



Into the Depths:

An Advanced Training on Rituals, Shadow and Facilitation

The Maiden

Examples of using a questioning sequence to paint a picture so that participant can connect with a part of themselves, feel into a part of themselves, and be seen in their experience

- What did she look like?
- What excited her? Interested her?
- How was she loved?
- Where was she open or closed?
- What did she believe?
- What was she scared of?
- How did she make decisions?
- How did she hold herself? How did she hold herself back?
- How does her less evolved self show up in your business/work and facilitation?