of service to another, I am of service to myself. When we are of service to each other, we are of service to the community. During one training you clearly stated (my words now), I am not really interested in your personal growth. What we are up to is being of service. In that process, you will likely create your own learning and growth, but that is a natural/potential outcome of the purpose of this program. "

Gayle Colman

- Spend your time during the training in an inclusive way:

Examples:

- Greet the participants in creative ways that allow you to connect
- Partner with participants first, and new participants throughout
- Spend time with participants during lunch breaks.
- Give yourself nourishing time alone every day to fill your tank

- Soak repeatedly in **beginner's mind***, so that availability & readiness infuse & radiate from every cell.
- Reveal withholds with other leaders as soon as possible
- Participate in MABO and use the activities to deepen your skills
- Set an intention for the day in the morning circle that you can return to for grounding and energizing.

More info:

* Beginner's mind: is a concept in Zen Buddhism. It refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner in that subject would. The term is especially used in the study of Zen Buddhism and Japanese martial arts.

The phrase was also used as the title of Zen teacher Shunryu Suzuki's book: *Zen Mind, Beginner's Mind*, which reflects a saying of his regarding the way to approach Zen practice: In the beginner's mind there are many possibilities, in the expert's mind there are few.

Other examples of being of service:

- My intention to be of service unfolds my highest learning and holds space for highest learning of others.
- For me, being of service to participants translates into reaching out, connecting - a smile, a touch, conversation (about them) and sometimes, an invitation to lunch, dinner. I like welcoming them. I like pairing with them, showing up, sharing the process. I remember very vividly my first time. I SO appreciated being asked to play, being asked to sit with someone. STILL DO !!! So, yes. I'd very much like to pass it on, initiate.

Owning the space:

"I, too, was surfacing something about Space Holding -- owning the space AND the training. **One way I do this & share how to do it with others is to send my energy to every part of a/the room when I'm there -- imagining every nook & cranny being filling with Loving Presence through me/my energy.** My visual is of expandable foam sealer that's used to seal cracks. :-)

Also - cultivating a keen sense of awareness and timing. I'm thinking specifically of front/back awareness, present moment and "what wants to happen next" awareness (being of service in the moment-to-moment group training experience)." Nancy