



RESTORING RESOURCEFULNESS PROGRAM GUIDE

Module 5: Introduction to F.A.C.T.

Program Introduction

This program is intended to support a global shift in our ability to effectively move out of the fear trance and to experience access to choice, connection, and collaboration. The modules in Restoring Resourcefulness expand your ability to meet challenges and create new structures that support getting real, wondering and creating caring communities.

- The Presencing Module shows you how to be fully with a feeling, another person, an unexpected event. When you move from fear to here you can meet life and create by choice.
- The Whole-Body Listening Module shows you how to bridge and appreciate difference, to try on another's point of view to expand the possibility of co-creating together rather than recycling us vs. them.
- The Breathing Module shows you the quickest way to locate yourself here and now and to decrease stress and increase vitality.
- The Fear Melters® module shows you how to move from fear to here by using simple, powerful body moves that shift you into agency and choice.
- The F.A.C.T. module shows you how to use our premier transformation process, a body intelligence practice that has been honed over several decades and can be used in a wide variety of situations.
- The Matching Module shows you a way to create congruence between your inner experience and your outer expression. Matching makes use of whole-body thinking and expressing which expands creativity and vitality.

We'll be continuing to add to the video programs with applications, suggested combinations, advanced videos, and more, so keep checking back for the latest advances.



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F.A.C.T. is a roadmap for moving from stress to ease.

There are 4 steps including: **FACING**, **ACCEPTING**, **CHOOSING** and **TAKING ACTION**.

This tool integrates all of the other modules.

Steps

1. FACING

- Pick a place in the **space around** you where the question or issue seems located.
- **Turn your body towards** the issue so that you are facing it.
- Now, for a couple of minutes use your whole body to explore how you can and do **turn towards and away from the issue**
- Then turn and **face** the issue directly
- **Open your body posture**, sounding a pleasant Hmmm on your outbreath and ask:
- *“Hmmm...What about this question/issue have I not fully faced directly?”*

2. ACCEPTING

- Take a moment to **relax your breath**, by tightening your belly on the exhale, then letting it open and fill like a balloon with each inhale.
- As your breath slows and opens, **ask**, *“Hmmm...What’s the hardest thing for me to accept about this?”*
- Then, **holding out a hand to one side**, say *“I want to accept this.”*
- And, **holding out a hand to the other side**, say *“Hmmm...and I don’t want to,”* or *“I feel scared.”*
- **Continue going back and forth** between these statements. making sure you add the *“and...”*



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- **Notice what shifts.**

3. CHOOSING

- Continuing to sound a pleasurable “*Hmmm...*” with your outbreaths
- Create **small, friendly movements** with your hands, arms and whole body as you **ask**, “*Hmmm...What do I really want?*”
- **Emphasize different words**, use different **tones** of voice as you continue asking.
- When you feel an **increase in ease and energy**, you are ready for the next step.

4. TAKING ACTION

- Let yourself Hmmm easily as you move around the room and **ask**, “*Hmmm... What is one simple, pleasurable action step that will lead me to what I really want?*”
- **Jot** down your answer
- **What** is your action?
- **When** do you agree to do this?
- **Appreciate yourself** for doing F.A.C.T.

Resources

Foundation for Conscious Living www.foundationforconsciousliving.org

Big Leap Home Online Programs

<https://foundationforconsciousliving.org/big-leap-home-online-programs/>

Restoring Resourcefulness Program

https://foundationforconsciousliving.org/big_leap_home/restoring-resourcefulness/