

The
COMMUNAL
HEART

A RETURN TO BELONGING
IN A WORLD PULLING US APART

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First Edition

To those who come after us

WISDOM CIRCLE GUIDELINES

A wisdom circle is a space of relational coherence. It is a living field where presence, trust, and inquiry invite collective intelligence to emerge.

FORMING A CIRCLE

- **Connect:** Gather three to seven people online or in person, or both.
- **Commit:** Meet regularly (weekly, biweekly, monthly).
- **Create:** Choose a quiet space free of distraction, ideally in a circle, where each voice is equal.

SHARED AGREEMENTS

- **Real Identities:** Especially when meeting online, agree to keep cameras on and use full names and current locations

to help the group ground its interactions in the felt sense of relatedness from which social trust can form.

- **Presence:** Arrive as you are and let distractions fall away.
- **Confidentiality:** Commit to keeping what is shared in the circle in the circle, unless permitted to do otherwise.
- **Non-Fixing:** Witness, rather than advise, unless asked to.
- **Mutual Inquiry:** Ask questions together, not to find the right answer but to deepen mutual awareness and understanding.
- **Repair:** Commit to tending to rupture with care and humility, seeking support from other group members if necessary.
- **Emergence:** Honor the emergent field between group members, listening for when someone is called to speak and remaining silent when silence beckons, recognizing that collective intelligence that emerges within the group is often wiser than any one person could have come up with on their own.

GROUP PROCESS

1. **Choose a Facilitator:** This person stewards the circle's relational flow, making sure everyone is included while midwifing the wisdom being born among everyone.
2. **Hide Self-View:** If meeting online, consider hiding your self-view to reduce distraction and to better simulate the experience of being together in real life.

3. **Turn Audio On:** Keep your microphone on to help sustain a verbal connection.
4. **Centering Practice:** Cultivate presence through awareness practices.
5. **Opening Check-In:** Briefly share how you're arriving.
6. **Shared Inquiry:** Pose a central question or allow a theme to emerge.
7. **Harvest:** Finish by exploring what stood out. What was touched? What needs finishing or repairing?
8. **Closing:** Close with gratitude, intention, or silence.