

HOSTING SPACE in which TOUGH TRUTH CAN BE SPOKEN & LISTENED TO WITH COURAGE & CARE

visual harvest virtual circle - 19.9.20

WHAT NEEDS TO BE READY INSIDE ME?
WHAT NEEDS TO BE READY BETWEEN US?
WHAT NEEDS TO BE READY INSIDE ME?

DEEP LISTENING
presence
A GROUNDED &
OPEN HEART
trust in myself
READY TO TAKE
RESPONSIBILITY
clear eyes & discern-
ment where I have control
& where I do not have control

safety & agreements to hold
confidence, vulnerability &
willingness to witness & allow
raw emotion to be present

TRUST

GROUNDING &
SILENCE
willingness to be
open-minded &
withhold my own
judgment & bias
COMPASSION FOR SELF
breath & centering

respect for
difference
a sense of belonging - we have a
place in the circle

TALKING PIECE
acknowledge there is no resolution, no solution only movement
towards balance & right relationship
AGREEMENTS
· TIME & MOMENTS OF PAUSE · THE POWER THAT LIES IN THE CENTER OF CIRCLE

WHAT HELPS US HOLD THE SPACE?