

Some participant comments from Nov 30, 2016 DF evening session

"Hearing participants' contributions reflected back, helps me to really hear. And, I am also realizing how much less I usually hear people... Hearing things back, also helps *me* listen to *me*."

"Reflecting on my own unconscious bias and 'us-them' nature, helps me to become 'part of the solution'. This was an opportunity to be faced with how to heal myself, so I can operate from greater integrity and wholeness."

"I would have loved to go for two more hours and get really feisty together! This is a tough time for all of us. It is inspiring to hear serious people moved to action."

"I see real value in this work for conflict resolution."

"It was fascinating to experience the process. It was frustrating at first, to try to figure out what we were doing. Yet at some point I realized that **this work helps bring out each person's passionate interest**. And what the facilitator does keeps that from getting destructive."

"I can see how synergistic this process is. It would be great to do this as a weekly forum."

"It seemed to me like we all feel moved to a different place, from where we started. I am feeling something moving in our consciousness. What has been stirred up means that there will be a lot of experimentation. This work has depth."

"Thanks to everyone here, I don't feel so alone. I am heartened by being with people who want to do something positive. It feels like the beginning of something wonderful."

"This work creates depth with passion. Seeing it in others, seeing myself being moved – this activates me and gives me a sense of life again."