



The Way of Council

Basic Outline

Council uses 4 simple intentions that provide the basis for interaction in the council circle. An intention is a direction that we want to move in to the best of our ability, despite difficulties we might encounter.

1. **The 1st intention is to “*speak from the heart*” when you have the talking piece**
 - ❖ This means to speak not only with your head and your ideas, but with your feelings as well.
 - ❖ It means to tell your own story as honestly as you can trust in the moment.
 - ❖ You have countless important and meaningful experiences; when you speak about them truthfully, you are speaking from the heart.
2. **The 2nd intention is to “*listen from the heart*” when another person has the talking piece**
 - ❖ This means to listen without judgment, to listen with an open mind, even if you disagree with what the person is saying.
 - ❖ Listen not just with your mind, but with your heart as well.
3. **The 3rd intention is to “*speak spontaneously*”**
 - ❖ This means that we try to wait before the talking piece comes to us before we decide what we want to say. There are good reasons for this.
 - ❖ First, if you are thinking about what you are going to say, then you are not listening completely to the person who is speaking.
 - ❖ Second, when you don't preplan what you are going to say, you will often be surprised what comes to you when it is your turn.
4. **The 4th intention is to “*speak leanly*”**
 - ❖ Something that is “lean” doesn't have anything extra on it.
 - ❖ When you speak, keep in mind that many others would like a chance to speak, and that there is limited time.
 - ❖ Use only those words necessary to get your point or story across.
 - ❖ Please remember that no one is required to speak.

