

# The Heart Circle

1. **Smudging (Optional):** Smudge the room and then take it in turns to smudge each other saying “Welcome to the heart circle where everything is welcome”.
2. **Movement/Silent Meditation:** (10 minutes): Explain to group it helps people let the day go, to get into their body and to be with what they are experiencing physically, mentally, emotionally and spiritually. Play a piece of music (max 5 mins). Invite the group to close their eyes, drop into their body out of their mind and see what movement wants to happen. At the end, come to stillness, sitting or standing and rest in the silence for 5 minutes.
3. **Check In:** What are your two words and what is your intention for the evening.
4. **Confidentiality:** Ask for show of hands that everyone agrees that anything that is shared in the room is confidential and will not be discussed outside the circle.
5. **Heart Circle:** Begin by calculating the average time each person will have then read the following rules of the Heart Circle, which we are all responsible for upholding. Then place the stick in the centre silently.
  - Only speak with the talking stick - when finished, place it back in the circle.
  - Speak from the Heart! - Pause and take deep breathes before speaking to be sure.
  - This evening we have on average ..... minutes to share. If you hear the timer, finish up.
  - When you finish sharing place the talking stick back in the circle.
  - As a group we reply ‘I hear you’ to acknowledge we have truly heard a person.
  - As host facilitator, if I feel someone is off track I will intervene.
  - This is not the place for advice, fixing, coaching or rescuing, seeking romantic connection etc.
  - Respect each other and individual boundaries.
  - Raise your hands to show if something someone says resonates.
  - Mid-session if necessary, we will stop and sit in a different place, to refresh the energy.
6. **Two word check out & Setting Intention:** Participants share two words to sum up how they are feeling and they set an intention. This is ideally something specific and tangible that they are committing to do. After each person has set their intention for the coming weeks. The group says ‘Thank you’ to acknowledge witnessing and supporting that commitment. As a group we are holding each other to our agreements.
7. **Practicalities:** A quick chance to discuss practical arrangements (next venue, hosts etc) and any other announcements that group members might want to share.
8. **Hugs and social time.** Ideally share food together.

Love - Truth - Freedom