

# Weaving relationships in fragile times

*A scaffolding for meeting in pairs and small groups  
Version 1.00, September 2025*

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## Invitation

Feasts of Formation welcomes you to relational practices and exploration of resonances for inquiry, connection and shared processing of what is emerging in current fragile times. We invite you to attune to the rhythm of reciprocal connection — with yourself, others and the world at large — to let it deepen and open up new ways to be and live.

Each group and shared moment is unique: sometimes connection flows, sometimes a pause or temporary blockage appears, sometimes there is only silence. All of these are doorways into knowing each other more intimately. We recommend meeting at least three times with the same people to experience a deepening sense of connection and its resonances to our lives. If the connection is fruitful you may continue meeting regularly as long as you like. You may also experiment with bringing elements from these practices into your daily encounters with other people.

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## Orientation

*Bring yourself as you are — unfinished, in process. We live in a time of deep transformation, loss and uncertainty. Each of us experiences and processes this differently.*

*When the other has spoken, linger first in questions and reflections that deepen your understanding of their experience, before turning toward what you wish to share.*

*Remember: each expression is only a single strand of the larger weave they are carrying. Each of us have unique histories and current life contexts that are reflected in our presence and expression.*

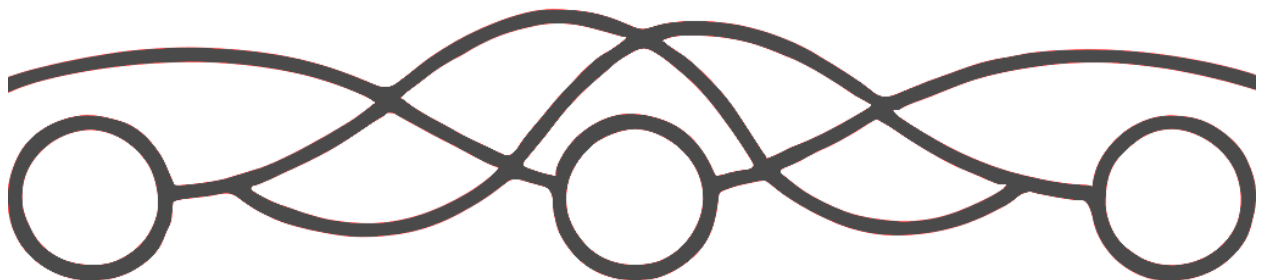
*Blockages and difficulties are not enemies but companions. They signal that something wants to be revealed, even if words are not yet ready.*

*With blockages, let patience, humility, a willingness to stay in discomfort, listening, and sustained attention to the other slowly open space for understanding and connection.*

*What matters is not “success,” but sensing together what is happening and how it feels.*

*When bringing difficult matters, move gently. Do your best to recognise and respect your boundaries. Begin with lighter matters, then move gradually toward the harder threads if it feels right. As trust deepens and the connection steadies, you may choose to step into the more tangled places.*

*If the connection feels as if it is slipping away, speak it with respect. Step back from the difficulty and return, even briefly, to nurturing the bond with tenderness.*





## Relational practice - Weaving Connection in Fragile times

*This practice can be adapted and used as a beginning for shared inquiry and exploration. There is no single right way to move through this weave. Sometimes it remains unfinished, sometimes it carries far. The value is not in “progress,” but in having sat together, for a moment, in the midst of life’s unfinishedness. Take care together that everyone gets their time to share equally.*

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### 1. Arrival and Grounding

Breathe together, close your eyes for a moment.

Ask yourself silently: “What is alive in my body and mind right now?”

Take turns sharing, briefly, what you are carrying.

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### 2. Theme selection

Choose a shared path for inquiry (see step 3 below), eg.

- Longing round: Each person shares what they long for right now — from connection, from life.
- Life-in-process round: Each person tells something that is “in process” — not a finished story, but an unfinished feeling or question.
- Meaningful life and work in fragile times
- Deepening connection to all life and lifeless reality
- Being with grief, collapse (personal, social, ecological, political), and the unknowable
- Living in tune with our nervous systems and basic needs
- Experiences and reflections from a recent event (eg. Waves Gathering)
- Open round, each shares whatever is alive in the moment

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### 3. Shared Inquiry

(take turns; 2-7mins/person; repeat if you wish for more rounds)

One person shares something meaningful — perhaps a longing or burden, perhaps something that stirs them. It may be small or large, whatever feels possible. Use a timer to balance time for each.

The others' task: to listen, to ask with curiosity and care, not to fix or resolve.

### **Connection Check** (before switching turns)

Pause, breathe, and sense what the connection feels like now.

Nurture any deepening by expressing appreciation or gratitude.

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### 4. Tracing the Imprint

At the close, each voices in turn:

*How did this encounter feel in me?*

*Did something new appear?*

*Did an old, stuck pattern surface?*

No interpretations or judgments of the other — only your own imprint, spoken with gentleness.

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### 5. Strand of Light

Take turns offering each other gratitude and appreciation.

Breathe with it together.

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### 6. Next steps

What feels meaningful to do next?

Eg. Continue open reflection, do another round of inquiry with a different path, schedule next meeting, do a final checkout round

## Other potentials for exploration

**Sharing stories:** Each person shares a personal life story or experience related to A) deep meaning or B) stuckness in life. Start with a round of A and proceed to B. What relationships have affected you deeply and made you grow as a person? What social situations have made you feel entrapped or lost? How have these experiences influenced who you are today and how you show up right now?

**Embodied sensing:** Each person names what they notice in their body right now (tension, warmth, heaviness, flow). The next person starts by expressing what that stirs in their body. Do multiple rounds and finally reflect on the experience together. This can become a meditative space for slowing down and attuning closely to this moment.

**A question, not an answer:** Each person formulates one question that lives in them. These are shared in turn without attempting to answer them. You may explore experiences that surround the question. Later you may optionally choose one question and explore it together in depth.

**Meta-relational exploration:** Spend some time speaking about what this *being together itself* feels like. What do you notice in the field, not just in the content?

**Exploring shadows:** What is being unsaid in your life? What sides of yourself do you tend to hide from others? What parts of you carry shame? Take extra care with emotional safety, trust and personal boundaries as you explore these vulnerable topics.

**Source inquiry:** Choose a podcast, video presentation, book chapter, substack article or other material together based on a common interest (eg. what is the metacrisis). Each delves into the material before the next meeting.

