

## THE CACAO-POWERED FACILITATOR



### Module 2: How Self-Responsible Communication Makes Us Better Cacao Facilitators

#### Defining Self-Responsible Communication

- Here we're looking at both the self-development path of a facilitator, leader, and public speaker... and also the experiences we offer with cacao
- Self-responsible communication = assertiveness?
- Non-Violent Communication (NVC) has helped, but now it's time to update

#### "The Map is Not the Territory"

- Starting point: Alfred Korzybski, General Semantics, A lot of common language formations result in "un-sanity," because we equate abstract, under-defined terms and assume we all mean the same thing.
- Also, it's not possible to fully know reality or "the universe." ("A map is not the territory it represents.")
- What we assume to be the world out there... we only really know through sensory perceptions and thoughts about those perceptions. We are "meaning-makers."
- Even the way we talk about cacao is a "map" that is not the same as the "territory" of cacao itself
- The point isn't to unravel our whole reality. In fact doing that too abruptly can be dangerous. We all need this shared physical reality (aka consensus reality). Being at peace with it is the definition of sanity.
- Cacao gently creates an opportunity for a subtle re-evaluating of how we're framing things in our minds and expressing it with our words
- Our goal is a gentle amplification of what's unconscious so that we can work with it, and adjust as necessary (consciously release what doesn't help and bring in more of what works)

#### Intro to T-Group

- We often assume that our perceptions are the one-and-only truth
- In fact we are co-authors of our perceptions, beliefs and identity

- T-Group is a communication practice that brings a direct experience of the statement, “A map is not the territory it represents”

**T-Group: (1) What am I observing? (2) What feelings arise when I perceive that? [Emotions and/or physical sensations] (3) What story or headline appears in my mind?**

- Optional: What is the impact on our connection? What’s my intention in sharing this?
- This allows us to take more responsibility for how we’re interpreting our experiences (making “stories”).
- “Self-responsible” communication refers to a practice like this: using “I Statements,” limiting “should” in our vocabulary (it’s all self-created weight). Then we also get rid of the phrasing “You made me feel” or “It made me feel” (external locus of control)
- “When I see this, I feel this and I make it mean” framing give us the power of interpretation, which is more empowering overall (internal locus of control)

**Self-responsible communication in facilitation**

- That was how T-Group can affect our personal life, but what about our facilitation practice?
- As facilitators, we must also evaluate our own communication and how that influences our perceptions
  - This can change your life for the better and also make you a more humble facilitator.
- Using self-responsible communication can prevent abuse of power in spiritual self-development
- And we want to create opportunities for people to re-evaluate their own perceptions, beliefs, and identities in a healthy way where they have the final say
- This is where to start thinking about having a WHY for a practice you lead in a ceremony.
  - What do you want people to get out of it? More on that later in the course.
- For participants, this is step #4 in the Soul Lift Cacao Method: **INTER-ACTION. Create opportunities for people to use their voice and their language in a new and more productive way**

- This can really be any connection experience where the focus is on verbal communication
- This can be singing positive songs (as is very common in ceremonies)... but the words of a song might not be “medicine” for everyone in the room.
  - Also, singing doesn’t get into the shadow work (the uncomfortable but potentially very rewarding or healing things) and can potentially “bypass” the shadow.

### **INTER-ACTION TOOLKIT: Re-writing Limiting Core Beliefs**

- Works well in threes (triads), all seated
- For each round, one person speaks and the other two listen/witness without responding or giving advice:
  - 1) Tell your group about an unhelpful belief you took on from your parents. “Life is pain,” or “Men/women will always shit on you,” or something else.
  - 2) How has this shown up in your life through repeating patterns?
  - 3) Feeling into the energy of the cacao with eyes closed, allow a more empowering affirmation to arise and share it with your group.
  - 4) Say that custom affirmation repeatedly while tapping on your body somewhere your intuition says to... your forearm, chest, face, or all of the above. Others can join in this part with you. (This is like intuitive EFT. Nick’s philosophy: it creates a loop in the nervous system that can instill the new belief on an embodied level.)
  - 5) The subject says whether they’re open to reflections from their group. If people reflect, use “I statements” as much as possible.
- Switch and repeat.

**Module 2 / Exercise 1:** Write a paragraph describing an unpleasant experience you had in the last week or two. **DO THIS BEFORE READING ON.** Then go back and note... did you blame others for something that was actually out of their control or was even your responsibility? Did you beat yourself up more than was necessary? See if you can re-write it this way: (a) What did you observe? (b) What did you feel? (c) What story did your mind create about the situation? (d) Could you have been off in some way? Post your first paragraph and your reflections to these questions in the webform.

**Module 2 / Exercise 2:** Take stock of your identifications. Gender, sexual orientation, race, religion, family role, job... but also painful experiences you've been through, victories you've accomplished, things you feel competitive or defensive about, things you feel shy or unworthy about. Note if you've ever observed someone else's words or actions and made one of your identity pieces mean there's something wrong with you. Note if you've ever gotten too much in your "ego" about one of your identity pieces. Share your identifications and reflections in the form.

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## NOTES