



TIPS for CREATING SACRED LISTENING SPACE in ONLINE CIRCLES

visual harvest virtual circle - 20.6.20



TALKING PIECE
physicality of picking up a talking piece in the online environment

INTENTIONALITY
the way you contribute
intention of the callers of the circle sets the tone

RITUALS
ringing of bells
lighting a candle

SLOWING DOWN
silence; music

DEEPLISTENING
we see each other; all voices need to be heard

STORY
using an object to evoke a story

SHOWING UP
how we prepare ourselves and show up for the circle

CURIOSITY
for the other; letting go of judgment

PAUSE
intentional; between stories

TRANSITIONS
clear; collective; intentional

BREATHING

NOT KNOWING
staying in the discomfort

GUIDELINES
clear; simple; everyone being part of creating them

STRUCTURE
light; shared ahead of time

VULNERABILITY
willing to be vulnerable; creating a shared vulnerability

CONFIDENTIALITY

SPEAK TO THE CENTER
listen from the rim

ACKNOWLEDGE
one another; with a silent check-in

PLACE
acknowledging presence of native lands / Nature
honoring the 4 directions

SHADOW
invite space for shadow

REFLECTIONS
the power of reflections: what did I hear, what did I feel, what stood out for me

PRESENCE

CHECK IN & CHECK OUT

PRACTICE
as a way of life

COLLECTIVE GROUNDING
exercise to connect with our bodies in the present moment

SACREDNESS
holding sacredness from the moment I step in