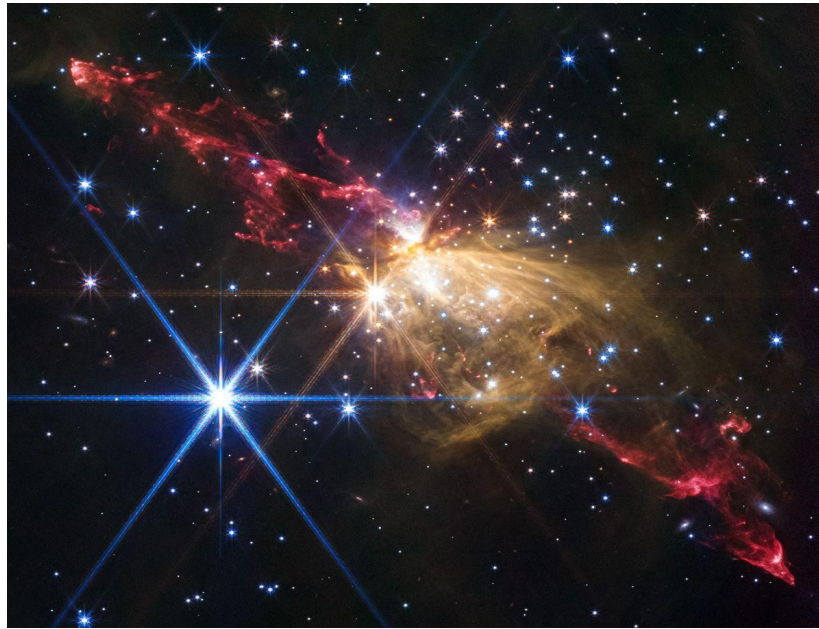


Speaking Saedor Schedule



[Sign Up Here](#)

Schedule Eastern Time

Saturday, August 22, 11:00 a.m.

Summer Integration Sessions: 30 minute sessions with Simone Werner to stay connected to the energies while we take a break from the regular practice sessions.

Thursdays: July 16, 23, 30, Aug. 6, 11:00 a.m.

See what happens during a session: [Saedor Video](#)

Questions or something to share?

Email Us at: lee@counciloflove.com

Love, Lee, Jewel, Antara, Linda

Sacred Understandings

Welcome! We are so thrilled you are joining us to practice Speaking Saedor!

What can you expect during these sacred sessions?

Feeling Nurtured, Loved, Accepted without judgment.

Being able to communicate with Honesty, Respect, Transparency, Vulnerability.

How do we do it? First as a group we center ourselves in our hearts. Then we introduce the question to be explored. We go into breakout rooms with three or four people. We gather again at the end to share themes.

Think of this as Spiritual Inquiry - allowing our heart wisdom to flow as we hear with our hearts what is really being said. What is underneath the words?

Sacred Understandings for Practice Sessions

- 1. Heart Sharing-** Each person has their own opportunity to be a speaker and a listener
- 2. Role of Listener** - Listen deeply with sacred intention and attention. No interrupting. This is not a time to give feedback or advice. No attempts to offer guidance or solutions. Your heart listening is powerfully communicating.
- 3. Role of Speaker** - Allow yourself to be vulnerable and honest. Initially fear of judgment may be present. Just allow the feelings, you are in a safe place. If at first, you only wish to listen to others and not share, that is fine. No pressure ever!
- 4. Time Limits** - 5 minutes per speaker. This allows room for the listeners to share what they heard afterwards.
- 5. Confidentiality** – This is our safe space – whatever is said or discussed stays here.