

Assignment #1 for healing dyads:

Here is the assignment for your healing dyad:

For the one sharing: Please share about what promises, patterns, contracts or ways of being from the past (that no longer serve you) are you wanting to let go of and what would you like to emerge in terms of new patterns that would be more reflective of your true self.

For the listener: Be as fully present as possible as an active listener for the 1/2 of the time that you are the listener/coach. This means to listen with your heart and to truly hear what is being communicated, and perhaps start to sense into what might not be expressed directly. Tune into what you are feeling, to the visual cues and to the themes that you are hearing in the person's words. Practice right brain attunement.

Active listening takes practice and is a skill most of us have to learn and work on. But it is a powerful way, and perhaps the only way, to truly attune to another. Here, deep healing and shifts can happen within the presence of holding space and truly hearing another. After deep listening, reflect back to the other person what you have heard them say. — Then, the person being heard should tune in deeply and let the other know if you felt seen and heard or where the reflections back to you did not feel accurate.

Then, switch roles for the next 1/2 hour. You can do both of these listening sessions in one hour together or break it into two 1/2 hour sessions.

Here is your individual assignment for the month:

1. To establish a practice with using your ARCH medicine wheel and with calling in the energies of the directions. Create your own ritual or way of working the medicine wheel. You might need to have a set schedule so that you can gain build on this practice, and remember, as you work this process, you are creating a healing energetic field. Please use your personal journal to note your process and/or anything that comes up for you as you experience the energies of the directions and the medicine wheel.

2. To continue practicing active listening with those you are communicating with in your personal and professional life. Try to see how well you are listening, take

note of where you have strengths and what you could improve upon. The idea is to be as fully present as you can. This means you are not thinking about other things or how you will respond. You are just listening and practicing empathic attunement.

3. Start to explore or expand upon your ability to come into your heart and into stillness through meditation, walking in nature or what ways work for you to come into alignment with your soul self. Once you have found a good way in, keep this as a daily practice, and continue to foster the growth or expansion of stillness as you will develop more and more capacity to come from this centered place as you go about daily life.