



"The human soul doesn't want to be advised or fixed or saved. It simply wants to be witnessed — to be seen, heard and companioned exactly as it is. When we make that kind of deep bow to the soul of a suffering person, our respect reinforces the soul's healing resources, the only resources that can help the sufferer make it through." - Parker Palmer

Meditation Circle Invitations

www.breathingwithme.com

I was moved to tears when I heard these words of Parker Palmer's during a retreat. Intense feelings of both grief and relief washed over me, and I could feel the truth of these words deep inside my body. And yet my personal journey has also taught me how hard it could be to find such witnesses and to be such a witness for others.

With humility and deep gratitude to all who have supported and encouraged me, I initiated this meditation circle in June 2023 with the intention that it would become a safe place where we can be seen, heard and companioned exactly as we are. Join me, if you hear your heart saying "Yes!" to this shelter of companionship that we are building here.

Duration: 45 minutes

- 1) Greetings and 5 min of soft landing in silence to welcome ourselves into this space.
- 2) 5 - 10 min check-in and sharing of intentions.
- 3) 20 min of sitting in silence or any other forms of practice that feel supportive .
- 4) 10 min of optional sharing and ending.

Prerequisite

None! Everyone is welcome. By joining the circle, we agree with the [community guidelines](#).

Email me to join smallfish1975@gmail.com

Looking forward to resting our hearts together 🧡