

Notes from Open Space Topic Convenors

What was your topic or question?

How do we find courage and self-confidence to bring healing healthcare to our environments if we get lost in fear?

What were major discussion points?

- Know thyself.
 - Come to terms with identifying “who am I?”
 - Think about your strengths and weaknesses.
 - Identifying with Jesus, who always accepts and loves, can give us freedom.
 - We get stuck when we worry about if our daughters, sons, co-workers, friends, etc., like everything we are doing.
 - Fears come back to haunt us if you lose track of who you are.
- Be true to thyself.
 - Think about if you really want to be doing what you are doing.
 - If your spouse and children love carnival rides but you know they’re not for you, ask yourself why you are on the roller coaster.
- Believe in thyself.
 - Think carefully about what you say, and stick to your guns.
 - Really believe in what you’re trying to bring other people.
- Support thyself. How?
 - Make sure you have people in your life that feed you the right thing.
 - Relationships don’t just happen, they take nurturance and action.
- Accept thyself.
 - If you’re not making mistakes, you’re not taking enough risks.
 - When I run away from fear, I empower the fear. When I face the fear, it dissolves.
- Love thyself.
 - The root of the word “courage” = from the heart
 - Ask for what you need.
 - Live in the moment.
 - Don’t worry about what other people think.
 - Sing without self-consciousness.
 - Live your entire life with open space technology.
 - There are no coincidences; every choice you make is the right choice!
 - Have the intention that what you need will happen; trust it.
 - Love the simple things in life.
- Tools for daily self nurturance and courage building
 - Meditate.
 - Exercise.
 - Get a massage once a week.
 - Embrace loving relationships.
 - Visit the river.
 - Walk.

- Go to the park.
- Go to the baseball field.
- Be in nature.
- See patterns.
- Have daily quiet time.
- Journal.
- Stay open to reminders of spirit.
- Read bedtime stories to children.
- Make someone else happy.
- Do random acts of kindness.
- Enjoy the drive to and from work.
- Watch the stars come out.
- Read daily quotes and inspirational words.
- Live yoga.
- Read *The Alchemist*
- Rituals
 - The water bowl
 - Each morning take a water bowl and run it under water, back and forth, each time stating a strength or a weakness, until the bowl is full.
 - Place the bowl in a sacred space, and go out and do your work.
 - Come back at the end of the day, and empty the bowl of water.
 - Go to sleep with an empty, peaceful mind.
 - The stone
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 - Pass a stone around a group, each person blessing that stone with their energy
 - Give the stone to a person in need.
 - That person can place the stone in their pocket or their shoe and use the energy of the group contained within the stone.
- The starfish story
 - A little boy was standing on the beach, throwing starfish into the ocean, one at a time.
 - A man walked by and laughed, saying, "This beach is loaded with starfish; it's impossible to save them all; you can't make a difference, son."
 - The little boy picked up a starfish and threw it into the ocean and said, "It made a difference to that one."
- Empowering quotes
 - "Only walk through doors that are open."
 - "Courage is fear that has said its prayers."
 - "Am I becoming the person that I want to be?"
 - "Fall down 6 times, get up 7."
 - "Failing is not falling down; it's not getting up."
 - "Rituals are practices that make us feel safe."
 - "A hero is a person that makes safe places for others."

What did you learn?

- I learned to trust the universe.
- I learned that courage can be standing up in front of a group of people and talking into a microphone while your heart is racing and your palms are sweaty.
- I learned that kind words and loving people make your heart grow.
- We ended with a group hug and it was wonderful!

Whom should we contact for more information?

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