

Wisdom Circle Participant Guidelines

To create the most inviting community space where everyone feels welcomed to participate, kindly observe the following guidelines and etiquette during your Wisdom Circle experience.

In preparation:

- Please arrive up to 5 minutes early, with your full name (first + surname) visible; your camera on; your microphone muted and your face clearly visible on the screen.
- The session will start promptly at 6.30pm AWST and close at 7.30-7.45pm AWST.
- Please commit to being fully present during the entire session and keep your camera on – this creates our virtual community. Please resist the urge to multi-task and turn off device notifications/calls.
- If you must leave early, leave quietly and calmly – no need to announce it.
- When you wish to speak, please raise your hand and then unmute yourself.
- Do your best to enter the Wisdom Circle with curiosity, open-heartedness and presence.

During the session:

- In Wisdom Circles the commitment and intention is to know truth – to awaken, uplift, and to unmask illusions. There is a natural, universal intelligence and wisdom at play, and that wisdom can arise through each of us at any time.
- When invited to reflect and share, personal issues are welcome in the context of applying deeper spiritual insight to a life situation.
- Take the attitude that the teachings shared are calling forth a deeper wisdom, beyond your immediate beliefs, thoughts and opinions.
- Keep your speaking and sharing brief, to allow time for others.
- Listen carefully to what others say. If an insight arises in your mind while you're listening, you may like to have a journal handy to write it down.
- As you listen, notice any judgments that may be arising and let them go.
- As you listen, notice any physical tension that may be arising, and breathe and feel.
- Don't be afraid to question or challenge what is shared but do it from a state of feeling connected to your awareness.
- When something is said that feels powerful and true, pause for a moment to let it sink in. Perhaps write it down.
- There will be the opportunity for one person to participate in a one-to-one enquiry with Natalie (for up to 15 minutes) during each Wisdom Circle. Consider if you might have a personal issue or dilemma that you'd like to discuss, and when you are invited, raise your hand.
- At the conclusion of the session, hold acceptance and gratitude in your heart.
- Afterwards, you might like to give yourself extra quiet time to reflect and integrate what was shared, before engaging with others or accessing devices.
- Thank you for being a part of the Wisdom Circle community!