



Process for Group Sharing

The process I invite you to follow for group sharing is as follows:

1. On getting together make sure you have a stick or small object of sorts that can be passed around.
2. The person holding the stick or object is the only person allowed to speak.
3. Allow each person 15 to 30 minutes to speak.
4. Share all that you have learnt about yourself so far. Share how you intend to integrate what you have learnt about yourself into your living and way of being.
5. Any person can start – I usually recommend drawing straws so that the process is random. The first person speaks and after they have finished you honor them with 3-minutes of silence. While in silence, the stick gets passed onto the next person. This person then gets their 15 to 30 minutes to speak with 3-minutes of silent contemplation thereafter, and so you continue until everyone has had a turn.
6. During the times of silence notice what thoughts come up for you. Do you judge the speaker's story? Do you have thoughts of wanting to help them? Do you have a desire to tell them what they can do to get it sorted? Remember – they are here to learn to see themselves. The intention is that you merely hold a safe space of acceptance for them as you allow them to listen to themselves. Now, let these thoughts go.
7. Group conversations / sharing can take place once everyone has had a turn to speak and all others have listened deeply without interruption at any time during the process. If you have advice, input or suggestions for anyone in your group, remember to thank them for sharing and to first ask if they would like to hear your suggestions or input before you share your thoughts on their life journey and their individual choices.
8. Remember you have gathered together to learn to see and hear yourself, free from judgments of self or others. The intention is merely to be present in body and soul for each other with the mind free to absorb whatever the speaking person has to say, free from reaction, action, judgment or desire to shift their way of being.
9. Take time to thank each other for listening and for being present for you as you allow yourself to simply be yourself.

Note: It is good to have a timer to manage your process. Most of us have timers on our phones so it is easily manageable with everyone managing their own time. Make an effort not to be too rigid as some individuals will want more time, while others might require less. Always be yourself as you allow others be themselves.

I love you for your courage.
Jacqui

