## *My Gifts as a Facilitator*

Sit comfortably in your chair. Close your eyes. Become aware of any tension you are holding in your body and let it relax. Acknowledge any thought that enters your mind, release it and let it float away.

Know that you are in a safe place. You are peaceful and you are loved.

As your breathing slows and deepens, picture yourself surrounded by a warm, comforting, beautiful white light. The light is embracing you and illuminating your true self. *(Allow a minute of silence.)*

Now, as the light shines on each of your brilliant qualities, focus your attention on your gifts and talents as a facilitator. *(Allow a few minutes of silence.)*

Be careful not to judge and gratefully accept the gifts that reveal themselves to you.

When you are ready, bring your attention back to this room and open your eyes.

Take a few minutes to write about your experience.