Facilitator moves

THE MAIN MOVE

"If that's true, what follows?" Follow each person's observation one step further.

Then ask: **"What would you do with that?"**

When the room needs help

- **Silence.** Let the silence after the exercise run. Then ask, "What did you notice?"
- **Dominating.** "Let's hear from someone who hasn't spoken and wants to."
- **Discomfort.** Anyone may keep eyes open, or simply listen.
- **Analyzing.** "Before explaining it, what did you notice?"
- **"It didn't work."** "That's useful too. What got in the way?"
- **Strong feeling.** Acknowledge it, and let them pass.

PROTECT THE TIME

Keep the practice to its time, and give each question about eight minutes. If time is short, skip the reveal. Begin the close by minute 80 and finish at 90.

When asked for your view

Offer it briefly: "Here's my tentative view. What would make you doubt it?" Keep the question open.

Notes and follow-up

Key texts: Marcus Aurelius, *Meditations* 9.30; Pierre Hadot, *The Inner Citadel*.

A Practice Session

What happens when we practice together, not just talk?

Today the group practices first and talks second: we try the exercise chosen last month together, then discuss what happened.

THE MEETING

Date: _____ **Place:** _____

90 minutes of discussion · Practice and Reflection

Before you begin

Silence your phone, set a quiet timer, and keep this guide open. Know the exercise's steps well enough to guide it slowly, and have a pen for your own notes.

Open (10 minutes)

Welcome. Challenge ideas, give reasons, and share the floor. Passing is always fine, and a made-up example works as well as a personal one. If the group met last month, invite one brief report on the practice.

Ask the whole group: **"What do you expect practicing together to feel like?"** Hear three or four brief answers.

Introduce (5 minutes)

INTRODUCE · YOUR CHOSEN EXERCISE

Name the exercise the group chose last month, and explain its steps briefly. This guide uses the view from above; our practice resources have others.

Practice ideas

Remind everyone they may keep their eyes open, or simply listen.

Open · 10 min	Introduce · 5 min	Practice · 20 min	**Discuss · 45 min**	Close · 10 min
Welcome; ground rules	The exercise and its steps	The exercise, together	**Questions 1–5**	Keeping it up

Practice: the view from above

Guide the exercise slowly. If the group chose another, use its steps instead. Each person brings to mind one situation that has felt large this week: a deadline, a disagreement, a worry.

Speak slowly and leave silences. Afterward, take two or three brief answers.

1. **Settle.** Sit quietly and picture yourself where you are. One quiet minute.
2. **Rise.** Picture the room, the city, then the earth from far above.
3. **Return.** Come back to your situation. How large does it seem now?

IF TIME ALLOWS · THE REVEAL

Someone says, “From up there my problem looks small, but it still matters to me.”

Probe: Is that a failure of the exercise, or its point?

The aim is perspective, not indifference: the situation still deserves care.

Discuss

1. What did you notice during the exercise?

Probe: What surprised you?

2. Was it harder or easier than you expected? Why?

Probe: What got in the way?

3. Which practices have you kept up this year, and which did you drop?

Probe: What made the difference?

4. How could the group support each other’s practice between meetings?

Probe: What would help without becoming pressure?

5. What’s the difference between talking about Stoicism and practicing it?

Probe: Which have we done more of?

GOING DEEPER · IF THE ROOM IS READY

Marcus practiced in private notes to himself. Is Stoic practice something we can do together, or only alone?

Close

Return to the opening: **“What happens when we practice together, not just talk?”** Take one or two answers about keeping the practice going; anyone may pass.

UNTIL NEXT TIME

Repeat the exercise once a day, and notice one thing it changes.

Thank members, confirm the next meeting, and finish on time. Next time: Looking Back, Looking Ahead. **What has a year of Stoicism changed?** Ask members to bring one passage from the year.

After the meeting: send a short recap through your group’s usual channel with one or two observations and the practice.