

Dance on with

This Time I Dance! Groups

(based on *This Time I Dance! Trusting the Journey of Creating the Work You Love/ How One Harvard Lawyer Left It All to Have it All!* by Tama J. Kieves)

The Magic of Joining or Starting a Group:

I urge you to create support for living your dreams. Why not start your own *This Time I Dance!* group? A group can be a commitment to a friend or an email buddy. Or it can be a blessed gaggle of like minds. There is so much power in community, shared commitments and intentions. Why not keep your enthusiasm and creativity alive and deepening? Where two or more are gathered, grace rushes in with twinkling eyes. Support ends isolation. And it's isolation that often drains the colors out of our inspiration and ideas. Your dream deserves a stimulating network of people who each bring different gifts, experience and resources to the table.

Who might want to join a group? A *This Time I Dance!* group works for anyone who wants to discover their passion or create the work they love. It's also a great forum for those who are already doing the work they love or expressing their creativity, but want to realize a new level of passion and success.

Want help in getting the word out about your group? You can check for existing groups on our website www.AwakeningArtistry.com or register your desire to start a group in your area.

How to Structure a *This Time I Dance!* Group:

A *This Time I Dance!* group focuses on "trusting the journey," joining together to strengthen the attitudes/ practices that will help you live an inspired life. The group strives to help each person trust their own wisdom and love. Love will always prevail. And, love always has an answer in the moment.

In structuring your group, I welcome your creativity. But I do request that you honor the guidelines below as they are designed to help you create a true circle of genuine support. However, feel free to pick and choose from the suggested discussion questions, themes, and assignments.

THE GUIDELINES:

1—**Safety.** I ask that you encircle one another with support. Please practice non-judgment, welcome, and kindness. Creativity and healing only take place in an emotional environment of safety. Please refrain from critiquing, correcting, and "fixing" other group participants. Your confidence in their process will help them more than anything. If later on, you want to give someone feedback, please reflect back to them the *strengths* you see in them.

2—**Invoking Grace.** I suggest you begin your time with a group meditation, intention, prayer, or even just 5 minutes of shared silence. It is a symbolic and powerful way to set the tone for the group. It is a reminder that "trusting the journey" is all about listening to our own internal wisdom and the love and inspiration available to each of us. This is also your cosmic insurance plan. Sort of whatever occurs in the group later, may have needed to happen.

3—Group Facilitator: I suggest that someone facilitate the group to insure safety and focus. If you like, you might take turns within a group being the facilitator. As a facilitator, you hold the intention to create a safe space and to help the group stay purposeful. You are not here to casually socialize, but to gather on the edge of true possibility. Remember to help point group members back to their own wisdom.

4---Listening with Love: Please be respectful of everyone in your group. They are on an amazing journey and deserve your full attention and support. Please do not cross-talk. Allow one person to finish talking before another begins. Please discuss your own life, not what you think someone else should do.

QUESTIONS, THEMES, AND ASSIGNMENTS FOR DISCUSSION:

Chapter 1: Can love unlock extraordinary powers in us? Do you believe that it's "more practical to be magical"?

Some themes from chapter 1:

"We can deny our hearts or we can deny our limits."

"The restrained self will always see a restraining world".

"Something in us longs for the impossible because we know it's possible."

"You can feed attention to your obstacles or you can feed attention to your desire."

Assignment: Write about moments/times in your life when you followed your love, tapped the power of your inspiration, or just felt magical.

Chapter 2: Whose values am I living? Reevaluating my life, what is my definition of success?

Some themes from chapter 2:

"Criticism only strikes a fire when we provide the wood."

"It doesn't matter what we can buy. It matters what we buy inside."

"Count on support you can't account for."

"The more faith we have in mystical realms, the more ease we have in a material one."

Assignment: Write a new definition of success for yourself. Write about what means more to you than making money or getting other people's approval.

Chapter 3: Do I value my dreams enough to make adjustments in my life or lifestyle? What can I do to create the time/space to focus on my true goals or to discover them?

Some themes from chapter 3:

"It takes an intermission to give birth to a mission."

"It's never a step down to step ahead."

"The wrong career creates the need for money."

"There might not have been a future for me to grow old in, if I had not grown young and wild in that moment."

Assignment: Write about the adjustments you can make in your life to buy yourself some freedom. How can you scale back on expenditures of time and money?

Chapter 4: What do I love when I give myself permission to love it? Why do I not take seriously the things that bring me joy?

Some themes from chapter 4:

"The heart speaks with closure to an open mind."

"You won't find the secret notes to a saxophone life with a bookkeeping mind."

"If you want to find work that feels like play, you do have to play."

"Only the real dream has the power."

Assignment: Write about the interests that you dismiss, discount, or ignore. Answer this: If I had all the money in the world, what would I do for fun? Visit your "toy store" and write about it.

Chapter 5: What roles/identities are you letting go of and what roles/identities are you trying on? Do you think that healing time/undoing time is "unproductive?"

"All work we love comes from the love we give ourselves."

"You no longer have a label, but you do have a ticket."

"Let a tiger guard the temple of your time."

"You may have to leave home to come home."

Assignment: Write a letter welcoming your new identity and giving yourself permission to be in process. Write about the kinds of situations or people that make you feel wrong or strange for being in process.

Chapter 6: Do you believe you would grow if you unabashedly loved and supported yourself? How can you nurture yourself and creativity during this time?

Some themes from Chapter 6:

"Only the tender can breed the fierce."

"Master approving instead of improving."

"All movement comes of trust."

"When you nurture yourself, you nurture your dreams."

Assignment: Notice and write about where you are unloving to yourself this week; look at harsh language and undue pressure you put on yourself. Write a pledge to yourself that expresses your intention to start trusting yourself.

Chapter 7: What small steps can you take to develop your true greatness? What beliefs stop you from facing your work?

Some themes from Chapter 7:

"We are crowned when we are called."

"If we can't allow ourselves to be bad, we will never allow ourselves to be good."

"Facing powerlessness gives you power."

"Application leads to inspiration."

Assignment: Write about a time when you consistently took small steps to bring you to a big goal. Write about any limiting beliefs that stop you from plunging into your work. Brainstorm some small steps/commitments that can move you forward.

Chapter 8: How can you start expressing/sharing your gifts with the world--in a way that honors you? What attitudes about marketing or "getting out there" do you need to shift?

Some themes from Chapter 8:

"Experience is power."

"Love outranks the rules."

"Never mind marketing: hit the mark."

"Love does not call us to the dance to deny us chances."

Assignment: Write/brainstorm 10 ways to start expressing your gifts and sharing them with the world. Write about where you might be holding back the fulfillment of your gifts--as well as the creativity of the universe--by assuming there are certain "right" ways in which you have to proceed.

Enjoy dear ones. And may you always be blessed on your journey!