

Attunement

Bringing a group together consciously at the beginning and end of meetings, aligned to the highest purpose.



Image source <https://pixabay.com/en/seminar-motivation-joy-of-life-702727/>

Tags:

Culture / World View: Personal Growth; Spiritual Practice

Social: Building Community and Embracing Diversity; Building Trust

Challenge:

We often rush from one meeting to another, carrying unfinished business of preparing for the next event. We also have a tendency to treat each other as functions, ignoring how people are feeling. In addition, it is not always clear that we are all here for the same overarching purpose. How can we create spaces and processes which are intertwined with connectivity between the participants and a connection to purpose?

Solution:

Taking a minute or two at the beginning of the meeting, either in silence with a few words of guidance offered by the facilitator, to pause and notice that we are in a new space; to consciously connect with the others with whom we are meeting; and to clearly connect with the overarching purpose of the meeting, can radically transform the experience of the meeting. A similar process can be undertaken at the end of the meeting, to bring it to conscious conclusion.

References:

<https://www.findhorn.org/aboutus/vision/founding-principles/#.VbpxpEu94ow>

www.violet-light.co.uk

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