



An Introduction to Healing Circles

"If it touches the heart and guides us on our path, it is a Healing Circle."

1. What is a Healing Circle?

Healing Circles help us step out of ordinary time into a safe and accepting environment in which to explore our healing.

With open minds, we work together to discover the best ways to remove obstacles to healing, alleviate suffering, and deepen our capacity to heal.

With open hearts, we access our own inner guidance to understand where the greatest healing in body, mind and spirit can occur.

2. What are the practices of a Healing Circle?

Listen with attention, compassion, and curiosity.

Speak from your heart and with intention.

Trust that each of us has the wisdom within us to heal.

Tend to the well-being of the Circle.

3. What agreements protect a Healing Circle?

We treat each other with kindness and respect.

We honor each other's unique path to healing.

We don't presume to advise or fix each other.

We hold all stories shared in Circle confidential.

4. Role of Host and Guardian

The Host calls the Circle and sets the intention.

The Host convenes and attends to the flow of the Circle.

The Guardian attends to time and tracks agreements.

The Host will choose when and how to end the Circle well.

5. Preparing a Healing Circle

Begin with a welcoming space: clean and well-lit.

Create a sacred center with a candle, talking piece and mindfulness bell.

6. Holding a Healing Circle

Allow time for social gathering before and after Circle.

Enter the Circle – silence, candle, bell, poem/prayer/music.

Check in – create conscious awareness of the space.

Heart sharing following the intention set by the host.

Harvest collective wisdom in the room.

Closing – optional sharing round with poem/prayer/music.