



Month 2 - (Pg. 1 of 2)



Triangle of Disempowerment Exercise

1. Setting the Stage ~ Getting the energy into the stones

- When do you find yourself caught in the triangle with others?
- Which corner? (**Victim/Perpetrator/Rescuer**)
- Drop into the feelingPut it into body language

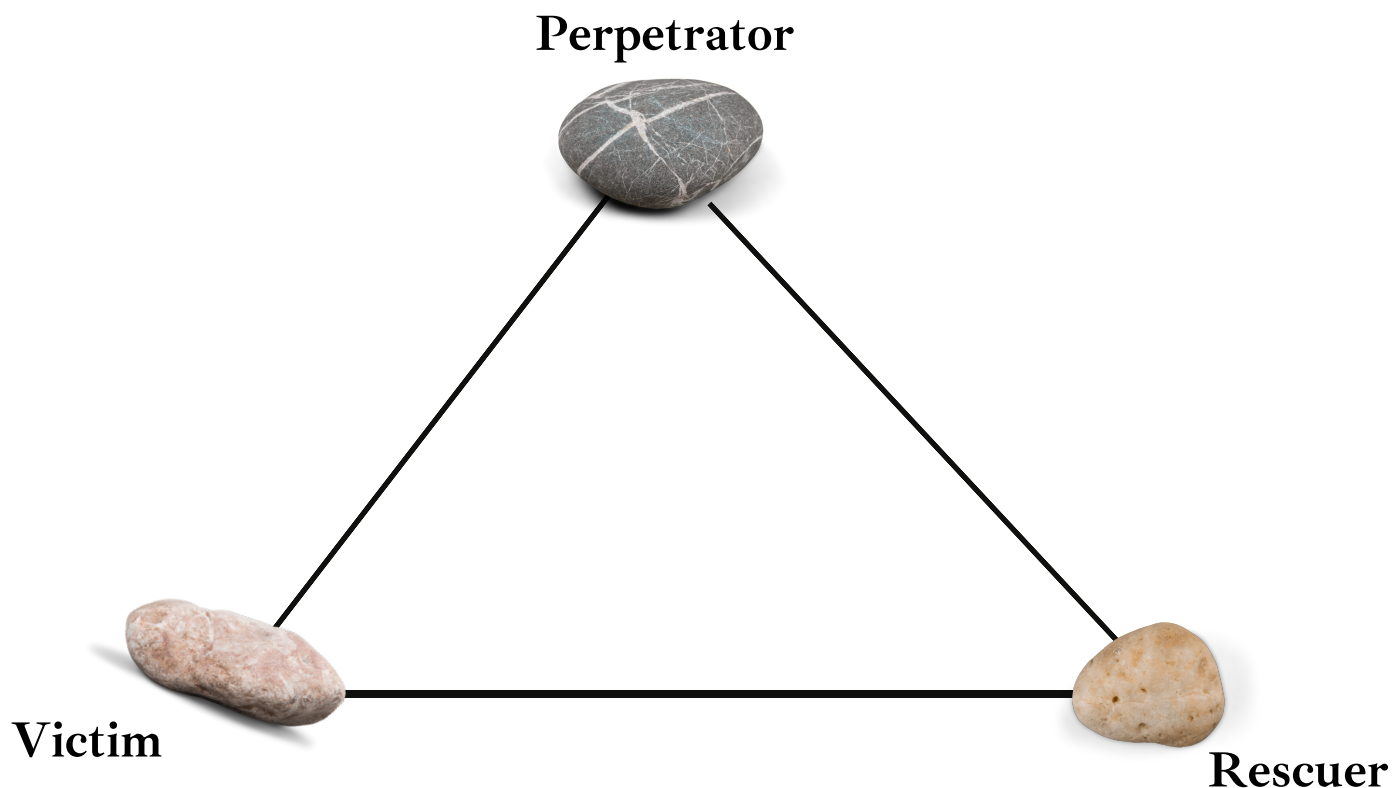
Which stone would you feel to put that into?

Blow that feeling into the stone 3 times

•Place it down creating a corner of a triangle

- Then shake the energy off yourself

REPEAT WITH THE OTHER ROLES TO CREATE THE OTHER POINTS OF THE TRIANGLE.





2. Step into the center of the triangle- (bringing your 3 pieces of paper)

- Feel what it feels like there. **Know when you feel this you are caught in the triangle of disempowerment.**
- Which corner would you like to step into first?
- Step into that corner; Pick up the stone.... Sense how this feels (you can track with Jaguar/Mental/Emotional perceptual state - bottom knuckle of middle finger)
- Recognize when you feel this you have dropped into that role
- Now, shift to Hummingbird state/ Souls journey (bottom knuckle, ring finger)
*To shift out of being caught in that corner go to **Shamans Seeing state**, sense that stillness, then go to **Souls Journey perceptual state***
- **Your Soul chose this engagement so you could grow certain gifts and qualities**
- What aspects of self have you been growing..... Blow each gift into Stone (at least 3 gifts)
- **Step out back into the center**
- Jot down the gifts on one of the pieces of paper... place it in the corner with the stone
- Shake it off---Repeat with all 3 corners.

3. Receive the Gifts - (standing in the center of the triangle – bring stone & paper to you)

- Which stone calls to you to receive its gifts?....Pick up that stone and paper
- Looking at your paper – see that first gift... do you want it? If so, bring it into your chakras
(Take that into whichever chakra feels most appropriate, really take it in deeply .It may need to go to another chakra)
- Honor Yourself and the Journey of that corner...Place stone back down in corner

REPEAT WITH ALL 3 STONES

- Take all 3 stones simultaneously into your being... Feel the shift
- When you are ready, **step out of the Triangle.**

4. Transform from outside of triangle - holding all 3 stones

- Let yourself be informed- sense it coming in and down through every chakra
- Let it express in a body motion... are there any words?
- Put it into a movement and give it a voice

What is the new way you can engage the world?

Homework: Create a statement of your new journey and post it in the Facebook group.

Week 1 Quest



- Practice using the 3 card story to track and become aware of any patterns, limiting beliefs and unconscious blocks in your life.

Week 2 Quest



- Use your perceptual states and ask clean questions to receive clear answers

Week 3 Quest



- Journal about your life and that which you want to clear as well as honor your journey thus far.
- Keep practicing your Perceptual States

Month 2 Reflections



Set a sacred space and allow yourself some time to receive answers to these questions.



What have been the gifts that you have been growing through your challenges.



What are you honoring about the life's journey you have taken so far?



Who have been your greatest teachers? (The ones you have enjoyed and the ones not so much...)



Have you noticed any energetic shifts in your perspective on areas of disempowerment?

Continue to honor yourself for the deep work you are doing!