

Simple Potent Sharing Circle Outline

I. Introductions

A. Logistics:

1. Bathroom
2. Policy on coming and going, and expected overall timing
3. Space or House rules
4. Parking, ect.

B. Introduce Yourself, who you are and who you are not :-)

C. Circle agreements - Ground Rules

1. I share them and then ask people to give a sign of agreement, thumbs up or a verbal confirmation.)
 - a) If you have people make agreements you are responsible to those agreements being respected in the circle, so only make agreements you are willing to ensure
2. You're ground rules & Safe Space agreements. Examples:
 - a) Confidentiality
 - b) One person speaks at a time
 - c) Speak from your own experience, not an advice giving circle
(1) if you want to give advice you must first ask for permission to even speak about the subject matter shared in the circle, and then ask for permission to offer unsolicited advice
 - d) Respect
 - e) Consent

II. Official Opening of The Circle

A. Options

1. Sing a song
2. Say a prayer connecting and inviting* (If you open with a prayer, close with a prayer)
 - a) Example Prayer:
 - b) We have gathered here in a circle
Our intentions are to allow for healing which is naturally occurring
To have space and be supported in community and with witnesses.
We give thanks to the Earth, our home and the life that is provided by her.
We invite wisdom, kindness, and love to be our guides and companions
in this time together.
Bless us by your presence and expression through each of us in our own
unique way.
Let the circle be open.

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III. Body based practice or meditation

- A. Have everyone get comfortable and then do a simple centering practice
 - 1. Space In Joints Script (provided in this document after the outline)
 - 2. 20 minutes of silent mediation
 - 3. A practice you are qualified to lead

IV. Go around the circle twice, to the left

- A. Establish if you are doing timed shares or open shares
 - 1. Explain it either way
 - 2. If you are doing Timed Shares:
 - a) *only do timers if you are willing to navigate that boundary*
 - b) Use a timer
 - c) Have a almost out of time sign. Examples:
 - (1) Ring bell 2 minutes before time is up, and then a bell at completion
 - (2) Say 'Thirty seconds' at 30 seconds *only do timers if you are willing to navigate that boundary*
- B. Give instructions on what they people are invited to share:
 - 1. What on your the heart, the body, the womb
 - 2. What lies deep to be heard shared, held, and honored
 - 3. *An intention or something you are creating or dreaming about*(only use this prompt this if you have two rounds of sharing or if that is the expressed purpose of the circle)
- C. Review structure of the sharing:
 - 1. No cross talk
 - 2. If you don't want speak you can say "pass" and then check back in at the end of each round to those who passed to see if they are ready now
 - 3. You can use your time in silence
 - 4. Ring a bell wait till the sound dissipates, take three breaths, or sit in silence for 30 seconds between each share to maximize listening and sharing for your center

V. Official Closing of The Circle

- A. Closing the circle (one or any combo of these)
 - 1. Stand up and hold hands, everyone says one word in closing
 - 2. Sing a Song
 - 3. Say a prayer* (you can end with a prayer even if you don't start with one)
 - a) We have gathered here in a circle,
Watched and heard each other share.
Been transformed though our honesty, reflections in one another, and undeniable beauty.

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Sacredness and the Earth has held us in this time together.
We are more whole because of it.
Thank you wisdom, kindness, and love for showing up through each of us.
Your presence and expression has lead to and through a journey of
weaving a peaceful and healing world together.
May this weaving continue as we walk,
walk on a blessed path,
and as we bless our path with our walk.
Let the circle be closed.

VI. Closing Logistics

- A. Any announcements
- B. Closing comments or reminders about the space
- C. If there is a next circle with known details, share them

CONTACT

Please feel free to contact me with any questions, needs, thoughts, concerns, desires, and/or stories, I'd love to hear from you.

You can join my email list via my website or by emailing me.

Peace and blessings, Sat Nam,

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Body Based Meditation:

Space in Joints Script

Take a few breaths and allow your body to settle

[15 Seconds]

Relax the joints of your feet
Breathing into the knuckles of your toes
The bones of your feet
Your ankles

[30 seconds]

Softening and realizing your knees
Allowing each breath to move completely through the joint
Flowing through obstruction

[20 seconds]

Following the femurs to your hips
Making space by relaxing the hip sockets to pelvic bone, to the sacrum
Feel the space at your Root soften and expand as tension falls away and
your breath and blood fill and flow smoothly

[30 seconds]

Breathing into the bones of the hands
The knuckles on each finger
The wrists
Allowing them to fully relax and allow sensation to increase through the
body and breath

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[30 seconds]

Allow the entire arm to let go
Release the grip
Putting down whatever you are carrying
And increasing the space in you elbows so that the bones meet in generous and floating space

[20 seconds]

Breathing into the shoulders
Space and breath moving into the arm pits
The top of the shoulders
As the weight and tension melt away and your self fills in

[30 seconds]

Breathing into the hips and sacrum
Feeling the base of your spine
As you breathe allow the breath to spiral up the spine giving space and fluid to each and every vertebrae of your back bone

[20 seconds]

Allowing the base of the head to lift and shift with breath
Relaxing the jaw, and the meeting points across the skull
Witnessing breath and fluid move through your body

[30 seconds]

Taking the next 2 minutes to feel your body in space
Breathing
Pulsing
Shifting

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Still
Here

[2 min]

Take a moment to offer yourself a blessing or say thank you for bringing yourself here

Taking a few integrating breaths, realizing and receiving,

Fully arriving in this place, in this shared now.

Take a minute to bring yourself back into this shared and sacred space.

Slowly opening your eyes and bringing all of that felt and integrated self into our circle.