

MEDITATION AND ENQUIRY PRACTICE SESSIONS

Each afternoon there will be sessions where we will each have the opportunity in small groups to guide a meditation, lead a short enquiry and then receive helpful feedback.

You will stay in the same groups for the whole retreat and will all have at least one opportunity to lead and receive feedback.

A team member may or may not drop into your session to offer support. There are too many people on the retreat for a team member to be present all the time, but they will rotate around the groups as the retreat progresses.

The afternoon sessions are 1.5 hours in total and we suggest you structure the time as follows. Of course, you are free to make the sessions longer if you'd like to – it is up to each group to manage their own time-keeping as the next formal activity on the programme is session 4 (19.30 UK time)

Sunday – Weds

Person 1:

- 10 mins led meditation related to the theme of the day (suggestions will be made at the end of the morning as to how to structure this but the aim is for it to be a simple meditation),
- 10 mins led enquiry by the same person,
- 5 mins for supportive feedback about the meditation, starting with how the person who led the meditation felt about it, & what went well.
- 5 mins for supportive feedback about the enquiry, starting with how the person who led the enquiry felt about it, and what went well.
- 10 mins allow for overrun

10 min break between people

Person 2:

- 10 mins led meditation related to the theme of the day (suggestions will be made at the end of the morning as to how to structure this but the aim is for it to be a simple meditation),
- 10 mins led enquiry by the same person,
- 5 mins for supportive feedback about the meditation, starting with how the person who led the meditation felt about it, & what went well.
- 5 mins for supportive feedback about the enquiry, starting with how the person who led the enquiry felt about it, and what went well.
- 10 mins allow for overrun

Thurs

There will just be one meditation leading practice session followed by reporting out.

Parameters for giving and receiving feedback:

- The person who has led the meditation first reflects on how it felt to lead the practice and enquiry then open it out to other group members for feedback.
- Help one another – see it as a joint venture based on trust and empathy.
- Start with the positive, what went well. Kindly, appreciative.
- Comments also need to be constructive, suggesting useful ideas and encouraging improvement.
- Don't be too precise telling someone exactly what to do – share how you found it personally and make suggestions to be considered.
- It is also equally important to receive feedback in an open way, listen, without arguing about it. You may not agree with the feedback, but it is at least important to listen and reflect on it.
- The team member (if present) should give his/her feedback at the end, if there is anything to add to or draw from the feedback already given.