



The Trance of Scarcity Group Study Guide

by Victoria Castle

The faster we intervene on the Trance, the faster all of us will have access to our greatness and a world at peace. Learning with others accelerates and deepens our personal understanding so that we can be and act in new ways.

When we learn in community, we have the benefit of others' perspectives and opportunities to get reality checks from fellow committed learners. We are able to see things we just can't see when we're off by ourselves reading a book and "theoretically" doing the practices.

If you are ready to break The Trance of Scarcity for yourself and others, a study group is a great way to double your pleasure, your learning, and your impact. Who do you want get to know better? Who are you willing to be self-revealing and open with? Who has an interest in this topic? Who will make the commitment to read the book, do the practices, and attend all sessions of the Study Group? That's your group. Make the invitation.

The Overview below, which also contains a sample invitation, will help you get your group started. Then each Session has its own structured format.

NOTE: All the practices in the book that are used in the Group Study Guide are available as an audio download file which can be ordered at www.tranceofscarcity.com.

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OVERVIEW

What to Consider

SIZE OF GROUP

Ideal size is eight people. More than ten doesn't give time for everyone to speak. Less than six doesn't offer the diversity of thought and experience. An even number is not essential. Use the sample invitation below to get you started.

REQUIRED EQUIPMENT

Each member of the group has their own copy of The Trance of Scarcity. Orders of 8 or more copies receive a 20% discount if you order at www.tranceofscarcity.com, just click on Orders.

Each member of the group has their own copy of this Group Study Guide and prints out the whole guide before the first session. (The one-time fee for downloading covers you making as many copies as you need for everyone in your group.)

SUGGESTED EQUIPMENT

It may be helpful to put this Group Study Guide in a 3-ringed binder with lined paper for note-taking and exercises. The Sessions have been divided on separate pages for ease of use. It is important to bring the book and binder to each session.

AGREEMENT OF USE

By participating in the group and using this Group Study Guide, you agree to use it in its entirety, as an intact body of work, as it was designed and intended. Furthermore, this is not to be used outside of the study group without the explicit consent of the author, Victoria Castle.

MEETING LOCATION

Someone's living room or community room is great. It needs to be a place where everyone can sit comfortably in a circle, see and hear each other, and have room to stand and move to do the Practices in each chapter. Coffee shops don't work – too much noise and too many distractions.

The topics that are discussed may be personally challenging as well as enlightening. The goal is for you to get value out of learning in a group, more so than you could simply by reading the book at home by yourself. So choose a setting that is conducive to an environment for individual sharing, group conversation, and movement.

If you choose to have refreshments, put them on a side table so the focus stays on the conversation.

MEETING SCHEDULE & FORMAT

Every week is optimal - every other week can work too. Schedule all the sessions in advance to insure people reserve the time on their schedules. There is a total of eight sessions: 2 hours of focused time plus perhaps 15 to 30 minutes to allow for arriving, socializing, handling any logistics, etc.



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The 2 hours of time includes structured interaction and focused learning. Keeping the session on time is part of the formula for maximum learning and satisfaction; which is why the role of the Conductor is important (to be further explained).

FACILITATING EACH SESSION

By following the suggested timeline, you will experience maximum value during the sessions without one person having to be the "Designated Adult" to move the session along. Ideally, group members take turns in the roles of Host (facilitator), Conductor (timekeeper), and Wizard (logistics including room set-up and refreshments). All these roles can be fun and still leave those that take on roles enough freedom to participate in discussions and practices.

LEARNING BUDDIES

Particularly if the group meets less often than every week, having a Learning Buddy can be very helpful. Group members can choose whether to have the same Learning Buddy for the whole eight sessions or pick a different one each time.

For a Learning Buddy conversation, plan on 30 minutes with a focused conversation on the previous session and the practices you are currently engaged in.

Make time to hear from both Learning Buddies. Discuss the learnings, challenges, and opportunities that are showing up for you. Offer insights and feedback where useful and requested.

Keep the call to 30 minutes unless agreed in advance to extend it.

CORNERSTONES

These elements help ensure that each session is productive and satisfying. These will be discussed at the first session.

- 1) Be on time to all sessions – build in time for arrival and socializing beyond the 2 hours.
- 2) Attend all sessions – if you can't attend, let someone know before the session and arrange with them to fill you in on what was missed.
- 3) Come prepared having read the assignment, and completed the homework and practices.
- 4) One person speaks at a time – no side conversations.
- 5) Listen to learn – benefit fully from each person's sharing.
- 6) What is said in the group, stays in the group. Confidentiality is key to people feeling free to speak candidly about their experience.
- 7) Speak as openly and accountably as you can. The more you reveal, the more opportunity for learning and embodying a new way of being.



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- 8) Recognize that this work can be disruptive. Support each other by remembering why you are doing this and what you want as a result. Don't get hijacked by moodiness, desire to isolate, or projection.
- 9) If you feel like you are not getting value from the book or the group, discuss with the group or at least one person before making any decision to quit. Ask for what you need to make it work for you.
- 10) Respect that people come from different backgrounds and experiences and may process things in a different way. However, do not sit back and wait for someone else to say something smart. If you are participating in this group, be fully engaged and committed to everyone getting full value out of this experience.
- 11) Offer feedback if you see group members caught in a pattern that is working against them. We all have blind spots; there is no shame in having them. Make sure your feedback is in service of what's important to them rather than what you think they should do.
- 12) When anyone leaves the room – either call a break for everyone or wait until that person returns to begin again.
- 13) Follow the timeline and the prompts of the Conductor (timekeeper). Support the Conductor or it becomes a thankless role.
- 14) Take turns filling the roles of Host, Conductor, and Wizard – stretch yourself, have fun, and innovate.
- 15) Don't settle for just relief from struggle, go for everything you want – embody abundance!



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SAMPLE INVITATION

Dear friends,

I have found a book I would like to study: "The Trance of Scarcity." It addresses the cultural pre-disposition of "not enough-ness" that prevents us from accessing our greatness and fulfillment. That catches my attention!

As I looked on the author's website I noticed that there is a study guide that accompanies the book. As the author, Victoria Castle states, "learning with others accelerates and deepens our personal understanding so that we can be and act in new ways." So let's do this together! I think we all could enhance many of the things that we are at work on, as well as offer each other our encouragement, perspective, and commitment. I also would love to create a community that is supportive and positive.

Knowing me, I could read the book by myself and theoretically do the practices. However, in a group environment, I know that I would stay accountable for being fully engaged in reading the book and doing the exercises. I would greatly benefit from others perspectives and input as well. And I would ask the same level of participation from you. So this really isn't a book group – in that we won't just talk about the book. We'll do the practices, complete homework, and meet for 8 sessions.

The author recommends a group of 6-8 people, so I'm sending this invitation to you and a few others. Feel free to forward to others you would want to have join us. I am happy to host the first session (date – approximately 3 weeks from date of letter) and schedule subsequent group sessions at others' homes over the next 8 weeks. This is a commitment, I realize it. So I'm going to relate to it like an exercise class of a personal nature, knowing that it's worth going the distance because I want big results.

Please let me know if you will join me and if you have any logistical concerns. You can check out the author's website at TranceOfScarcity.com, (the book's title) and read an excerpt.

I'm asking of a firm "yes" or "no" by (date- approximately 10 days from date of letter) and plan to start the group at my house on (date – in 3 weeks) at 7:00 p.m. I hope you're up for joining me on this adventure.



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SESSION 1

Come to this session having *already read* the Introduction & Chapter 1 of the book as well as pages 1-8 of the Group Study Guide.

The first session is particularly important as it is the occasion for group members to come together, get connected, and reach agreement on how you will operate as a Study Group. A little structure goes a long way. While the purpose of this gathering is not a social event (chatting about anything and everything), abundance is definitely relational so get related. Host please provide a contact list with people's phone numbers and email addresses so everyone can reach everyone else in the group.

0:00 – 0:20

Review Cornerstones

20 minutes

Host reads each one out loud. If anyone has questions or difficulty with any part, now is the time to discuss and resolve issues. Come to agreement on these elements before you move on. You may come up with additional items you want to add as a group.

Then ask someone to take the role of Conductor and someone to take the role of Wizard for the rest of this session. Whoever made the invitations gets to be Host for this session.

0:20 – 0:50

Introductions

30 minutes

Each person has 3 minutes to introduce themselves with the questions below. Obviously, answers could be much longer than 3 minutes, so give everyone a moment to think about what they want to say (how they want to use those 3 minutes) before anyone starts speaking. That way, they can listen to each other rather than rehearsing. The Conductor lets them know when they have 30 seconds left and tells them when time is up.

- ➔ *Who are you and what you do in the world?*
- ➔ *Why are you part of the Study Group?*
- ➔ *What is your current experience of abundance and scarcity?*

If your group already knows each other, do this anyway. Listen to each other anew for what you can learn about your study partners in this particular domain of life.

0:50 - 1:10

Discuss Intro and Chapter 1

20 minutes

Host open discussion about reactions to reading the Introduction and Chapter 1 as well as the Study Guide Overview. What possibilities and challenges show up for you? What does the Trance of Scarcity look like, sound like, feel like to group members? This a rich time for sharing and seeing commonalities.

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1:10 – 1:35

Do and Discuss Practice 1

25 minutes

Everyone takes a look at *Practice: Choosing to Belong* (pages 21-22). Host initiates a 5 minute conversation with the following. Conductor please keep the time. With a show of hands, Host asks the group if they were able to visualize the Circle. Those that could, please address the rest of the group with responses to the following questions:

- *What was the process that had you visualize the Circle?*
- *What and where were the sensations in your body?*
- *Was this easy or challenging for you?*

For those that could not yet visualize the Circle, keep practicing and engaging. The more we take on these practices, the easier they will become.

Host reads *Step Into The Circle* (pages 13-15), gives people a few moments, then walks them through coming into the Circle and taking themselves out a few times. Simple, brief prompts work well, "Let yourself come into the Circle. What do you notice?" Then in a few moments, "Now take yourself out of the Circle. How is that different?"

The value here is to see what automatically shows up being In and being Out. We all bring our histories to everything; it will be no different here. Noticing what is automatic in us is key to having more freedom. Stay curious with as little judgment as possible.

Get with one other partner and discuss (if uneven number, make one group of three) for 5 minutes, then open up conversation to whole group. Here are some sample questions (or use your own):

- *What lets you be part of the Circle? What keeps you out?*
- *How do you take yourself out on a regular basis?*
- *Are you really the only one who can take you out of the Circle?*

Let this be a provocative and candid conversation. You're not looking for agreement – give room for all experiences and points of view.

1:35 – 1:50

Discuss Already Belonging

15 minutes

What are your reactions to the thought of Already Belonging and not having to earn the right to Belong? What would that make possible? What would happen if all the energy you use to be eligible to Belong was freed up to be used in other ways?

With your partner discuss for 5 minutes and then open up the conversation to the whole group. Again, here are some sample questions (or use your own):

- *Where do you feel you Already Belong?*
- *Where are you sure you don't?*
- *Where did those messages come from?*



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1:50 - 2:00

Standard Closing

10 minutes

This will be the standard closing for each session.

Form a standing circle – touching or not, whatever is natural to the group. Each person:

- commits to doing the *Practice: Choosing to Belong (pages 21-22)* at least five times before the next session
- commits to doing the homework for the next session
- briefly expresses one thing they learned and/or are grateful for
- briefly states one commitment they are focusing on until the next session

As a group:

- Host asks for show of hands for those that felt the session was valuable and why, those that felt the session was not valuable and why
- make any agreements for next session(s)
- determine who will be Host, Conductor, and Wizard for next session
- thank Host, Conductor, and Wizard for this session

HOMEWORK:

- Read chapters 2 & 3 in the book
- Do Practice: *Examining Stories (pages 32-33)* and take notes as you do the practice
- Print out two copies of *Upgrading Your Story Worksheet* (from the end of this Group Study Guide). Complete the worksheet once, bring it to the next session along with a clean copy
- Read Session 2 of the Group Study Guide

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SESSION 2

Come to this session having *already read* Chapters 2 - 3 and Session 2 in the Group Study Guide. Bring your notes from having done the Practice: Examining Stories on pages 32-33. Also, bring two copies of Upgrading Your Story Worksheet (from the end of this Group Study Guide): one that you've already filled out and a clean copy.

0:00 – 0:10

Check In

10 minutes

This will be the standard opening for Sessions 2 through 8.

Use this time to re-connect. Get current with each other and get present. Each person can take 1 or 2 minutes (but no more than 2 minutes) to say what's up for them. It may or may not be directly related to the course work. Conductor please keep time.

Getting present with each other is time well spent. This is a good time to check your mood and make adjustments so you can contribute and learn fully for these 2 hours.

0:10 – 0:25

Review Assignment

15 minutes

Host invites people to get with a new partner for 5 minutes to discuss learnings, challenges, and insights from Session 1 and *Practice: Choosing to Belong*. Conductor please keep time. Then open up discussion to whole group:

- *What have you been seeing about The Trance of Scarcity in your life?*
- *What was your experience putting yourself in and taking yourself out of the Circle?*
- *How was it being in a recurrent practice since the least session? Where was that challenging? What was useful about it? What, if any, support do you need?*

0:25 – 0:45 Discuss Stories vs. Facts 20 minutes

Host opens up a discussion with the whole group on the following:

- *What is important to you regarding how our stories create our reality?*
- *What is the impact to you about seeing the difference between facts and stories/interpretations?*
- *Where do you see you have interpretations living as facts or Truth in your life? What is the result of that?*

Share results of having done *Practice: Examining Stories on pages 32-33*. See if the group can come up with more interpretations together. Have fun with this. It does not have to be serious and heavy if you don't want it to be. Remember, we all have stuff. Also remember the more you reveal, the more opportunity for learning and embodying a new way of being. Practice breathing during this conversation and staying in the Circle. Then Host please read the list of Impoverishing Stories on pages 36-37. Do you recognize any of these as your own? Anyone not find a story that gets in the way of what you care about?



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0:45 – 1:30

Upgrading our Stories

45 minutes

Each group member takes out a clean *Upgrading Your Story* worksheet and gets into groups of three. Turn the chairs so you can easily have a conversation.

Take 5 minutes independently and identify one of your default impoverishing stories. It doesn't have to be the hardest one. Through this exercise, we are building our capacity to see that it's just a story and practicing the creation of more empowering interpretations. Use the clean worksheet to make another pass at upgrading your story or choose a different default story to work with. Get as far as you can.

Then take 10 minutes per partner. You will need to be your own timekeepers in each small group. With your partners, find upgraded Stories for your default Story. Spend time getting clear about what matters to you (Question 3). Be sure to identify the behaviors and practices that support the new story – this part is key. Your partners will offer suggestions you might not think of, so be open to all possibilities.

Then move chairs back into a circle and spend 5 minutes as one large group to debrief the process of Upgrading a Story (not talking about anyone's particular story). Does everyone understand the process and see how it can work? What questions or reservations are there about this? There will likely be a few. We've all tried affirmations that did not produce results. This is Part 1 of a 2-part formula. We'll address Part 2 in the next session. We are just getting started with this.

1:30 – 1:40

Recognizing Contraction

10 minutes

Host leads group through progression:

- *Hold your breath*
- *Collapse your chest*
- *Hunch your shoulders*
- *Furrow your brow*
- *Clench your fists*
- *Tighten your jaw*
- *Now say to yourself "There's never enough!"*

Notice how that feels

- *Do you believe yourself?*

Hold that same shape

- *Say to yourself "Life is one grand adventure!"*

Notice how that feels

- *Do you believe yourself?*



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Discuss as a group what you noticed both times and ask:

- ↳ *What does the body have to do with how we create our reality?*

1:40 – 1:50

Stingy/Lavish Continuum

10 minutes

Imagine Lavish (feeling at ease, trusting, energized, light hearted) is at one end of the room and Stingy (trying to get it right, worrying, often feeling self-conscious or exhausted) is at the other end of the room. Group members place themselves in the room on that imaginary line where they think they operate most of the time.

Where ever you have placed yourself on the line, speak out loud the thinking that goes from this place (i.e. at Stingy, you might be saying "Nothing ever is easy," "I must work harder," "I never get a break.") Exaggerate what happens when operating from the spot you chose. When everyone is in place, look around to see if you agree with where people have placed themselves. Are you in the accurate spot? Are they? If you think you or someone needs to move in one direction or the other, share with the group why you say that. There is no RIGHT place to be. This is another awareness exercise about how we habitually engage with life. Have fun with this.

1:50 – 2:00

Standard Closing

10 minutes

Form a standing circle – touching or not, whatever is natural to the group. Each person:

- ↳ commits to doing the *Practice: Upgrading Your Story (pages 47-49)* at least five times before the next session. You can keep working with the same story or take on different ones. The idea is to build your capacity to see a story and choose another one that supports what matters to you.
- ↳ commits to doing the homework for the next session
- ↳ briefly expresses one thing they learned and/or are grateful for
- ↳ briefly states one commitment they are focusing on until the next session

As a group:

- ↳ Hosts asks for show of hands for those that felt the session was valuable and why, those that felt the session was not valuable and why
- ↳ make any agreements for next session(s)
- ↳ determine who will be Host, Conductor, and Wizard for next session
- ↳ thank Host, Conductor, and Wizard for this session

HOMEWORK:

- ↳ Read chapters 4 & 5 in the book
- ↳ Do Practice: *Upgrading Your Story (pages 47-49)* and take notes the first time you do the practice
- ↳ Read Session 3 of the Group Study Guide



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SESSION 3

Come to this session having *already read* Chapters 4 and 5 and Session 3 in the Group Study Guide. Bring your Upgrading Your Story worksheets that you have completed since the last session plus at least one blank copy.

0:00 – 0:10

Check In

10 minutes

Use this time to re-connect. Get current with each other and get present. Each person can take 1 or 2 minutes (but no more than 2 minutes) to say what's up for them. It may or may not be directly related to the course work. Conductor please keep time.

Getting present with each other is time well spent. This is a good time to check your mood and make adjustments so you can contribute and learn fully for these 2 hours.

0:10 – 0:25

Review Assignment

15 minutes

Host invites everyone to get with a partner for 5 minutes to discuss learnings, challenges, and insights from Session 2 and the *Practice: Upgrading Your Story*. Conductor please keep time.

With the whole group, invite people to share about their default and upgraded Stories. Here are some questions to start with:

- *What behaviors and practices are you engaged in to support the new Story?*
- *What are the challenges and questions you are facing?*
- *What are you noticing is the impact of changing your Story?*

0:25 – 0:45

Upgrading Stories

20 minutes

Determine how many group members have identified their core default Story. Then share what it is and how it impacts what you care about

Anyone who would like help from the group on their Story is invited to ask for input. It is powerful learning for everyone.

Ask those who feel they have found a powerful upgraded Story to share it and how they found it. Remember, the most powerful Stories are the ones that support the fulfillment of what we care about. Additionally, the upgraded Story is not just the flip side of the default Story. The whole group listens to offer any tweaks or ask any questions. Be customers for each other's upgraded Stories so you all have the most powerful ones possible. Even if there are group members who have not fully identified either their default or upgraded Story, move on to the next part as it gives different access.



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0:45 – 1:15

Explore Embodiment

30 minutes

Host opens a discussion about reading Chapters 4 & 5. Invite the group to comment on the following:

- *What do you see about how we have become a "disembodied culture"?*
- *What occurs to you about this new orientation to Body?*

In the midst of the discussion, Host asks people to freeze and then reads through the *Practice: Thawing Out (page 58)* as an awareness check.

Host continues the group discussion with the following:

- *What are the implications of "we are always practicing something and what we practice, we become"?*
- *What do you see is embodied in you as the result of years or decades of practicing?*

Host invites everyone to look and review the lists of traits – *Open and Contracted (page 61)*. Ask people to share the following:

- *Where do you see that you habitually reside?*
- *What is the result of that pattern?*

Note: seeing what is habitual in us can be a bit confronting. This is not occasion for shame or discouragement – if these show up, that would be the Trance at work on us telling us we're bad, losers, hopeless, etc. This is information that we can use to free us from old patterns. The more we know about what is automatic in us, the more leverage we have to change it. Watch your mood here, no need to get somber.

1:15 – 1:50

Adjusting your State

35 minutes

We are purposely moving a little ahead so this can be part of Session 3. It is such a key element of embodiment that the rest of the practices build from it. We have been addressing how we Orient ourselves through our Stories.

Now we address how we Inhabit ourselves through our Somas.

Have everyone stand with room around them to practice Centering. Host reads through the *Practice: Matching Your State to Ease and Flow (pages 76-78)*. Group members have their attention on their own states, noticing the subtle shifts from contracted to open and visa versa.

Once you have gone through the practice, Host asks members to shorten or tighten their breath and see what happens to their state. Then relax the breath and this time, think about an unresolved issue you're concerned about and see what happens. Each time, notice what you do to bring yourself back to Center.

The capacity we're building is how to notice when we're off and then to get back quickly. The more often you take yourself off center intentionally and come back intentionally, the stronger that "muscle" gets.

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Host now asks group members to get with a partner. Conductor please take notice of the remaining time and inform the group how much time for each partner there will be. Let them know when to switch. Each partner takes turns pushing on each other's upper arm from the side the an open palm of their hand. (Not a quick shove, just a strong, straight, steady push for a few seconds.) First, partners stand side by side. Then Partner A gets stiff and tight and tries to be unmovable when being pushed on their upper arm from the side by Partner B who is standing to their side. Then, Partner A centers, relaxes, and grounds themselves while Partner B pushes again in just the same way. Partner B share your observations while Partner A is Centering. Partner B offer coaching from the distinctions listed on pages 76-77. Do they need to breathe more deeply? Feel their feet? Support your partner as they find their Center. Push on their arm again and see if they can Center. Switch roles and then discuss. Begin with the question:

- *What is possible when you are centered versus when you are contracted?*

1:50 – 2:00

Standard Closing

10 minutes

Form a standing circle – touching or not, whatever is natural to the group. Each person:

- commits to doing the *Practice: Matching Your State with Ease and Flow (pp 84-85)* at least five times before the next session
- commits to doing the homework for the next session
- briefly expresses one thing they learned and/or are grateful for
- briefly states one commitment they are focusing on until the next session

As a group:

- Hosts asks for show of hands for those that felt the session was valuable and why, those that felt the session was not valuable and why
- make any agreements for next session(s)
- determine who will be Host, Conductor, and Wizard for next session
- thank Host, Conductor, and Wizard for this session

HOMEWORK:

- Review chapters 1-5 in the book
- Do *Practice: Matching Your State with Ease and Flow (pp 84-85)* and take notes the first time you do the practice
- Read Session 4 of the Group Study Guide

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SESSION 4

Come to this session having reviewed Chapters 2 through 5 and having read Session 4 in the Group Study Guide.

0:00 – 0:10

Check In

10 minutes

Use this time to re-connect. Get current with each other and get present. Each person can take 1 or 2 minutes (but no more than 2 minutes) to say what's up for them. It may or may not be directly related to the course work. Conductor please keep time.

Getting present with each other is time well spent. This is a good time to check your mood and make adjustments so you can contribute and learn fully for these 2 hours.

0:10 – 0:25

Review Assignment

15 minutes

Host invites everyone to get with a partner for 5 minutes to discuss learnings, challenges, and insights from Session 3 and Practices around embodiment. Conductor please keep time. Then open up the discussion to the whole group:

- *What difference does it make when you Center - on you, and on others?*
- *What is the first thing you do to shift your state?*
- *What challenges are you having?*
- *How are you doing with a recurring practice? What support do you need?*

0:25 – 0:45

Practice Centering

20 minutes

Have everyone stand with room around them to practice Centering. Host ask everyone to close their eyes. Host read through the *Practice: Matching Your State to Ease and Flow (pp 76-78)*. Group members have your attention on your own states, noticing the subtle shifts from contracted to open. Host asks the group to notice what takes them off-center and what brings them back.

Do this practice with eyes open. Centering is about being effective in the moment so you want to train your nervous system to be able to shift your state right in the midst of what's happening.

One person volunteers to be coached by the group. This person stands in the center of the group and purposely tightens, slumps, holds their breath, etc. (Volunteer inhabit stingy, small, not enough, etc. to help you take shape.) Then the group coaches from the distinctions on pages 76-77 to shift the volunteer's state to Center. As a group review the key elements. Open a group conversation with the following:

- *Why does breathing fully make a difference?*
- *What do you notice when you take up space in length, width, and depth?*
- *How does remembering what your committed to help you shift your state?*



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0:45 – 1:25

Blending Story and Soma

40 minutes

We now have the two key ingredients for generating our state and our reality. They operate as flip sides of each other and give us access to seeing our default habitual state as well as cultivating our upgraded, desired state.

Get in to groups of three so you will have Partner A, B, and C. Turn your chairs so you are facing each other to have a conversation.

The scenario is that Partner A takes on the soma or shape of their default Impoverishing Story. They get the internal dialogue going in their head and speak from that place, as well as fully take on all the contraction, tightness, limited breath, etc. that matches that old default story. This is a great opportunity to ham it up and exaggerate. You want to make it so obvious to yourself that you can catch it in a moment when it shows up next time (which it most definitely will).

Partner B is the interviewer of Partner A who is applying for a job. Partner C is the observer/timekeeper to watch the impact that Partner A (who stays in character) has on Partner B, the interviewer, and on themselves as the observer for this round.

The interview begins with Partner B asking Partner A "Why you are the right person to be the new boss?" Partner A's answers are all informed by the soma and story they are in. Stay in character. Partner B as the interviewer, keep interacting with Partner A just the way they are being – don't try to change them.

After about 3-4 minutes, Partner C says stop. Then all debrief the experience, hearing first from Partner A, then B, and then C. Take about 5 minutes to debrief.

Switch roles, spend 3-4 minutes in the interview, and 5 minutes in debrief until every partner has had a turn in every role. This should total 30 minutes.

Then turn chairs back into one circle and debrief what you saw about story and soma. Host opens discussion with the following:

- *Can how you inhabit yourself really change how you operate in the world?*
- *What impact does your soma have on those around you?*
- *If you just change your soma, does that automatically shift your story?*

1:25 – 1:35

Inhabiting Your Story

10 minutes

Host asks everyone to move chairs so everyone can walk around the room. Host instructs everyone to begin walking randomly around the room, weave in and around each other, and not fall into rut of walking in a circle. After a few moments Host asks people to check to see if they are Centered and make any adjustments while they keep walking. After a minute or so, Host asks people to walk in the soma that matches their default Story. Host asks that as you keep this shape, look at other people and notice how you feel about them, about the world, about yourself. Stay in this until Host says to stop.



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After a minute, Host invites people to shift from this soma back to Centered and to keep moving while making the change. Give people time to really make the shift completely, then ask them to call out (while they're walking) what they did to make the shift. (ie. Breathe, relax jaw, relax shoulders, focus on what matters, etc)

For the next round, as people are walking, Host asks group to inhabit themselves as their new upgraded Story. Host asks for everyone to keep walking in this new shape, take it on fully, and now look at other people as you walk. Notice how you feel about them, about the world, about you. Do you feel like you are in the Circle?

Once more, Host asks people to shift back to the old Soma/Story for a few moments and then to shift to new Soma/Story – back and forth as they keep moving in the room. Host then asks everyone to stop. Have a standing debrief regarding what you see about embodying a story.

1:35 – 1:50 **Practices that Support the Upgraded Story** **15 minutes**

As one group, discuss what specific practices you have identified to support your upgraded Stories. Feel free to take on practices that others are using. Choose the top three practices you will take on for yourself.

1:50 – 2:00 **Standard Closing** **10 minutes**

Form a standing circle – touching or not, whatever is natural to the group. Each person:

- ↳ commits to doing the *Practice: Flexing your Pleasure Muscle (page 68)* at least five times before the next session
- ↳ commits to doing the homework for the next session
- ↳ briefly expresses one thing they learned and/or are grateful for
- ↳ briefly states one commitment they are focusing on until the next session

As a group:

- ↳ Hosts asks for show of hands for those that felt the session was valuable and why, those that felt the session was not valuable and why
- ↳ make any agreements for next session(s)
- ↳ determine who will be Host, Conductor, and Wizard for next session
- ↳ thank Host, Conductor, and Wizard for this session

HOMEWORK:

- ↳ Read chapters 6 & 7 in the book
- ↳ Do *Practice: Flexing your Pleasure Muscle (page 68)* and take notes the first time you do the practice
- ↳ Read Session 5 of the Group Study Guide

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SESSION 5

Come to this session having *already read* Chapters 6 & 7 as well as Session 5 in the Group Study Guide.

0:00 – 0:10

Check In

10 minutes

Use this time to re-connect. Get current with each other and get present. Each person can take 1 or 2 minutes (but no more than 2 minutes) to say what's up for them. It may or may not be directly related to the course work. Conductor please keep time.

Getting present with each other is time well spent. This is a good time to check your mood and make adjustments so you can contribute and learn fully for these 2 hours.

0:10 – 0:25

Review Assignment

15 minutes

Host invites everyone to get with a partner for 5 minutes to discuss learnings, challenges, and insights from Session 4 and embodiment Practices. Conductor please keep time.

Then open up the discussion to the whole group:

- *Are you finding it easier to notice and then shift your state?*
- *What impact is that having on your ease and effectiveness in life?*
- *What does pleasure have to do with abundance?*

0:25 – 0:45

Explore the Cycle of Abundance

20 minutes

The following chapters will go in much more detail, so for now the objective is to get familiar with the phases of the Cycle (page 95).

Host invites each member to speak about the following:

- *Which of the six phases feels most comfortable or strong for you?*
- *Which phase feels most underdeveloped or challenging for you?*

Host then opens discussion to the whole group:

- *Can abundance really be as easy as relaxing?*

0:45 – 1:20

Aligning

35 minutes

Host opens discussion on the following:

- *What does it take to "make yourself available?"*
- *What keeps us Forcing on our own rather than opening to available resources?*
- *Where are you most inclined to Force rather than Align?*
- *How can you tune in when you're full of concern about something?*

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Host leads the group through the *Practice: Aligning with the Flow* (pp 108-109). Host invites group to share their experience, ask questions, and open discussion:

- ↳ *What did you see/learn as a result of trying this practice?*
- ↳ *What do you see it can/will make different for you?*
- ↳ *What is the significance of Energy follows Attention?*

1:20 – 1:50 Attracting 30 minutes

Host invites group to share examples of where wanting something made you feel impoverished.

Host opens discussion on the following:

- ↳ *What do you think of this radical concept of "you get what you expect?"*
- ↳ *If that's the case, how do you confidently expect when in the same moment you are worried?*
- ↳ *What are examples of you Grasping rather than Attracting?*

NOTE: We all have these, so share in good humor, trying to out do each other on your examples. Make it fun or it's still got you.

Host leads group slowly through the *Practice: Attracting with Confidence* (pp 120-121). Host invites group to share their experience, ask questions, and open discussion:

- ↳ *Where is a place in your life you want to practice "It Already Is"?*
- ↳ *What would happen if you really believed you were whole regardless of circumstances?*

1:50 – 2:00 Closing 10 minutes

Form a standing circle – touching or not, whatever is natural to the group. Each person:

- ↳ commits to doing the *Practice: Aligning with the Flow* (pages 108-109) and the *Practice: Attracting with Confidence* (pages 120-121) everyday between now and next session
- ↳ briefly expresses one thing they learned and/or are grateful for
- ↳ briefly states one commitment they are focusing on until the next session

As a group:

- ↳ Hosts asks for show of hands for those that felt the session was valuable and why, those that felt the session was not valuable and why
- ↳ make any agreements for next session(s)
- ↳ determine who will be Host, Conductor, and Wizard for next session
- ↳ thank Host, Conductor, and Wizard for this session

HOMEWORK:

- ↳ Read chapter 8 in the book
- ↳ Do *Practice: Aligning with the Flow* (pages 108-109) and the *Practice: Attracting with Confidence* (pages 120-121), and take notes the first time you do the practice
- ↳ Read Session 6 of the Group Study Guide

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SESSION 6

Come to this session having *already read* Chapter 8 and Session 6 in the Group Study Guide

0:00 – 0:10

Check In

10 minutes

Use this time to re-connect. Get current with each other and get present. Each person can take 1 or 2 minutes (but no more than 2 minutes) to say what's up for them. It may or may not be directly related to the course work. Conductor please keep time.

Getting present with each other is time well spent. This is a good time to check your mood and make adjustments so you can contribute and learn fully for these 2 hours.

0:10 – 0:30

Review Assignment

20 minutes

Host invites people to get with a partner for 5 minutes to discuss learnings, challenges, and insights from Session 5 and Practice: Aligning with the Flow. Conductor please keep time.

Then open up the discussion to the whole group:

- ↳ *What does it take for you to give up Forcing so you can Align?*
- ↳ *Where are you able to experience confident expectation? How does it feel?*
- ↳ *What pattern do you see about being clenched?*
- ↳ *What pattern do you see about making it hard versus opening and letting it be easy?*

0:30 – 0:50

Being Satisfiable

20 minutes

Host invites people to get into pairs. Stand so you are facing each other. In this scenario Partner A is the Requester, Partner B is the Fulfiller. Conductor please keep time and let the pairs know when to switch (4 minutes each).

Partner A make a request of Partner B that they can fulfill immediately in the room, (ie, walk to door and come back, turn the lights off, say certain words, etc) Partner B as soon as you finish, be ready for the next request from Partner A. Partner A keep making requests. Partner B keep fulfilling until Conductor calls time. Then switch roles until Conductor calls time.

Turn chairs back into one circle and debrief what you saw about making requests and fulfilling on them. Host opens discussion with the following:

- ↳ *What does it feel like to make requests?*
- ↳ *What does it feel like to have requests fulfilled?*
- ↳ *Is it easy for you to keep asking for what you want?*
- ↳ *Were you able to keep making requests?*
- ↳ *Did you feel more alive or do you begin to shut down and go Numb?*

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0:50- 1:05

Voluptuous in Action

15 minutes

Host reads the first paragraph and items 1, 3 & 4 of *Practice 10: Receiving (pages 133-134)*. While Host is reading, close your eyes to focus your attention on yourself and practice in the moment. Host invites each person to report on one thing they did to increase aliveness in the moment.

Host then opens discussion to the whole group:

- ↳ *What resistance do you notice to voluptuousness?*
- ↳ *What happens in the body when you are fully present in the richness of the moment?*
- ↳ *How is that different from when contracted or distracted?*

1:05 – 1:25

Gratitude List

20 minutes

Wizard provides a pen and a few pieces of paper for everyone if needed.

Host reads the first paragraph of *Practice 11: Gratitude (page 146)*. Group be ready to write as Host reads (Host join in writing after you've read). Host continues to read items 1-3 and all write their Gratitude List. Have a contest. How many things can you list in 5 minutes? It can be things, events, people, relationships, qualities, etc. and it can be on the personal or global scale. Remember to breathe while doing this practice and just keep noticing. Conductor keeps time.

Host opens discussion on the following:

- ↳ *How did you feel when writing your gratitude list?*
- ↳ *How do you feel now?*
- ↳ *Why bother to write it down rather than just think about it?*
- ↳ *Does being grateful make you feel more or less connected?*
- ↳ *More or less Trusting?*

1:25 – 1:45

Power of Expressing Gratitude

20 minutes

On a new piece of paper write at least ten things you are proud of/grateful for about YOU (this could look like a Brag sheet – notice if you have resistance.) Take about 5 minutes.

Example – I am a good friend. NOT I'm grateful that people like me. Include things you take for granted about you: good sense of humor, love to cook, etc.

Host opens discussion with the following:

- ↳ *What did you find challenging about this?*
- ↳ *What felt good about it?*
- ↳ *Why do it?*

Now turn the paper over, write your name on the top, and pass it to the person on your left. Each person gets to write at least one thing they are grateful for about the person whose name is at the top of the page. Conductor keeps people moving the pages about every 30 seconds. Everyone moves the paper at the same time. People can write as much as they want as long as they stop when it's time to move papers. When papers have come all the way around, read what has been written about you.



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Host opens discussion with the following:

- *What is your reaction to reading this?*
- *Do you feel expanded or contacted?*
- *What does this do to your sense of connectedness in the group?*
- *Who are the people in your life that you want to speak your gratitude to? By when will you do that?*

1:45 – 2:00

Closing

15 minutes

Form a standing circle – touching or not, whatever is natural to the group. Each person:

- commits to doing *Practice 10: Receiving (pages 133-134)* and *Practice 11: Gratitude (page 146)* everyday between now and next session
- briefly expresses one thing they learned and/or are grateful for
- briefly states one commitment they are focusing on until the next session

As a group:

- Hosts asks for show of hands for those that felt the session was valuable and why, those that felt the session was not valuable and why
- make any agreements for next session(s)
- determine who will be Host, Conductor, and Wizard for next session
- thank Host, Conductor, and Wizard for this session

HOMEWORK:

- Read chapter 9 in the book
- Do *Practice 10: Receiving (pages 133-134)* and *Practice 11: Gratitude (page 146)*, and take notes the first time you do the practice
- Read Session 7 of the Group Study Guide

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Session 7

Come to this session having *already read* Chapter 9 and Session 7 in the Study Group Guide.

0:00 – 0:10 **Check In** **10 minutes**

Use this time to re-connect. Get current with each other and get present. Each person can take 1 or 2 minutes (but no more than 2 minutes) to say what's up for them. It may or may not be directly related to the course work. Conductor please keep time.

Getting present with each other is time well spent. This is a good time to check your mood and make adjustments so you can contribute and learn fully for these 2 hours.

0:10 – 0:30 **Review Assignment** **20 minutes**

Host invites everyone to get with a partner for 5 minutes to discuss learnings, challenges, and insights from Session 6 and Practices 10 and 11. Conductor please keep time.

Then Host opens up the discussion to the whole group:

- *What did you see about how you inhabit yourself and really Receive?*
- *What is the danger of letting yourself be given to?*
- *Can you feel gratitude even before there's something to be grateful for?*
- *What impact does gratefulness have on your mood?*

0:30 – 0:50 **Sharing Great Stuff** **20 minutes**

As a whole group for 10 minutes (Conductor please keep time), everyone share about a great restaurant, movie, book, trip that you highly recommend. Make these real. Notice what it feels like to share what pleases you with others and how it feels for someone to share with you.

Host opens a discussion with the following:

- *Was this hard work?*
- *Did you feel diminished by sharing?*
- *Did you feel expanding by sharing?*
- *What is the great fear people have about being generous?*
- *Why do we want to share?*

0:50 – 1:10 Tonglen 20 minutes

Host reads *Practice 12: Generosity (page 162)*. Host invites everyone to find three occasions from this day to do the practice of Tonglen. They can be very simple. The practice is to fully take it in (Receive) and then let it expand out of you as you connect with all others. Take your time – slow breathing helps. Take 5 minutes to do this practice quietly with yourself.

Conductor please let everyone know when time is up.



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Host opens discussion with the following:

- *What difference does this practice make in your life? In others lives?*
- *Is it easy/hard to want this for all beings?*
- *What is your sense of yourself when doing this practice?*
- *How does this practice impact the tendency to Hoard?*

1:10 – 1:50

Making Room

40 minutes

Host invites people to get into pairs. Turn your chairs so you are facing each other to have a conversation. Wizard provides paper and pen if needed.

Note: Have some fun, Host or Wizard have upbeat music ready to play at the end of the exercise.

Host reads Steps 1 & 2 in *Practice 13: Giving (pages 172-174)*.

Take 5 minutes to make notes to yourself about what the issue is and why it's important to release it. Choose an issue you are willing to share with your partner. It does not need to be huge and heavy. We are practicing Giving away and making room. Anything that has you stuck is a good choice.

Host reads Step 3. Take 10 minutes for this next exercise. Conductor please keep time. Partner A talk to Partner B as if B were the issue itself or as a witness to what you are addressing that is no longer working, or a resentment or regret that you have been holding on to. What is the issue? Why is it important? How does it feel to be stuck in it? Partner A let your body take on that shape that matches feeling stuck. After Partner A has finished, Partner A makes their declaration. Partner B, is the declaration strong enough, clear enough, or makes a difference for the speaker? Offer your feedback.

Partner A notice how you feel. What's different about your energy, tension, sense of the future? Briefly discuss this with your partner.

Now switch roles so Partner B is speaking and Partner A listening. Take 10 minutes for this role play. Conductor please keep time.

Host reads Step 3. Take 10 minutes for this next exercise. Conductor please keep time. Partner B talk to Partner A as if A were the issue itself or as a witness to what you are addressing that is no longer working, or a resentment or regret that you have been holding on to. What is the issue? Why is it important? How does it feel to be stuck in it? Partner B let your body take on that shape that matches feeling stuck. After Partner B has finished, Partner B makes their declaration. Partner A, is the declaration strong enough, clear enough, or makes a difference for the speaker? Offer your feedback.



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Partner B notice how you feel. What's different about your energy, tension, sense of the future? Briefly discuss this with your partner. Additionally, discuss what you each see is possible now for each of you out of your individual declarations.

Host or Wizard put on music and dance, congratulate each other, applaud, hug, etc. GET UP AND MOVE, celebrate so your nervous system gets the message. Take about 5 minutes of music and rejoice.

1:50 – 2:00

Closing

15 minutes

Host remind people that the next session is the last official meeting for the group in case you want special refreshments.

Form a standing circle – touching or not, whatever is natural to the group. Each person:

- commits to doing *Practice 12: Generosity (page 162)* and *Practice 13: Giving (pages 172-174)*.
- briefly expresses one thing they learned and/or are grateful for
- briefly states one commitment they are focusing on until the next session
- (Additional) commits to bring an object to the last session that represents Embodied Abundance to them. You will have a chance to speak about it as a part of the completion (everyone keeps the object they bring)

As a group:

- Hosts asks for show of hands for those that felt the session was valuable and why, those that felt the session was not valuable and why
- make any agreements for next session(s)
- determine who will be Host, Conductor, and Wizard for next session
- thank Host, Conductor, and Wizard for this session

HOMEWORK:

- Read chapter 10 in the book
- Do Practice 12: Generosity (page 162) and Practice 13: Giving (pages 172-174), and take notes the first time you do the practice
- Read Session 8 of the Group Study Guide



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SESSION 8

Come to this session having *already read* Chapter 10 and Session 8 in the Group Study Guide

0:00 – 0:10

Check In

10 minutes

Use this time to re-connect. Get current with each other and get present. Each person can take 1 or 2 minutes (but no more than 2 minutes) to say what's up for them. It may or may not be directly related to the course work. Conductor please keep time.

Getting present with each other is time well spent. This is a good time to check your mood and make adjustments so you can contribute and learn fully for these 2 hours.

0:10 – 0:30

Review Assignment

20 minutes

Host invites people to get with a partner for 5 minutes to discuss learning's, challenges, and insights from Session 7, *Practice 12: Generosity* and *Practice 13: Giving*. Conductor please keep time.

Then open up the discussion to the whole group with the following:

- *What happened in the practice of Tonglen?*
- *Where are you naturally generous? Where do you tend to Hoard?*
- *Were you able to release or complete on things that "make you poor"?*
- *What happened as a result of releasing old stuff?*
- *What do you like about giving to others?*
- *What difference does it make seeing flow through the Cycle of Abundance?*

0:30 – 0:50

Sharing Best Practices

20 minutes

Get into groups of three. Wizard provides each group with a sheet of large paper (preferably flipchart size) and a couple of color markers.

In your group, spend 10 minutes talking about what made the biggest difference for you in breaking the Trance. What can you do to help other people break the Trance and know that they already belong in the Circle? Record your top three ideas on the paper. Conductor please let everyone know when 10 minutes is up.

Each group will have 2 minutes to make a compelling presentation to the whole group. Embody what you are suggesting because who you are being will speak louder than the message. Be careful of using jargon that may put others off or confuse them. This is great practice for spreading what you've learned in a way that others can be open to and appreciate. Conductor calls time during small group presentation by reminding them when 30 seconds are left and keeping presentations to 3 minutes each max.

Have fun, be outrageous, pull out all the stops!



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0:50 – 1:40

Reviewing the Journey

50 minutes

Turn chairs into one circle so you can easily see each other as this is part of how the group will officially complete together. Host leads group through three rounds of sharing. At the beginning of each round, Host reads the instructions for that round and then gives people a few moments to think about their answers. Then whoever starts, just go around the circle from there so not to waste time while figuring out who speaks next.

1st round - Each person takes 2 minutes (Conductor please note). Speak about the biggest changes you have experienced in your own life since the beginning of the group. It can be tangible and intangible items. This could be anything from a new job to better sleep to a prevailing sense of trust. Given where you started, what is most significant to you?

2nd round – Each person takes 2 minutes (Conductor please note). Speak about what you are most grateful for in shifting your internal experience from scarcity to abundance. This may be identifying what practices were most important, how support or other resources impacted your experience, how important the group was, etc.

NOTE: Host give a few extra moments for people to consider this next one. This is how we change the world.

3rd round – Each person takes 2 minutes (Conductor please note). Speak about what your commitment is going forward. Since abundance is relational, it's never about just having our own private lives be different. What are you willing to take action on so that other people's lives are better?

Host completes by reading pages 192-193 *Have a Great Life Please* to end of chapter.

1:40 – 2:00

Completion and Closing

20 minutes

Since this is the last session, it does not follow the format of the Standard Closing.

Form a standing circle – touching or not, whatever is natural to the group. As a group thank Host, Conductor, and Wizard for this session.

One person at a time is the focus while the rest of the group takes turns speaking a blessing to that person. Example "I see you having great success in your work," "May you know how loved you are," "Be free of doubt, you are great at what you do," etc. The blessings are one sentence or phrase, not a paragraph. Keep them short! Just take a moment and consider what do you want most for this person. Speak your blessing TO them, not about them. Look at them when you speaking.

The person who is Receiving stays open, breaths deeply, lets it in and *only says "thank you."* Let the flow of abundance move freely. Feel what ever feelings come up for you and stay open and available. Breathe.

Move to the next person until everyone has had a turn Receiving. Remember it's the essence of what you want for them, the shorter the better. Being fully related to each other in the moment is what matters most.



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When everyone has Received, take a moment to experience the connection you feel. As in the practice of Tonglen, everyone breathe that in and as you breathe out, say "May all beings be this blessed."

Then hug, dance, eat, whatever your group chooses to acknowledge that you are officially complete. Congratulations!

NOTE: A request of the Host for this last evening: Sometime in the next couple days after the group completes, please send a brief email to Victoria to tell her about your group, such as what you learned, what really worked, what was most important to you. It can be bullet points or a couple paragraphs. You can write her at Victoria@tranceofscarcity.com. Please put "Study Group Feedback" in the subject line. It doesn't have to take much of your time and will be definitely be appreciated.
Thank you!

HERE'S TO ALL OF US LIVING TRANCE-FREE!



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PRACTICE: UPGRADING YOUR STORY WORKSHEET

- 1. What is one of my prevailing stories that just keeps playing?**
What is in place that has me taking myself out of the Circle? You want to dig here. Keep asking yourself Why? What's behind that? What's underneath that?

- 2. What are my current actions and behaviors that perpetuate this Story?**
How do you breathe? How do you hold tension? What gets your attention? What's your prevailing mood? What do you talk about or think about most of the time?

- 3. What do I really care about? What am I committed to?**
What do I want to contribute to the world? Let your body relax to access this – listen deeply to your inner knowing. What are you here to do? Let it be as big as it is.

- 4. Given what I care about, what are 3-5 upgraded Stories that would be useful?**
Stories are never True, but they are useful or not useful to what matters to us. What is a true upgrade, not just opposite of the limiting story? If you can find more than 5, great. Be lavish with yourself.



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5. **Which of these stories appeals to me the most?**

Put it in the most positive, emboldening, limitless language you can find. Pull out the stops. And remember you can change it tomorrow if you find a better one.

6. **What are the actions and intentional practices that will support this new Story?**

Don't skip this part, it transforms the Story from nice words into your lived experience. What do you need to add to your life to reinforce this new Story?

7. **What support do I need and how will I ensure I have it?**

No more "I'll do it all by myself!" Who can support you with this? What would support look like? By when will you ask for that support? How prepared are you to receive what you ask for?