



Deep Listening Circle

2/8/18

Welcome

- Light the candle
- Discuss process if new attendees
- Agreements
 - We hold all stories shared in this Circle confidential.
 - We speak with **intention** and treat each other with ***kindness and respect.***
 - We listen with **attention, compassion and curiosity.**
 - We trust each of us has the guidance we need within us and ***we rely on the power of silence to access it.*** (This is the essence of Empathy.)
 - We ***honor each other's unique experience*** and don't presume to advise or fix or try to save each other.

Round One

- Name
- What is on your heart today? OR
- What brings you to the Deep Listening Circle?

Reading

By Clarissa Pinkola Estes

Here I stand,
remembering exactly
how we live in Two
Worlds

The Rock, and The River
show us the ways to hold—
and release—all that
ought to be held, all that
ought to be let go

With this being February and the month of love, I looked to a theme for this evening that honored love of all kinds. I think that's why this poem really spoke to me. Maybe because,

with love, we find there are times to hold on and times to let go. While we often consider love to be a euphoric emotion it can bring feelings from joy to anger to ecstasy to despair and many others along the way. With that, I'd like to spend this evening considering the tension of opposites in this thing we call "love".

Round Two

Share a time when love for someone or something brought feelings of anxiety or anger or despair? How did you decide whether it should be held or ought to be let go?

Round Three

Share a time when love for someone or something brought feelings of joy, compassion, or ecstasy?

Round Four

- How was this experience/circle for you?
- What do you want to take with you from this circle?
- What is your next step?

Closing

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- Blessing with the light/put out the candle