



## **Circle Practice: Strengthening the Heart**

Welcome

Introduce the circle as an ancient human form of connection where everyone takes responsibility for their own experience. Speak about it as a noticing practice - coming back to the present moment - to the body. If we wander off when speaking or listening just come back. There is no crosstalk. This is not therapy or a soapbox for opinions. There is confidentiality with what is shared in the circle. We speak from the heart not the head.

Sequence of the evening - around two hours.  
Starting with a guided mindfulness of body process  
then all go into breakout rooms of three.

Round 1 - Introduce yourselves - first question will be broadcast into the room - *What am I feeling?*  
5 minutes for first person to speak about whatever this question brings up for them - listeners are holding space. Silence from the speaker is fine too.

Broadcast when it is time to shift to the next person - 5 minutes. (If this is not seen by the speaker the listeners can give a hand signal.) Another broadcast when Person 3 begins - 5 minutes  
For the last 5 minutes sit in open silence.

Round 2 - Question - *What is the sadness?*

Same sequence of speaking & listening & sitting.

Round 3 - Question

*What is the next step?*

Follow the same sequence until last 5 minutes when there is a gifting practice. Each person says one thing they heard each of their trio say that was meaningful to them. Be specific and simple. The receiver responds with "thank you". Return to the Main Room.

Ending check out - whole group -

*What is alive in me now?*

Ending

Other questions that have been used -

*What does the body say?*

*What is the discomfort?*

*What is calling me forward?*

*Where do I sit?*

*What is the challenge?*

*What wants to happen next?*

*What is whole?*

*What is broken?*

*What is moving?*

*What is alive?*

*What is dying?*

*What is being born?*