

# Curious about HeartSpace? This is what we do....

## Grounding agreements

Once on Zoom, we form a circle and establish an order to speak. Mute yourself until it's your turn to speak. Facilitator can assist in muting/unmuting when appropriate.

No interrupting each other when sharing.

Avoid story as main share, use story as context for how you are feeling.

No crosstalk, yes talking about what someone else's share moved in me:

How did something shared land on me?  
How do I feel about something someone else shared?  
How do I feel? Focus on sharing what you are feeling.

Deep + active listening:  
Listening to learn, listen for understanding (not listening for dis/agreement)  
Listen with heart + body + mind

## HeartSpace structure

--Duration is typically around 1.5hr or as required--

Welcome  
Quick card reading  
Short breathing exercise (5 mins)  
Circle forming  
Heart-sharing (several rounds)  
Closing round/checkout  
One word, one phrase reflection  
Short breathing exercise

## Some heart-sharing prompts and structures

What sensations do I perceive in my body?  
What emotions/feelings can I name in my heart?  
What stories/thoughts am I thinking in my mind?  
When I think of xxx, I feel yyy.