

MIA KAFKIOS

FACILITATOR
NOTES
FOR
STUDENTS

QUICK "CHECK INS" FOR YOU AS A FACILITATOR DURING YOUR EVENT

- Stay in your heart and in love for the group and process
- Feel centred
- Expand your energy field – be all that you are energetically
- Ground yourself
- Open and connected to God Source
- Check and activate “Heavy duty seal” – solar plexus and 3rd eye
- Connect to your intention
- Trust
- Relax and let go
- Breathe and connect to the group consciousness – feel the flow and you as a channel

KALIBRATION PAUSES FOR THE PARTICIPANTS WHEN YOU FEEL GUIDED:

Lay, sit or stand and:

- Help them expand all 4 energy bodies
- Dance a song or a few to embody what you have done
- Sing mantras
- Help them activate/connect to their chakras
- Shake and release when guided
- Just give them a different vibration or songs to integrate

OVERALL TIPS

- Open sacred space before everyone comes in and shadow vortex.
- Set the intention.
- When people are coming in, be prepared with everything and have soft music in the background.
- Incense, candles and etheric oils always opens people's senses and relaxes the nervous system a little bit extra.
- An altar is always beautiful to have and fresh or dried flowers on it which is a beautiful offering to the space. It creates a centre point of energy that gets stronger and stronger where also the participants can add their items.
- Wear clothes that you feel both comfortable and beautiful in.
- After opening space and guiding them into their heart, ask them to set their personal intention.
- After that, you tune in to the group field.
- As each and everyone share their intention with one sentence.
- During the day, remind them to tune into their intention.
- Help them surrender and let go and trust that all that is coming up is connected to their intention. Help them let go of the "why and the how":
- As you seal the day, return in guided meditation to their intention. Help them seal the day energetically in trust. Knowing that integration after the event will give them any answers they need. In perfect divine timing.
- Before you close the space it is always beautiful that each and every one share what they are bringing with them after the day in one or two sentences.
- Close the space and share any messages that have been coming thru, and/or the transformation you have seen and felt. Validation.

FOUNDATION OF SETTING UP YOUR WORK – 4 PILLARS

- SAFETY (OPEN SACRED SPACE)
- INTENTION
- TRUST
- LETTING GO OF THE HOW

IN THE SPACE

- SAFETY (ALWAYS GIVE TIME THRU GUIDING THEM BACK TO THEIR BODY AND HEART IN BETWEEN THE PRACTISES)
 - HEART
 - INTENTION
 - LETTING GO
 - ALLOW THE GROUPFIELD TO DO THE WORK
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- Allow space for change
 - Dare to be in stillness as a placeholder and feel the energy so NEW things can come thru
 - Work from the energy not the mind

CHECKLIST

- Center - Connect to your heart
- Expand YOUR energy
- Activate your pillar – anchor and connect
- Heavy duty seal
- Remember and reconnect to your intention
- Trust
- Relax and let go
- BREATH – CONNECT TO THE GROUP FIELD – Trust that you can channel thru the energy needed now

MUSIC

Have different playlists prepared so you easy can change music after what energy is needed to be amplified in the moment.

TISSUES

Always have paper tissues and make sure to check where its needed (when tears are coming).

SAFETY

Is someone runs out from the room, guide the group into a practise and you/or your assistant go check if the person is okay and make sure they have what they need. Many times someone just needs to be alone for a while if a big release has come thru. Ask them if they want to sit in the room by the side or outside, until they feel ready to join again.

INSTRUCTIONS

Try to have short and clear instructions. Example:

Stand 2 and 2 with close eyes and in silence.

Tune in to what you need at the moment. What are you embodying.

Now open your eyes and connect with each other.

Feel each other. Connect with each other. Open your heart.

Breath together.

The person with the longest hair starts to share. I let you know when to ta turn.

When you feel done you move into silence, eye gazing with each other.

EXCERSISES AND KEY WORDS

GUIDE THEM INTO THE HEART

LOVE – TRUTH – POWER

Selflove – vulnerability – safety

KEYWORDS:

Finding who you are

Feeling safe to explore YOU

Finding your own energy

Feeling comfortable in your own energy

Feeling safe to be LOVE – TRUTH – VULNARABLE

REPROGRAM – over and over again

Connect to your uniqueness – Love – Light – Power

Let go and let GOD

Have fun and let your PASSION lead you

FURTHER KEYWORDS:

WE WELCOME DEEPER CONNECTION WITTH:

- Feeling safe
- Wanting to be authentic
- Feeling powerful in our vulnerability
- Feeling safe to be powerful
- Compassionately witnessing wounds that comes up, old identities and fears...
- With curiosity exploring our uniqueness
- Allowing ourselves to change all the time
- Understanding that what we intent shall be
- Not allowing projections / imposter spirits to affect us or make us loose trust
- Standing in loving boundaries
- Giving back the responsibility as you also take responsibility of what is yours
- Allowing passion and flow to lead you beyond what you think you know
- Practise, less is the new more

EXCERSISES AND KEY WORDS

GET TO KNOW EACHOTHER BY WALKING AROUND AND:

(LET GO OF BEING ALL SIRIOUS IN SPIRITUALITY)

- Meet each other and say “Hi” toe to toe
- Take turn and follow each other – activate your intuition
- Download a power animal into your vessel and become it – go around and say hi to each other as you are that power animal
- Download your galactic self and present yourself energetically to one another

When guided, pause, breathe and help them WAKE UP – REPROGRAM NERVOUS SYSTEM – unlock their DNA – REMEMBER and embody it. Keep helping them back to their bodies.

SHARING 2 AND 2 EXEMPELS:

- What do you need?
 - Hold eachother, one at a time and collapse totally into each other and breathe. Feeling safe.
 - Lean each others backs towards each other. Helo each other release the old. Feel support.
 - If you would come really close to me you would know that I
 - I am good at and I love to
- OPEN YOUR HEART – LET GO – ALLOW YOURSELF TO BE VULNARABLE – REPROGRAM

BIG CIRKLE ONE GOES IN TO THE MIDDLE. ITS INITIATIONS SUPPORTED BY THE CIRKLE:

- What do you want to release. What you are done with...
- Be witnessed and seen.
- Be observed and allow each person in the circle say something objective.

EVENING PRACTISE AT HOME

- 11 min mirror
 - Just observe
- Allow it all
- Share 2 and 2 the next day

EXCERSISES AND KEY WORDS

2 AND 2:

- Activate your voice – just communicate with sound – connect with sound
- Activate your vibration – just communicate with each other thru energy
- Activate each others 3rd eye
- Ground each other thru the feet
- Channel what you see in your partners soul and/or past lifetimes
- Share what you want to release and have your partner assisting you in clearing that
- Share what you want to activate and have your partner assist you in that

ANGEL OF FORGIVNESS CIRCLE

Connect with what you would like to forgive yourself for..

Call in the angels..

Stand in a circle and feel the angels and the angelic music..

One at a time steps forward and say what they ask assistance for in forgiving themselves.

BELOVED SISTERS AND BROTHERS!

YOU are the medicine! Your journey is the medicine. You have it all within you. Your challenges and your wins are the teachings. Your daily practises and different ways to align yourself daily is what you can guide them into. Your ability to move from feeling and being in the “story” and from there moving up to observer point

Trust that you have it all within you. ALL of you have done this before. In past lifetimes. The key to activate the codes we unlocked together, is to practise and start holding space. And the most important, let go of the result and have fun. Enjoy! Gathering souls, IS THE MISSION! The details of the how is not that important. What is important, is that we do it. UNITED as ONE!

Thank you, all beloveds, for being who you are! YOU ARE THE MAGIC IN VIBRATION!

There is no failure. There is no mistakes. Go out in the world and ROCK!

Return to the videos when guided, the activations and the songs. As you integrate, more and more will fall into place.

I LOVE YOU ALL!

Thank you for your trust. Thank you for an amazing experience together!

Deep blessings on your ascension facilitator path!
Eternal love,
Mia