



## WISDOM CIRCLE SAMPLE SESSION

Duration: 1h-1.5h / For groups of 20 to 25 women

### PRESENCE I AM HERE NOW (Guiding intention)

*"Presence opens an understanding of the fluidity of time. It helps us work with our notions of mortality bringing us to the understanding of the infinite limitlessness of the present moment, that in the end is the only thing we ever truly have" - Wisdom Care*

**Setting up space:** smudging (dried herbs or spritzer), candles, circle.

**Arrival and Welcoming:** Participants are welcomed into the circle with a fresh flower and offered rose and lavender smudge to settle in (presence in beauty). As they join the circle Koshi Chimes (2 each) are played with a few words on breathing and/or visualization instruction. Changing the awareness from outward to inward.

**Intention** of the session - introduction.

**Calling in the directions.** Visualized spatial instructions to establish the circle as a safe intimate sacred container and connect to elements of the earth. Rest in the present moment.

**Offering of the flower** with participants name and word offering for the circle.

#### Deep conscious breathing.

- a. Counting breaths with sound and scanning the body.
- b. Breathing exercise with a hug and an open hands release. Feeling of being nourished and focused by breathing and being present. With presence always comes awareness.

#### Sound Bath Meditation (single-pointed attention on sound practice)

- c. Drum and heart: drum with simple visualization
- d. Shruti box with voice opening toning
- e. Singing bowls walk around and touch-breathing
- f. Sansula with mantra/poem

*"I have a body, but I am not only my body..*

*I have emotions, but I am not only my emotions.*

*I have a mind, but I am not only my mind.*

*I have an ego, but I am not only my ego.*

*I have a heart, but I am not only my heart.*

*I have a spiritual center, but I am not only my spiritual center.*

*I am all my souls, and I am an infinitely rich mystery of all that is.*

*I am my own medicine women" {Adapted from: Frager, Robert (2013-09-20). Heart, Self, and Soul:*

*The Sufi Psychology of Growth, Balance, and Harmony}*

- g. Chakapa (mindfulness in the body)

**Talking Stick:** sharing with rainstick.

**Opening the circle:** holding hands, exercise on gratitude to the directions, the elements and each other.

**End of session:** Final relaxation during departure with Lavender oil aromatherapy and Koshi Chimes direct sound experience by walking around to each participant and saying goodbye and thank you.