

SPIRITUAL MIDWIVES

Fact Sheet

Mission Statement:

The Spiritual Mid-Wives/Bros are a group of people - a modern day tribe - who support one another as each unfolds into the truest versions of themselves here on the earth plane. Each person commits to seeing the light in one another and becomes the midwife/bro, lovingly supporting that infinite potential and pure love into become greater and greater expanded versions of itself. Together we expand in light, love, abundance, success and joy as we inspire others to do the same. We commit to seeing only the best in each other and our world and through our organic connection we evolve together, laugh together and grow together.

Weekly Gathering Format:

- Play the "Spiritual Mid-Wives/Bros Meditation" that includes the mission statement (Download at: <https://christinabcourtney.com/spiritual-midwives/>)
- Serve food or start eating if choosing the pot luck format (options below)
- Sharing: Time divided equally amongst members
 - Each person gets a period of time to share from their heart while the entire group ONLY listens allowing that person to be completely heard.
 - The group sends energy through their hands or heart seeing the person as the whole, complete, healed, light of the world that they are.
 - Members share intuitive feedback from their heart to support the sharer along their journey.
This is not a time to give advice, coach or "fix" anyone
 - Take turns going around the room until each person has shared.
- Closing (See below for ideas)

Guidelines:

- Ideal group size is limited to 5-8 people. When a group reaches that size, it is considered "complete". New groups will continue to form as more new participants become interested.
- Whatever is said in the group stays in the group – In order to cultivate a safe and supportive environment, members of each group honor each other by protecting each other's privacy so that each member feels free to be vulnerable and share openly.
- Each member of the group must be committed to regular attendance of the group. Once a group has been formed and members committed, each individual becomes a component of something larger than themselves. If people neglect to show up, it is felt. Therefore, it is for yours and your group members' benefit that you make sure

you can commit to regular attendance in order to be a part of a group. (Obviously, emergencies arise and members will be understanding.)

- No sidebars talking about other group members outside of group in any way that can be interpreted as negative or gossipy. If issues arise, individuals should address each other directly first, and if it persists, it should be brought to the entire group to discuss in a loving way as it is, "brought to the light."
- Members will use "I statements".
- There is no one leader in any group and everyone participates as equals. Decisions about when to meet, changing locations, etc., should be decided together.
- The energy of each meeting is that of love, compassion, support and non-judgment.
- **Facebook Guidelines:**
 - In order to be added to the FB group, you must first attend an in-person meeting.
 - The Facebook group is for general inspirational sharing in line with the mission statement.
 - Event postings/marketing related to mission statement only with admin approval.
- **The purpose of the Group Text is to:**
 - Communicate scheduling changes/logistics.
 - As needed for intimate support and time sensitive updates on individual member growth process being mindful of the group's time and basic text etiquette.
 - Is not a replacement from coming to in person meetings.
 - Many members have found it helpful to turn the group text on "do not disturb" mode so they can engage at their leisure.

Meal/Refreshment Options:

- Salad Pot Luck: Host provides lettuce and salad dressings and everyone else brings a topping to be shared
- Host offers to provide light snacks
- Members take turn bringing snacks
- Order a form of take out (pizza, etc.) and members split cost
- Meet at a private room of a restaurant and each member buys their own meal or pays for a predetermined meal
- Traditional Pot Luck: Each member brings a random item to share
- Nachos: Host provides chips and everyone else brings a topping

Hosting Options:

- Host at the same location every week (a member's home, office, community center, etc.)
- Members take turns hosting (using a predetermined schedule assigned in advance for consistency and reliability)

- Pick a restaurant with a private seating area that can be reserved for weekly usage

Optional Activities:

The basic structure of this gathering is to center and read the missions statement (audio recording provided), share and listen to each other, send energy and provide intuitive feedback in a supportive environment. However, each group has the opportunity to customize their gathering and make it their own. Here are some additional activities that can be discussed amongst your group and added if everyone is in agreement.

- Affirmative Prayer
- Singing bowls
- Holding hands
- Prayer/Intention box
- Each person lights a candle after they share symbolizing them being the “light of the world”
- “Oming”
- Prayer box to place intentions of group.
- If your group comes up with something new, please feel free to share with us and we’d be happy to add it to the list!