

# Golden Drop Sample Workshop Format

**Objective:** To awaken memories in the heart of a beautiful world.

*NOTE: Do as one session or as a series over time as best fits your situation.*

**Explain the purpose** of Golden Drops: to awaken memories of a beautiful world our heart longs for. Much needed in our world at this time. **(5 min)**

**Introductions:** name & interest in topic (chat box if online, circle share if small group in-person, or with neighbour if large group) **(5 min)**

**Meditation:** Deep breathe, body relax, get into a state to now fill the mind with these images **(3 min)**

**Watch video #1:** Listen **(1 min)**

- After video reflective question: what is your heart calling for? Write the first words that come into your mind on paper. **(2 min)**
- Share (via chat box, or 2 words each in small group around circle or with 2-3 people sitting nearby in large group setting) **(3-8 min)** depending on size of group)

**Back to meditative state (2 min)**

**Watch Video #2:** More Details **(1 min)**

- Ask people to free-write for the next 4 minutes, uninterrupted, put pen to paper and continue writing let it flow. What does a beautiful world look like? Feel like? Smell like? Sound like? **(4 min)**
- After 4 minutes ask people to stop writing, and to read what they have written. Look carefully to see if there are any negative words in what they have written. For example there is NO war. Or there is no violence. No one hurts each other, etc. Ask people to transform any negative into its opposite positive. There is peace, gentle acceptance, respect for all, etc. Do this work now and if you discover it is ALL positive, then celebrate the golden you have written. **(2-3 min)**
- Read aloud - (if group small hear what has been written by each person.) Suggest we read only, no spoken preamble, just read the jewels on the paper. If large group, read aloud in groups of 4 or 5. On line could be small group breakout sessions. **(20 min)**

- After read aloud - ask how was the experience? How do you feel? **(5 min) Back to meditative state (2 min)**

### **Watch Video #3: Invitation**

**Option 1:** As soon as video #3 finishes, pause and explain this initiative is global to generate energy for the world and to consciously create a beautiful world. Then show the Deepak Chopra Wisdom Behind Golden Drops video to explain how this works. Discussion/questions. **(10-15 min)**

**Option 2:** As you close the session, invite people to look for images, feelings, ideas, words, experiences that remind them of the beautiful world they would like to see. **(3 min)**

- **Share details** of how to share (with details of social media links)
- **Ask people** to follow the initiative on social media and watch all the beautiful things that will be shared.
- Share on your own social media to spread the vibrations.