



SUBTLE
ACTIVISM
NETWORK

Guide to Creating a Subtle Activism Circle

1. Form your group. We recommend between 6-13 people.
2. If meeting virtually, choose your teleconference system. We recommend Talkshoe and Free Conference Call. If meeting in person, select your venue.
3. Agree on a regular time. We recommend weekly or every other week at the same time. Consistency helps build the field.
4. Do a brief personal check-in at the start of the meeting/call
5. Decide on the focus for the practice. This could emerge from the check-ins, or you could just sense in together as to what is calling your attention in the world.
6. Invite someone to be a spaceholder for the call.
7. Do the practice. The practice could be your own modality or you can follow the Gaiafield Attunement protocol (see below). We recommend sitting in meditation for at least 20 minutes.
8. Create space for sharing at the end of the meditation to harvest the group's collective wisdom.
9. Do a simple closing practice to 'seal' the experience. E.g., someone can share a prayer or poem, or just take 10-15 seconds of silent gratitude.
10. Consider inviting circle members to join the 1BODy daily resonance practice to build resonance between your meetings/calls:

<http://san.1body.us>

Gaiafield Attunement Protocol



1. Take a couple of deep breaths. Be aware of yourself and any feelings that are arising in your field of awareness. Accept and allow whatever is arising to be present.
2. Be aware of the Earth beneath you. Feel your connection with the Earth and let it ground the energy of your body.
3. Be aware of the Sun above you. Visualize the golden light of the Sun cleansing your energy field.
4. See and feel that golden sunlight forming a large bubble surrounding your body. Visualize a strong boundary at the edge of this bubble that only allows in energies that are for your highest good.
5. Be present here as your deepest and highest Self.
6. Sense your connection with the other people on this call. See a network of light connecting us to each other wherever we are located.
7. Visualize a membrane of light for our group field that only allows in energies that are for our highest good.
8. Invite into our group field Allies from the kingdoms of the Earth and from the higher dimensions who can support our healing meditation.
9. Visualize our group field connecting to the planetary Gaiafield that surrounds us all.
10. Finally, connect with the Great Mystery that supports and enfolds all dimensions of being.

11. Now let us hold this intention for our time in silence: State the intention for the call
12. At the end of the meditation, give thanks to all Allies and participants in the field.