



Consciousness Training for Our Changing World

## Suggested Guidelines for Groups Using The Cliff Jumping® Audio and Workbook Program

You will find many creative ways to use your Cliff Jumping® Audio and Workbook Program. The ideas below are suggestions for groups learning together. As you will discover, one of the purposes of Cliff Jumping® is to interrupt automatic behavior, and move people into Self responsibility, creativity and personal risk. (Even study groups can have automatic behaviors!) These guidelines are intended to bring structure and awareness to your experience, and enable Cliff Jumping® to come alive in your group. We have found that these guidelines enable the Program to work reliably for everyone.

### General Guidelines:

- For each class, listen to the audio recording and complete the workbook exercises, on your own. Then, gather together to discuss and share, using the suggested format for each class.
- Allow a month to practice between each group meeting. Really implement and experiment with the classes in the many areas of your life. The new experiences you create in your life will make the group sharing much richer.
- Rotate the leadership of each meeting among the members. No single person is the expert on Cliff Jumping®. In fact, Cliff Jumping® supports mastery within each person to become self leading. Rotating the leadership will support your development, and make your group much more dynamic.
- Refrain from coaching or advising each other. Coaching often has the effect of reinforcing a belief that someone else knows better about our choices than we. As you will see, Cliff Jumping® allows each person to find and use their own inner guidance. Instead of coaching each other, practice Conscious Speaking and Conscious Listening. See below for a simple conscious speaking and conscious listening process.
- Consider acquiring a notebook for answering questions. That way, at another phase of life, you can come back to the blank slate of your workbook and create yourself anew.
- At each group meeting, serve food and non-alcoholic refreshments. Sharing a meal or snack together creates a fun sense of community. Alcohol is un-grounding however, and never works well during a Cliff Jumping® class.
- We have offered discussion points as well as exercises for each class, so that you feel supported and clear in your experience of the group meetings. These are offered below, class by class. In addition, use your own creativity with your group gatherings.
- If you would like support with the any or all of the audio program classes, schedule a personal session with a Cliff Jumping leader. We can be found at [www.cliffjumping.net](http://www.cliffjumping.net).
- Listen to the audio and use the workbook with a light heart and an open mind. The Cliff Jumping® Program has been living for nearly a decade as of this writing, and many, many people have used it to create and expand their lives. You are now part of that community and of the energy of the program. Enjoy!

## Conscious Speaking and Conscious Listening

Practice conscious speaking and conscious listening during all of your group meetings. This is a simple and powerful process. At the beginning of each class, acknowledge that you are going to practice Conscious Speaking and Conscious Listening during the class.

### Conscious Speaking

- Get grounded and feel your feet.
- Take a deep breath.
- Get present to your intention.
- Share. Choose your words with precision. Get to the essence. Refrain from long stories.

### Conscious Listening

- Get grounded and feel your feet.
- Take a deep breath.
- Get present to your intention.
- Listen. Contribute with your energy. Refrain from adding to or evaluating what the speaker says.
- When the speaker is complete, say, “Thank you.”

Notice that when someone has finished sharing, group members say “thank you.” This provides acknowledgement and gratitude, but does not “tinker” with the person speaking. The value of this process is that each speaker is heard fully, just as they are; and each listener has the opportunity to relax and discover something new.

## Guidelines for Specific Cliff Jumping® Classes

### The Foundation Course

Participants listen to the Foundation Course (3 CDs) and complete the exercises on their own, ahead of time.

Schedule 2 hours for this group meeting.

Refrain from coaching each other. Practice conscious speaking and conscious listening.

1. To begin, take turns having each member share their desires and intentions for the Cliff Jumping® experience as a whole. This could include areas of inner growth, external goals, and areas of anticipated risk. Share any changes or transitions that are occurring in your life. Allow each person to share fully, one at a time, before moving to the next. Generally, this is not a time for telling one’s “life story”, but rather a time for sharing ones desires and intentions in present time.
2. Using the workbook, review the Purpose section of the class, with someone reading aloud.
3. Start with the 6 Core Matrix™ skills. Take turns, having someone describe each skill in their own words. Each person describes the skill to the best of their ability, in the way that they understand it. It is useful to offer an example of how you could use the skill, or how you have used it since listening to the Foundation Course.
4. Once all 6 Core Matrix™ Skills have been reviewed, you will think of a current issue in your life in which you would like to grow, have clarity, or take some new action. This issue can be a “problem” you have, or a new possibility about which you want to create action. Each member will jot down the issue.
5. Return to “Intention” from the Core Matrix™. Using the workbook, each person will answer the questions that correspond with “Intention”, jotting them down privately. Share your answers, either in pairs or with the group as a whole, depending on the size of your group.

## The Foundation Course continued

6. Proceed through the remaining 5 Core Matrix™ skills in the same fashion, answering the corresponding questions as they pertain to the issue you wrote down. Use the same issue throughout the Core Matrix™ process.
7. Next, move on to the “Shift of Paradigms”. Review the Old Paradigm Operating Principles. Just take turns simply reading them aloud. Then, have a few members share their observations of themselves voluntarily by answering the corresponding workbook exercise.
8. Now, review the New Paradigm Operating Principles. Just take turns simply reading them aloud. Then, take turns answering the corresponding workbook exercises.
9. Finally, review the Energies and Dynamics of the Third Chakra. Allow everyone to share potential areas of growth from the list in the workbook, as well as any anticipated risks in those areas.
10. Conclude by having each member share in turn what “homework” they are assigning themselves, based on what has been learned.
11. As a group, put your hand on your heart and say, “Thank you!”

### Code of Honor

Participants listen to the Code of Honor CD and complete the exercises in the workbook, on their own, ahead of time.

Schedule 90 minutes for this group meeting.

Refrain from coaching each other. Practice conscious speaking and conscious listening.

1. To begin, each member is given time to share what they have implemented between group meetings. Reflect on risks you have taken, how you have managed your energy, new choices with which you have experimented, and how those choices have affected your life. Share progress as well as struggles or questions that have arisen. For each person, the group simply listens, and says, “Thank You” when each person is complete.
2. Review together and talk about your understanding of what a habitual code of honor is, and how that code develops in a person.
3. Each member shares their responses to the workbook exercise pertaining to the automatic codes of honor.
4. Next, review together and talk about what a “Created Code of Honor” is. Talk together about what it means to “create oneself moment to moment”, rather than “be in reaction and habit”. Take time to think of examples of creating yourself versus being in habit in your own lives.
5. Each person shares only their Intentional Self statement, that is, who you intend to be. Each member should read their statement powerfully, really being present to the energy of what they are sharing. If you have designed your Intentional Self powerfully, it will feel like a risk to say it.
6. Next, take turns re-reading your Intentional Self statement and share your Created Code of Honor immediately following, thus connecting the new behavior to the Intentional Self. Offer anything you would like that fleshes out what you wrote.
7. Conclude with each person self-assigning their homework and sharing it with the group, based on what was learned in the class.
8. As a group, put your hand on your heart and say, “Thank you!”

## Risk Communication

Participants listen to the Risk Communication CD and complete the exercises in the workbook, on their own, ahead of time.

Schedule 90 minutes for this group meeting.

Refrain from coaching each other. Practice conscious speaking and conscious listening.

1. To begin, each member is given time to share what they have implemented between group meetings. Reflect on risks you have taken, how you have managed your energy, new choices with which you have experimented, and how those choices have affected your life. Share progress as well as struggles or questions that have arisen. For each person, the group simply listens, and says, "Thank You" when each person is complete.
2. Two or three members begin by introducing, in their own words, what Risk Communication is to them.
3. Review the seven components of Risk Communication. Take turns, having someone describe each skill in their own words. Each person describes the skill to the best of their ability, in the way that they understand it. It is useful to offer an example of how you could use the skill, or how you have used it since listening to the Risk Communication class.
4. Next, break into pairs (or share together if your group is small) and name some of your automatic or habitual ways of communicating. Describe any from the workbook you've noticed in yourself, as well as others you've observed in yourself.
5. Next, take turns sharing with the group as an area of your life in which you've been practicing risk communication. Share the components you used, the new results that happened in your relationships and how you felt about yourself in the process.
6. Conclude with each person self-assigning new areas of risk communication and sharing that homework with the group, based on what was learned in the class.
7. As a group, put your hand on your heart and say, "Thank you!"

## Trust

Participants listen to the Trust CD and complete the exercises in the workbook, on their own, ahead of time.

Schedule 90 minutes for this group meeting.

Refrain from coaching each other. Practice conscious speaking and conscious listening.

1. To begin, each member is given time to share what they have implemented between group meetings. Reflect on risks you have taken, how you have managed your energy, new choices with which you have experimented, and how those choices have affected your life. Share progress as well as struggles or questions that have arisen. For each person, the group simply listens, and says, "Thank You" when each person is complete.
2. Two or three members share their understanding of what trust is "from outside yourself" in the past paradigm.
3. In the workbook, move on to what New Paradigm Trust is. Take turns, having someone describe in their own words each of the four bulleted descriptions. As each skill is described, recall a time in your life recently when you implemented that particular skill, and share that with the group. Two or three people share their examples for each skill.
4. Next, move on to "How trust develops you". Take turns having someone simply read a bulleted item. Offer an example of using skill in your own life, either as something you have already experienced, or as a new area in which you could utilize that skill.

## Trust continued

5. Each member creates a feeling of trust in their body. Describe how that feeling of trust feels in your body. Pay special attention to where in your body you feel the sensation of trust, how that sensation feels and how your energy moves. Other members simply listen and say, “thank you.”
6. Take turns, with each member sharing some area of their life in which they have chosen to trust themselves since listening to the audio, and what new choices arose from that trust.
7. Conclude with each person self-assigning new areas in their life in which they will create a feeling of trust, and sharing that homework with the group.
8. As a group, put your hand on your heart and say, “Thank you!”

## The Creation – Completion Cycle

Participants listen to the Creation – Completion Cycle CD and complete the exercises in the workbook, on their own, ahead of time.

Schedule 90 minutes for this group meeting.

Refrain from coaching each other. Practice conscious speaking and conscious listening.

All members bring the completed homework (poster boards with projects on sticky notes) to the group gathering.

1. To begin, each member is given time to share what they have implemented between group meetings. Reflect on risks you have taken, how you have managed your energy, new choices with which you have experimented, and how those choices have affected your life. Share progress as well as struggles or questions that have arisen. For each person, the group simply listens, and says, “Thank You” when each person is complete.
2. Two or three people share their thoughts on how the Creation-Completion Cycle is useful in the unfolding of projects.
3. Begin with the energy of Creation. Two or three people share what Creation energy feels like, and what kind of activities happen during the Creation phase of a project.
4. Next talk about Completion. Share what Completion feels like and what kind of activities happen during the Completion phase of a project.
5. Separate into pairs, or share with the entire group, depending on group size. Each person shares a project on their Creation-Completion diagram. This is a real project from your life, in present time. Share about the project through the entire Cycle, and what has taken place, what is taking place, and what is expected to take place. In other words, walk the project through the Cycle, noting both the feeling of the project and the related activities at various points throughout. Ideally, projects are presented from many areas of life – health, family, home, work, spirituality, romance, growth and development, recreation, etc.
6. Share specific examples of how the Creation-Completion Cycle has caused you to make choices according to energy, rather than linear time. Share how you felt making choices this way, and what risks it involved.
7. Return to your diagrams with your specific projects. One or two members should choose a project and talk with the group about applying Creation energy during a Completion phase. What activities could take place? Give examples. Then, one or two other members talk about applying Completion energy during a Creation phase. What activities could take place? Give examples.
8. Conclude with each person sharing projects in which you will use the Creation-Completion Cycle, giving special attention to choices that involve taking risks.
9. As a group, put your hand on your heart and say, “Thank you!”

### Choice and Responsibility to the Self

Participants listen to the Choice and Responsibility to Self CD and complete the exercises in the workbook, on their own, ahead of time.

Schedule 90 minutes for this group meeting.

Refrain from coaching each other. Practice conscious speaking and conscious listening.

1. To begin, each member is given time to share what they have implemented between group meetings. Reflect on risks you have taken, how you have managed your energy, new choices with which you have experimented, and how those choices have affected your life. Share progress as well as struggles or questions that have arisen. For each person, the group simply listens, and says, "Thank You" when each person is complete.
2. A member reads the Purpose of the class.
3. Review the five components of Conscious Choice. Take turns, having someone describe each skill in their own words. Each person describes the skill to the best of their ability, in the way that they understand it. It is useful to offer an example of how you could use the skill, or how you have used it since listening to the Choice and Responsibility to the Self class.
4. Two or three members describe their understanding of "Being your Choice." Members offer examples from their own lives of being their choice.
5. Two or three members offer their understanding of how conscious choice creates health in one's community. Members offer examples from their own lives of conscious choices they have made and the effect those choices have had on the health and wellbeing of those around them.
6. Separate into pairs. Each person writes down an issue that is currently not working or is challenging for them. Share your answers to the exercise at the end of the chapter.
7. Review the pitfalls of a conscious choice, one by one. For each pitfall, a member offers an example or potential example from his or her own life.
8. To conclude, each member shares, as homework, an area of conscious choice needed or wanted in his or her life. Look for choices that feel productively risky.
9. As a group, put your hand on your heart and say, "Thank you!"

### Self Care and Desire

Participants listen to the Self Care and Desire CD and complete the exercises in the workbook, on their own, ahead of time.

Schedule 90 minutes for this group meeting.

Refrain from coaching each other. Practice conscious speaking and conscious listening.

1. To begin, each member is given time to share what they have implemented between group meetings. Reflect on risks you have taken, how you have managed your energy, new choices with which you have experimented, and how those choices have affected your life. Share progress as well as struggles or questions that have arisen. For each person, the group simply listens, and says, "Thank You" when each person is complete.
2. A member reads the purpose of the class.
3. Separate the group into 3 groups, with approximately equal numbers in each. Each group takes one of the 3 distinctions: Self Care, Desire, or Destiny. Make sure each distinction is adopted by a group. Each group talks together about the important highlights of the distinction, jotting key notes. In addition, note some personal examples. After enough time, each group presents to the rest of the members those key components and examples.

## Self Care and Desire continued

4. Next, each member shares one example from the exercise on page 27. One at a time, a.) Share the issue you wrote down, b.) Share how or where that issue shows up in your life, c.) Share the feeling that would be present if that issue were resolved, lifted, or brought to satisfaction. This feeling is your desire. Finally, d.) Share how you could apply that feeling “multi-dimensionally, that is, how you could create from that feeling in several areas of your life.
5. Then, taking turns, read all of your desire words from the exercise, “My desire is ....” Share where you are keeping your desire list in your environment so that you can see it every day. This will expand everyone’s creative ideas about the many places one could put the list.
6. To conclude, share an area in your life in which you intend to apply your desire, as homework. Be risky with these possibilities!
7. As a group, put your hand on your heart and say, “Thank you!”



Cliff Jumping®