

Energy Balance Exchange (EBE) 2012 First Fridays
Ottawa Citizen Building conference centre,
ground floor, free parking
1101 Baxter Road, off Iris behind IKEA store (417 exit south towards
Greenbank, first street left is Iris)

Time	Description
18:00	For setup of networking table, equipment and mingling
19:00	Opening of circle I invite everyone to peacefully participate with joy and ease in today's gathering. Based on wisdom traditions, I encourage all of us to resonate with the following words, thoughts and deeds: I forgive you. Please forgive me too. Thank you. I love you. As for guidelines to conduct first Fridays for sharing, I would like to inform you that at Energy Balance Exchange (EBE) events co-sponsored by Joyful Alchemy for well-being (JAL), and Spiritual Frontiers Canada (SFC), we follow a self-responsibility and educational model, and: * do not necessarily endorse the views/activities of speakers/participants * do not promote an adversarial arena or confrontational atmosphere * do not diagnose, prescribe or treat disorders unless we are licensed to do so * treat speakers/participants respectfully concerning views expressed * conduct activities in a positive and friendly manner * consult our physician or other medical professional for medical challenges and before undertaking any physically or emotionally challenging regimen
19:05	2 minutes of silence before: Roundtable brief introductions: name, up to 2 things to share; up to two things to request; repeat for clarity
19:15	Featured Presentation a 20 minute time slot for people who would like to reserve ahead of time to make a featured presentation to showcase methods, which provide support to people in their healing journey. At the beginning of a featurepresentation, each speaker is asked to share 3 brief points: 1) how did they come to give this presentation 2) what are the benefits 3) what added value will the audience take home with them to enhance their lives
19:35	bio-renewal
19:45	mini-exchanges
20:45	Closing of circle Holding hands, left up, right down, please share what added value from tonight are you moving forward in your life's journey. Moving arms out and in with an O' HOH let's send our positive healing message and request to the universe to share with others.
21:00	Optional snack at a local restaurant
Contact:	Thome-US MartEE TegTmeyer, 613.769.5575 Joyful Alchemy for well-being, Information Balancing and Integration