



## **EVOLUTIONARY MEETINGS: The Vistar Method**

The central purpose of the Vistar Method is to access the field of collective consciousness.

### **The 6 GuideRules**

The 6 GuideRules, which evolved out of a specific set of actions designed to create heightened states of consciousness, serve as markers along the journey of each meeting. Following the GuideRules connects us to a field of consciousness where we discover new senses and novel ways of thinking. Through adherence to these simple directives, a refined space is revealed in which reciprocity, intimacy, shared knowledge, and understanding become the elevated platform for individual and group transformation.

#### **The 6 GuideRules are:**

##### **1. Raise your hand to contribute**

A participant raises his or her hand to make a contribution. The person who speaks is the contributor, and their contribution spoken from knowledge, experience, practices, insights, or realizations is a statement on the Thread of the meeting. The leader is the only one who recognizes a raised hand and uses the names when she or he is calling on the participants.

## **2. Contribute on the Thread**

It helps the meeting scale the octaves of collective consciousness. The heightened and focused attention itself is one of the invisible factors that help change the frequency of the meeting. In turn, the quality of attention directly affects the EQA. As the EQA rises, the mind's endless chatter is stilled, and as distractions are reduced, an inner stillness grows. It is that higher frequency that becomes the basis for a direct experience of group unity and a manifestation of the power and potential of collective consciousness.

## **3. Speak for 2 minutes or less**

The GuideRule determining a maximum two-minute length for a contribution was not arbitrarily chosen. It is the result of hours of meetings and many experiments in which the length of contributions was explored in relation to the collective field. In an Evolutionary Meeting, speaking for two minutes or less is conducive to the purpose of the meeting, which it bears repeating is to realize the reality of the field of collective consciousness. The two-minute GuideRule demands added focus, which opens a conscious attention chamber that expands our words and their impact.

## **4. Hold your questions until after the meeting**

As the field is developing and unfolding, as we move from one person to another this GuideRule not only helps the flow of energy, it also reveals something much less obvious but equally important. The sincere questions we hold within are frequently answered in the course of the meeting, however, it is not any one individual that is the source of the answers, but the field itself.

## **5. Refrain from using names**

During the course of a meeting, the leader is the only person who uses names, and he or she does so when calling on participants for contributions. In beginning to meet and address the whole without

the use of names, someone might think we're not forming relationships, but in fact, it's just the opposite. We might not be forming relationships on a level we're accustomed to, but our experience shows that the relationships that develop are actually closer. With a new type of relationship being established, one based on the shared recognition of a larger purpose, a doorway to a realm of deeper connectedness opens up.

## **6. Address the whole group, not any one individual**

This last GuideRule asks anyone who is making a contribution to address the entire gathering, that is—to spread their attention from one member to another as the contribution is being delivered, rather than staying focused on one person or a small number of participants.

## **THE 3 ROLES**

In the Vistar Method, the roles of leader, support, and participant are defined not only with respect to maintaining the thread of the meeting, but also with respect to the evolution of the meeting. In an Evolutionary Meeting, the roles of each player have to be seen from a new point of view. The goal of the meeting then becomes the new perspective, which is the shared experience of Collective Consciousness, as well as what arises as a result of the group's participation. In turn, the roles themselves become evolutionary in that they change as the meeting progresses. While the roles being in the traditional understanding of leader, support, and participant, as the meeting goes on, each becomes a servant of the emerging frequency of the meeting. Within themselves, each participant then begins to embody the position and responsibility of the three roles. At the same time, a recognition emerges that the real leader has become the field of Collective Consciousness itself, guiding the meeting and manifesting in every participant.

## **The Leader Role**

The Leader, together with the Support, has the responsibility of planning, preparing, and “giving” the meeting. The Topic of a Vistar Meeting is called a Thread, and it is the Leader’s responsibility to choose a Thread.

## **The Support Role**

Support has been defined as: *To bear or hold up; to serve as a foundation for, to sustain without giving way under trial or affliction; to endure with patience; to corroborate; and to assist.* Preparing for a meeting requires the support to be sensitive to the leader. There is no single way to support, rather the support position depends on the type of leader, the needs of the leader, and the leader’s goals.

## **The Participant Role**

Individual contributions are essential to the spiraling group energy of an enlightened meeting. Each member is asked to raise their hand and contribute their voice, and this creates openings for the others to contribute. The upward force of the EQA needs the input of conscious energy and intention to ascend—and to be the greater ascending force than ordinary thinking, feeling, and willingness.