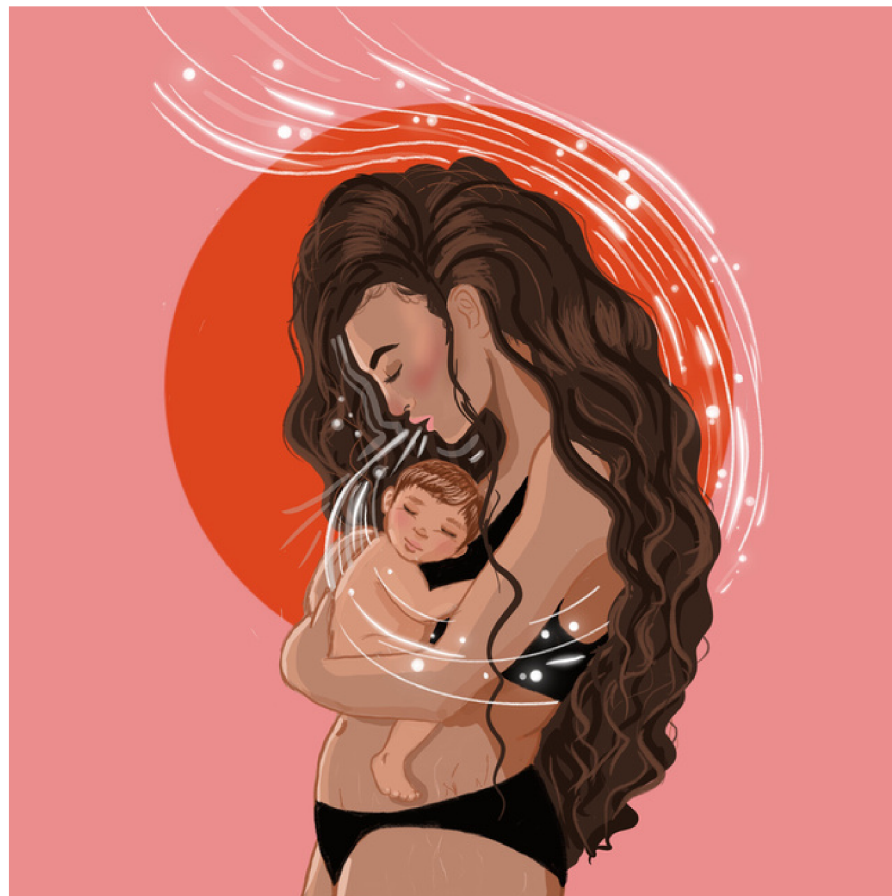




HATSTAND  
productions

# A MOTHER'S VOICE



# GUIDED SESSION



To start...

# LISTEN TO THE PLAY



Then...

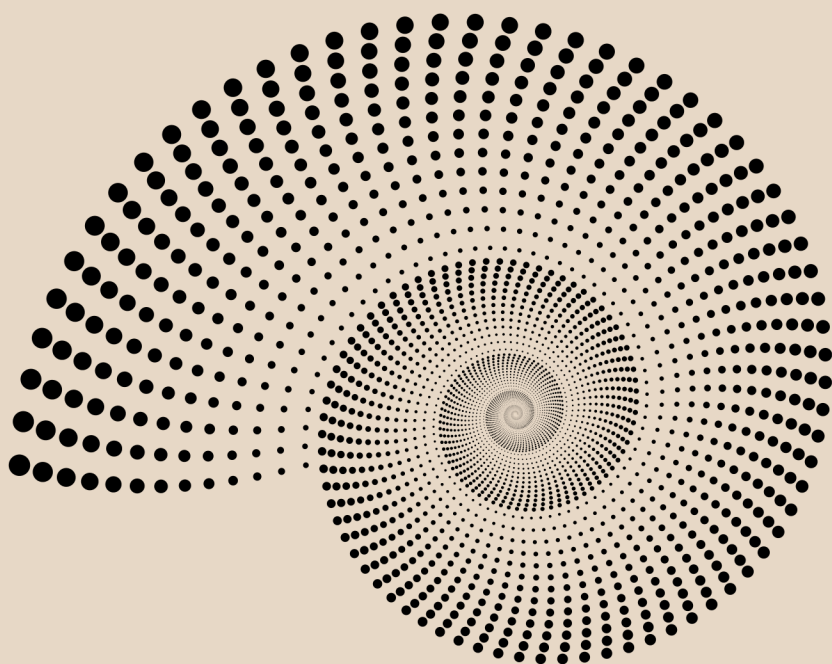
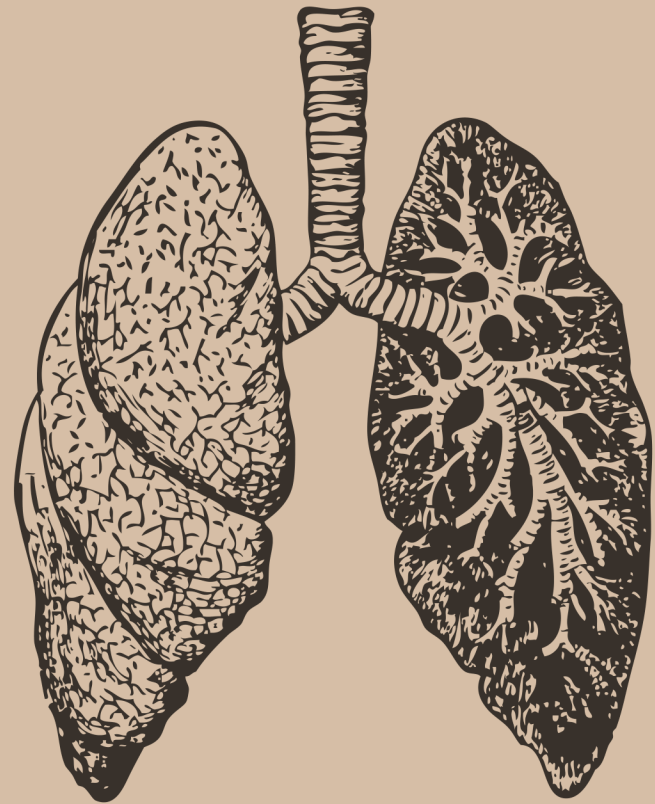
# REFLECT

Together or alone, use these nine prompts from the Spiral that reconnects. The guided session below is available as Episode 3 of our podcast



PAUSE

Take 3 deep breaths



THE SPIRAL  
THAT  
RECONNECTS

Take 1 minute to speak or  
journal your responses to  
each of the following  
sentence prompts...



# GRATITUDE

1

"I Love..."

2

"I'd like to thank.."





HONOURING  
OUR PAIN  
FOR THE  
WORLD



3

"Looking at the future  
we are heading into, my  
concerns include..."

# SEEING WITH NEW EYES



4

"Facing my concerns,  
what I deeply hope  
for is..."



# IMAGINE

Imagine that you are time travelling into this hoped for future.

What does it look like?  
Feel like? Sound like?  
Smell like?



5

"What I like or love about things working out this way is..."



Now you have had a good look around your hope from the inside, look back at the time we are in now. What did people do back then that helped this future come about?

Remembering you were (and are) one of those people, ask yourself...

6

"One of the things they did back then was..." and "Something else they did was..."

7

"How did I find the strength to act? How did I nourish my capacity to play my part?"

# GOING FORTH

8

"I could help the  
future I hope for  
happen by..."

9

"A step I will take  
towards this in the  
next week is..."



# PAUSE AGAIN

Take 3 deep breaths to  
complete the session



Thank you for engaging  
with this journey.  
It is deeply courageous  
work to engage with our  
hopes and fears.  
You can return to the  
spiral that reconnects  
whenever you feel stuck or  
overwhelmed.

We highly recommend  
checking out Chris  
Johnstone and Joanna  
Macy's 'Active Hope' free  
online course and Rob  
Hopkin's 'Transition'  
work that inspired this  
session.