

The following Core Meeting Materials to be read aloud by the meeting Facilitator throughout the course of the meeting.

Community Guidelines

Facilitator to read at the start of every meeting

This space is sacred. In order to preserve safety, integrity, and emotional support, all members agree to the following:

What's Welcomed:

- Authenticity over perfection
- Emotions in all forms
- Curiosity and self-inquiry
- Consent-based connection
- Silence as a form of presence
- Messiness, tears, joy, growth

What's Not Tolerated:

- Disrespect, belittling, or harmful language
- Racism, homophobia, transphobia, fatphobia, ableism, or any form of oppression
- Unsolicited advice or spiritual bypassing
- Cross-talk during sharing time
- Breaking confidentiality
- Weaponizing recovery language
- "Fixing" or rescuing others without consent

Our goal is safety and liberation for all.

Opening Scripts

Facilitator to read one of these after all of the meeting materials, before we introduce the Step and Mantra

Opening Script 1: Standard Welcome

(ideal for most weekly meetings)

“Welcome, everyone. I’m so glad you’re here.

This is a Rooted meeting—our trauma-informed, holistic space for recovery and reconnection. You don’t have to be recovering from any one thing in particular. Whether it’s addiction, trauma, codependency, grief, eating disorders, burnout, or simply trying to come home to yourself—this room is for you.

Here, we practice showing up exactly as we are. There’s no pressure to share, no need to perform. Silence is sacred. Feeling uncertain is welcome.

Recovery in this space is not about perfection or performance. It’s about presence, gentleness, and the willingness to keep returning to yourself.

Let’s take a collective breath—maybe let your feet find the floor, your shoulders soften, or your eyes close if you feel safe doing so.

[Pause for breath]

Let’s begin with today’s mantra and reading...”

Opening Script 2: Gentle Entry (for trauma-heavy or grief-laden weeks)

(ideal for weeks like Step 4: Self-Honesty or Step 8: Forgiveness)

“Hi everyone. I want to begin by acknowledging that it takes courage to show up. Especially when the topic is hard or heavy.

This is a Rooted space—where we speak the unspeakable, where trauma has context, and where every part of you is welcome.

If today’s step or reading touches a tender place, know that you’re not alone. And you’re not expected to process everything here. Sometimes just breathing through the discomfort is enough.

Here, we don’t rush. We don’t push.
We trust that what’s meant to surface will.

So take a moment to arrive.

Maybe place a hand over your heart or your belly, just to remind your body you're safe.

[Pause]

Let's enter today with gentleness. I'll start by sharing the week's mantra and then guide us into meditation..."

Opening Script 3: Intimate Circle (for small groups or drop-in sessions)

(best for 3–5 people or when intimacy is high and structure can soften slightly)

"Thanks for being here. With a smaller circle, there's often a little more space—for each other, and for ourselves.

Rooted isn't about fixing. It's about being. It's about showing up as we are, with all the noise and numbness, with all the questions and clarity.

There's no 'wrong way' to be in this space. You don't have to say anything if you'd rather just listen. And you don't have to make anything make sense.

Let's take a breath together. Maybe even name silently what you're arriving with—grief, tension, hope, exhaustion, resistance—it's all welcome.

[Pause]

We'll begin with this week's mantra. Let the words settle however they land."

Here are two Transition to Meditation scripts, designed to gently guide the group into the week's meditative practice with grounding, trauma-informed language.

Meditation Script 1: Grounding Breath & Stillness

(Use when you want to invite quiet presence and gentle focus.)

"Let's take a few moments now to drop into stillness.

There's no right way to meditate here. You don't have to clear your mind or sit perfectly. You can close your eyes, soften your gaze, or just look down. Whatever feels safest to you.

Begin by noticing your breath. Not trying to change it—just meeting it.

Inhaling gently...

Exhaling slowly...

Maybe feeling your feet connected to the ground...

Your hands resting somewhere supportive...

This week's meditation is here to help us feel, not to fix.

You're welcome to simply listen. Let the words come in through the body, not just the mind.

I'll begin reading the meditation now."

(Facilitator reads the week's meditation.)

Meditation Scripts

Facilitator to one of these before the guided meditation for the meeting

Meditation Script 1: Grounding Breath & Stillness

(Use when you want to invite quiet presence and gentle focus.)

“Let’s take a few moments now to drop into stillness.

There’s no right way to meditate here. You don’t have to clear your mind or sit perfectly. You can close your eyes, soften your gaze, or just look down. Whatever feels safest to you.

Begin by noticing your breath. Not trying to change it—just meeting it.

Inhaling gently...

Exhaling slowly...

Maybe feeling your feet connected to the ground...

Your hands resting somewhere supportive...

This week’s meditation is here to help us *feel*, not to fix.

You’re welcome to simply listen. Let the words come in through the body, not just the mind.

I’ll begin reading the meditation now.”

(Facilitator reads the week’s meditation.)

Meditation Script 2: Somatic Anchoring

(Use when participants are more dysregulated, or when you want to bring attention into the body.)

“Before we move into the meditation, I’ll invite us into a gentle body-based check-in.

You don’t need to ‘do’ anything. This is just about noticing.

Start by bringing attention to the places where your body meets support—the chair, the floor beneath you.

Let yourself feel the pull of gravity.

Maybe even wiggle your fingers or toes.

You might place a hand on your heart, belly, or lap. A signal of grounding—of presence.

And from here, we’ll move into the meditation.

No need to follow every word. Just allow what resonates to stay with you.

I’ll begin now.”

Reading Introduction Scripts

Facilitator to read one of these prior to the reading for the step introduction

Reading Script 1: Straightforward and Grounded

(Best for new groups, early steps like Awareness or Hope, or when time is tight.)

“I’m going to read this week’s reflection aloud. These readings are meant to offer insight and resonance—not instruction.

You might hear something that speaks directly to your experience. You might also hear something that doesn’t land—and that’s okay, too.

Take what serves. Leave what doesn’t.
Let yourself listen without overthinking. Just be with what arises.

I’ll begin reading now.”

(Facilitator reads the full reflection for the week.)

Reading Script 2: Soulful Framing (for deeper emotional weeks)

(Great for middle or late steps like Step 4: Self-Honesty, Step 8: Forgiveness, or Step 11: Connection.)

“What I’m about to read is not a lesson. It’s not meant to be analyzed or agreed with. It’s here to meet you wherever you are.

These words were written with tenderness—for the parts of us that are still healing, still doubting, still finding the courage to be seen.

Some of what you hear may settle softly.
Some of it may stir discomfort or emotion.
That’s all part of the process.

You’re invited to breathe, pause, or gently return to your body at any time.

Let the words move through you—not as facts, but as invitations.

I’ll read the reflection now.”

Discussion Scripts

Facilitator to read one of these Discussion Launch Scripts to help open the floor for group reflection after the meditation and reading.

Discussion Script 1: Structured & Supportive

(Great for newer groups or when silence needs scaffolding)

“Let’s take a moment to sit with what we’ve just heard.

I’ll offer a few reflection questions to help us begin.

There’s no right way to answer—this isn’t about getting it ‘correct,’ it’s about speaking from wherever you are today.

If something in the meditation or reading stood out, stirred something in you, or even created resistance—that’s welcome.

Here are a few prompts you can respond to:

[Facilitator reads 2–3 of the week’s discussion Reflection Questions.]

Feel free to share when you’re ready. You can also pass, or simply reflect silently. We honor all forms of participation here.”

Discussion Script 2: Organic & Spacious

(Ideal for seasoned groups, smaller gatherings, or when there’s already emotional depth in the room)

“Let’s open the space now for reflection.

There’s no pressure to respond to any specific question.

You’re welcome to share what’s moving through you, whether it’s clarity, confusion, emotion, or silence.

You don’t have to wrap things up neatly or have insight figured out.

This is a space where we can bring what’s real—even if it’s raw or unresolved.

Take your time. If you’re moved to speak, the space is yours. If not, your presence is still deeply valued.”

Small Group Circle Sharing Scripts

Facilitator to read of these Sharing Circle Scripts to guide the main participant sharing portion of each Rooted meeting.

This section usually lasts about 20 minutes and is where participants speak freely (if they choose) in response to the reading, meditation, or their lived experience. These scripts help protect psychological safety, emotional pacing, and shared space.

Sharing Script 1: Boundaried and Balanced

(Ideal for groups with more than 5 people, newer participants, or when structure is needed to maintain time and safety)

“We’re now moving into our open sharing space.

In Rooted, we share from our own experience, and we listen with presence—not with answers.

That means:

- No giving advice.
- No responding to what others have said.
- No fixing.

When you speak, you’re invited to stay with ‘I’ language—this is your moment.

If you need a moment to collect your thoughts, take your time. If you don’t feel like sharing today, that’s perfectly okay. Listening is participating.

Please keep shares to a few minutes so everyone who wants to speak can. I may gently step in if time is getting tight—thank you for your understanding.

We’ll leave a little space between each person’s share so it can land.

The floor is open.”

Sharing Script 2: Spacious and Reflective

(Great for smaller or more intimate groups, or when the room is emotionally attuned)

“This is your space now.

You’re welcome to speak from the heart—whether you’re naming something raw, sitting in silence, or showing up with uncertainty.

There’s no pressure to be profound. There’s no need to tie it up in a bow.

In Rooted, we don't respond to each other's stories—we witness them.
We create sacred space by holding each person's truth as valid and whole.

If something moves through you and you'd like to share it, trust the moment.
If you're not ready, or would rather be with your thoughts in silence, that's deeply honored too.

Whenever someone finishes, let's allow a breath or two of quiet before the next voice enters.

Whenever you're ready, the space is yours.”

Closing Scripts

Facilitator to read one of these three distinct Closing Scripts designed for Rooted meetings. These wrap up the space with care, intention, and consistency—while offering the flexibility to match the group’s energy.

Closing Script 1: Traditional Rooted Closing

(Use when time is tight or for standard weekly meetings)

“Thank you all for being here today—for your presence, your courage, your stillness, and your honesty.

Healing isn’t about reaching some final destination. It’s about continuing to say yes to yourself, over and over again.

Before we leave, let’s close with our shared Rooted Dedication—an offering we return to each week to remind ourselves of who we’re becoming.”

(Invite group to say together):

“May I root into what is real.

May I grow from what I’ve lived.

May I bloom, even here.”

Closing Script 2: Integrative (for emotionally intense meetings)

(Use during grief, trauma-heavy, or vulnerable sessions when more emotional care is needed)

“Let’s take a moment to exhale together.

Sometimes what gets stirred in here doesn’t resolve right away—and that’s okay.

You don’t need to make sense of it today. You only need to stay kind to yourself as it integrates.

If today’s meeting brought up anything heavy or confusing, I invite you to check in with yourself or someone you trust after we leave this space.

Before we close, let’s say our Rooted Dedication aloud—not as a goal, but as a gentle promise to ourselves.”

(Group reads together):

“May I root into what is real.

May I grow from what I’ve lived.

May I bloom, even here.”

“Thank you again for your presence. You matter. We’ll see you next time.”

Closing Script 3: Reflective Round (for small groups or final meetings in a step)

(Great for groups of 3–5 people or at the close of a 4-week step cycle)

“Before we close, I want to invite a brief one-word or one-sentence check-out from each person—just a way to name where you’re at as we leave.

You can share a word, a feeling, or even an intention for the days ahead.

I’ll start, and we’ll go around the circle if you’d like to join. You can always pass.”

(After check-out round completes)

“Thank you all for bringing yourselves to this space.
For being part of something that heals not just individually, but collectively.

Let’s read the Rooted Dedication together to close.”

(Group reads aloud):

“May I root into what is real.
May I grow from what I’ve lived.
May I bloom, even here.”

“Take care of yourselves and each other. See you next time.”

