



Dutch advisor in human interactions Esther Dageraad is passionate about introducing people to practical methods (based on metaphysical understandings) of how people can actively tap into the creative powers of energy in motion.

In applying these insights, people can realize their personal and common goals more quickly, wisely, smoothly and harmoniously, working with 'what is'.

I propose people to experience the effects of tuning into the life enhancing energies as *a collective*, in **an active group play exercise** themed '**sharing the Joy of Being**'.

An energetic uplifting workout for the Soul....

Using the analogy of birds flying in V-formation as a concrete illustration of what happens in the abstract world of energy, the group energetically 'lifts off' and has firsthand experience of the (uplifting and energy saving) dynamics of the groups energy in motion.

All safely adventurous, from preparing the lift off to the elegant landing:

- first introduced with a set of guidelines and pointers on **beautifully illustrated cards** in which
 - the process is introduced and explained.
 - the role each individual plays in this process is clarified.
- Supplied with a couple of simple '**props**' (that are nevertheless not a default part of most households) that help the group share relevant information on what is going on in their common dynamical world of energy. Things that help the energy to flow freely.

Working with pure energy in motion as a collective, enhancing and uplifting the co-creating and healing skills of the community in this playful (simple) enjoyable process!

All that result within the parameters of:

no touch, no words

(at least, not during the exercise)

The 1U Company Play Rights apply on this information.

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Why would people want to be interested in doing this exercise?

On an individual level it:

- has healing properties, for energy flow related ailments.
- has personal development opportunities, a chance for safely exploring and developing your own talents in a natural way.
- makes you 'feel good' and energised.

On a collective level it:

1. helps the group in situ to realize its conscious (and subconscious!) goals in every session regarding.... whatever the reason is for operating as a group.
2. forms a base for participants to use in other group-settings too.

*Two people having a shared intention/ mutual goal is technically already a group. If people who have done this exercise decide to be in another group, they may consider using these insights to allow the group process there to unfold along similar lines: as a super efficient joyful, playful **co-creation** with everybody's full awareness.*

Family groups, or working groups.... They simply function more harmoniously, when more people are aware of ways to use the creative energy flow in a constructive way that is of benefit to all.

Like meditation leads to more beneficial results when repeated regularly, the same goes for this exercise with healing and life enhancing properties.

Like meditation, a session can be 'very short' (5 to 10 minutes) up till any length. The 'right' length will always be determined by the group who is doing it, suiting the needs of all involved in it.

More information on Esther Dageraad and her work and play: www.1ucompany.com