

## ***Organized Gazing for Online Gatherings (Trillium Awakening style)***

- ❖ Make a list of all participants, numbered from 1 to the number of participants. It is helpful to alphabetize the list, but it is not necessary.
- ❖ For the first round, pair the first person on the list with the last person on the list.
- ❖ Add one to the last number to get the “*magic number*”. Pair up all the others so that the sum of their numbers is the magic number.
- ❖ If one person is unpaired, they gaze with themselves for the first round.
- ❖ Send the list, first set of gazing pairs, and instructions to all the participants. Sample instructions are below.
- ❖ If there is anyone who does not attend at the last minute, keep their name on the list and people can gaze with them energetically when they come to that name. (That might be easier than re-doing the list and sending it out again, which is also an option.)
- ❖ If you add a person at the last minute, you will need to redo the list and send it out to all the participants. If you add them at or close to the middle of the list, the first pairs won't change very much.
- ❖ To the right is an example with 7 people.
- ❖ You can type (or copy/paste) the list of names into the chat window during the gathering, but it will only appear for those in the meeting already. Also, the formatting can be tricky.
- ❖ Have fun!

Example (magic number is 8):

1. Person A
2. Person B
3. Person C
4. Person D
5. Person E
6. Person F
7. Person G

First pairs:

Person A – Person G

Person B – Person F

Person C – Person E

Person D (gazes with self)

*Instructions to participants (to be sent beforehand with the list of participants and first pairs):*

- Keep the numbered list of participants below nearby during the gazing. You can write it, print it or keep it in another window on your computer.
- Note who your first gazing partner is, keeping in mind it might be yourself.
- After you gaze with your first partner, you will gaze with the next person on the list (one number higher than your first partner).
- After you gaze with the person at the end of the list, gaze with the person at #1. When you get to your own name, gaze with yourself.
- Each time you gaze, you will "pin" your gazing partner.
  - Find the video square of your partner.
  - Hover in the upper right corner of their picture and choose "pin", this will center them in a larger view on your screen. This may vary with different online meeting programs. It may not work on phones.