Reminders for Clearness Committee members

Listen contemplatively to the speaker/*focus person* who is sharing an experience/*discernment question*.

- Attend to whatever you notice about the speaker and the experience/*discernment question*.
- Attend to your own inner life noting your thoughts, feelings, sensations, and desires as they arrive.
    - Learn what they have to say to you and then let them go.
    - Bracket judgments, desires to fix, your own interpretations of the presenter/focus person's experience.
    - Call yourself back to the present if your listening to the other takes you into a similar experience of your own and draws your attention away fro the presenter/*focus person*.

Pause, affirming silently your participation in this process in which you will serve as a sounding board to magnify the presenter's experience back to him or her. Resist any temptation to tell a piece of your own story in response to the story that was just shared.

Respond to the presenter, helping to enlarge his or her experience.

Noticing: This is what I notice…(or) This is what I hear…
Experiencing: As you speak about _____, I feel_____(or)
When I hear you say _____, I get an image of _____.

Listen as the speaker responds to what is said and listen also, to yourself and to the responses of the others in the group.

- Remain aware of the speaker and how he or she may be deepening the story in his or her responses to what is shared.
- Remain aware of your own inner experience as it relates to the speaker.
- Enlarge your attention to include an awareness of the whole group.
    - The group's responses to the speaker and how they interact with one another.
    - What moves in you as you hear the responses of the group.

Keep moving with the speaker, responding to what the speaker is communicating in the present, rather than to the original story, in order to follow the speaker as his or her story develops.

Reflection on the Process

- After the speaker has finished the story and time has been spent allowing the speaker to remain with what has occurred, the group may discuss the process. Reflect back to the group anything you would like to say about:
    - What you noticed while attending to the presenter.
    - What you noticed while attending to your own inner experience.
    - What you noticed while attending to the group.