

## The Meeting-Procedure

All those who wish to join in, sit on nearly equal footing – older people as well as children – in a circle in one room, which is free of food and any other worrying factors and distractions.

The decided setting of the end time of the meeting is also very important

One of the visitors or family members takes over the role as Chairman and opens the meeting with *"We want to start the discussion!"*. Once peace has occurred, he continues:

*"I am ..... Nice that we're all here now."*

Then he presents the 4 questions:

1. Are all mobile phones turned off?
2. Does anyone want to take charge of the meeting instead of me?
3. Does anyone have a suggestion for a topic?
4. Would anyone like to say something?

The following points are then read aloud

- \* What I hear here, whom I see here, stays here. Everything talked about here, stays here.
- \* Sensitivity is not a character flaw, but a genetic predisposition of humans and a gift from our nature. You are not to blame or ill. You are gifted. Say it, it works.
- \* We will raise our hand, if we want to say something. One speaks, the others listen. Talking in between and discussions are not allowed. No one should be interrupted by our spontaneous personal opinions. Interruptions are allowed by me in extreme cases only. I don't rule, I accompany as a leader. The interventions, which are directed against traditions or abusive against other people's attitude, gender, social origin or physical and mental condition, personal attacks or topics unrelated to the topic, are not wanted. Do not speak about others, talk about yourself. We don't speak about people who are not present.

Now the speaker begins with a brief explanation of high sensitivity as a genetic heredity and the reading of our step program or from the basic literature. He begins to speak of his personal insights, feelings, thoughts and experiences on this issue. He ends his talk by saying, **"Thank you for listening. Let's now share a together experience, strength and hope. The meeting is yours."**

Now the friends who have previously raised their hand are to follow. The message usually starts with the fact that the friend says his name and adds: **"I am sensitive"**. Provided he has already come to the conclusion that this is true for him. When he has finished speaking, he is to say **"thank you"**.

Then the main speaker asks the next one to speak

What should those present in the meeting talk about?

About everything that's important to them. But above all, about their feelings, thoughts and feelings hidden deep inside. Maybe one speaks of the time in his life, when he was suffering from a disease, because one could not yet accept himself. Or of the time after that, when he learned to live a conscious, mindful and sober life, after learning that that he had the possibility of free choice in the NOW. Upsetting issues may be expressed just as emotionally as happy moments. Everything related to ourselves, is welcome. family members can express what is on their mind and tell their relatives how they feel in a protective atmosphere, without being criticized, humiliated or laughed at. SAG7 is a self-discovery program for sensitive people. It aims to bring a new culture of dialogue in the world and to give one's life a sense again. Silence is of iron, Talking is golden.

At the appointed time, the main speaker ends the meeting by saying, "Thank you for the discussion. Come again. It works.

All those present join hands and say the Serenity Prayer together:

**Please grant me the serenity,  
to accept the things that I can not change,  
the courage to change the things I can not accept,  
and the wisdom to know the difference.  
Thank you!**