



CAMPFIRE COUNCIL CALL
November 25th, 2020

“Creating from the heart”

Themes for the month of November:

- Learning to detach
- Learning to ask for help
- Returning to the sandbox
- Setting boundaries

Action Steps from this Call

- 1) Using the head and heart for creation
- 2) Balancing the heart & mind

Content and Time Signatures

0:49 intro and checkin

3:53 Pat: Frisky, still in crazy 2020

6:29 Stephanie: calm & open

8:38 Tina: Anger

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12:20 Words for Tina - Pat

12:50 Stephanie

13:33 Ben

14:44 Shannon

15:35 CHP

17:52 response from Tina

19:40 CHP allow space, creating from the heart - detachment

20:47 Ben check in: Leaving space, heavy dose of Alchemist

22:34 Kathy: Rejoicing for what is here and now, slowing down, be here. I AM. Spiritual Warrior

25:28 Shannon: creating from the heart with art,

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27:25 mediation / self work

54:05 End of meditation

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Sharing whatever you wish to share

55:21 Ben: Freedom & discipline being the same side of the coin

CHP balancing the heart & the mind

59:06 Kathy: being in the heart

1:01:25 Pat: using the head & heart for creation, how to work with energy of partners, setting boundaries

1:04:02 CHP

1:05:08 Tina: learning to ask for help

1:07:05 Shannon: Floating around, slow down to receive

1:09:45 Stephanie: ask for what you want, not being in fear mode, knowing you can calm down. Letting go. Receive

1:11:45 CHP going back to the sandbox. Learning to detach