

Circle about Trust

This is a “map” and guidelines for a Circle about trust that was held in a spiritual community. It may be adapted for other contexts as well. The map and/or guidelines may be sent out ahead of time, especially if the group is less familiar with circle process.

Circle map:

- Opening
 - Call in Spirit
 - Opening Reading
- Round 1: *Please express how you are right now with a word, sound, or gesture [describe]*
- Round 2: *What is a value that you would like us all to hold in our time together in this Circle?*
- Round 3: *What does “trust” mean to you? What are the signs that tell you that you can trust? How do you feel when you experience trust? How do you feel when you are not experiencing trust?*
- Round 4: *What, if anything, do you want from our group to support trust?*
- Round 5: *What, if anything, do you want to offer to our group to support trust?*
- Closing
 - Reading
 - Release Spirit

Basic Circle process guidelines:

A Circle is a form of ritual. We are held by Spirit. These guidelines for us humans come from the experience of many. They support us to co-create a strong container for the alchemy of our experiences and perspectives to happen and cultivate the wisdom this may bring. Everyone is responsible for the environment of the Circle; the host (and co-host, if we have one) make an offering of leadership.

The Circle is voluntary at all times. Come if you will. During the Circle, if you want or need to step away, please do, but be mindful of the Circle and leave/enter silently.

Prepare for the Circle. Consider the questions, but don’t over think or plan out what you will say. Have something on hand to write with, so you can sketch the order in which we

are sitting, to track the Circle as we go around. Ground and center and clear before entering the Circle. Be ready to listen and open to what arises.

The talking piece identifies who's speaking and who's listening, so we can rest into and focus on which one we're each doing in each moment. When you hold the talking piece, you are the only one to speak. You may also simply hold the talking piece in silence for a time. Or, you may wish to pass. In a Circle via telephone it's important to say, "I pass the talking piece" when you're done. It's also important to keep track of the order of the Circle so you know when it's your turn. To support this, the host will say the names in order just before we begin.

Be mindful of time. If we're in Circle for two hours with 10 people and 5 questions, each person would have about 2 minutes to speak to each question. Each Circle is unique, but there is a tendency for people to speak for a longer time on each turn, so keep this in mind as we go. If we're not complete as the end of our agreed time nears on the first date, we'll close in a good way, and re-convene the Circle on the second date.

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