

Guidelines For Running an RF Support Group

This is a very specific form of support group quite unlike most support groups that we are familiar with. It is an adaptation of the Mutual Support Network meeting format developed by Arnold M. Patent. JoAnn and I were members of such a group for over nine years and know its value. The group works if you stay within the guidelines and falls apart if you don't. The meeting itself should last no longer than an hour. Social time comes after.

• MEMBERSHIP IN THE SUPPORT GROUP

The only prerequisite for membership in an RF Support Group is for an individual to have a basic familiarity with Radical Forgiveness. Prior reading of the book, *RADICAL Forgiveness*, or at least Part One of the book, is recommended for someone joining a group. Reading the book will acquaint the member with the basic vocabulary and underlying assumptions of RF.

• NO APPOINTED LEADER

It is very important that there should be no one person who is leader. Whoever has the highest vibration at the start of a particular meeting should ideally be the one to lead. If you had a permanent leader, there would be times when his/her vibration would be low, and it would be unfair to them and everyone else for them to lead. Once the group has aligned its energy by reading the invocation (see "Format for RF Support Group Meeting" at the end of this document), the group simply waits for a leader to come forward. Someone will say, "I feel like leading tonight." It does not matter who, because the agenda is always the same, and the 'Format' is written down for the leader to follow.

• BEING IN THE RF VIBRATION

We all know that it is easy to be in the vibration of Radical Forgiveness when we are amongst people of the same mind. We also know that if we at any time go into our victim mode, they will lovingly point this out and help us be willing to see the perfection. A friend who supports us spiritually will not support us in our B.S. story.

• BEING IN THE VICTIM VIBRATION

We also know how easy it is to get sucked into being a victim. If something bad happens, the likelihood is that we will go completely unconscious and end up in Victimland for a long time. We also know how much support we will get from most people and from society for staying in that vibration, perhaps even for years. A typical support group will give you precisely that kind of support too. Friends, relations or colleagues who do not have an understanding of Radical Forgiveness are not able to help us because they will tend to support us in our story — thereby reinforcing our victim consciousness.

• THE PURPOSE OF A SUPPORT GROUP

It's very hard to hold the Radical Forgiveness vibration for long on your own. This is why we need the loving support of people who will rescue us from Victimland and help us return to the truth of who we are by connecting us back into the Radical Forgiveness vibration. This is the value and purpose of the RF Support Group. It gives us somewhere to go and people to be with on a regular basis who will remind us of our commitment to be in the Radical Forgiveness vibration and, if we have temporarily lost our connection, to help us get that back.

• NO GIVING ADVICE

Giving therapy or advice is **NOT** the purpose of the support group. If the facilitator or any group member attempts to give people solutions to problems, they should be gently and lovingly reminded of this rule. *(This is probably the most difficult guideline to stick to, but it is probably the most important. If we try to solve problems, we make them real and give them power. Radical Forgiveness simply dissolves problems.)*

• THE COMMITMENTS

Our commitment is that we will not support anyone in their story. We will listen openly, lovingly and without judgment, but we will not buy into it or give it energy, because we know it is only the illusion. Our commitment is to support the person in shifting out of story into the knowingness of Radical Forgiveness — that what is happening is quite different from the apparent circumstances and is purposeful in the Divine sense. The only means to doing this is the 13 Step process or the 7-Step process. These will create the necessary energy shifts *inside* the person that will release the blocked energy that has, in all likelihood, caused the situation in the first place.

• THE EMOTIONAL CHECK IN

This is item number three on the agenda ('Format') and is always to be considered the priority. Even if this takes the whole hour and nothing else happens, the commitment is always to give this kind of support to all who need it. Typically, however, it is usually just one or two people. The facilitator for the evening goes around the group asking each one to rate, on scale of 1-10, how strongly they need to do the either the 13 Steps or the 7 Steps that evening. Someone who is a 10 is obviously someone who is extremely agitated and in victim mode, whereas someone who is a 3 or a 4 might be marginally upset but not unconscious or in Victimland and, therefore, not in dire need of rescue.

• PROCESSING

The facilitator then asks the one with the highest need rating, "Would you like to do the 13 Steps or the 7 Step process?" Both of these RF tools or processes are available on CD through the RF website. If someone in the group has previously purchased the Radical Empowerment Program, a written copy of the 13 Steps can be found in the Radical Empowerment Workbook. If the 13 Steps has been requested, the facilitator should ask whether the group member wants to hear the CD or, if the written version is available, have someone in the group take him/her through the process. If the 7 Steps has been requested, the CD should be played.

Only if a Radical Forgiveness Coach (or Trainee) is a member of the group will that person have a written copy of the 7 Step process available. Only a Coach (or Trainee) may take someone through that process. Please understand that Coaches and Trainees have been instructed not to give or share written copies of the 7 Steps with those who have not been enrolled in the training program to become a Coach. Again, the CD version of this process is a wonderful tool if this process is preferred by the individual. The individual doing the process will naturally tend to choose the tool (and perhaps someone to take them through it) who is just right for that person at that time.

During the process, the rest of the group simply brings all their attention to the moment and projects love and support to the one going through the process. (They should not go through a parallel process for themselves at the same time. If they need to do it, they should ask for their turn.)

• NO FURTHER COMMENT

At the end of the process, there is no comment or discussion of the situation, either then or during the social period after the meeting if you have one. Talking about it would only destroy the energy field created by the process, and it would be neither loving nor supportive.

The facilitator goes then to the person with the next highest need and repeats the process. This goes on until all who need to do it have done so. The facilitator then decides how to use the rest of the time — if indeed there is any. It is often the case that by the time one or two have done a process, the ones who were 5 or under have come to a place of peace simply by being in the love vibration and no longer have any need to do the process.

• SUCCESS STORIES

The next part of the meeting is an invitation for people to share success stories. These are stories where it has become obvious that an energy shift has taken place as a result of being in the Radical Forgiveness vibration. The most likely stories are those on which they had done the 13 Steps or the 7 Steps at the meeting before, sharing what the effects had been. This is NOT the time to share events in our lives that are not related to the effects of living the Radical Forgiveness life-style. Those can be shared in the social time afterwards.

• ASKING FOR SUPPORT

An important aspect of the meeting is where members ask for support in consciousness. The request is made in terms of what the person needs to feel or affirm, relative to spiritual principle, in order that their energy shifts with regard to the difficulty. If, for example, a person is having financial problems, it would not be appropriate or self-supportive to request donations! The request should be made to *"Please support me in feeling completely abundant and in knowing that I always have all that I need and feel grateful for that."* The group agrees to hold that vision of support for that person for the whole week.

The group then anchors that vision of perfection and total abundance by first rubbing both hands together to stimulate energy movement; and then, holding them palms towards the person they say, in unison, the following affirmation:

"John, we unconditionally love and support you just the way you are, in all your power and magnificence. You are a spiritual being divinely guided in all your thoughts, words and actions."

If there is any time remaining, a nice way to complete the meeting is to do the Positive Reflection exercise. (Refer to 'Format.')

The quickest way is to break into groups of three. Then close the meeting.

• THE TIME AGREEMENT

Make an agreement on time and make it firm and meaningful . When the group has aligned energetically, and the meeting has begun — on time, people who have created being late should honor the group energy by entering silently into the meeting. Never wait for a latecomer. Consistent latecomers should notice their resistance to being there on time as a way of withholding love from themselves and others and, in the following meeting, ask for support in consciousness to feel high intention to receive and give support. Do not support people in being habitually late. It breaks the energy of the group to have people coming late, and you would not wish to support them in a habit which is self-sabotaging.

• STICK TO THE RULES

As I said in the beginning, this support only works if you adhere strictly to the format and to the rules. It is, in essence, an experience in shifting energy in the most efficient way — and that we have found to be effective by simply using the tools that are designed specifically to shift energy (the 13 Steps and the 7 Steps), and by aligning with spiritual principle and the energy of Love.

• THE ROLE OF A COACH

If a Coach or Coach-Trainee is a member of the group, he/she can easily explain this whole process and be the one to keep it on track at the beginning. However, once that has been done, the Coach is no more the leader than anyone else in the group.

• CLOSED GROUP

It should always be a closed group since it becomes a very safe place to come and share. If numbers are low, and I think 8-10 is ideal, then you might allow members to suggest people they know who might like to join. You would only want people who were very familiar with the concept of Radical Forgiveness and who were committed to living it. We used to have an open meeting every 3 months or so. If enough people were interested in starting their own group, we would agree to attend their first two meetings in order to get them going and then they would be on their own.

• FREQUENCY OF MEETINGS

We found that meeting every two weeks was the best. Once a week was too much and once a month left too long in between meetings and left people feeling unsupported.

Format for the RF Support Group Meeting

1. Align the group energy by reading the RF Invocation together.

"May we all stand firm in the knowledge and comfort that all things are now, have always been and forever will be, in Divine order, unfolding according to a Divine plan. And may we truly surrender to this truth, whether we understand it or not. May we also ask for support in consciousness in feeling our connection with the divine part of us - with everyone and everything - so that we can truly say and feel - we are One."

2. Allow a facilitator to 'emerge' for that meeting.

3. Emotional Check-In.

Each person says how they are feeling and then, on a scale of 1-10, rates their need to experience the 13-Step process or the 7-Step process.

4. Processing.

The person going through the 13 steps or 7 steps chooses the process and its form, whether CD or having someone in the group read the questions for them. Everyone else focuses their healing energy on the person experiencing the process, holding thoughts of oneness, unconditional love and connectedness to Source. *(Remember, there is no discussion or comments after the process.)*

5. Success Stories.

Members share specific examples of how Radical Forgiveness has been working in their lives since last meeting. *(Request that they be as concise as possible.)*

6. Requests for support in consciousness.

You may have to help people frame their requests for support in terms of what they need to *feel* or *affirm*. This helps us tap into the spiritual intelligence that will take us beyond our apparent difficulties. Anchor it energetically by saying together:

"....., we unconditionally love and support you just the way you are, in all your power and magnificence. You are a spiritual being divinely guided in all your thoughts, words and actions."

7. The Positive Reflection Exercise.

If there is time, break into groups of two or three, and take turns making the following statement to one another, filling in qualities observed in each other at the end of the statement: "The beautiful, wonderful qualities that I see in you that reflect back to me and I recognize as my own are"

8. Formally close the meeting and give thanks.