



Spirit of the Land – Vilnius 2025

Ripple Ripple

Intro - Visualize that you journeyed in two separate worlds this past week – in one world, you traveled with everybody in our group on the highway of learning. First World: Skills + Techniques for following groups and individuals to facilitate and coach. Second World: You were on a path made for your steps alone - and if you go, no one may follow.

Part 1 – The Highway of Learning

- 1) Recall your learning highway over this last week, and pick out one peak experience where you had a new learning insight, or an “aha” experience in terms of your facilitation and coaching learning process. Frame this learning experience.
- 2) Think of situations where this could be helpful to you outside of your professional practice. For example, family dinner, gardener club, etc.
- 3) Plan rational strategies how you could start to experiment with this – once a day or every other day for a week, so that it becomes a practice.

Part 2 – The Path for Your Steps Alone

- 1) Reflect on this past week in terms of your inner energies. Pick a peak moment that was very moving for you and describe it to yourself.
- 2) Where did it move you to? Make space for the depth of that place, until you can feel or sense the essence of that spot.
- 3) Reflect on your life to discover one or two moments where you noticed that about yourself, and were moved.
- 4) For one week, make time in the morning when the sun rises for gratitude for the gift of that path. Do the same in the evening, at sundown. It will increase your awareness and your love of your footsteps and your path.

Au revoir! Auf Wiedersehen!

Loving wishes to everyone on their journeys ahead from you DDI team !!!!