THE WORKSHOP LEVEL 1: CORE DESIRED FEELINGS

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INTRODUCTION TO WORKSHOP LEVEL 1

WHAT IT IS

Here is Level 1. It’s the signature workshop. The foundation. Your starting point. This section of the guidebook includes the foundational workshop outline with some alternate workshop schedules.

This workshop is approximately eight to ten hours of content.

IN-PERSON: You could do this as a two- or three-day workshop, or over four to six weeks meeting once a week.

VIRTUALLY: You could do this as a weekend “virtual retreat” or “tele-course” over two days, or you could move through this work in smaller chunks, with sessions spread out over four to six weeks, meeting once a week.

THE KEY OBJECTIVES

1. Explore perceptions around the value of feelings, especially in relation to ambition, external approval, goal setting, self-love, and respect.

Ideally, people will arrive at, or get much closer to, the inner place where feelings are fully valued and used as the guidance system for making life choices. We want to help people make feeling good their primary intention and goal.

2. Identify core desired feelings. Ideally, by the end of the course, people will have a handful of CDFs that they are willing to experiment with or are totally in love with.

You’ll encounter a range here: people who are sure they have only ONE core desired feeling, thank-you very much, and others who will have a buffet of options they don’t want to narrow down just yet. Not to worry — you’re here to support, not direct.


HOW THIS WORKS

Each content block syncs with the actual Desire Mapping process in The Desire Map book and workbook. We recommend each attendee has their own Desire Map book or workbook to follow along and do the exercises.

In each block, we suggest a ritual or exercise that’s appropriate for that learning. We’ve also created a menu for you to draw from, if you wish. If there is another activity that resonates with you more and fits the profile of your group better, then by all means, work it in. If you need more exercises, there are plenty for you to choose from. There is no one way to lead this workshop. We’ve provided the outline. You bring it to life.
For quick reference, here is the block outline for The Desire Map Workshop Level 1. These blocks can be spread over multiple days or weeks for both in-person and virtual events.

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WORKSHOP LEVEL 1 CONTENT

BLOCK 1: THE CONTEXT & CONTAINER

Welcome. Set the tone. Outline expectations. Introductions and creating an altar. Sacred space has been set. Music is playing as people are arriving. Hugs. Eye contact. High fives. Name tags. People are sitting down — it’s almost time.

1 / OPENING / 5 minutes (essential)

Read “SACRED GROUNDING: You Are More” from Danielle to help ground the space.

You are more than your name
you are more than your frame
more than your DNA.

You are more plenty than all that you have given birth to.
And all those big big wishes! …
you are even bigger —
imagine that (imagine anything)
and you are more.
You are gone gone gone beyond
the beyond of what started This All.

I pray you desire temples of peace
and benevolent tsunamis of love,
and that you realize your size
in relation to this universal declaration:
I desire.

You are the core
and the more
ever
expanding
desire …

You can download a printable version of this sacred grounding from the Licensee Knowledge Base.

Express gratitude for everyone being there
Thank everyone for choosing to devote their time and energy to opening themselves up to this experience.
2 / HOUSEKEEPING / 5 to 10 minutes (essential)

Generally speaking, here’s what people want to know (in life and in workshops):

Where’s the bathroom?
When is lunch?
Um, like, when can I take a selfie?

Keep this simple, brief, and clear. People want to get into the self-development work. And regarding social media and taking pictures, let your group know that being unplugged can be a beautiful thing, but if they want to snap pics at breaks (only during breaks), ask them to tag with #desiremap so we can find them and love them up.

3 / YOUR INTRODUCTION / 3 to 5 minutes (essential)

You’ll set the tone here. Take a deep breath and take the lead:

As I hope you know by now, my name is...
Here’s what The Desire Map means to me…
Here’s the impact this work has had on my life…

Share whatever you feel is important to connect you to the group and the group to each other.

4 / AGREEMENTS & VIBE / 15 minutes (optional)

Read the Agreement of Intention or create one of your own to read. You could have different people read different parts of it.

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**Agreement of Intention**
*By Gemma Stone - Coach*


**This is a place of love.** It is a safe space for each of us because we treat each other with love.

**This is a place of safety.** Nothing that is shared here will leave without permission of the person sharing. We leave shame, blame, judgment, comparison, and competition outside of our safe space.

**This is a place of community.** We will all be invited and encouraged to share questions, wisdom, insight, uncertainty, writing, art, and reflections. No one will be pushed to share; everyone will be invited.

**This is a place of growth.** We are all on our own journeys. We are all here to learn. All questions are welcomed. All wisdom is welcome. We are all growing.
| This is a place of belonging. | We each belong to our desires, our lives, and our community. We are each responsible for how we interact and what we get out of our time together. |
| This is a place of sovereignty. | We are here to support and encourage each other. We do not try to fix, control, save, mend, or rescue each other. We allow vulnerability in by being present with it. |
| This is a place of honoring. | We create a space where people can offer their gifts and ask for what they need. |
| This is a place of compassion. | When we encounter resistance, we meet it with grace. When someone is in darkness, we shine light. When someone is in process, we provide patience and presence. |

5 / GROUP INTRODUCTIONS & ALTAR CREATING / 40 to 90 minutes (essential)

Creating an altar. If you build it, they will...love it! The purpose of the altar is to create a sacred space, energize the process, connect energies, create beauty, and tap into the cosmos for support. It’s an opportunity for everyone to be seen, heard, and contribute. The altar will stay up for the duration of the workshop.

Begin: Place your item on the altar, share why you brought it, and what it means to you.

Build: One by one, ask everyone to come to the altar and do the same thing. Ask them to begin by sharing their names. If someone has forgotten something for the altar, have them write down something meaningful and place that on the altar.

Expectations: Once the altar is complete, let your group know there will be plenty of time for participation, interaction, questions, etc. It’s up to you to manage the flow of conversation through the day. Check in as you feel the need to. If there’s something you feel is lingering in the space, and needs to be said, chances are, you are right. Keep the space safe and open, but also be mindful of how much content you are covering.

VIRTUAL ALTARS
Some ideas:

- Ask what object participants have brought for the occasion.
- Create a digital altar on a shared Pinterest board and ask people to add something with the same intentions as noted above for a physical altar.
- You could also create a “word” altar. This involves asking each person what one word they’d like to put into the virtual space that symbolizes who they are or the energy they want to contribute. You could jot those single words down and read them back to the group to energetically open and close each call.

6 / BREAK / 10 to 20 minutes
**BLOCK 2: MEANING & CONNECTIONS**

This block is about looking at our relationship to feelings. Exploring the notion that we are actually chasing feelings, not goals. Planting seeds of permission — permission to want what we want and to make feeling good our primary intention. Laying out the Life Areas. Gratitude and dissatisfaction.

1 / SACRED GROUNDING / 2 minutes (optional)

Read “SACRED GROUNDING: Core Desired Feelings List” A list of other people’s CDFs. Simple. Poetic.


You can download a printable version of this sacred grounding from the Licensee Knowledge Base.

2 / DESIRE MAP THEORY / 30 minutes (optional)

Talk about how the theory of Desire Mapping — a feelings-based approach to creating your life — has worked for you. Why is it a fit? How has it served to LIBERATE and support you? (Liberation is the key.)
The warm-up (optional)

Option 1: Sensations of Positivity
TURN TO: Page 162 in the *The Desire Map*.

Have people close their eyes and either answer these questions silently to themselves, or speaking their one word or short answers out loud as they feel moved — quick and overlapping with each other. The color of joy... The sound of joy... The scent of joy... Love smells like... In my body, appreciation feels like...

Option 2: Conversation Starters App
People can share as they are moved to (and emphasize that, in general, sharing is always optional). You can ask any or all of these questions. They are meant to warm people up for the gratitude and dissatisfaction exercise.

   a. What was the conversation around feelings and emotions like in the house you grew up in?
   b. What’s really working in your life right now?
   c. How do you show your thanks?
   d. What have you been complaining about lately?

You can find more questions in the Conversation Starters App in the Apple App Store.

3 / LIFE AREA INTRODUCTION / 10 minutes (essential)

Inform your group of the five Life Areas that you’ll be working in throughout the workshop. Explain the importance of addressing all Life Areas in this process.

LIVELIHOOD & LIFESTYLE
career. money. work. home. style. space. possessions. fashion. travel. gifts. sustainability. resources.

BODY & WELLNESS
healing. fitness. food. rest and relaxation. mental health. sensuality. movement.

CREATIVITY & LEARNING
artistic and self-expression. interests. education. hobbies.

RELATIONSHIPS & SOCIETY
romance. friendship. family. collaboration. community. causes.

ESSENCE & SPIRITUALITY
soul. inner self. truth. intuition. faith. practices.

4 / GRATITUDE & WHAT’S NOT WORKING / 60 to 90 minutes (essential)

Gratitude is a clear feeling most of us can experience fairly easily. We’re going to start with exploring the gratitude — and dissatisfaction — in our lives to STIR UP FEELINGS and to clarify our desires.

Getting Specific With Gratitude and What’s Not Working
TURN TO: Pages 172 – 181 in *The Desire Map*.

5 / BREAK / 45 to 90 minutes (essential)
BLOCK 3: DISCOVERY

This is a big one. Concentrated exploration of “How do you want to feel in every area of your life?”

1 / SACRED GROUNDING / 2 minutes (essential)

Read “SACRED GROUNDING: Remember Your Light” aloud to your group to create clarity.

You are Desire Mapping to…remember your light, your true nature, your source — the life source that connects us all.

To know your heart’s longing — your core desired feelings.

To use your preferred feelings as a guidance system for making choices and for being more present and alive.

To help you use your desired feelings as a way to access comfort and clarity during painful times.

To use your desired feelings as creative fuel to make great things happen in your life that will radiate out into the world.

To accentuate the positive aspects of your life while still honoring, and not invalidating the negative parts that you want to change.

To use your feelings as road signs to your Soul.

You can download a printable version of this sacred grounding from the Licensee Knowledge Base.

2 / WARM-UP / 15 to 30 minutes (optional)

Feelings Recall
TURN TO: Pages 189 – 190 in The Desire Map.

Address the group:

Recall a time when you DIDN’T feel the way you wanted to.
Recall some times when you DID feel the way that you were hoping you’d feel.

People can answer this in a group as they are moved to or privately in their journals, not shared with the group. Support the group in what you think will best move everyone forward.

You are about to move into a suggested mindful moment.
Address the group:

The first part of the day is complete. How are you feeling? Now’s the time for you to silently remove anything that you feel may be in your way to move into the second part of the day powerfully. Do what you need to. Glance up at the altar. Close your eyes and take three deep breaths. Stand up and shimmy. Celebrate. You are creating something new.

3 / HOW DO YOU WANT TO FEEL? / 90 to 120 minutes (essential)

How Do You Want to Feel in Each Area of Your Life?
TURN TO: Pages 192 – 196 in The Desire Map.

Tell your group: This is it! We are full-on Desire Mapping! Things to keep in mind: anything goes here. Do not censor yourself. Dream big. Or not. Stream of consciousness is the way to go at this point. You can write out phrases, nonsensical sentences, one word over and over again. Be abstract or be specific.

Mindful moment: This might be a place where you share some of your own discoveries or kickstart a mini-conversation. The pressure to “get it right” can come up for people in this section. Suggest some ease and compassion around that expectation. Remind the group: a desired feeling doesn’t have to be summed up in just one word.

This is an uninterrupted 90 to 120 minute block of solo reflection and writing time. Go where you want. Find a corner. Leave the room entirely. Get up and move. Or stay right where you are. Close your eyes and tune in. Let your wanted feelings flow freely. Trust whatever feels most comfortable.

4 / BREAK / 10 to 15 minutes (essential)
BLOCK 4: SELECTIONS

Words will start to emerge for people. Patterns are seen. Decisions are made.

1 / SACRED GROUNDING / 2 minutes (optional)

Read “SACRED GROUNDING: The Magnetics of Feelings” aloud to the group.

Read it to music if it moves you.

FEELINGS ARE MAGNETIC
EACH FEELING IS A BEACON THAT ATTRACTS A REALITY
LOVE ATTRACTS LOVE
GENEROSITY ELICITS
A GENEROUS RESPONSE
ANGER CREATES MORE THINGS THAT COULD
MAKE YOU EVEN ANGER -
IF YOU LET THEM
WHAT WE FOCUS ON EXPANDS
SO CHOOSING TO FOCUS ON LIFE-AFFIRMING FEELINGS IS THE SUREST WAY TO CREATE THE EXPERIENCE YOU WANT

You can download a printable version of this sacred grounding from the Licensee Knowledge Base.

2 / CHECK-IN / 10 to 30 minutes (essential)

Free-flowing discussion. How was the “How do you want to feel?” exploration for everyone? Stuck on a Life Area? What lit up for you? Where did it flow for you?

3 / PATTERN RECOGNITION / 30 to 60 minutes (essential)

Now that you’ve done a full group check-in, have everyone break into small groups of three or four, spending half of the time reviewing notes on their own. Pattern recognition. Narrowing down. Noticing themes. Circle, highlight, and star words and make notes. The other half of the time is for the group to open up and jam with each other. This is about helping each other make decisions, choosing words, having their power witnessed.

Making Your First Picks

TURN TO: Pages 198 – 199 in The Desire Map.

Suggestions: If you’re getting “huh?” looks from the group, these are suggestions you can give them to keep the conversation flowing.
When your smartphone is smarter than you (helpful apps and links for choosing CDFs):

- www.dictionary.com
- www.thesaurus.com
- Random House Webster's Word Menu
- Online Etymology Dictionary
- Onelook.com - a reverse dictionary search
- App: WordWeb Dictionary

The old-fashioned way:

Toss a coin to give up one of your CDFs.
Pick your CDFs out of a hat. Seriously. It may be divine.
Review the 150+ POSITIVE FEELINGS on pages 72 – 74 of The Desire Map.

4 / CHOOSE! / 10 to 30 minutes (essential)

People should have already narrowed down their CDFs by now. This is a momentous place to find certainty. Some people will not be ready to make firm choices. That's totally okay. Encourage them to pick three that they are willing to try on for a few weeks and experiment with. Have them write these down. Part of the logic in making this a short timeframe is to conclude the hour-long process with a euphoric final rush. You’re just creating a punctuation in the process.

Making Your Final Picks
TURN TO: Page 202 in The Desire Map.

Tell the group: Choose your core desired feelings! We’ll gather back after break to officially declare them!

5 / BREAK / 10 to 15 minutes (essential)
BLOCK 5: DECLARATIONS!

This block is about making declarations and celebrating. Discovery. Defining. Declaring. Dance.

1 / SACRED GROUNDING / 3 minutes (essential)

Read “SACRED GROUNDING: Decide to Rise” from Danielle aloud.


There are Soul-justified reasons to cancel. There are times to just stop. This isn’t one of them. Keep going. Show up. Full on. Full tilt. Full out. Decide to be one of those people who pull it off.

Do what you say you’re going to do. Don’t let us down. Decide to rise.

Why decide to rise?
Not for the reasons you might think.
In fact, these are the reasons that will make you sick and tired:

Do not rise out of obligation.
Do not rise because of feared consequences.
Do not rise because you think being tough makes you smarter (it doesn’t).

Decide to rise because you want to expand — your being, your life, your possibilities. Decide to rise because superpowers are meant to be activated and applied in everyday life.

Decide to rise to explore your place in the universe.

On the other side of deciding to rise is illumination, ecstasy, insight. And the angel of your strength is there waiting, smiling, applauding, with a goblet of endorphins for you.

Drink up!
When you transcend circumstances you get special privileges You get evidence that you are indeed amazing, and irrefutable proof that what your heart and mind choose is what matters.

And you get the deep knowing that life wants you to win. Decide to rise.

Lean in. Listen up. Closely.
It’s your Soul speaking, and she says, Get UP!
I need you. I want you. I am you.
Choose me. Lean in. Listen up. Closely.

Decide to rise.

You can download a printable version of this sacred grounding from the Licensee Knowledge Base.
Megaphones OUT everyone! We didn’t just go into the fire to make some s’mores — we went in to discover and define, which means we are now ready to declare. This is the part that rocks people’s worlds. For the first time (perhaps ever in their lives), people are declaring how they want to feel, and you are creating the space for that declaration to come through.

For the most part, the suggestions below are designed for smaller groups of three to four. The group size and how this happens is up to you.

Declaration options:

1. **Showering good wishes.** (Disclaimer: this one could get LOUD) Each person states their CDFs. This is a beautiful exercise where one person (or the whole group, one at a time) reflects back to another person what they wish for them or see for them.

   In a group context, it looks like this: Sasha declares her CDFs to the group: “My core desired feelings are Light, Culture, Engaged, and Ease.” Sasha takes a deep breath (because she’s got a whole group of loving eyes staring at her). Then, all at once, like a symphony, talking over each other, the group hollers out (or whispers) their individual wishes or visions for Sasha.

   They can be wild and fantastical or uber-practical: “I KNOW you are going to feel soooo LIGHT! Your life is going to be so full of ease you’re going to feel like a queen when you walk into work every morning. So much culture is going to happen for you — you’re going to be in Paris, partying with Beyoncé, eating at four-star restaurants for lunch, doing art shows every weekend. You ARE art! I see you as light. Radiant, shiny, glowing skin, lots of sun, warmth, light light light! You’re going to light up the room, light up the building, light up your city! You’re a light on the planet! I can see you from space!”

2. **Call and response.** Each person declares their core desired feelings one at a time. The group can be guided to listen quietly. At the end, the group confirms in solidarity, “Yes you ARE.”

   It looks like this: Sasha sits in her group and says “My core desired feelings are Love, Abundance, Connection, Expansion, and Desire.” Her beautiful group listens, and responds together: “YES YOU ARE!” Some of the grammar police in your group might get caught up in the details of this one, but the bottom line is this: affirming someone else’s CDFs is one way you can help them recognize their feelings as part of who they are, instead of believing they are separate from those feelings.

3. **The ties that bind.** With cord or string that you supply (gold! red! linen!) everyone wraps a piece of cord around their wrist with each statement of their core desired feelings. Once around their wrist for every CDF. The person next to them helps them tie and snip the string.

   It looks like this: Sasha says: “My core desired feelings are Love (wraps once), Freedom (wraps again), Grace (wraps again), and Truth (wraps again).” Her helpful neighbor ties the knot.

4. **Keep me where the light is.** Each person is given a candle (that you provide), which they light as they say their CDFs and then place on the altar.

   You could do this as an entire group or have people go up to the altar one by one.

3 / BREAK / 15 to 30 minutes (dancing optional)
BLOCK 6: DREAM, PLAN & WRAP

We have arrived. There is more to come.

1 / SACRED GROUNDING / 3 minutes (essential)

Read “SACRED GROUNDING: A Declaration of Deserving” from Danielle aloud.

You are worthy of your desires. Really wanting what you want gives you the power to get it. You were born free. (The more you try to earn your freedom, the more trapped you become.) You are worthy of love and respect. Lovable.

You deserve:

eye contact,
smiles in the morning,
food made with pure intention,
clean drinking water,
fresh air,
Hello, Please, Thank you,
time to think about it,
a chance to show them what you’re made of,
a second chance,
an education,
health care, including dental,
multiple orgasms,
weekends off,
eight hours of sleep,
play before work,
to change your mind,
to say no,
to say yes,
to have your deepest needs met,
to be seen,
to be loved for who you really are.

You deserve all of this — and more — just because you showed up to life.

You can download a printable version of this sacred grounding from the Licensee Knowledge Base.

2 / WHERE DO WE GO FROM HERE? / 30 to 60 minutes (essential)

This section is all about supporting people with a plan to stay connected to their CDFs once they’re back in their daily routine. Because, after all, life is not a Desire Map workshop.
Staying connected to our declarations makes this work sustainable and significant, so this is the time to help people begin to think about how they might each achieve that. Depending on how much time you have, you may end up going through all of these or just one.

**Helpful People and Resources** *(We get by with a little help from our friends.)*

**TURN TO:** Pages 232 – 233 in *The Desire Map*.

These questions and exercises will help people identify who in their life they can call on to support them.

**How Will You Give of Yourself?**

**TURN TO:** Page 234 in *The Desire Map*.

What’s so amazing about doing this work is that it will ripple out of the workshops and into people’s lives. Now is a good time to help people connect to what they can do with their new superpowers (their CDFs). This is about reflecting on how they can contribute and be of service in their world.

**Create positive declarations.**

There are many ways you could do this one. Flash cards, Post-it notes, etc. Get creative! Positive declarations written on one side of an index card and your CDFs on the other side.

**Bringing this home, one last time:** This is about helping people truly connect to how they want to feel, inside their everyday lives.

Want to buy flowers every week for yourself? Schedule a daily nap? Have church in your living room every Sunday? Desire Mapping is a practice and it has to be lived.

**Join the community.**

Have your participants join the Desire Map community outside of the workshop. Invite them to join the Desire Map public Facebook group for daily inspiration and stories from other Desire Mappers.

**3 / CLOSING OF THE EVENT & ALTAR / 30 to 60 minutes (essential)***

**Read “SACRED GROUNDING: You Are a Desire Mapper”** aloud. (You as leader, or several group members, can read to the group.)

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You are a Desire Mapper.

When you’re coming up with your yearly goals, planning your week, building your career, making holiday plans... you’ll have your core desired feelings in mind.

When you’re choosing whom to invite in, how to react, what to give, where to go, how to move, how and what you’ll worship...you’ll have your core desired feelings in mind.
When you want things to be different, when you’re in pain, when you’ve got a great idea to act on, when you want to make stuff...you’ll have your core desired feelings in mind.

When you’re composing emails, asking for what you want, choosing presents, shopping for shoes...you’ll have your core desired feelings in mind.

When you go to sleep at night and wake up in the morning... you’ll have your core desired feelings in mind.

And what you have in mind is how you create your reality.

Now, each person says their name, repeats their core desired feelings, and takes their object off the altar. If they placed an individual candle there, they blow that out too.

Read “SACRED GROUNDING: Open Wide” aloud to close the workshop.

Open wide.
Give your desires words. Out-loud words.
Tenderly gaze eye-to-eye.
Exposé your craving any way you must, under a blanket or backed by a rented band.
Reveal your intentions, clean.
Stand there, vulnerable, waiting.
Describe your dream, in detail.
Clarify what you’re afraid of and give faith to the opposite.

Engage every cell in fiercely wishing:
to be seen. to be graduated. adored. valued. validated. met.

The moment holds it all. Give it then and there.
Even if it didn’t work before, or you’re not sure what will come out of you to make for something new. (You can’t be sure.)

Blow off the past.

Ask for what you want.

Unzip the casing of your personality and let that inner layer feel the air.
Smart warm life.
Do it in front of another being.

This is terrifying relief:
to merge
out in front
melting edges,
Contributing
punctuations of ecstasy,
everyday happiness, deepening

we know.

Pulse open. Open. Open.

You will get hurt. Shattered — guaranteed.
A glance will cut. Denial will bruise. Rejection will fracture.
You’ll cry. Clenched. You’ll be infuriated. You may choose to walk away — agonized.
You’ll regret it — more or less.

But if you stay there, closed down ‘round your core, then you’ll never leave the house feeling like yourself.
You’ll pad your soul with stuff destined for landfills.
Piles of dislike and complaints will heave between you and bliss.
(Bliss is possible. We know.)
Itchy. Tight. Foggy. This happens when the heart is veiled.
Nothing will ever be quite right, day after day.

So pulse back open.

Do it to be it.
Lean toward.
Worship your precious impulses.
Focus on expansion,
This once.

Open
up
any
way
you
can.

You can download a printable version of these sacred groundings from the Licensee Knowledge Base.

/ END OF WORKSHOP

Note: In the Licensee Knowledge Base, we’ve provided you with printable worksheets so you can fill in your own ideas and notes for each block. Make this yours.
Think of this as a content and facilitation treasure chest. A list of exercises that can complement your workshop. Mix and match. Experiment.

1. **Subliminal messages.** These circle back to the whole divine point. Throughout *The Desire Map* there are little “subliminal” messages in the margin: *The primary intention is to feel good.* Little anchors to drop into the psyche pond.

   Set an alarm to go off at random times. When it chimes, say “Subliminal message time: *The primary intention is to feel good.* That's all. As you were.” You can go through the book to collect some of your favorite subliminals. Like…

   - The primary intention is to feel good.
   - Feeling good is the heart of the matter.
   - You get to want what you want.
   - Your feelings lead you back to your Soul.
   - Never underestimate the power of wanting.
   - Desire leads the way home.
   - Desire is the engine of creation.

2. **Talking object.** The person holding the object has the floor to speak. You can use whatever you want for a talking object: a stick, crystal, book, or feather.

3. **Thank-you notes.** Everyone writes a thank-you note to someone in their lives during the gratitude section. Bring stationery and postage so you can mail the notes for participants. Prompt them by suggesting they use this fill-in-the-blank: “I am grateful for you because…”

4. **Letter from your future self.** After participants have identified their CDFs, have them write a letter from the perspective of their future selves. Tell the group: It’s five (or ten) years from now. You are living your core desired feelings. You are feeling the way you want to feel. In your body. In your whole lifestyle, in your soul and how you show up in the world. Your future self feels amazing and has so much wisdom to share. She wants to describe your future to your current self and give you some insight about how you created such an incredible life.

5. **Burn stuff, or at least tear it up.** People can write down their CDFs in celebration. Suggest that they write down things they want to let go of. Write down loving messages to offer up to the cosmos. Then burn or tear them up.

6. **Showering good wishes.** This is a beautiful exercise where one person (or the whole group, one at a time) reflects back to another person what they wish for them or see for them.

   For example, Sasha declares her CDFs to the group: “My core desired feelings are Light, Culture, Engaged, and Ease.” Sasha takes a deep breath because she’s got a whole group of loving eyes staring at her. Then. All at once, like a symphony, talking over each other, shouting out when they want, the group hollers (or whispers) or gently states their individual wishes or visions for Sasha.

7. **Social.** Take a photo of your first group meeting — the group, the meeting space, the altar, etc. Share them as individual photos or one big collage on Instagram or Facebook. Tag with #desiremap and #workshop and #[yourcity] so Desire Mappers around the world can find you and your photos.
8. **Eyes closed and speaking out.** Sometimes, people need the safety of invisibility to speak their truth. You can have the whole group close their eyes and speak their answers aloud. This works great with people laying on the floor, yoga-class style. Their answers will overlap as they speak out. A symphony of sharing.

9. **Contemplations and visualizations.** You want ‘em? We got ‘em! Head over to the Licensee Knowledge Base to access visualizations as recited by Danielle.

10. **Release and attract.** Have two bowls or containers: in one bowl, drop in notes of things you’re ditching. In the other, a note of things you want to attract.

11. **Movement…is medicine.** Yoga, stretching, a dance break, a walk around the block…do it! To find exercises and activities to incorporate into your workshops, turn to the yoga section on page 137 of this guidebook.

12. **#Truthbomb Pull.** Have everyone pull a #truthbomb card out of the deck. Pull a card at the beginning of the workshop, or between blocks. Have everyone share their #truthbomb with the group and why it feels significant to them in the moment.

13. **Declare!** Make a video of each member in your group declaring their core desired feelings. You can record one video of the group sharing together or individual videos for each member. It’s completely up to you. Make it short and sweet so you can share your videos on Instagram, Facebook, YouTube, or Vine. Tag with #DesireMap and #Workshop #[YourCity].

14. **Conversation Starters App.** Need to bridge a topic gap or warm up hearts and minds? Grab the Conversation Starters App. Use it at lunch, or in the evening if you’re having an overnight retreat. Embrace the random search function and let any question guide your conversation. Use it as an opening to each content block. Use it if the energy dips or you need to shift the direction. Here are some good ones:

   1. What’s your version of “having it all”?
   2. “I only want to hit my targets if the aiming and the hitting both feel good.” Is there something you’ve been pushing for and the pushing has not been feeling good?
   3. What do you think is the difference between feelings and emotions?
   4. When have you been able to turn a “negative” experience or feeling into a stepping stone or moment for growth? What made that experience different than the rest?
   5. What would happen if we made all our decisions based on feeling good?
   6. Why do we push away good feelings?
   7. If you believed your joy would change the world, what would you do differently?

And there’s still more… If you want to create more space at your event, there are a number of exercises in The Desire Map that you can use to amplify your workshop experience:

   1. **Rapid-Fire Starting:** Pages 158 – 159 in The Desire Map.
   2. **Psych Surfing:** Pages 160 – 161 in The Desire Map.
   3. **Sensations of Positivity:** Pages 162 – 163 in The Desire Map.
PRE-GAME POSITIVE DECLARATIONS

It's important that you dial up your own light before you try to lead anyone through this process. Raise your vibration with your best intentions. Huddle with your soul. Pep talk! Clarity! Truth!

These prompts might help...

My core desired feelings are:

I will generate my CDFs with this event by doing/asking/giving:

My intention as the leader of this event is to:

I’ve got so much to offer these people, such as:
I’m going to look at each participant as:

If I feel lost or ill-equipped, I’m going to do one of the following to come back to center:

Some signs of “success” of the event experience will be: