

Home Group Instructions - 2021

- Your group needs to meet eight times before you submit your portfolio.
- Your participation in your Home Group requires impeccable holding, listening and reflective transparency.
- Before you meet, inside the quiet of your own spiritual practice, it may be helpful if you contemplate your home group members, wishing them well, greeting their souls.

Optional Opening Meditation

Please drop down into your body.

Soft breath. Soft, kind eyes.

As best you can, be calm, relaxed and at ease.

Be aware of the people in your Home Group.

Internally, quietly, greet each member of the group. Greet their soul.

As in Hinduism: Namaste.

As in Christianity: greet the Christ within.

Open your heart to your group.

From your torso imagine warm safe arms or wings extending from you around each of them.

Holding the group safely.

Meeting Format

1. Start with short meditation (60 seconds works surprisingly well) --- Take it in turns to say a few words to take your small group into silence and to signal when it is over. Whoever leads the silence at the beginning of the Home Group meeting also takes the group in and out of silence at the end of the meeting.
2. FIRST ROUND
Each person gives a personal check-in: health, state of their emotions, home life, work life. (2 minutes per person)

NB: NO INTERRUPTING OR COMMENTS WHILE SOMEONE IS SHARING. JUST GOOD LISTENING.
3. SECOND ROUND
Each person reports on their daily spiritual practice – their connection and their reflective practice. (3 minutes per person)
4. THIRD ROUND
Each person shares insights and reflections about their experience of companioning in both formal and informal situations. (5 minutes per person.)
5. FOURTH ROUND
Each person reports on areas they have previously identified as needing improvement and development.

6. Allow general discussion on a particular theme that has arisen ONLY after everyone has been heard.
7. End with a short period of silence led by the person who took the group into silence at the beginning of the meeting.
8. When you have finished the meeting make reflective notes in your Home Group reflections. *What have you learned about yourself? Especially in relation to holding, listening and reflective transparency.*

Please don't let the meeting slide into an emotional support group or be hijacked by personal issues.

Please don't let it slide into casual conversation.

Please ensure that everyone is heard, no one dominates and no one hides.

Whatever anyone else does or says in your group, your core task is always the same: stay connected, hold the space, listen with care and compassion.

spiritualcompanions.org

2021