

Mindful Participation



Confidential This can be a place to share very personal and vulnerable things that we want to honor as private.

Active Listening Listen with the intention of receiving what they have to say and not to respond or be heard yourself.

Supportive Use affirming & positive language in response to someone sharing.

Respectful Be respectful of others' opinions, experiences, and backgrounds. Avoid judging, criticizing, or insulting others.

Mindful Be mindful that group is for everyone, do not monopolize or cross talk.

Share Share your feelings and experiences, not advice or labels.

Boundaries Honor boundaries that someone establishes. This can include not discussing a topic further or physical touch.

Practitioners & Intuitives Please refrain from offering intuitive messages, guidance, insights, or soliciting services during circle. This is your time to be fully present in your own healing.