

Earth Circle Touchstones



Listen for earth. Earth is in each of us, in this circle, and all around us. Together, we practice listening to and learning from earth teachers within, among, and around us.



Extend and receive welcome. In this circle, we support our learning by giving and receiving hospitality with the earth, each other, and ourselves.

Be present as fully as possible. Be here, on this patch of earth, in this body. Be whole with your doubts, fears, and failings as well as your convictions, joys, and successes, your listening as well as your speaking, your human and more than human kin.

Offerings are by invitation, not demand. This is not a “share or die” event! Do whatever your soul calls for, and support others to do the same. The earth in you knows your needs better than we do.

Speak your truth in ways that make room for others' truths. Our experiences on earth differ, but this circle is not for debating or erasing what others say. Speak from your center to the center of the circle, using “I” statements, trusting the earth to hold us as we each do our own sifting and winnowing.

No fixing, no saving, no advising, or correcting one another. This is especially difficult for we who like to “help”. But it is vital to welcoming the soul, to making space for inner and outer earth teachers. Trust the earth in others.

Respond by reflecting what you hear and asking honest, open questions. Avoid opinions, judgments, counsel, praise, and “me too”ing. By sharing what we hear and offering open, honest questions, we can help “hear each other into deeper speech”.

Honor feelings and needs—ours, others, the earth’s—as signs of earth in us. Honor all, but care for your own, without assuming responsibility for or expecting something from others. Trust yourself to know if an invitation to address feelings and needs is or is not for you.

Mind the tragic gap between things as they are and as they could be. This circle is for resourcing ourselves to attend to, and sometimes stand in that gap. In this way, we help recreate the world.

Tell your own story, not others’. Trust grows when our own stories remain with those we choose to tell. Harvest and share what you learn in your own voice, treating others’ stories with care and consent.

When the going gets rough, turn to wonder. If you feel judgmental or defensive, ask, *I wonder what brought her to this belief? I wonder what they’re feeling right now? I wonder what my reaction teaches me about myself?* Set aside judgment and defense to listen for earth more deeply.

Attend to your own inner and outer earth teachers. We learn from our human circle, of course. But as we explore stories, questions, poems, place, and stillness together, we have a special opportunity to practice listening directly to the earth within and around us.

Trust and learn from stillness. Stillness is a gift in our frenetic world, and a way of knowing in itself. Treat stillness as a member of the circle. After kin have spoken, take time to reflect without immediately filling the space with words.

Seek collaboration with Earth. Nature is much more than metaphor. Learn cooperatively with the earth, receiving their many gifts, challenges, and lessons. Let earth hold themselves in you.

Know that it's possible to leave the circle with whatever you needed when you arrived, and that the seeds planted here can keep growing in the days ahead.

Earth Circle Touchstones (fewer words, more stillness)

Listen for earth teachers within, among, and around us.

Extend and receive welcome with each other and the earth.

Be present as fully as possible on this earth, with each other, and your whole being.

Offerings are by invitation, not demand.

Speak your truth from your center to the center of the circle, using “I” statements.

No fixing, no saving, no advising, or correcting.

Respond by reflecting what you hear and asking honest, open questions.

Honor all feelings and needs, but take care of your own.

Mind, and when necessary, stand in the tragic gap between what is and what could be.

Tell your own story, not others’.

When the going gets rough, turn to wonder.

Attend to your own inner and outer earth teachers.

Treat stillness as a member of the circle.

Seek collaboration with Earth.

Know that it's possible.

