The Four Fold Practice

Being truly present, engaging skillfully in conversations, being a good host of conversations and engaging with others in co-creation are all practices or skills that are easily understood, but it takes continuous practice to hone these skills. **A practice means actively and regularly doing something to maintain or enhance a skill or ability.**

As we learn to be truly present and engage in conversations that really matter, we become learners. As learners many doors are open to us. As we begin to host conversations and connect with other hosts or practitioners, we become a community of learners or practitioners. As a community we embody a much bigger capacity than as individuals learners. As a community of individual practitioners or learners truly becomes “a community that learns”, that is where we really enter collective intelligence. We multiply our capacity and enter the field of emergence.

What if the Art of Hosting is really a way to help people uncover their power to hold their ground and not be afraid of change?
What if the methodologies are an excuse for teaching people they can change in intelligent ways?

**Start Here!**

**Host Yourself**

Being Present - Pre-sensing

- Being present with myself
- Practice & discipline
- Allow you to go into difficult conversations in a grounded way
- A little more consciousness every day

**Host Others**

Hosting conversations

- Calling & inviting
- Bringing others in
- Designing
- Harvesting

**Be Hosted**

Participate & practice conversation

- Supporting the hosting field, hosting “from your chair”
- Contributing authentically and from experience
- Flowing between participating & hosting
- Encouraging collective wisdom from the field; honouring contributions

**Be Part of a Hosting Community**

Co-create; Being a Community of Practitioners

- Host for collective learning & wisdom
- Host each other to practice the practice
- Notice & host each other’s strengths & connect to them
- Host so that conversations that need to be had can be had
- Encourage each other to host together
- Harvest the learning

**In the overlap of Be Hosted & Host Others...**

- Participate
- As a student, as a listener
- The ever-curious, little child inside
- Openness

**In the overlap of Be Part of a Community Hosting Itself...**

- Being in learning together
- Continuously practicing to build relationship & skill
- Work with your own issues to be able to be in the practice field (you serve others best when you serve yourself well)
- Encourage each other to keep practicing
- Host what’s going on in the community
- Contribute strengths to the community so synergy happens

**At the Centre...**

The pathway of practice lies between Sensei or Practitioner & Steward or Midwife

**In the overlap of Host Others & Be Part of a Community Hosting Itself...**

- Being a community that learns
- In the overlap of Host Yourself & Be Hosted...
You can create this container using the Seven Helpers as a starting point, and although you can also do this in the moment, the more prepared you are, the better. The best preparation is being fully present. The bare minimum should be to discern the need, get clear on the purpose of the meeting, prepare a good, powerful question to initiate the conversation and know how you will harvest and what will be done with that harvest, to ensure that results are sustainable and the effort was worth it.

Hosting a conversation takes courage and it takes a bit of certainty and faith in your people. We sometimes discount conversational spaces because of the fear we experience stepping up to host. It is, however, a gift to host a group and it is a gift to be hosted well.

In a truly co-creative process it becomes irrelevant who said or contributed what - the gift is in the synergy and inspiration when we build on each other’s knowledge and the whole becomes much bigger than the sum of the parts. This is how results become sustainable over time – they fall into the network of relationships that arise from a good conversation, from friends working together. The collaborative field can produce unexpected and surprising results.