



Welcome to Meditating Together Online!

How to Guide

Step	Description
Register	We ask everyone who participates to complete this registration form
Schedule MTO Sessions	Go here to schedule MTO sessions
Prepare a safe place to practice	Decide on a safe place where you're not likely to be interrupted Make it comfortable and welcoming!
Participate in MTO	Turn off all your electronics except what you need for Zoom Let people know you're not to be bothered as appropriate
Let us know how we're doing	Please contact support@safe2heal.com with questions, concerns, feedback...
Refer people to MTO	Let people know your Safe2Heal Member Name which they enter when they register and where to find MTO



Welcome to Meditating Together Online!

Thank You for Being Here Now

cultivating safe space inside...

Session format	Description
Before we start	Get yourself ready sitting in a safe place Take a few deep breaths
Session opens	Say your name
Welcome	Brief overview, put out a welcome mat for your experience!
Meditating together	30 minutes; 1) follow your breath (nose, chest, belly – pick one!), 2) when your attention wanders bring it back to your breath and 3) embrace your experience like you'd hold a loved one or pet
Sharing together	Always optional; share your experience...
Dedicating the merits of practicing together	"May the fruits of our practice benefit all beings and the earth in peace"



Mindful Sharing

- Mindful sharing gives us the opportunity to listen deeply to one another while also paying attention to what arises in you. This is a very powerful practice. Please keep these guidelines in mind.
- Only one person has the “talking stick” at one time. Everyone else is deeply listening. Everyone participating in the web conference can be seen in the gallery view. There’s never an obligation to share.
- Speak about what’s alive for you in this moment, from your heart and your own direct experience. Please refrain from intellectual/philosophical discussion or long storytelling.
- Appropriate themes include the joys, difficulties, and insights experienced in meditation practice and the multitude of ways to bring mindfulness alive in relationships, work and daily life.
- Please be lean of expression – it helps everyone who is listening and leaves time for others to be heard.
- Listen deeply to the speaker, noticing what arises within you as you listen – and what arises as you speak.
- Let there be a pause between shares. Slowing down the process promotes awareness of what is arising within.
- Refrain from offering unsolicited advice.
- Please honor confidentiality