

Ideation:

The generous and compassionate exchange of ideas infuses our healing with possibilities. We offer ideas to others only when they want them, knowing they will choose what they will do.

The group process of any Vital Cycles group can generate enormous collective wisdom, energy, insight and creativity. We seek to find ways to build on these rich resources by supporting the free and open sharing of ideas, approaches, and thoughts in our business and planning meetings. We seek to create group processes that promote the giving and receiving of ideas, reflecting the flexibility of the group as it strives to develop and refine “best practices.” This may be challenging at first, as many of us are used to situations that thwarted free communication and creativity. The act of sharing freely can be healing. As we develop and refine our individual skills in our groups and Vital Cycles activities and events, we become increasingly confident in the ability of our inner wisdom to guide us in sharing our creativity.

The sharing of ideas can also be on a personal level as our own healing journey provides us with ideas that we believe may be of personal value to others. However, we offer ideas to others with great care, recognizing that each individual chooses to shape a healing process based on that individual’s own inner wisdom. There is a great difference between giving advice and offering ideas for others to take if they like. Offering ideas is much gentler and respectful. Yet even offering ideas should only be done if the person expresses openness to hearing them.

Example 1: The Buenos Aires group decided to develop a workshop format that would allow them to do deep healing together once a month. Those interested gathered together and used some “Ideation Guidelines” from the Vital Cycles website. Juan facilitated an ideation discussion in which everyone could propose whatever topic and format they wished. During that hour, individuals shared ideas from experiences in other groups, in retreats, and with their individual therapists. Maria wrote down every idea. At the end of the hour, they had filled their writing board with ideas! After voting to find out which were the favorite topics the group chose the top three voted topics, one for each of the following workshops. Because of the freedom of the discussion, individuals felt free to speak to their feelings and thoughts, and filling the volunteer roles needed became a very easy and even joyful task!

As a byproduct of their experience, Juan reviewed the brainstorming guidelines and proposed some changes, emailing them into the Vital Cycles website. Several weeks later, he was delighted to see his revised guidelines posted on the website, which could be downloaded by any other Vital Cycles group!

Example 2: During Jane’s sharing, Jill realized that she might be able to use some of Jane’s ideas to help her own healing. At break, Jill asked Jane if she would share more information. Jane shared her experience and the various ideas she

used without ever giving advice. Jane thanked her, and the two began a discussion that was deeply valuable to both of them about healing tools and techniques.