



The Liminal Odyssey Circle Guide with Dialogue and Circle Principles

By Sande Hart

Circle Principles | Circle Agreements | Dialogue Prompts | Journal Prompts

The 12 skills/practices outlined in *The Liminal Odyssey* provide a hearty foundation for a great conversation.

Gather as many friends as you feel comfortable with (4-6 is a great number for intimate circles.)

Everyone agrees to read a chapter before each meeting.

At your first meeting, add about 30 minutes to your normally scheduled time for introductions and circle principle agreements which will ensure wonder-full and safe conversations. Make it clear that you (or an appointed friend) will be sure to remind the circle of the principles should they be "forgotten." And it happens often! It's good- it's how we learn to be in circle with one another. It's yet another skill we get to experience!

A great resource for circle guidelines is **The Millionth Circle**: (www.MillionthCircle.org)

- Create a circle.
- Consider it a sacred space.
- One person speaks at a time.
- Speak and listen from the heart.
- Encourage and welcome diverse points of view.
- Listen with discernment instead of judgment.
- When in doubt or need, pause, and silently ask for guidance.
- Share leadership and resources.
- Offer experience instead of advice.
- Decide together what is to be held in confidence.
- Speak from your own experience and beliefs rather than speaking for others.
- Open and close the circle by hearing each voice. (Check-ins and check-outs.)

Guide Suggestions *The following are all suggestions to consider and support your Circle.*

- Begin with inviting everyone's voice to be heard. At your first meeting, add some time so that everyone gets acquainted. You will be going deep together, so it's important to feel comfortable with who else is in the room.. With a smaller group, everyone will have ample time to speak in the gathering. Depending on the dynamic of your group, you may choose to have a bell or a signal to let someone know it's time to complete their thought. However, once you have met together for a meeting or two, most will respect the concept of sharing time on the call.
- After your first meeting, it's great to invite all voices to be heard with inviting one person at a time to say one word about how they are feeling. End in the same manner. These are "check-ins and check-outs" (This is super power-full!)
- You will find some dialogue prompts below. Let the conversation flow as it will go where it needs to go. These are suggestions relating to this book that further promotes a deeper personal Liminal Odyssey.
- Encourage personal stories! This is where the juice is!
- In the beginning of each meeting (after your first) allow some time to share any "Aha's" during the past month relating to the skill(s) so far. You may have left your last meeting with an agreement to practice a method from the book. Spend some time in the begging of the next call sharing those outcomes.
- Include a moment in each session to ask, "As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)" This helps us become accustomed to listening to our body.
- After each gathering, encourage everyone to keep a journal and identify where you and your stories are in your life. What are your "AHA's? Where in your body do you feel a shift, an opening, a nudge, a block?
- Start with the "What about this chapter inspired you?"
- You may choose to ask, "Where on your Hero's Journey are?"
- You may choose to let the conversation flow organically by simply asking this question, However, additional prompt questions to consider are here for your consideration or to help keep conversation flowing. These are the same questions listed as journal prompts.
- After your first 12 months, start over! Returning to your journal, see if you notice anything different. How can you deepen your skills? What additional skills do you want to share that are not covered in this book but are essential in your life? What Liminal Odyssey skills "enhanced" them in a way that was helpful?

Dialogue and Journal Prompts Chapter

1 - Sacred Art of Listening -If possible, this is an amazing conversation to have one-on-one. If you are meeting in person, invite everyone to go off in pairs. If meeting on-line, use break-out rooms. Think of a time when you really felt listened to. Share what that was like. When you come back together as a whole group, share your discoveries.

Chapter 2 - Timefulness What about this chapter inspired you? Share a time when you slowed down to the speed of the moment. As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 3- Forgiveness What about this chapter inspired you? This is a great session to remind everyone that you are in a safe environment, and you agree to honor confidentiality. Share an experience when you were forgiven. Share an experience when you forgave. As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 4- We Remember We Are Nature What signs in nature do you identify with? Have you experienced a "magical" moment while in nature that involved a message that you cannot explain? Did that change how you see the natural world around you? As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 5- Cultivating Synchronicities Because you have been practicing timefulness and sacred listening, can you connect some meaningful stories and expand on what the real story is? Tell a story of synchronicity and see if others can pick up on messages that you may be missing. As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 6 - Meeting the Maiden, Mother, Crone Invite everyone to share how they identify with one or a combination of the three archetypes in this very moment. Which is alive in you now? As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 7 - Impeccability of Our Words and Thoughts What does it feel like to be really honest with others, as illustrated in the Liminal Odyssey? What does it feel like to be really honest with yourself? What is lost or gained when you are truly honest? As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 8 - The Trust Frequency This is an occasion when you can suggest that everyone consider reading the book *The Trust Frequency, 10 Assumptions for A New Paradigm* (on Amazon). What does it feel like to trust someone or know the Universe only operates in Love and Love is all there is? When did you really trust the outcome would be rooted in Love and rest in that knowing? Share that experience. As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in

your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 9 - Intergeneration Healing Awareness- Our Ancestors, Allies and Angels Notice patterns in your family tree, both healthy and not-so-healthy. (Divorces, wealth abundance, scarcity thinking and/or poverty, physical or mental abuse, social activism, etc) How do you identify with both the healthy and not-so-healthy patterns? What are you doing to clear that which does not serve you now that you recognize it? Share your insight, practices, and/or breakthroughs if applicable. As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 10- Dominion over our mind- Mind Over Matter To The Power of You This is a great time to check in to see if the confluence of skills so far seem to be coalescing as one? Is reverent listening and body awareness becoming a habit? Are we seeing more synchronicities in our daily lives? Are experiences becoming more miraculous and rich moments? What thoughts and/or behaviors do you notice that are like an automatic tape running in the background? What new habit do you want to add to your life? Have you practiced neuroplasticity like Sande describes, using the "Do It Now" example? As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 11- Fulfilling Our Planetary Assignment Ask, "what is your planetary assignment and what is preventing you from manifesting it fully"? Don't know? "Where do your passions meet the needs of the world" is a great question to ask. As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)

Chapter 12- Being The Sacred Gardner Is there a newly noticed reverence to your life? Do you notice more? Do you feel a certain "glide" through your life, like it's working on-purpose? Do you feel a holy responsibility to continue on this Odyssey? As you tell this story, where in your body do you feel a change? (A warm sensation? A knot in your throat? A cramping in your stomach? A glow around your head? A warm and fuzzy feeling all over?)