



# Belonging Workshop

Introduction:

[TEDx Talk April 2019 \(Belonging 1.0\)](#)

- I thought Belonging was a place on Earth
- I thought belonging was a Tribe
- I thought Belonging was experienced in a Community – when we felt like we were accepted and welcomed by an outside community

**TEDx Talk December 4, 2022 (Belonging 2.0)**

- **Belonging is NOT a place on Earth** (physical location)
- Belonging is **NOT outside of ourselves**
- Belonging is **FOUND within our MINDS**
- Belonging is **EXPERIENCED when we feel: SAFE/ BLISS/ STRONG / PURE JOY / CONTENT/ LIMITLESS POWER**
- **Belonging's ROAD MAP is UNIQUE to each HUMAN BEING = like a fingerprint**

@in this state of consciousness of belonging:

What can I create? -> infinite possibilities

What can I accomplish? -> anything I want

@ this **state of belonging consciousness I feel UNSTOPPABLE**

### FAQ?

What would change if I experienced Belonging 15 minutes for 1 DAY

What would change is I experienced Belonging daily for a week? For a month?

What could I do? - LIMITLESS

### REAL TIME Exercise

1. Ask for 1 volunteer:

Breathe in / out

Think of a time: when you felt Belonging and Bliss -> describe in detail: colors, images, feelings, emotions, smells, music, sounds... Breathe IN/ OUT grab wrist Say "Peace"

Volunteer share: what they saw, felt, and describes where they went in their mind.

@in this state of consciousness of belonging: **I feel UNSTOPPABLE**



Write down words and descriptions (save for personal ROAD MAP)

2. Same Volunteer: describe a “problem” – rate on a scale of 1-10..how big is this a problem? Where do you feel in your body? If the problem had a voice or emotion how would describe itself?

**Catie’s Quote: “EMOTION is Energy in MOTION. Sometimes energy gets stuck in the body and needs to move through our bodies in some form to be released out into the atmosphere: either in a body movement, a sound, or through our tears.”**

Ask Volunteer:

How do we MOVE to neg- energy OUT of our Body? (Sound? Movement of the body?)

How do we MOVE pos+ energy INTO our Body?

This is the road map GPS to a state of Belonging & Superpower

**LIVE REAL-TIME Exercise:**

How does Volunteer feel after using her ROAD MAP about the “problem”

-Scale of 1- 10 ...Start: FOUR

After using their UNIQUE ROAD MAP to their INNER state of BELONGING

End: ZERO

**CONCLUSION:**

1. ***Belonging @brain ourselves OUR MINDS***
2. ***Each person’s ROAD MAP a back to state of BELONGING and Safety is UNIQUE + Fingerprint***
3. ***WE can ACCESS BELONGING and POWER 24/7 any time we want***



*1 - USE your ROAD MAP to arrive @BELONGING & BLISS*

**Q & A Take-aways:**