

Guidelines for setting up a MasterMind Group

While I'd like to be able to offer "7 Easy Rules" to forming your own MasterMind group, there aren't any. And besides, what we are doing here is basically dissolving the barriers of most of the rules that are constraining our creative thinking and the power of deciding differently about those things in our lives that are not working, have never worked for us.

What I will provide are "7 Easy Guidelines" that you can adapt and build on as you form your MasterMind group.

7 Easy Guidelines

1. Identify the intention of the MasterMind group and begin inviting people who you feel this would be a match for, i.e., business acquaintances, association members or leaders you feel a connection with, a sense of like-mindedness - meaning that you have similar values and mental processes toward the intent of the achievement of things like healthy happy life, committed long term relationships, short and long term goals, spiritual interests, dreams and desires. The diversity of the group is a strength, and everyone should have something they can bring to the party in the way of expertise. Be careful that there is not too much disparity between experience levels, or the sharing of ideas may not be as relevant. Shared values underpin everything you do as a group.

2. Determine a purpose. There are many different reasons why your MasterMind group might meet, ranging from achieving goals that you have not been able to attain by yourself to being a support group or some mix of different elements. Be very clear on what you're trying to accomplish in any and all areas of group interest. The more specific you are, the more productive you'll be.

3. Establish guidelines. Talk about meeting time, length and attendance, and address the soft issues around how you treat each other. This is probably the most important step as it creates the atmosphere for you to operate in. I would keep them simple but clear. I would also emphasize that this is about each person developing a deeper connection with their inner guidance and voice and that means that the groups function is to primarily focus on what is wanted, preferred and desired. Once each person has been able to verbalize what they are really wanting to accomplish or have as their experience, the groups job is then be the "see-ers" of this as coming to be. The how will reveal itself as a result of the MasterMind goal and request setting process. This will be explained in detail in Session___

4. Take turns leading the kick off and ending to the meetings.

5. Determine a focus for your meeting prior to the meeting. You may pick the topic one meeting, your buddy the next. This gets you thinking about what you want to do before you come together. This step made a big difference for us.

6. We start out sharing a success or breakthrough. This can be a personal or business example. This is like a celebration time and sets a wonderful tone. We are also beginning to ask each other if there is an area we need support on so everything is not always focused on the busy, happy, good.

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7. If it stops working, try something different. Don't be afraid to revisit your purposes and goals frequently to address if adjustments should be made.

MasterMind meetings can be held weekly, bi-weekly or monthly and can be at just one person's home or several homes. Meetings can last from one hour to three hours, easily. You can meet in restaurants (please be respectful and purchase food for your time there), coffee shops, over the phone with three way calling or a conference room at work - after hours, lunch breaks or before work).

After settling in for the meeting, begin with a quick update from everyone, the emphasis being on successes, serendipity and synchronicity since you last met. This is a phenomenal way to set energy in motion for the session and build momentum from each others successes. There is nothing like someone's success to provide an extra boost to another person's belief in and commitment to the MasterMind process.

There is no failure in MasterMinding and therefore, any individual who has had a week of what may appear as "no results" has not failed. There is no failure only results and what you want to do is look at, poke around at, what appears to not be happening to ascertain, whether or not this is in fact what is really happening.

Understand this, if something is not coming together, it's not necessarily because anything is wrong or bad. Simply remember, more will be revealed and your only job, once again, is to create from a place of your preferences.

I can't tell you how many times I've heard people putting themselves and their efforts down because they don't think what happened was big enough or good enough and yet, in listening you can and will *learn how to hear* (from your course work and group exercise work) exactly what has most likely happened and is currently unfolding, orchestrating and revealing itself.

We are so critical of ourselves that by ourselves we often just can't even see our own progress. And this is one of the miraculous wonders of MasterMinding is that it is a forum from which to see and understand what is truly happening regardless of the appearances of lack, limitation and barriers.

Depending on the amount of time you are all committing to, each member needs on an average 15- 30 minutes to work out a particular problem, challenge, opportunity and turn it into a goal and MasterMind request for the group to agree and see with them.

I personally like to keep my MasterMind groups small 2 - 3 - max 4.

In a business setting, people invest themselves differently. The larger the group, the less people will tend to reveal true desires, preferences or creative ideas, initially. All the more reason to keep yourself open, accepting and accommodating to the process as it unfolds.

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Not everyone will have a need at every meeting, but everyone really will energetically be drawn into wanting to contribute. It's a magnetic, not a forced experience. Understand this. You no longer have to force people to participate in these meetings. Whatever is needed will start flowing from them by the mere intention of the group to come together in the spirit of harmony and agreement to achieve a positive, life enhancing end result.

I'm telling you, you simply no longer have to be the police of the entire Universe. **Pay attention here. You don't have to control, manipulate or force people into compliance or into active participation and accountability any more. The energy, when you and one other person agree to tap into it, is magnetic. It propels people into aligning their minds with others - even with those that they may even have previously been adverse to and argumentative with - in accomplishing a common goal.**

Some weeks will require extensive mindstorming, inner voice listening, searching to seek and find whatever the bottom line desire is. It is from this level of investigation that we come to understand our preferences and then and only then can we make powerful decisions.

Other weeks you will poke and probe around at underlying issues that are getting in the way, creating barriers that the individual is ready to decide differently about.

Every MasterMind session is an adventure in thinking where you've never thought before, speaking where you've never spoke before, asking where you never dared ask before and believing where you've never believed before!