

THE CHRYSALIS WISDOM COUNCIL (MEDITATION)

The Chrysalis Wisdom Council transforms communication in groups of two to seven people. Use it to find wisdom about a problem, to resolve conflicts, to create a mission statement or vision, or to clarify relationship issues.

MATERIALS: Obtain a chime that produces a long, clear sound.

PREPARATION:

- Step 1: **CHOOSE SOMEONE TO RING THE CHIME.**
- Step 2: **TUNE IN** to your higher selves. Then brainstorm topics or problems if you don't already have one.
- Step 3: Decide **WHO WILL SPEAK FIRST.**
- Step 4: Each person in a larger group speaks three times. For groups of two or three people, each person speaks four or five times.

PROCEDURES:

- ☯ **"INNER SILENCE" AND "COLLECT THOUGHTS" APPLY TO EVERYONE**, not just the speaker.
- ☯ **DO NOT RESPOND** to the person speaking.
- ☯ **DURING INNER SILENCE, ABANDON YOUR RESPONSES.** Simply tune in.

PROCESS:

- Step 1: (Chime) Say, **"ONE. INNER SILENCE."** Empty your mind for several breaths. Don't plan your comments.
- Step 2: (Chime) Say, **"ONE. COLLECT THOUGHTS."** Think about the topic meditatively for several breaths.
- Step 3: (Chime) Say, **"ONE. ARTICULATE."** The first person verbalizes his or her thoughts.
- Step 4: (Chime) Say, **"ONE. ACKNOWLEDGE THOUGHTS AND FEELINGS."** Notice your mind's automatic reactions without judgment.
- Step 5: (Chime) **"TWO. INNER SILENCE."** Although it's now the next person's turn, everyone empties their minds.
- Step 6: (Chime) **"TWO. COLLECT THOUGHTS."** Everyone contemplates the topic meditatively.
- Step 7: (Chime) **"TWO. ARTICULATE."** The second person verbalizes.
- Step 8: Continue with these four steps for each person. Repeat until each person has spoken at least three times.
- Step 9: (Chime) Say, **"FINAL INNER SILENCE."**
- Step 10: (Chime) Say, **"CREATE AN INTENTION (OR A CHOICE)."**
- Step 11: (Chime) Each person shares their intention or proposal in random order, leaving plenty of silence between shares.
 - ☯ **"I CHOOSE..."**
 - ☯ **"I intend..."**
- Step 12: When everyone is finished, end with a chime. **THEN DISCUSS PRACTICAL STEPS**, if appropriate.

Send questions or descriptions of your experience to globalwisdom@sbcglobal.net.