

## The Power of Facilitation

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Published in "The Healing Springs Journal" Issue #26, June- July, 2006

The power of facilitation, in the healing of another, exists in maintaining a state of being with one's self, rather than in any way, *directly affecting* part of another's system. One of the main premises of modern physics is based on the fact that when one observes a system, that system is changed. In other words, by being you alter your surroundings because you are one and the same as your surroundings. The power of your ability to observe yourself is the power of the effect you have on your surroundings. Imagine, each person on Earth becoming aware of themselves as their center instead of the environment and everyone 'out there' as their source.

So what does this mean? My interpretation is that the more consciously aware we become of our selves the more effect we have on our world around us. *Be aware of how you understand this power. It is not the power to change things we feel should be different around us. It is the power to change our selves and offer our surroundings an opportunity to change in kind.* This is also further evidence that everyone and everything are interconnected.

I believe it was Marion Williamson who said (and was erroneously credited to Nelson Mandela):

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our Light, not our Darkness, that most frightens us. We ask ourselves, who am I to be brilliant, gorgeous, talented, fabulous?"

Actually, who are you NOT to be?

You are a child of God. Your playing small does not serve the world.

There is nothing enlightening about shrinking so that other people won't feel unsure around you.

We were born to make manifest the glory of God that is within us.

It is not just in some of us; it is in everyone.

As we let our own Light shine, we unconsciously give other people permission to do the same.

*As we are liberated from our own fear, our presence automatically liberates others."*

Our ability in facilitating another's change, transformation or healing does not lie in any ability to control or affect change in another, it lies in our ability to be aware of ourselves and therefore shine brightly; enough for others to see themselves with less of their 'story' to cloud their judgment. This, in turn, opens the door of possibilities to choose less 'story' and a new awareness of themselves.

The power of facilitation does not exist within the validity of any technique of healing, but rather in the ability of the facilitator to be self-conscious and self-aware. Provided with the right situation, everyone is self-correcting and self-healing. You always have choice.

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