



GROUP TOUCHSTONES

Contribution to the group is by invitation, not by demand

Keep discussion flowing within the group

Withhold off-topic questions for individual participants until after the session

Speak your Truth in ways that respect other peoples Truth.

Speaking one's truth does not mean interpreting, correcting, or debating what others say

Refrain from fixing, saving, advising, or correcting each other

Respond to others with open questions.

Help 'hear each other into deeper speech' when doing activities

Be curious and turn to wonder.

If you feel judgmental or defensive, ask yourself 'I wonder what brought this person to his or her belief?'

Moderate patterns

Some of us are more confident to speak than others.

If you contribute often, allow space for others to contribute. If you are reserved, take opportunities to share

Watch and Observe....

Although we learn from others ideas and thoughts, we also learn from our own reactions and responses.

Honor confidentiality

Safety is built when we can trust that our words will remain with those with whom we choose to share, and will never be passed on to others without our explicit permission

Know it is possible to leave this room with whatever you needed

Most 'aha moments' occur between sessions

Refrain from sharing information about products and events until after the session

Refrain from using cellphones, unless for emergency