



Session 2: Breakout Session

Guidance Script

Script

*Note: Italicized text indicates action.
These words are not spoken.*

Welcome and introductions

Host 1: Welcome to this circle. My name is _____, and I will be your host for this first part. Guardian, would you please introduce yourself?

Guardian 1: My name is _____. I will be the guardian for this part of the circle.

Host 1: Thank you for being with us today!

Host 1: Let's open our circle. I'll light this candle (*or pretend to light a candle*) that will represent the campfire that we are gathering around.

Centering soft-belly breathing (or your own practice if you prefer)

Host 1: To help us center our bodies and come into circle, I'd like to call for a bell for silence and guide us in a brief mind-body breathing exercise. Please close or lower your eyes. Guardian, would you please ring the bell?

Guardian 1: *Rings bell*

Host 1

Begin to notice your breath

On the inhale, silently say to yourself: soft

And on the exhale—silently say: belly

Inhale—soft—exhale—belly

Inhale—soft—exhale—belly

Inhale—soft—exhale—belly

Guardian, could we end with a bell, please?

Guardian 1: *Rings bell*

Host 1: Thank you. Guardian, will you please read our agreements?

Guardian 1: These are the agreements:

- We treat each other with kindness and respect.
- We listen with compassion and curiosity.
- We honor each other's unique ways to healing and don't presume to advise, fix, or save each other
- We hold all stories shared in the circle confidential.
- We trust that each of us has the guidance we need within us, and we rely on the power of silence to access it.

Host 1: Thank you, guardian! Let's start with introductions, or a simple check-in. Please give your name and, in a few words, describe your internal weather report. An internal weather report can be something like: Sunny with a chance of showers, overcast and drizzly, or a major hurricane is on my horizon.

I will start, but anyone can follow. Just raise your hand, unmute yourself, stating your name and weather report

Host 1: I will start (*use your share to model the introduction*).

When you're ready just raise your hand, unmute yourself, state your name, and give us your internal weather report.

Host 1 (*after the final introductory share*): Thank you for your presence in our circle!

Guardian 1: *Rings bell*

Heart-sharing (15 min)

Host 1: To facilitate our heart sharing in today's circle, we'll be reading *The Guest House*, a poem by Rumi.

Guardian, will you please read the poem while we listen?

Guardian 1: *Reads the following poem*

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
Who violently sweep your house
empty of its furniture.
still, treat each guest honorably.
He may be clearing you
out for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.

Host 1: Thank you, guardian. Could we have a bell to let that poem soak in for a moment?

Guardian 1: *Rings bell, and then divides the amount of time left by of the number of participants.*

Host 1: As our circle guardian, _____ will keep track of time. About how much time is remaining? And how much does that give each person for sharing?

Guardian 1: We will each have up to ___ minutes. As guardian, I will be inviting a bell for a pause between each person's share.

Host 1: The prompt for today's heart-sharing is: As we reflect on the poem,, who is arriving at your door today? (*repeat question*).

When you're ready to share, simply hold up your hand, unmute yourself, and begin sharing.

Host 1: *Thank each individual after their heart-share.*

Host 1 (after everyone has shared): Thank you for your heart-felt sharing in circle today.

Guardian 1: *Rings bell.*

Host 1: And now, we will be moving into our harvesting round. So we'll turn this over to our next host and guardian. Would you please introduce yourselves?

Harvesting (10 min)

Host 2: Hi! My name is _____, and I will be your host for the second part of today's circle.

Guardian 2: And my name is _____, and I will be taking over as guardian.

Host 2: For today's harvest, we're going to develop our own question to discuss. Start by taking a minute to reflect on what was said in the heart-sharing round. Then frame an open-ended question for the whole group that would be of universal interest and that would deepen our discussion and understanding. Once you have your question, put it into the chat.

Host 2: *Monitors the chat and picks a question to use. Don't take too much time for this so you can preserve time for circle discussion.*

Host 2: I've selected this *great* question for our harvest round. *State question and put it in chat.* Guardian, how much time do we have?

Guardian 2 We have about ____ (seconds/minutes) each.

Host 2: Our guardian will ring a bell if, or when, anyone goes over their limited time! If you hear a bell... please take a breath and wrap up your share in one phrase.

When you are ready, raise your hand, and unmute yourself. Guardian, could we please have a beginning bell for reflection?

Guardian 2: *Rings bell*

Host 2: *Thank participants after each share.*

Guardian 2: *Monitor with the bell throughout.*

Host 2 Thank you! That completes our harvest. Let's now continue to the close of this circle.

Close (5 min.)

Host 2: Let's end today's circle with a portion of a poem by Wendell Berry that's among the favorites in the healing circles community.

True solitude is found in the wild places, where one is without human obligation.

One's inner voices become audible. One feels the attraction of one's most intimate sources.

In consequence, one responds more clearly to other lives.

The more coherent one becomes within oneself as a creature, the more fully one enters into the communion of all creatures.

Guardian 2: *Rings bell*

Host 2: Let's do a quick check-out by having each of us share how we are leaving this circle in one word.

Thank you, all!

Host 2: *Blows out the candle.* The extinguishing of this candle, our metaphorical campfire, into which we have placed our fuel and warmed ourselves today, brings this circle to a close. Thank you!