

*Creatively Cultivating Consciousness*



AN INTENTIONAL CREATIVITY® COMMUNITY OF PRACTICE

## Our Circle Guidelines

**Circle of Co-Creation:** You are not the audience, and I, as the Circle Guide, am not the presenter, performer, entertainer, etc. I am the Circle Guide. We are co-creating this experience, and how it goes isn't up to me, but to all who are gathered. The responsibility of creating the experience is shared.

**Confidentiality: What is shared in Circle stays in Circle.** We request confidentiality – nothing is shared outside the circle.

**Conscientious:** We ask that you be mindful in considering each member has energy therefore if you are energy-sensitive or empathic, take the time to create your field in the way it works for you. Circle is NOT intended as an exchange of energy where you take someone else's story or energy. **Please allow each member to have their own experience.**

**Intention:** *Revised for each Circle depending on the theme.*

### **Respect for Holding Space:**

- **Deep listening.** Deep listening is the art of listening not just to hear what the person is saying but listening to understand. We offer our ears and heart without expecting anything in return. We are witnessing only.
- **Use the power of your breath.** Deep breathing is one of the most powerful ways to stay connected to yourself, which will, in turn, allow you to deepen your connection to others.
- **Self-regulation:** Honor the time given to you by doing your best not to go beyond the allocated share time. If you do, I will let you know.
- **Listening without judgment.** The true definition of nonjudgmental is someone or something that does not express an opinion. We all have opinions, and it is in our nature to share them, but when holding space for someone, you must **remove your opinion from the conversation and allow the other person the space to present theirs.**

- **Practice loving-kindness.** This involves cultivating compassion and love for all living beings, the earth, and the self. There is a popular loving kindness meditation mantra that reads, "*May all human beings everywhere be healthy, happy, and free.*" It is the art of sending positive and loving thoughts to all in the universe.
- **Make room for others.** Make room for and allow the other person to feel all that they need to feel. Allow them to cry, yell or scream, if necessary – without attempting to prevent it. For example, we would not hand a person a tissue, placing the box of tissue near them is acceptable. i.e., we allow members to process as they wish (including voicing their needs) without our interference.
- **Let go of the "fix it" mentality.** Our instinct in most cases is to offer solutions when we see people struggling, or in pain, **Be there to listen only.** The process of moving through pain is an individual's work. We agree that ONLY the sharer may initiate conversations about what's coming up for them. Members will practice listening ONLY. *I will not and those who are coaches in this community – are expected to not solicit members to become coaching clients.*