



### Module 3: Building Confidence and Congruence as a Cacao Worker

**Aside from knowledge, the main thing Nick wants you to come out of this course with is CONFIDENCE.**

- Nick defines confidence as an embodied feeling of trust that we can handle anything that comes up
- As Nick did, most healers look for someone else to AUTHORIZE them to give their gifts
- It is important to find a balance, of really learning what we need to, but also giving ourselves permission to ACT

### Introduction to CONGRUENCE

- Congruence can be defined as a lining up of our verbal and nonverbal communication or "signals"
- It's something people pick up without even realizing it consciously. We respond more to congruent leaders. Think Tony Robbins.
- 90% of our communication is non-verbal, but we mainly notice verbal communication in others
- For most of us, most of the time, this is unconscious. Any amount of consciousness we can bring here will help us, both to the signals we're sending out AND to how unconscious signals in others affect us

### Verbal Public Speaking Skills

- Minimizing "noise" and maximizing information in our communication
- Catching um, uh, like, so, and smacking noises
- Speaking clearly, and more slowly than what seems necessary... even in a way that might feel TOO SLOW
- Differing tempos, tone of voice, volume, etc.
- Tone of voice: steady, and maybe ending sections on a lower tone (conveys CERTAINTY)

- Masculine, ending on a lower tone. Feminine, ending on a higher tone, and speaking higher in general.
- Volume: If you're new to public speaking, you'll have to speak more loudly than you realize for everyone to hear you
- Test: Speak loud enough that you can feel some of the air touching your hand at about 4-5 inches from your mouth
- For everyone there's something different that we can become more aware of and work on with intention
- This allows us to have more influence on people, which (with ethics) can allow us to help more people

### **Non-verbal Public Speaking Skills**

- Able to be grounded and calm – or at least to physically appear that way – in front of a crowd
- Posture: upright but relaxed, shoulders back gently, etc. This opens the chest and allows more breath and voice.
- Balanced on the balls of our feet if standing. Knees and hips loose and relaxed, to feel our life force.
- Whether standing or sitting, feet rooted on the Earth
- Facial gestures: loose... not tight or tense
- Hand gestures: smooth and flowing, not fidgeting in any way. Hand gestures ideally match the energy of words.
- Not blinking too much. Making eye contact around the room. Steady gaze (like an Egyptian Pharaoh).
- SMILE :)

### **How to Develop Confidence and Congruence in a Responsible Way**

- Congruence is used by politicians, magicians, hypnotists, etc. to influence people
- The president of the U.S. always has a body language coach. It can literally make or break an election.

- A lot of what we see in “spiritual” people is actually congruence!
- Bringing awareness to the ways we can influence people
- Eliminating “should” from our communication toolkit, because that can repeat the double-binds that people are already scarred from

### **Self-development Work to Build Confidence and Congruence**

- Having your own holistic wellness practice (yoga, affirmations, nature connection, maybe therapy, etc.)
- Work out! Stay strong. This impacts our facilitation practice, too.
- De-arming: Doing our own trauma release work has an effect on the nervous system (posture, how we move, etc.) that people can perceive
- Noticing when you feel judgmental of a leader or facilitator. Usually it means some part of us feels jealous and thinks we can’t do that thing ourselves.

### **EMBODIMENT TOOLKIT: Chakra Breathwork**

(audio and “official” instructions here: <https://www.oshorajneesh.com/osho-chakra-breathing-meditation-download.htm>)

- THIS IS A CONDENSED VERSION of a practice that can de-armor the nervous system, give people more access to their voice, etc.
- Holotropic style breathwork, except we’re standing up, so we don’t go into other realms, and stay in touch with our ability to hold ourselves up no matter what happens in life.
- Stand with feet about shoulder-width apart. Knees and hips loose and relaxed. Arms relaxed at your sides. Eyes closed. Jaw loose and relaxed. Stretch it out if needed.
- Listening to the audio, take deep, continuous breaths in and out through an open mouth. Imagining sending the breath into the root, the base of the pelvis.
- The music will change after a chime and then send the breath through the sacral center, just below the belly button. Solar plexus = just below the diaphragm. Heart, throat, third eye, crown. It’s up to you whether you want to call them “chakras” or “energy centers.”
- Throughout, give prompts about staying committed to the breath, holding yourself at your unique edge (not necessarily pace of breathing in the audio), letting the mind turn

off, allow emotions/yawns/tears, feel the earth even as we move higher, etc.

- You may feel some tension or tightness in your hands or around your mouth. This is natural... the body's way of releasing muscle memory.
- Some people will space out. There's a LOT of resistance to breathing this deeply, even for 15 minutes.
- When the final chime comes and breathing sounds stop, still standing with eyes closed, return to a natural pace of breathing. Holding attention inward.
- You can lead 1-3 rounds. Be mindful that the audio track cuts off suddenly after the 3rd round (taper the sound off manually with the stereo knob).
- Then usually people lie down for total relaxation, for 10-15 minutes. This can transition nicely into a sound healing! Or a sharing circle (sitting down) can help people come back to reality.

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**Module 3 / Exercise 1:** Record a video of 1-3 minutes on your phone or laptop telling a story about something you learned or realized in the past week. **DO THIS BEFORE READING ON.**

Watch the video and study your posture (neck, shoulders, spine), facial expressions, tone of voice, etc. Also notice how many times you say "um," "like," etc. Did you say "should" in a limiting way? How many times do you look away from the camera? Do you feel pleased? Do you have judgmental thoughts? Write all these reflections in the webform. Describe at least one thing that you feel self-critical about (using T-Group format!) and one bit of praise for yourself.

**Module 3 / Exercise 2:** Think of a time you felt jealous of a teacher or public speaker. Write a paragraph about the story... what you noticed, what you felt, what story you created about that person. What did that imply about yourself... that you weren't capable of doing that same thing, that you'd never find success as a public speaker... something else? Own a time when you were judging from a "little ego" place, but then immediately forgive yourself. Post the story and responses to these questions in the form.

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