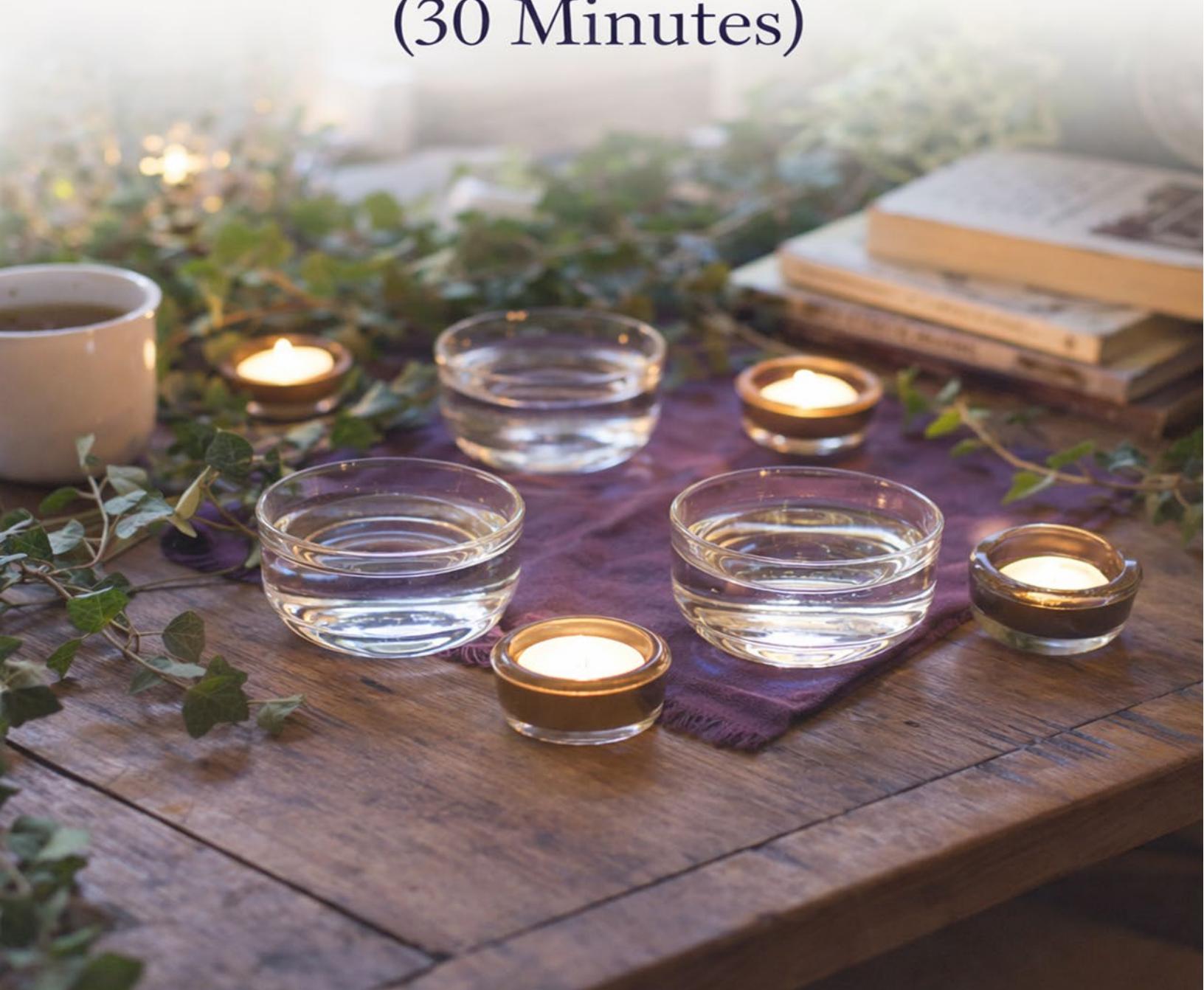




The Creator's Atelier

# Mindful Book Club Guide (30 Minutes)





# **A 30 Minute -**

# **Mindful Book Club**

# **Gathering Guide**

# A Gentle Practice for Reflection, Connection & Healing for 30 Minutes.

## Opening Welcome

Welcome, and thank you for being here.

Your presence matters. Each person gathered today contributes to the warmth, wisdom, and intention of this circle.

Please make yourself comfortable. Tea, coffee, or light refreshments are available. At the center of the table are small glasses of water, placed intentionally as a vessel for healing intention.

 *Host Cue: Invite everyone to settle in and notice the water at the center of the table.*

## The Meaning of the Water

Water has long been recognized as a carrier of intention, prayer, and energy. As we gather in reflection and thoughtful sharing, the water gently receives these healing and loving intentions. No effort is required—presence is enough.

## 🕯️ Universal Opening Prayer (3 minutes)

We begin by centering ourselves in gratitude. May this time together be guided by love, clarity, and mutual respect. May our words be gentle, our listening be deep, and our hearts remain open. Amen.

⌚ **Timing Tip:** Allow a brief moment of silence after the prayer.

## 📖 Reading Selection (7 minutes)

Introduce the book and read a short, meaningful passage. One section is enough to set the tone for reflection.

## 🗣️ Gentle Exchange (12 minutes)

Invite participants to share reflections, feelings, or insights. Sharing is optional. Listening is equally valuable.

## 🌿 Closing Prayer & Water Ritual (5 minutes)

Invite the group to return attention to the water. Offer gratitude for the intentions held, then invite everyone to drink the water slowly and mindfully.

## ❤️ Invitation Forward (3 minutes)

Thank the group and invite them to the next gathering.