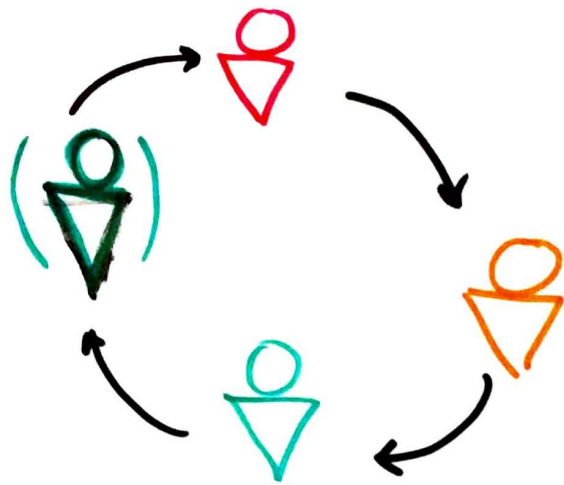


Reflection Circle



Roles rotate each round; E.g. first listener is second speaker, etc.

Roles

Speaker: Shares for 3 minutes on any topic.

Listener: Listens to speaker and then reflects what they heard for 2 minutes.

Witness(es): Listen to speaker and notice inner experience

NOTE: the length of time for sharing and reflecting is up to you - it can be longer than the times shown here.