

LYNN WOODLAND EVENTS

REGISTRATION for **POWER!**

Please carefully read, complete and sign this form (pages 1-3). Print these pages out and mail them, with your deposit, to Lynn Woodland, P.O. Box 6705, Mpls., MN 55406, or click on the button above and submit it, **at least one week prior to the starting date of the workshop**. You may pay your deposit online via Pay Pal, if you wish ([click here](#)). (Please note that if you request your deposit back at the end of the Intensive, a small Pay Pal fee will be subtracted from your refund.) Please call (651-642-5405) or email me to let me know your intention to attend the intensive to determine space availability. Also, feel free to call me with any questions you may have.

Name _____ Birthdate _____

Name you prefer to be called _____

Address _____ Zip _____

Home Phone _____ E-mail _____

Occupation _____ Work Phone _____

How did you learn about **POWER!?** _____

1. Why do you want to do this Intensive?

2. Quickly, without thinking, list at least five of your strengths.

3. Describe any patterns of thought, behavior, or experience that seem to be repeating in your life. Share only what you feel comfortable sharing.

GROUND RULES

You will be asked to agree to the following ground rules early in the workshop. Familiarize yourself with the ground rules and be prepared to agree to them or ask for an appropriate exception from Lynn.

1. **POWER!** meets in sessions of roughly 2-3 hours, separated by breaks. Starting times each day are exact. Ending times are approximate. At the start of each session come, into the room promptly, as soon as you hear the entry music. Be in the room before the door is closed (about several minutes after the entry music starts) and remain in the room until the next break.
2. Attend all sessions on all days of the workshop. (The reunion session is highly recommended, and not a required commitment.)
- 3 Keep confidential other participants' sharing and experiences.
4. Do not drink alcohol or use illegal mind-altering drugs during all days of the workshop.
5. No eating, drinking, smoking, chewing gum, writing or using cell phones (unless otherwise instructed) in the room while the workshop is in session. Please keep cell phones turned off during sessions.

PAYMENT

POWER! is offered to you unconditionally with no set fee or required minimum payment. The typical per person average payment for this workshop has been between \$800 and \$1200. You will be asked to decide what you wish to give near the end of the workshop. You are given complete freedom to determine your own payment and what you choose to give is confidential. There is no pressure to give a minimum amount. Typically, individual payment amounts range from 0 to thousands. Only you know what the right amount for you is. This payment process is an important part of the workshop curriculum, which includes examining and healing our relationship to money. Believing that you “can’t afford it” is never a valid reason for choosing not to attend.

You may choose to pay in full with cash or check at the end of the workshop, or you may pay over an extended period of time by giving a series of post-dated checks. You may also pay online via Pay Pal. You are asked to complete whatever financial transaction you wish to make on the last day of the workshop. There’s no need to decide the amount of your donation until Sunday. We would like you, however, to come prepared on the last day to give in whatever way works best for you by bringing cash, checks or credit card.

THE DEPOSIT

A \$150 deposit is required to register for **POWER!**. This deposit represents your commitment to attend and complete the Intensive. At the end of the Intensive you may ask for any or all of your deposit back. ***Your deposit is nonrefundable in the event that you decide not to attend or complete this session of POWER!***. It is also not transferable to another person or another session of **POWER!**. Make deposit checks payable to Quantum Spirit Unlimited (or simply, “QSU.”)

COOPERATIVE SPIRIT

POWER! is based upon trust, cooperation, and self-responsibility. You will not be pressured to participate in any way that does not feel right to you. You are trusted to be responsible for your own emotional and physical health during the workshop and to seek assistance from the leader and team if needed. To register, you agree to accept the cooperative spirit of the workshop and, in particular, to agree not to start any law suit as a result of your experience in this workshop. Quantum Spirit Unlimited carries no liability insurance and maintains no reserve for potential liability.

I agree to accept the cooperative spirit of the **POWER!** workshop (as described in the preceding paragraph).

Signature

Date

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Registration for *POWER!*

Keep the next two pages for your information

POWER! is a profoundly transformational process that begins as soon as you make the commitment to attend. To help you better understand this process and work with it effectively, **please carefully read the following at least several times:**

All movement toward growth, even when it is growth toward what we most want in life, stirs our resistance to change. Nearly everyone who participates in ***POWER!*** experiences some level of resistance prior to attendance. This can take the form of anxiety, nervousness, and emotional resistance, or it can manifest in various degrees of breakdown, including work conflicts, schedule conflicts, illness, car and transportation problems, forgetfulness, other people's needs cutting into the time you set for yourself to attend the workshop, and a multitude of other circumstantial obstacles.

Once you decide to do ***POWER!***, the extent to which things get in the way of your attendance very likely parallels the extent to which you find yourself falling short of your goals in life. Therefore, each obstacle that you overcome becomes an important step in breaking through old patterns of limitation and will greatly enhance your experience in the workshop. A helpful perspective is to ask yourself: ***if having, doing, or being your highest heart's desire required overcoming these obstacles, could you/would you do it?*** Many people have experienced significant breakthroughs and healing before the workshop even began, simply through the power of their commitment and intention to grow.

The following steps will help you to work productively with the period of time before the workshop begins:

1. Complete and mail in your application during the same week you receive it. Your ***Power!*** experience begins when you make this commitment.
2. Before sleep and on awakening, take several moments to reflect upon what you most want in life and what you most need for your highest good. Suspend disbelief and negativity as you do this so you begin to feel that your highest goals are truly accessible to you. Picture yourself attending ***POWER!*** and using it to create these things that are important to you.
3. Begin a journal and record significant thoughts, feelings, experiences, and dreams, especially those relating to manifesting your highest goals.
4. Call with any questions you may have and let us know of any assistance needs you may have around transportation or other obstacles to your attendance. Lynn and the assisting team will do what we can to help.
5. Know that you deserve a peak life experience! Giving yourself the opportunity to attend ***POWER!*** now instead of later can produce dramatic results in your work, health, relationships, and other areas of life. So if you feel a desire to do the intensive now, don't postpone it!

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GENERAL INFORMATION

We welcome you to **POWER!** unless we inform you otherwise. Please expect us to call once or twice. On the first evening of the workshop, **please arrive at 6:00**. There will be a chance to ask for assistance with carpooling or overnight accommodations at the end of the first night. If you have difficulty arranging a ride for the first day, please request help with this.

Dress comfortably and bring a pillow and a blanket for on the floor activities. Chairs are also available, and we encourage you to use whatever type of seating will be most comfortable for you. Many people like to bring armless stadium seats (these are available at places like Target for about \$20) or bean bag chairs for comfort on the floor. No food is served during the workshop, however, you may bring your own food and drinks for the breaks. On Saturday and Sunday there is a long dinner break which will be pot luck or taken at a restaurant. Details about meals will be provided on the first night. The meal breaks are considered part of the workshop. Please do not schedule outside activities during that time.