

Frequently Asked Questions

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Q1: How are your circles different from other online practice circles?

Most online practice offerings I have experienced are teacher-led. While I appreciate the guidance of the teachers, I noticed I have a deep longing to be seen and heard and it is not always possible in these spaces.

My longings have inspired me to initiate these peer practice circles with the intention to meet both our need for silence and our need for connection. There is time for checking-in as well as sharing after the practice, so that everyone's voice can be heard. And the practice allows witnessing and connections to happen at a deeper level.

Q2: What's so special about these circles?

A number of years ago, I went to the reservoir quite often. When it rained, I would often just stand there and look at the ripples made by the rain drops on the surface of the water. And I noticed the ripples under trees next to the water glistened and vibrated powerfully. I got curious and then I began to understand. It's the tree leaves that collected the raindrops into bigger droplets before they fell into the water. And when these bigger droplets fell together, they hit the water with such force the water trembled.

As I stood there feeling the vibrant energy of these ripples, I became mesmerised. I had the feeling this is how our vulnerability, collectively, can make powerful impacts, much much more powerful than any single one of us can make.

Having been joining the circles for more than 2 years, I have often felt a similar kind of resonance like these ripples. When we share our vulnerabilities with one another, and when our vulnerability is received with kindness and respect, something magical happens.

Q3: I can not commit to the circles regularly. Is it okay if I drop in occasionally?

Absolutely! You are so welcome to join us whenever you can. Life happens, and knowing there is a space where I can simply pause with other like-hearted fellow human beings has been such a gift for me. And I wish you too would have that gift.

Q4: I am interested in joining the circles. However, since you guys have started practicing together quite some time ago, am I intruding if I join?

Yes, intruders are so welcome! Anyone who wishes to practice together is warmly welcomed. I too feel uncomfortable whenever I join a new group of people, feeling unsure if my presence is welcomed. I trust our hearts will let us know.

Q5: I am not good at writing, I feel self-conscious about joining the writing circle.

Any words coming from the heart are beautiful. There was a friend who joined us after she had been away for several months. She did not know what to write and how to write. And she simply rested and slowly words came to her: trees, leaves, breeze... And when she read these words, it was so moving and they brought me deeper into the present moment, just like magic. The process of writing and sharing has helped me listen to my own heart and others' hearts.

Q6: I am interested in joining the circles, however none of the time works for me.

Thank you so much for your interest to join. Please write to me and indicate the time that would work for you. I do adjust the time of the circle from time to time and knowing your interest is really helpful.