



'RAFT to Freedom' host scrip

Checklist before starting a meeting:

- *This Host Script... obviously!*
- *Link to [Meeting PDF's](#) including self-reflections and journaling prompts (including the chimes if needed).*
- *Choose a self reflection question related to this week's topic and write it into the zoom chat.*
- *You may choose to double click on the self-reflection slide on the website to download it – but sharing slides is entirely optional*

Zoom link:

<https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXlVNGlzMkZJYUWtHR1lxZz09>

Claiming Host Status:

- *Open the meeting URL above 15 minutes before the meeting begins.*
- *Initially, you'll log in as a participant. To access admin features like muting others or sharing screens, you'll need to claim host status.*
- *Steps to Claim Host:*
- *Open the Participants list by clicking the icon at the bottom of the Zoom window.*
- *If no host is assigned, click the Claim Host button and enter the Host Key (provided separately).*
- *If the Claim Host button isn't visible, check the Participants list to see if someone else is the host. If so, politely request they make you a Co-host.*
- *Assign Co-host Role:*
- *Hover over a trusted participant's name in the Participants list. Select Make Co-host to share admin responsibilities.*

Starting the meeting:

Please read out the segments in **Blue** only

- *At 2 Minutes Past the Hour:*
- *Mute Participants (Click on the Participants button, then select Mute All).*
- *Paste this week's reflection question and the link to this week's practice in the meeting chat before the meeting commences.*
- *If people join once the meeting has started, please repost these into the chat. Please acknowledge any new members.*

Welcome statement

★ *Welcome to this meeting of RAFT to Freedom.*

- *This peer-led group supports anyone who wishes to find freedom from destructive cravings, habits, and compulsions. Drawing upon ancient Buddhist teachings – complemented by insights from neuroscience, psychology, and philosophy – we explore practical ways to achieve lasting well-being.*
- *Together, we explore a wide range of tools, skills, perspectives, attitudes, and actions recognised as valuable in contemporary models of promoting health and well-being.*
- *Whether you are here to address specific habits or are simply seeking a more peaceful mind, you are welcome. You do not need a diagnosis, a label, or to identify as a Buddhist to benefit from this programme—all that is required is an open and caringly curious mind.*
- *Importantly, the journey from suffering to freedom is motivated by compassion for our unique human experience, not in resistance or rejection of our human existence.*
- *As part of our shared practice, we let go of attachment to negative self-identities by introducing ourselves only by first name. In that spirit, I'll introduce myself as And I wish you all a very good day.*

★ *How the group works:*

- *Each week we introduce a new practice at the Tuesday meeting.*
- *Participants are invited to explore it during the week, the practice is shared in our newsletter and available on our website.*
- *On Sunday, we gather to reflect together – sharing insights, challenges, and benefits.*
- *Participation is warmly encouraged but always optional.*
- *The practice may or may not work for you but you are encouraged to give it a try.*
- *A few practical notes before we begin:*

★ *Practical notes before we begin:*

- *Please mute your microphone when you're not speaking.*
- *We invite you to switch your camera on briefly at the start of the meeting to connect with the group. You are then welcome to have your camera on or off at any point. If you are moving around, we kindly ask that you switch your camera off to minimise distraction.*

Statement of anonymity and confidentiality

★ *For this group to be a safe space to share practice, aspirations, and stories, we ask that:*

- *Those whom you see here remain anonymous.*
- *What you hear here remains confidential.*
- *If you are sharing your space with someone, please use headphones to honour the privacy of other participants*

★ *Today's meeting will begin with a 10-minute Serenity breathing meditation.*

- *I will then read an extract from this week's practice from the workbook, followed by a self-reflection question, which I have posted in the meeting chat.*
- *We will then settle into 5 minutes of silent but active contemplation.*
- *You will then be invited to unmute yourself and share your thoughts on today's self-reflection.*

★ *First, please join me for 10-minutes of Serenity breathing to calm the breath **as best as you can**, relax the body **as best as you can**, and quiet the mind **as best as you can**.*

Guidelines for Serenity Practice:

Ring the bell once to start the meditation.

- *For the next 10 minutes, using mindfulness of breathing, you are invited to cultivate serenity of body and serenity of mind.*

- *You are invited to cultivate and practise “calm and pleasant abiding” in the here and now.*
- *For the next 10 minutes, there is nowhere to go, nothing to do, no one special to be.*
- *Take any posture that feels supportive – sitting upright, lying down, or otherwise – that reflects your heart’s desire for freedom.*
- *If it is comfortable, let your eyes gently close – or rest your gaze softly.*
- *Soften the face... relax the jaw... let the shoulders drop. [pause]*
- *Take a full, deep breath in... [pause]*
- *And a long, slow breath out letting go of any held stress or tension as best you can... [pause]*
- *Again, breathing in deeply... [pause]*
- *And breathing out slowly feeling the breath in the whole body... [pause]*
- *Now let the breath find its own natural rhythm. [pause]*
- *Now simply be aware of the breath*
- *Breathing in, fully aware of breathing in... [pause]*
- *Breathing out, fully aware of breathing out... [pause]*
- *We might note with wordless awareness... ‘in’... [pause] ...‘out’*
- *When the mind wanders, notice it kindly and gently smile...*
- *Make a friendly, gentle, non-judgmental note of “not-breath” and then return your full awareness to the breath,*
- *Smile inwardly, smile outwardly. Take delight in this moment.*

Ring the bell three times (long gaps) to end the meditation.

Read Practice Extract

Now read the [extract text](#) from this week's practice.

The self-reflection contemplation

Share this meeting’s self-reflection question (verbally and/or screenshare)

- *We will now contemplate and reflect silently on this reflection for about 5 minutes.*
- *You will then be invited to ‘share’ on the reflection, as it relates to your aspirations, or as it relates to your practice or your experience on this path to freedom.*

Ring the bell (x1) to begin the 5-minute topic contemplation (optional: share slide on screen)

- Choose any supportive posture
- Let your eyes close if comfortable, or simply soften your gaze.
- Breathe naturally, and from a place of non-judgmental calmness, reflect on the topic >>> Read the topic again <<<
- If you get lost, return to Serenity Breathing or your chosen anchor.
- Be gentle with yourself. You are invited to befriend your practice – to befriend yourself.

Half way through the contemplation you might read the self-reflection again.

After 5 minutes – Ring the bell (x3 short gaps) to end the meditation.

Read the self-reflection again, without commenting.

Then read the following aloud:

Individual sharing

- As today's Host, I will share last.
- Sharing is always voluntary. Everyone is equally invited, but no one is required to speak.
- Please do not interrupt while someone else is sharing.
- To help create a safe, inclusive space, we refrain from criticism, personal comments, or giving advice unless requested.
- Try to suspend assumptions and avoid persuasion or debate.
- Share from authentic reflection, not fear of judgment or desire for approval.
- Please keep shares to about 2- 3 minutes so all may contribute.
- If time allows, participants may share again, with priority for those who haven't yet spoken.
- Trust that the group as a whole is greater than the sum of its parts.
- As Host, I may gently remind participants of these guidelines if needed.
- Please raise your hand or virtual hand or otherwise indicate to me that you wish to share.
- Who would like to start?

At around 10 minutes before the hour, begin to close the sharing.

The Appropriate Response Meditation

- There will now be a 5-minute 'Wise-Heartedness' meditation – an appropriate response to this week's practice.

Ring the bell (x1) to begin the >> Appropriate Response Meditation<<

(an image to share can be found [here](#) and downloaded in advance - optional)

- *Here are some guidelines for our Wise-Heartedness Meditation, an appropriate response to this week's practice:*
- *Take a supportive posture.*
- *Let your eyes close if comfortable, or rest your gaze softly.*
- *Imagine breathing in and out through the heart.*
- *We will now recite one or more of the “Appropriate Response” aspirations silently, like a whisper at the back of your mind.*

In the final minute, repeat the aspirations again, changing “I” to “All beings everywhere without exception.”

Ring the bell three times (short gaps) to end the meditation.

- *Ask if there is any other business.*
- *Invite volunteers to host future meetings.*

Read the Remember to Remember section from this week’s practice.

- *Invite participants to unmute and say goodbye.*
- *End the meeting by pressing End Meeting for All.*

Stage 1 – Self-Compassion <SLIDE>

May I be free of pain and sorrow.
May I be free from fear and danger.
May I hold myself with great care and compassion.
May I find peace and healing in this moment.

Stage 2 – Self-Love <SLIDE>

May I be safe and free from all dangers outside and within.
May I be well, free from sickness and disease.
May I be happy and free from distress.
May I love myself just as I am right now.

Stage 3 – Self-Appreciation <SLIDE>

How wonderful I am in my being.
I delight that I am here.
I take joy in my good fortune.
May my happiness continue and increase.

Stage 4 – Self-Balance <SLIDE>

May I remember and accept that thoughts, words, and actions have results.

May I know and accept things just as they are.

May I find stillness within change.

May I be at peace and balanced in mind.