



HJAP TRAINING

SEPTEMBER 2022

EMBODYING ESSENTIAL PROCESS WORK CAPACITIES FOR THE GROUP FACILITATOR

- *To be **ruthless** on behalf of each group member's best interest, with one's own life force energy and capability.*
- *Demonstrating a capacity - in the here and now, in a tangibly felt way - something fundamental that has been missing in the group member's own embodiment and way of thinking.*
- *Through demonstration, showing what is possible that may have never even before been considered as a workable or livable reality before.*
- *Having the emotional fortitude and trust to venture forward with life force that is wholeheartedly tender and/or fierce.*

- *To be willing and able to **NOT KNOW TOGETHER** – to enter into a particular kind of accompaniment – entering into the encounter that can take place when it is less important to be knowledgeable, and more important to be available.*
- *To give importance to holding a focus on the dynamic tension need for going forward, and on concrete, forward moving activities of group member's lives. To understand and hold to the work of facing the inevitable and life-giving anxieties that arise with moving our lives forward, and doing something worthwhile.*
- *To observe when safety is established to allow individuals the space and relaxation to gather and mobilize their energy on behalf of life, and when safety is used to retreat or regress away from the necessary challenges and risks required in life.*

