



CHC Deep Sharing on Zoom

This cannot be an easy life. We shall have a rugged time of it to keep our minds open and to keep them deep; to keep our sense of beauty and our ability to make it, and our occasional ability to see it in places remote and strange and unfamiliar. We shall have a rugged time of it, all of us-- but this is the condition of life, and in this condition we can help because we can love one another.

J Robert Oppenheimer

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What is Deep Sharing?

Deep Sharing with another can be a spiritual practice, one that is based on authentic self-expression and deep listening. **Deep Expressing** means to be open to what arises in the moment, initially in response to your partner's instruction. First, sit in contemplation. It may be a thought or it may be a feeling or a sensation. Refrain from telling your old familiar stories or otherwise entertain your partner. Be open to the truth of the moment and see where it goes. When somewhat clear, express your truth. Then return to contemplation. **Deep Listening** means to hear every dimension of the other person, both what is said as well as what is implied. It means to hear the words and the emotions underneath them and to hear the general disposition and mood of the person: to hear all of it.

Listening and speaking, though different experiences, are of equal value. Such experiences allow us to connect deeply, and to feel truly heard and seen by another. There is healing power in speaking truth and bearing witness and receiving another.

Event Schedule

Date: Sunday, March 14, 3:15 to 4:55 pm.

Arrival: New people or people with questions please arrive by 3 pm for questions and to confirm connection. Returning attenders can arrive between 3 and 3:10.

Time in pairs, format: Just as before, pairs will meet in a session, alternating **three periods** of talking for 5 minutes and three periods of listening for 5 minutes, so taking three turns each. On March 14 again we will have two **sessions**, and therefore **two partners**.

			Session 2 = Partner 2
Session 1	Session 1 = Partner 1	4:10 PM	turn 1
3:35 PM	turn 1	4:20 PM	turn 2
3:45 PM	turn 2	4:30 PM	turn 3
3:55 PM	turn 3	4:40 PM	Talk Back, benediction
4:05 PM	break	4:50 PM	End

The Sharing Process

Greet your partner simply. Decide which of you wishes to use the timer for this session. This means the other person will speak first. The listener gives the speaker their instruction, "Tell me about a time when you experienced deep stillness." The speaker begins silently contemplating this and sees what comes up inside. The listener begins "listening," that is, giving the speaker their full attention. When the speaker becomes clear, they attempt to get the

essence of it across to the listener. The listener continues to listen with minimal reactions. You don't have to be stone faced, but approval, positive or negative, tends to distract the speaker from their interior process. Just listen. When the bell sounds, the listener thanks their partner. Then the partner gives the listener the same instruction. Even though you are "answering" the same question, the practice is about what comes up in you. It is not trying to come up with the right, or even a good, answer together. You probably will not grasp the full benefit of this technique until you experience it.

Courtesies and Agreements

To be effective, we need to be able to trust that we will be safe and respected by our partners. To that end, we have the following agreements:

While listening: We listen and do our best to understand our partners' communications and support them in our hearts. It may help to imagine listening from your heart.

- As the listener our role is to receive the other. We refrain from judging what they say and/or how they say it. We refrain from making our partners right or wrong; and from agreeing or disagreeing with them.
- We listen without speaking or nodding or making other types of responses as much as possible. This allows our partners to be free to say what they need to say.
- We bring our full and undivided attention to our partners when it is their turn to contemplate and share. We don't look away but keep our eyes on them throughout their turn regardless of whether they are speaking or not, or whether they are looking at us or not.

While speaking: We speak our truth in this moment. ...

- When it becomes our turn to communicate, we refrain from commenting on what our partner said when it was their turn.
- In a spiritual practice we adopt a sincere and formal posture. This means we refrain from using the personal pronoun "You" regarding our partners, and refrain from speaking about or to our partners on a personal/conversational level.

Confidentiality:

We respect our partners' privacy. We refrain from discussing in session with our partner what was shared unless we have their explicit permission to do so. We refrain from passing on to anyone else what they communicated to us. "Say nothing to no one" during and after the event.

Zoom techniques during a session:

We intend to do the given practices with full attention and as accurately as you can. We agree to honor timelines free from distraction. We refrain from moving around and doing our own thing when our partners are contemplating. We don't eat or drink during our partners turn.

- Partners will decide whose bell file to use. The person who starts the bells will be the receptive partner (listener) first.
- When the session is over, the partners should return immediately to the Main Room.
- NOTE: be careful not to click "End meeting" or "Leave meeting." If you do, you will have to log in again with the link of the day.
- When participants are all together, you can use "Gallery View."
- When you are in your Breakout Room with a partner, use the "Speaker View" so your partner fills the whole screen and your picture is a small "thumb- nail" at the top of the screen. You can move your own picture around or minimize it if you find it is a distraction.
- In the session, you may want to "Pin" your partner's picture to keep it large and stable on the screen. Place your cursor on your partner's video, click the three dots in the corner to display a little menu. Click "Pin." Pinning a video only applies to your screen. It doesn't affect your partner's screen.
- Focus on your partner and not on the camera. You may not be able to feel like you are making eye contact because the camera is above your partner's eyes. If that is the case, endeavor to be "with" your partner without relying so much on eye contact.

Other tips:

- It really makes a difference if you give your partner their instruction with true sincerity.
- It really makes a difference to intend to understand your partner when you are listening and to intend to get yourself across when it is your turn.
- It really makes a difference if you mean it when you say, "Thank you."

Preparation before the event.

You will need to have...

- A **quiet space** where you will not be interrupted so that you can be fully present. Turn off notifiers and the phone ringer while you are on screen.
- A **five minute timer.** Common timers can be found on your phone, or the excellent free InsightTimer app, or I can email you a timer mp3 file. Test your timer before the event.
- **Your own zoom connection**, running Zoom Client for Meetings **Version 5.0.5** or higher. This was released on July 5, 2020, so if you uploaded your version after this date you

should be fine. Download the current version via zoom.us/download. This event is done by individuals not as couples, so connect either by computer (preferred) or by a video screen a smart phone. Voice only is not OK.

- This is held on **Valentine's Day** so you may have plans for the evening. Please have whatever preparations you need to celebrate this day in place and completed an hour or two before the event. Contemplation thrives in spaciousness.
- **On the day of the event Participants will enter via the usual CHC link collegeheights.us/zoom. If you can, please log in 15 minutes before the start time (you don't have to have your video on) so staff can work on room assignments.**
- Pick a location where you are not **back-lit**. There should be no bright window or light behind you because it makes it hard for your partner to see you. Your face should be well lit, not in shadows. Position any lights you need behind your camera or outside its line-of-sight.
- Positioned the **computer screen** to be about the same level as your head. Big books work well. Avoid having the screen too high or low because it can make you look like you are not paying attention to your partner. The top of your head should be just under the top of the screen.
- Everything you will need with you — tissues, blankets, socks, sweater, etc. You might want to get a fan if it will be hot in the room.
- Let others in your household know that you will be on retreat and will be holding silence. You will not be answering emails or answering the phone.

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

Charles Dickens, A Tale of Two Cities

