

# WELCOME TO THE COBURG U.C. TRANSFORMATION GROUP

## THE BASIC PREMISE

We are Spiritual Beings inhabiting an “earthsuit” comprising our body, our mind and our emotional realm. Our earthsuit also gives us the equipment we need in order to express our Spirit in the world. During our lifetime, we grow in our understanding of the Spirit we are and how our earthsuit is designed and operates. As we grow in understanding, our lives transform and a sense of mastery can arise as we develop confidence, based on our experience, that living as a Spiritual Being expressing ourselves through our earthsuit is the most practical, joyful and fulfilling way to live.

## WHAT IS A TRANSFORMATION GROUP?

A transformation group is a group of individuals that meets regularly over a period of a time with the shared purpose of accelerating individual and collective spiritual transformation. The magic of a transformation group is a simple but powerful format, and its ability to establish and sustain a strong covenant and culture of transformation is based on the spirit of love.

## WHAT IS TRANSFORMATION?

Transformation groups are occurring in the context of a key premise—that human beings are already perfect beings whose outer capacities have fallen asleep or have been temporarily scarred. On that basis, spiritual transformation is the awakening and transformation of the outer human capacities, our earthsuit, to accommodate the already present perfect being. Thus, the transformation groups are dedicated to facilitate the coming forth of the perfection in each one.

We might experience transformation in many ways – for example, as a new insight or understanding of an issue; a new action or motivation; an awareness of synchronicity or design in our lives; a stronger sense of purpose and meaning. And we get to celebrate each other’s transformation as we journey together.

## FORMAT, CONTENT AND DURATION

The transformation group meets weekly, for 90 minutes or so. We’ve found that cycles of 4- 6 weekly meetings works best. The first half of a meeting is typically devoted to connection building whilst the second half of a meeting is typically devoted to a consideration of inspirational material and/or an experiential exercise based on such.

Typical Format of an established group:

- A brief ceremony of opening the sacred space – e.g. poem, prayer, meditation etc (5 min)

- A Transformation Check-in – what’s transforming in your life? (15 min)

- A Story Telling by one member and Appreciation Time by other members (15 min) – see page 3 for details

- A Session on a selected topic related to an aspect of transformation (45 min)

- Appreciative check out – name one thing for which you feel appreciation (5 min)

## A COVENANT OF TRANSFORMATION

A key aspect of a transformation group is a basic covenant of transformation entered into by the individuals in the group. This can be stated as a commitment, or intent or prayer ***to express the true character of love in one’s living no matter what arises***. This simple but powerful intent, however worded by the individuals, forms the foundational agreement and spirit of the transformation group. To personally hold the intent to express the truth of love no matter what arises is a powerful transformational act. To share and be true to that intent together with others is an extraordinary act—one that sets the powers of the universe into motion in your favor, in favor of Love’s increase on earth.

# TRANSFORMATION GROUP GUIDELINES & SUGGESTIONS

## GUIDELINES:

1. I agree to arrive early, to start on time.
2. I agree to respect the confidentiality of the group – what’s shared in the group stays in the group
3. I agree to tell someone if I am going to be late or miss the session.
4. I agree to come having done whatever preparation needed.
5. I agree to participate in a respectful way.
6. I agree to risk sharing my spiritual frontiers, and to stretch into new ways of being, seeing and expressing.

## SUGGESTIONS FOR BEST USE OF THE SESSION:

1. **APPRECIATION FIRST:** We are all prone to judgements which can dampen the atmosphere that’s developing. In this group, we advocate a different approach. We suggest that at the beginning of a conversation on a given topic or material, concentrate on appreciating, drawing out, or building upon the primary theme. This provides a solid platform for following out secondary themes or implications or looking at disagreements that might need to be explored.
2. **CONSIDERATE BALANCE IN SPEAKING:** In group situations, there can be a pattern of some being quicker to speak, and more frequently than others. While this can be natural, let’s be deliberately mindful of drawing out those that are slower to speak and make space for them. If needed, we will use a talking stick. Remember that even appreciative comments to others, if long, will have the effect of preventing others from offering their appreciation and thus be a minus for the person being appreciated.
3. **CREATIVE INPUT & FEEDBACK:** Creative input towards enhancing the quality of the group is very welcome. Any feedback and concerns are welcome also. For the sake of the most effective use of the meeting time, preferably, share these off-line first with one of the facilitators, particularly if it might be a time involving subject.
4. **MAJOR EMOTIONAL PROCESSING:** While emotional safety is part of what we develop in the group, major emotional processing is better done in a different setting specifically designed for that purpose.

We look forward to sharing this opportunity for transformation with you soon.

With warm regards

Ron Rosinsky and Andrew Horwood

## COBURG U.C. TRANSFORMATION GROUP STORY TELLING OPTIONS

Using 6 minutes, share your story. We will chime you at 5 minutes so you know you have 1 minute left to wrap up.

There will be 8 more minutes for others to offer appreciative feedback to the person. (a) Let these be succinct so that as many as wish can do so; (b) let the comments be an honoring of the person more than the story; and (c) offer the comments directly to the person –this should not be an introjection of your own story or a catenating thought of your own (eg. “that reminded me of my uncle who...”)

Stories below: #1,2,3: minimum level of risk. #4,5,6,7: medium level of risk. #8,9: Higher level of risk.

1. How did your spiritual awakening begin?  
Or: How did you come to be in this gathering? Share your journey.
2. Share a story of remarkable coincidence or synchronicity in your life that showed you the guidance or intervention of spirit.
3. Who are some people who inspired you onto your path of spiritual expression?
4. Share a story of personal breakthrough and transformation from the last few years.
5. What is on the cutting edge of your spiritual transformation and emergence now?
6. Share a personal story of repentance, apology and reparation made that allowed a healing to take place.
7. What caused you to want to serve? Share something of the background story of your motivation.
8. To whom do you owe your greatest debt of gratitude? Why? What are you doing about it?
9. Share something of your central incarnational challenge and what victory you have had with it already.

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