

Notes to the Leader For Session 20 – The Mountain-Top Experience

Session Preparation

The depth of this session will be enhanced with preparation. So please distribute the preparation for this session at the end of the prior session. Have extra copies available at the gathering in case people forget their copies. Make sure boxes of facial tissues are available.

You may want to think about who will lead the guided meditation ahead of time. The reader should read slowly, clearly, and pleasantly, and pause for about a minute between each line to give the others time to visualize and remember deeply. Perhaps contact this person and send them the words.

Preliminaries

Explain about the guided meditation and select a volunteer to read it, if you haven't done so already. Also, choose a reader for the responsive reading.

Remind members that the discussion period is meant to allow group members to go deeper, to share things they may have forgotten to share, and to exchange ideas. It is important that people do not comment on others' sharing except in a very supportive way.

Timekeeping

Use this timetable as an aid to keep the gathering on track. If the deep-listening portion goes over the allotted time, the discussion can be eliminated or shortened.

<i>section</i>	<i>minutes</i>
preliminaries	2
opening	2
check-in	15
meditation	10
sharing	60
reading	3
discussion	25
singing	2
<u>closing</u>	<u>1</u>
Total	120

Preparation for the Next Session

Before everyone leaves, distribute copies of the preparation for the next session.