



You are the small group of determined people changing the course of history! VOX POPULI VOX DEI

INTRODUCTION TO THE LIVING AGORAS:

A POWERFUL SOCIAL PROCESS OFFERED TO ALL PEOPLE GATHERED IN OTTAWA FOR THE PEOPLE'S RESET

My name is Yonathan, an authorized Living Agora facilitator and inspired by the Convoy, I decided to devote myself full-time to the cultural transition we are in together. May we be of service for the benefit of all Life! So, I am going to share here a powerful social process: the Living Agora, which if used properly can help highlight the best ideas & build trust in the people gathered, what I call : The Great Remembering. But first, a little bit of context.

Now that the Convoy has turned Ottawa into an autonomous field of possibilities creating its own rules and culture, how can we make the most out of it? Beyond the excitement of such a biblical event, we should remain vigilant. In that sense, your first challenge, if you want it, is to remain with a calm nervous system at all times. Thus, if you catch yourself aroused or triggered, I recommend you to take 30 deep breaths right away for the benefit of all.

Now why are we here? Well, we are here to remember who we are: we're the ones that we've been waiting for. Look around you! Everyone's presence here is a manifestation of Life itself, God, Great Spirit, however you call it: with the eagle-eye view, we are cells of one body. We are all needed and all Sacred. So please also remember this: we cannot be truly free if we judge others without walking in their shoes first. All we have are opportunities to be curious & comprehend the others and ourselves. But most importantly, let go of our assumptions or limiting beliefs and to love our fellow mankind evermore. Now here are the simple instructions to create your first Living Agora:

1- THE CALL: A Living Agora is a process that works well with groups between 6 to 144 people. Someone needs to call & rally the group after they've decided: does the Living Agora have a theme? Is it open to all types of shares?

2- THE GATHERING: The group gathers in a circle (or two concentric circles if there are too many people) sitting or standing as they please. If there is more than one agora at the same time, give some space, reduce noise pollution.

3- THE OPENING: Open the Living Agora with a round of applause. Then observe 1 or 2 minutes of silence (ideally with eyes closed) while everyone lands & ground themselves in the Living Agora. Everyone should spend that time to feel into their body sensations and breathe consciously. You can also put a hand to your heart and feel it. Through the whole Living Agora, try to maintain a high level of connection to this state of being.

4- THE SHARES: After the silence, when most people can feel themselves and feel the others in the space this means the Living Agora is open. When someone feels moved to share (Live Being), they walk in the center to do their share. The Live Being can walk around, gesticulate, talk, be emotional, etc. The floor is theirs. The Living Agora will reflect the level of openness of the group. For powerful results, be fully authentic & vulnerable! Be pertinent. I do not recommend telling endless stories or let your traumas do the talking. Be Brave! Stay connected to your heart! After someone's share, I recommend doing a round of finger snaps or silent hand-claps to highlight the Live Being's courage. The more we create a Living Agora where all people feel safe, the wealthier the process will be!

5- RESET THE LIVING AGORA: The group then goes back to contemplative silence. We do not respond to the share or ask questions. Of course the next Live Beings can build their own share upon the impact of the others, but only if it is heartfelt and it brings them closer to themselves. Shares do not have to connect to each others.

NOTES: Living Agoras should last for 60 to 90 minutes maximum. We end them with a round of applause for all participants. Have a request for confidentiality? Take responsibility; let the group know! Welcome home & have fun!

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