



Healing Circles Practicum

Breakout Session Guidance Script

Preparation

Prepare to serve as the host of a circle by bringing the following:

- Breath/Centering practice
- Poem
- Heart-sharing question/prompt
- Pre-planned harvest question/prompt
- Closing question
- A bell (or another way to call for silence) and a candle (real, battery-operated, or an image)

Welcome and introductions

- 1) **Host:** Welcomes everyone and asks for silence
 - a) Lights a candle
 - b) May include a guided breathing/grounding exercise and/or a poem
- 2) **Guardian:** Rings a bell and observes silence
- 3) **Host:** Facilitates introductions/asks a check-in question
- 4) **Guardian:** Reads the agreements

The healing circle agreements and practices help us create a place of safety for ourselves and for each other:

- *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 one another.*
- *We hold all stories shared in the circle in confidence.*
- *We trust that each of us has the guidance we need within us, and we rely on the power of silence to access it.*

Heart-sharing round

- 1) **Optional:** Read a poem or introduce a practice
- 2) **Host:** Invite participants to share using a heart-sharing prompt/question.
- 3) Heart-sharing round
 - a) **Circle members:** Share and listen
 - b) **Guardian:** Rings bell after each person shares, thanking them for their share
 - c) **Guardian:** Protects circle members with agreements and keeps track of time
- 4) **Host:** Thanks all circle members for their shares

Harvesting round

- 1) **Host:** Introduces the harvest round and invites participants to share using a harvest question.
 - a) **Personal harvest:** Each person takes their own discovery process deeper by speaking to what they harvested from the previous round.
 - b) **Real-time circle harvest:** Questions emerge from the circle in real time based on the exchanges of the harvesting rounds.
 - c) **Preplanned harvest:** The host preplans a question based on a relevant theme.
- 2) **Guardian:** Protects circle members with agreements and keeps track of time

Close

Circles unwind the way we entered. Your circle is free to create its own rituals, but they usually include three elements: a check-out, silence, and blowing out the candle.

1. **Host:** Presents a check-out question with an invitation for circle members to share. (usually a word or phrase)
2. **Guardian:** Rings the bell for silence.
3. **Host:** Blows out the candle.
4. **Optional:** Prior to ringing the bell and blowing out the candle, you can share a poem or reflection.