

# Shahid Empathy Circle

## *a Jami'Initiative Offering*

### **The Primary Intentions for the Circle:**

1. Developing the state of witnessing and observing, and becoming the divine witness and observer in life.
2. Giving and receiving pure empathic support to myself and others.
3. Honouring the power and healing of silent presence.
4. The silence is intentional throughout this practice. There are a lot of connections we can sometimes miss in life due to inner or outer chatter.
5. Listening to and speaking from deeper parts of ourselves and hearing deeper parts of others is nourishing to our minds, hearts and souls.
6. To practice slowing down each moment to allow us to BE fully and deeply with the feelings and the needs that are alive in the now and either nourishing or not.
7. To practice when and how Allah has prompted us to speak from a conscious, higher or holy place rather than from our conditioning.

### **Some of the potential learnings from attending the Circle and practicing over time include:**

- Being silent with oneself
- Being in silence in a group
- Speaking only when you feel moved from the Divine
- Speaking what is real, true, and authentic in life for you
- Honoring what Allah gives so that others can know you, care for and about you, and have a sense of connection to you
- Trusting we can share all parts of ourselves with the intention of receiving what moves us toward the Divine
- Developing unconditional trust in what Allah moves in us
- Not having to edit or feel stress when sharing
- Honoring the intentions of this group offering
- Receiving and absorbing Divine Light as we release/share and as we hear others release
- Learning to allow and be in the flow of life in the moment...in presence