



SCCCLD Conscious Community Circles

Principles & Guidelines

The Conscious Community Circle process can totally alter the way that we show up for ourselves and each other. It can be a time of great reflection, change, and vulnerability. Thus, we deeply honor everyone's unique process in The Circle. Everyone has their own journey, their own unique way to process. At this time, The Circle process is being offered as an online community group.

Facilitator Guidelines:

1. Remind everyone to mute and unmute themselves.
2. Facilitator is time-keeper
3. START with 5 minutes of Silence to Open
4. After the Silence review the time format for group
 - 5 minute sharing rounds
 - 3 minute sharing rounds
 - 5 minutes of Silence to Close
5. Read the principles & guidelines below into the Circle

Group Principles & Guidelines

The following principles and guidelines will help us all get the greatest benefit from our time together:

- We bring as much Presence as possible to each moment in the Circle. We come with a willingness to see with new eyes and hear with new ears.
- We listen deeply as others are sharing, tuning in to the deepest meaning.

- We allow each person to travel their own unique journey and thus accept our differences, and let go of our personal positions that might create separation with another.
- We take responsibility for our reactions, our responses, and our experiences.
- We respect each person's sharing by refraining from giving advice, knowing that each person is in their own process and their unique journey to find what is within.
- We speak from our own experience, our lived and felt experience that is immediate and real, and less from our mental concepts and opinions. In the West we have over-thought things and have been way ahead of our hearts' knowing and our bodies' wisdom. Thus, we speak from our own experience, our Truth.

Cross talk: It is ok to share what comes up regarding another's sharing when it is your turn to speak. Remember, however, that the purpose of this Circle is not a dialogue, discussion or debate. Any sharing should be anchored in the givers own experience as it relates to the initial speaker.

Feedback: Feedback is not allowed. Feedback is often a disguise for advice; at its root, this can be the wish to fix another, to make them feel better and/or to change the experience they or you are having in the moment.

Note: Tremendous gratitude to Sheila Ramsey and New Dharma for their hard work in building the basic structures of this process. Also much gratitude to Rebecca of Twelve-Stars Publishing for permission to adapt the material for our group. May this work continue to expand.