

# Global Love

## Heart Circle Guidelines

Below are the Heart Circles guidelines. Please read these before your first Heart Circle.

*You can hand out a printed sheet of these to Heart Circle guests before the Heart Circle experience.*

### **1. Confidentiality:**

Confidentiality is critical to create and assure a safe space. What is said in the circle, stays in the circle. Even for members of the circle, it may not be helpful or respectful to talk later about what others have shared in the circle. This is called "talking in the bushes," and it can undermine the safety and healing nature of the circle.

### **2. Speak from the Heart:**

*Speaking from the heart* means to share your truth, your experience and your feelings, and much as possible without blaming or judging others. We encourage you to be as open and vulnerable as you feel able to.

With regards to anyone else's shares, when it comes to your share do not offer advice or attempt to fix another person in the circle. There can be opportunities for 'love-minding' (akin to masterminding, where the circle is more pro-actively focussed on sharing supportive ideas, inspiration, reflections, etc.), but that would be an exercise or session in itself and wouldn't be about trying to fix anyone either!

### **3. Speak for yourself:**

It is helpful to use "I" statements and avoid speaking for others specifically, or for people in general (i.e. rather than "people", "one", "we" or "you" statements, for example).

### **4. Listen from the Heart:**

When any other is sharing in the circle, listen as actively and open-heartedly as possible. Listen with an open mind, even if you disagree with what the person is saying. Aim for compassionate listening and offer a safe non-judgemental space through that. This means listening without judgement as best you can. The deeper and more loving the listening, the more healing and transformational an experience it will be for the one being heard. We are all mirrors. Listen as you would like to be listened to.

### **5. Speak Spontaneously:**

Rather than begin deciding what you're going to say in advance or while someone else is speaking, allow an open natural authentic flow of communication when it is your turn to share. If you are thinking about what you are going to say in advance then you won't be fully listening to the person who is speaking. When you don't pre-plan what you are going to say, you allow greater heart sharing in the moment, and give yourself permission to be authentic and free. You may be surprised by what flows in the space that's created just from being heard by the group.

Trust your heart without any need to prepare or rehearse what you say. Obviously, thoughts may arise, things that occur to you that feel relevant, etc. amid others' shares, but as best you can aim to not pre-plan before your share even if thoughts/memories/topics begin flowing in advance.

## **6. Be gently mindful of time:**

Don't let this mean you become too conscious of time when speaking. You deserve to be heard! The Heart Circle facilitator will gently remind you of time if you go too far over to ensure a fair distribution of time for all, but if you yourself are mindful it can help with the natural flow and progression without needing any reminder. Don't let time be a distracting focus during your share, however, just be aware of the length of your share in an overall sense.

## **3. Refrain from un-serving language and reactionary responses:**

What someone else shares in a Heart Circle may trigger you. Know that this is a healing and awakening opportunity. Aim to not be reactive or defensive during the Heart Circle experience. There will be time to process after any call. Don't respond from a place of feeling triggered during a Heart Circle as best you can.

As a safe space for sharing, healing, support, and being witnessed, there may be open and vulnerable shares. We are here to be unconditionally witnessed and lovingly accepted. We may all be in a different place on our journey. Refrain from judgement, as from offering any kind of 'advice' to anyone.

If responding to someone else's comments in your share, please refrain from language of blame, shame, guilt, or any harmful or unkind response if in disagreement.

"I feel" statements are helpful if you disagree, e.g. "I feel this... when you say that...", or "I would like this... so I request that... ", and so on.

There may be vulnerable shares that trigger you, bring stuff up or possibly spark judgement. Be aware that this triggering brings with it a gift for healing and reflection. Be mindful not to be reactive if triggered but to use that

trigger as material for reflection afterwards in your own space and time. In order to keep a Heart Circle a safe space, remember that everyone is at a different place in their healing journey.

#### **4. Do no harm:**

Judgements and criticism can be harmful to another. Please refrain, not only from overt judgements if you are speaking with regard to any other in the circle or about their share, but from mental judgements too, as the energy of judgement in itself isn't pleasant.

Know that if there is something you are judging it is an opportunity for deeper self-reflection regarding possible shadow projections, and for forgiveness.

You don't have to like what someone has to share, but you can still love and respect them and not judge them for it. They are likely in more need of love if there is something they have shared that you judge.

We also ask that if you have something to share that may cause emotional distress to another that you use a 'warning' before your share, or ask permission first about that given share/topic (for a group vote, for example) if you are concerned about its appropriateness or possible harmful impact on the group.