



Preparing for your Hosted Group: Some Basics

As we develop the Hosting program, you will see a simple yet profound process at work. As the process is revealed, we shall see how the simple act of deep listening, authentic sharing, and earnest engagement in the Deep Dive will reveal a richness that is truly beyond measure. There is really very little that we as Hosts have “to do”. Throughout the Hosting Process we will provide the basic structure and guidance needed to support us to relax and surrender into the spirit of Hosting.

In this document we offer some basic guidelines for Hosting a small discussion circle. These simple core ingredients will provide consistency and a container that the participants can trust and in which they can transform. It is important not to over-complicate the Hosting process or add extra things to it. The power of The Gene Keys Transmission will already be at work through the Deep Dive process and the more we as Hosts provide a reliable and clear container, the greater the gift can be.

In the words of Richard, “The Hosting program leads us into this mysterious place where power is found only when we give up trying to help another. It leads us deeper into the heart of who we are and deeper into the heart of transformation. In this sense it unveils the true secret of the Gene Keys transmission - to invoke the undiluted power of your true presence.”

Suggested Meeting Format

A good length for monthly meetings is two hours. This allows for an hour at the heart of the time together, and a half an hour each in the opening and closing of the circle.

If you are hosting a group over the phone, it is helpful to send a reminder email with the conference call number a day before the circle. Verbally welcome each caller as they join the call and encourage participants to settle into somewhere quiet and focused for your time together. Remind people to mute their phones if their background is noisy.

Phone groups deserve extra attention when building a sense of connection and familiarity together. In the beginning of the Dive, ask each person to share their name each time they speak so others connect names with voices.

When hosting the circle in person, create a sacred space and arrange the chairs or cushions in a circle. When we are sitting in a circle we are all equal. In a circle we can see one another, eye to eye, heart to heart, essence to essence. In a circle there is a sacred center that is created by the collective energy of the group. The center of the circle holds our collective essence or heart. Consider placing a sacred object, a candle, an altar - whatever feels right for your group to acknowledge this shared center. The person hosting the circle may create something, or you may have each person bring a special item to add to the space.

When Hosting your group there is room for creativity, *and* simplicity works well. Here are some simple guidelines you may want to follow that will assist in creating an environment of spiritual intimacy, safety and non-judgment.

Start with a Centering or Attunement

Beginning a gathering with some form of centering is an important part of coming together in resonance. Your minds may be focused on conversations with others that preceded the meeting, concerns about getting to the meeting place, or other challenges of the day. Centering will mark the moment of your arrival into a deeper and more significant time and space together.

The purpose of centering is to reaffirm your connection to Source, with each other, the love and wisdom of the Gene Keys transmission and to be fully present. Only by going beyond distractions and centering yourselves can you begin to access the unlimited resources of Spirit and the genius in your genes. Centering with others has a synergistic effect in bringing about your own sense of well-being and inner peace; a key ingredient to Hosting.

An attunement can take the form of a brief silent group meditation, a guided visualization, or movement. The three major steps in the attunement are: first, to relax body, mind, and emotions; second, to focus your consciousness; and third, to allow time for silence and inner listening. If your attunement is verbal, consider calling everyone's name into the attunement to help welcome and energetically connect each participant into the process.

Take time to notice the difference you feel before and after the attunement. How does the room feel? Notice the change in your connection with the rest of the group.

Do a Check-in

The check-in is another important group activity that brings your group into resonance and authentic presence together. The purpose is to share with each other where you are physically, emotionally, mentally, and spiritually at that particular moment in time. Sharing how you are feeling honestly in the moment helps to bring you fully present to the circle, and lets others know how you are.

What is alive for you right now? Are you feeling great? Tired? Did you have a difficult day? Are you having a breakthrough in your personal practice? Speak and listen from your heart. Give the person who is speaking your complete attention. The check-in may include some details about what has brought you to where you are at this particular moment but the purpose is **not** to tell stories.

Generally, it is helpful to limit check-ins to two minutes or less. If you wish, use a timer to regulate the pace of sharing. For groups that are newly forming, allowing a longer time may be important so that you can get to know each other in a deeper way. If your group has been apart for a long time, more time may also be needed. If only a short time has elapsed since your group was last together, one word or sentence may be sufficient.

Main Sharing Time

The main purpose of our Hosted Discussion Circles is to provide a safe and loving space for each member of the group to share authentically about their journey of discovering their inherent genius through the lens of the Gene Keys while cocreating the conditions for living a high frequency life individually and collectively. As a Host, you are not there to teach, lead or advise. You are there as a peer, an equal, and your most important contribution is to model authentic sharing and profound listening.

We recommend using the main body of the meeting to discuss the core conditions and aspects of the Activation Sequence presented each month in the webinars, audio and community calls. You will receive a PDF each month with an overview of that month's focus highlighting suggested questions you might explore as a group. As the group settles into a natural resonance you will find that a certain style of sharing begins to emerge in the group. As a Host you attune yourself to this natural synergy and let it guide the process.

Consider a “talking stick”

To facilitate heartfelt uninterrupted discussions during a gathering, consider the model of the Native American “talking stick”. The spirit of the talking stick is one where everyone holds focus with the person holding the sacred object and sharing. When the sharing is complete, the sacred object is either passed around the circle or placed back in the middle and picked up by the next person to share.

The talking stick cultivates a practice of deep listening and reminds us that our words are sacred and that each person in the group has something important to contribute to the whole. The “talking stick” slows us down, and allows deeper wisdom to come through. Taking a moment to pause and be silent between each persons sharing can assist us in staying present and connected to our essence.

The “talking stick’ can be an object from nature or some other object that has special meaning to you. Whether or not we actually use a sacred object as a talking stick in the group, this spirit of sharing is well suited for the quality of time and space we are cultivating in our Hosted Groups.

Breaks

Be sure to allow for a break during your meeting for people to stretch, take care of business and casually connect. You may choose to have light refreshments to nourish the body. Taking care of ourselves and giving space to process are important to creating and maintaining group resonance.

The Closing

Another important element of co-creative gatherings is the closing. Each group develops closings that are meaningful for them. The purpose of the closing is to reaffirm your connections and to honor the process that you are all sharing.

Doing an appreciation circle before the closing, is a healthy way to fortify those who have shared and the insights that have surfaced. In the appreciation circle we share what we most appreciated about the circle and the time we shared. This brings the focus of our attention to what is positive and loving about each other and honors the evolutionary work we are doing together.

Closing the circle can be as simple as sharing a moment of silence to let the power of the group field reinforce the alchemy of your transformational journey. Closing could also entail a brief meditation or visualization to reconnect with the rest of the Gene Keys Community, or to the deeper purpose of our own commitment to awakening in these

times of great change. Closing meditations can be a wonderful way to share leadership by inviting another member of the group to offer a blessing to bring the circle to a close.

All of these practices are effective means for gaining access to our deeper knowing. When we collectively practice deep listening, and commit to speaking from the heart, we gain access to a higher frequency of being. A dynamic of synergy, synchronicity, and, sometimes, telepathy is experienced, giving birth to our collective wisdom.

When we host a circle in the spirit of deep listening to the mystery and honorably holding space for the transformation that is seeking to take place, we make way for profound awakening, healing and liberation. Hosting a circle with these few simple and trustworthy components is sure to support a solid and sacred container for those Deep Divers coming together with you.