

# **BEE-ing Attraction MasterHeart Process**

*Attunement With The Beloved In All People*

**To prepare:**

- Have a clear space to be on the entire process
- Bring a journal or notebook to record what you are holding, for yourself and others each week
- Bring a BEE-ing Attraction plan

**Basic rules of the group:**

1. Everyone gets to share for 10-15 minutes to express an issue or area you want to move forward.
2. When each person is sharing, there is no cross talking, suggestions or coaching – only powerful, intentional listening.
3. After sharing your issue or area you want to move forward, If you would like to receive suggestions or ideas from your teammates, you must ask.
4. If you are not asked to share your ideas, then don't add your comments, or editorial statements. If asked for suggestions or ideas share from your intentional listening and form any questions so they can be responded to with a 'Thank You'.
5. After someone shares, say: Thank You!!! So that they know that they were heard.
6. If you can't attend one of the sessions, please let the group know in advance.

**You will be asked two questions after you do your sharing.**

1. What would you like us to hold for you this week?
2. What could you add to your BEE-ing Attraction plan that would help with that situation?

Mastermind - *"An alliance of two or more minds working together in a spirit of perfect harmony for the attainment of a definite purpose."* - Andrew Carnegie.

*"A Master Mind gives each individual direct access to the highest and best that is in them, their higher Self, their real Self, the one within who knows nothing of failure, and instinctively seeks the flow state and ultimate success."*

*A Master Mind alliance stimulates each mind in the alliance to levels of enthusiasm, inspiration, personal initiative, self motivation, and creativity far beyond that which can ever be generated individually, thus producing seemingly miraculous results."* - From Napoleon Hill's book Think and Grow Rich

# BEE-ing Attraction Wizard Training

## The BEE-ing Attraction MasterHeart Process

### Wizard Training Audio Library



[www.BYOAudio.com](http://www.BYOAudio.com)

<http://www.byoaudio.com/play/WPs33vHW>



<http://perfectlove.byoaudio.com/files/media/965f98a2-5bd8-acf9-b64e-cf9069a08894.mp3>

For best results, listen to the recording and read the transcript simultaneously, and take notes for yourself. What you will notice is the best way to lead a BEE-ing Attraction MasterHeart Group is to simply start by having the group members each read a part of the “Basic rules of the group” which are listed here on the cover and you can download another copy at: <http://bit.ly/MasterHeartRules>

#### **What would it look like to allow the Universe to totally support you?**

Allowing looks like giving yourself permission to have the outcome you desire.

Allowing looks like being able to activate all of your senses to experience the fulfillment such as to see, smell, feel, touch, resonate, align, and actually BEE the goal before it has happened.

Tiger Woods’ dad asked him when he was just a young boy starting to play golf how he hit the hole so easily, to which Tiger Woods replied, “I just see it first Daddy, and then I hit the ball.”

Each step of the BEE-ing Attraction MasterHeart process involves teamwork.

Teamwork between you, your BEE-ing Attraction MasterHeart team and the universe.

In order to really receive, you must listen, you must be present. This means quieting your body and mind in whatever way works for you and dropping into your heart. . Heart centered attention is the principle means for accessing the Energy of BEE-ing as well as the information from your team and the Universe.

It’s about flowing in rather than pushing out. While learning this method, it will be an opportunity to let the support and the ideas start to flow in rather than push them out. The intention is to allow the flow of energy, wisdom and creative intelligence, to show up for you and support you in experiencing the fulfillment of your desires and wishes.

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## The BEE-ing Attraction MasterHeart Process

### TRANSCRIPT BEGINS:

**Alan Hickman:** Hi, everybody. This is Alan Hickman with Perfect Customers and this is our BEE-ing Attraction Mastermind Master Heart Process Group Leaders Call, and so who's with us now. This is Alan. Who else do we have on the call?

**Sheri:** Sheri and Sherry.

**Sherry:** Sherry is here.

**Jan:** Jan is here.

**Alan Hickman:** All right.

**Jan:** Okay. So we're going to do this real quick and short and sweet. Somebody had asked me what's the best way to do -- like what's the format basically for leading a Master Heart, and Alan is going to be our sharer about that.

**Alan Hickman:** Yeah. I kind of think I'm the perfect person to do that. I don't know if either of you Sherry, you may have been on the call. I think we talked about, or Sheri, where I just did it so imperfectly. Either of you remember that Master Heart Process? And if not, I demonstrated clearly that you cannot mess this process up. You just can't do it.

I'd actually begun the call, the Master Heart call, and I was the facilitator, the group leader. And basically, one of the most important things that I found to do is that everyone has the being attraction Master Heart Process form that we -- I'll make sure that I'll send it out to everyone again, where it has just the steps to prepare and just get everyone present to the steps which has a clear space to be on the call for 90 minutes, bring your journal or notebook to record what you're holding for yourself and others each week to bring a BEE-ing Attraction Plan.

And then the basic rule -- I go over the basic rules of the group -- at the very beginning of each of this call sometimes what I would have to do is I would have people share what they are. So I have somebody read the basic rules. So everyone just kind of get really present to it because they're so simple and yet it's so powerful when you get present to these basic rules that everyone gets to share for 10 to 15 minutes to express an issue or area you want to move forward.

Two, when each person is sharing, there is no cross talking, suggestions or coaching, only powerful intentional listing.

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Three, after sharing, if you would like to receive suggestions or ideas from your teammates, you must ask.

Four, if you're not asked to share your ideas then don't add your comments or editorial statements.

Five, after someone shares, say thank you so they know that they were heard.

Six, if you can't attend one of the weekly sessions, please let your group know in advance. Lastly, you'll be asked two questions after you do your sharing. One, what would you like us to hold for you this week?

And so basically, what happens is someone will share for a few minutes about what their issue or what's up.

**Jan:** It didn't have to be an issue even just make. Sometimes people just need to talk for a moment and inside of that talking and just being listened to everything surfaces for them just as they're doing the talking to. So, it's what the sharing is about. And at other times, people have a more specific issue or situation that they know they want to talk about in the group.

**Alan Hickman:** So when you asked the question what would you like us to hold for you this week, what's happened is people have gotten an opportunity to express.

So they sort of gotten all the words out that they really need to say and now, they're able to just kind of settle in and speak in sort of a condensed statement that contains the very essence of the meaning of what they wanted to convey in a few minutes of their talking so far. So, really what happens is a very condensed statement comes out when you ask that question.

**Jan:** Right. So for example, when the facilitator, the team leader in this case, you'll ask the question, what would you like for us to hold for you this week? And then I'll say,

"Well, I'd like you to hold for me," and then that's what Alan is referring to.

It gets very more specific, like hold for me that this week I'm going to move through or I'm going to add to or expand this or see me having this in my life this week, whatever it is. It doesn't matter what they say. There's no editing. It can be anything on a personal nature or business level. It's totally whatever that person needs.

**Alan Hickman:** That's when the --

**Jan:** No coaching.

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**Alan Hickman:** Right, no coaching but that's when the team get to speak that back. And so this is a very powerful piece. When I say back to Jan, Jan this week I'm holding -- I'm seeing you fulfill on whatever it was. I didn't write any notes. So that's one of the things is that you write notes so that people -- I encourage people to write notes of what someone is saying and what they want to have held, and so when you speak that back to them so that now they feel heard. So not only that they can --

**Jan:** So let's say if I had said see me feeling strong, healthy, and vibrant this week.

**Alan Hickman:** So, well, can I speak back and say this week, Jen, I'm holding in my attempt, seeing you feeling strong, healthy, and vibrant in all areas of your life.

**Jan:** Right.

**Alan Hickman:** So now, that's another level of validation that I've been heard and then added the power of group, what I call group dynamics where there's actually one or more people out there who are holding that space for me without accountability or holding that space with accountability without judgment that I have intentionally created for myself, and so there's a validation that I've been heard, that I've been able to be expressed, and then I've been heard, and then I'm not alone.

It's a very, very powerful piece of not being alone. Now, if the person asks for suggestions or ideas --

**Jan:** Or comments.

**Alan Hickman:** - or comments, yeah that would come --

**Jan:** Or insights.

**Alan Hickman:** Yeah. That would come before asking, what do you want us to hold for you?

**Jan:** Right. So for example, let's say one other use of the group or my turn to talk, I could say -- start it out by saying I have a situation and I really like to get some insights from the group about this particular situation, and so in that case --

**Alan Hickman:** What's the situation for example around feeling strong and healthy?

**Jan:** Well, I could say my body is aching. I'm not feeling 100% exuberant. I'm needing a lot more rest and I just -- I wanted to put that on the center of the table and see if anybody else has been feeling like that or if you have any suggestions for me about --

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**Alan Hickman:** Ideas.

**Jan:** - ideas or even intuitive insights that you might have for me.

**Alan Hickman:** So that's the opportunity for teammates to speak back to the person, any idea that shows up from me. And I would say "Well, gee, I just -- I have network chiropractor that I go to. Maybe you could find an energy worker or someone who does network chiropractic or when I go to the gym and exercise, I find that it really integrates muscles and my body is in much better balance.

I feel stronger. I feel healthier and I feel more energy. And so each person that gives the ideas or suggestions, the person who's receiving that simply says thank you.

**Jan:** Right. Again, if the person that is asking for suggestion then goes into a receiving mode and the people that are in the group can offer insight. But unless they are asked for insight, then typically you don't share unless you press it.

I had really strong intuitive hit or insight about something, somebody in the group said I might say, "Are you open to receiving any intuitive hits that I had when you are sharing?" And then the speaker can then say yes or no. And again, that's the team leader is stepping up to be the one to moderate that so that everybody just kind of keeps the ground rule going.

**Alan Hickman:** Yeah. It's moderating in terms of just gentle reminders of what the basic rules of the group are that everybody is aware of and has a sheet in front of them. And so that's sort of the process up to you can express and if someone ask for ideas and suggestions, then the instructions are you give your idea or suggestion. The speaker just simply says thank you and receives that. And then when that is taken cared of, when that is expressed, then you say, "Okay, what would you based on all that --"

**Jan:** The team leader would say that.

**Alan Hickman:** Yeah. Team leader says, "Based on all of this, what would you like us to hold for you this week?" Not necessarily. I understand that, so I was just going through the process again. So, in other words, people may not ask for ideas or suggestions, in which case you would just go to what would you like us to hold for you this week.

If they ask for ideas and suggestions, you ask the question what would you like to hold for you this week after the ideas and suggestions have been shared. That was the point that I was making. And so once you got that sort of lined up, what would you like us to hold for you this week and again, it would be based on the conversation that's happened whether they're expression and feedback or not.

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And then after that, like I said they're going to be sharing something that is a real condensed form, and then each person speaks that back to them so that they know they've been heard, and then after that happened you ask, "What could you add to your BEE-ing Attraction Plan that would help with that situation?"

This is really powerful. So now, they have an opportunity to express themselves. They have an opportunity to receive ideas and suggestions. They condense what it is that they want to have held for them for this week and they are now connected powerfully with that group energy.

And now, it gets right back to the source of what could I -- based on all of that, what could I add to my BEE-ing Attraction Plan? And generally, something really clear and valuable shows up that they get to add to their plan and create doing the rest of their week.

**Jan:** Okay, any questions about any of that? Does it make sense?

**Sheri:** Yeah.

**Sherry:** It does. Thank you very much.

**Sheri:** Okay. Has everyone gotten the handout that you're talking about? The BEE-ing Attraction Mastermind Master Heart Process?

**Alan Hickman:** Well, I'm going to send it out to everybody again today.

**Sheri:** Okay, great.

**Alan Hickman:** It was way back when we did the wizard program. Everybody like that.

**Sheri:** Okay. Yeah. It would be great for everybody to have it.

**Alan Hickman:** Yeah, and have access to this recording along with it.

**Jan:** Okay. Yeah. It's really not hard when we kind of spill it all out. Your group takes a natural rhythm as you get going. So, it's not hard. Just suggestions of what we've used in the past that really makes it a powerful meeting and it's so simple.

**Alan Hickman:** Like I said, you can't screw it up. I know from personal experience because I screwed up everything that could possibly screw up and it still works.

**Jan:** Well, I don't know about that.

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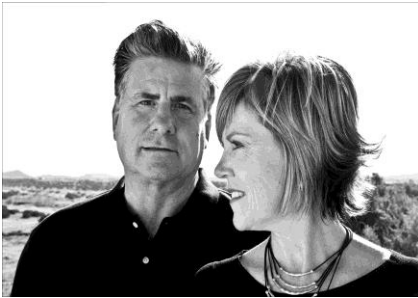
**Alan Hickman:** There are always people -- you went to group of people who are going to -- they're all on the program. They're all leaders, and so they're going to say, "Oh, excuse me, Alan, aren't you supposed to ask what could you add in your BEE-ing Attraction Plan before going to the next person?" So you can't do it wrong.

**Jan:** Okay. All right. Well, if there's not any questions, this will be it for this call. And if you have any more questions after you hang up you didn't think of, just call us or e-mail either way. We're happy to support you. One thing that I would like to know is would you send me -- team leaders -- would you just e-mail me the time and day of your meetings just so I kind of follow along with that, okay?

**Alan Hickman:** All right. Everybody is energized. You're all perfect team leaders now.

**END OF TRANSCRIPT**

Attractively with LOVE and GRATITUDE,



**Jan H. Stringer and Alan Hickman**

Co-authors, BEE-ing Attraction: What Love Has To Do With Business And Marketing

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*What makes us tick is working with people to discover a deeper connection to create heart-centered lives and businesses.*