

THE CACAO-POWERED FACILITATOR



Module 1: What is Facilitation and Where is it Heading?

What is Facilitation?

- Guiding people on an experience... but for what?
- To puff up our own ego? (No!)
- Premise: A healer doesn't "fix" people, but can only really be with them while they heal themselves
- Identifying challenges and finding solutions?
- Sometimes we can create challenges intentionally in order to create a shift in a helpful direction. This is the idea of "therapeutic discomfort," which we'll talk in much more depth about later on.

Moving Beyond Dogma

- Abstract, under-defined, lost in translation, stringing variables into an equation
- Many groups have tried to make a Theory of Everything
- Any system taken 100% as the end-all-be-all can lead to insanity

Practical Definition of Spirituality

- On the one hand, the metaphysical beliefs about what lies beyond our sensory perception
- On the other hand, the more practical: how we decide to live our lives, how to find meaning in our experiences, how to cultivate a sense of purpose or mission, and how to feel connected to something bigger than ourselves
- The second one is literally more grounded

Basic Facilitation Premises

- Different things work for different people at different times
- There's not one single truth. There are infinite perspectives. Just like there's no one single way to serve or work with cacao.

- Our facilitation ideas of what could be good for people are **theories** based on the information we have in the present moment. Be humble.

Tying This Into Cacao Work

- Cacao is often served in a New Age context, but this approach is losing momentum. People are aching for something deeper and more genuine
 - To talk about the benefits of cacao requires us to be grounded in science and practical language
 - The first step to a new way of facilitation is becoming more self-aware about our beliefs
-

Module 1 / Exercise 1: Write about your spiritual beliefs. What does spirituality mean to you? What do you believe about the world, culture, the universe, meaning of life/death, food/nutrition, family, sexuality, and especially... about healing/facilitation/self-development? The first step is building a more conscious awareness of it. Then notice if any judgments or “shoulds” arise. As in, “That’s dumb. I really shouldn’t look at it that way.” There might also be discernment, as in, “I don’t think that belief is serving me anymore.” Make note of those. Also note how in alignment you are with your beliefs. In other words, how much are you “practicing what you preach”? Put all of this into the Module 1 webform.

Module 1 / Exercise 2: Think about a time when you could not understand a facilitator or spiritual teacher. What DO you remember from the experience? What else seemed “off” to you about it? How did you FEEL about the experience? Without naming any names, share the story and what you find from these questions in the Module 1 webform.

NOTES