



## FreeMind Forum

- 1. Welcome & Confidentiality:** Greet everyone and ask for a show of hands that everyone agrees that everything shared in the circle is confidential and will not be discussed outside the circle.
- 2. Check in:** Which two words best sum up how you are feeling and what is your one sentence intention for being here?
- 3. FreeMind Meditation:** Briefly describe the meditation including how long it is.
- 4. Sharing** Begin by calculating the average time each person will have for sharing. Then read the following rules of the sharing process and place the stone in the centre.
  - Once the stone is placed in the centre the sharing can begin
  - Only speak with the talking stone. When finished, place it back in the circle.
  - Speak from the heart. Pause and get centred before speaking to be sure.
  - This evening we have .....minutes allocated for each person. If you hear the timer, finish up.
  - When you finish sharing say 'Ho'.
  - As a group we reply 'Ho' to acknowledge we have truly heard a person
  - If someone says something that resonates with you, raise your hand
  - Mid session if necessary we will stop and sit in a different place to refresh the energy.
- 6. Two word check out & Setting Intention:** Participants share two words to sum up how they are feeling and they set an intention. This is ideally something specific and tangible that they are committing to do. After each person has set their intention the group says 'HO' to acknowledge witnessing and supporting that commitment. As a group we are holding each other to our agreements.
- 7. Practicalities:** A quick chance to discuss practical arrangements and any other announcements that group members might want to share.
- 8. End with hugs**
- 9. Social time.** Ideally share food together.