



RAFT to Freedom' host scrip

Checklist before starting a meeting:

- This host script... obviously!
- Link to meeting documents – [M 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 Mpdf to download it – *but sharing slides is entirely optional*
- The Appropriate Response Meditation (*images are available by clicking the links below*)
 - [Chapters 01 - 24 ~ self-compassion](#)
 - [Chapters 25 - 33 ~ self-love](#)
 - [Chapters 34 - 50 ~ self-appreciation](#)
 - [Chapters 51 -66 ~ self-balance](#)

Zoom link:

<https://us02web.zoom.us/j/4537777699?pwd=eFFWQ2JOSXlVNGLzTGJUYWtHR1lxZz09>

Claiming host status

Open the meeting link **15 minutes before** the start time.

You'll usually join as a participant.

To access host controls (muting, screen share, etc.), you may need to **claim host** status.

To claim host:

1. Open the Participants list (click *Participants* at the bottom of the Zoom window).
2. If no host is assigned, click *Claim Host* and enter the host key (provided separately).
3. If you can't see the *Claim Host*, check whether someone else is already the host. If so, politely ask them to make you a *Co-host*.

4. Optional: assign one or more co-hosts – In the Participants list, hover over a trusted participant's name → select *More* → *Make Co-host*.

Starting the meeting

Please read out the segments in **blue only**. (Everything else is for the host's use.)

Before the meeting begins

Paste this week's *reflection question* and the link to this week's *practice* into the chat. You may need to repost if late comers arrive.

At 2 minutes past the hour

- Mute participants: *Participants* → *Mute All*.
- Begin the meeting script.

Welcome statement

- Welcome to this meeting of *RAFT to Freedom*.
- This is a peer-led group for anyone who wishes to change their relationship with life's pain, difficulties and disappointments. Drawing on ancient Buddhist teachings – alongside insights from neuroscience, psychology, psychotherapy and philosophy – we explore practical ways to cultivate lasting well-being.
- Together we try out a wide range of tools, skills, perspectives, attitudes, and actions that are recognised as helpful in contemporary approaches to health and well-being.
- Whether you're here to work with a specific habit, or you're simply looking for a steadier, more peaceful mind, you are welcome. You don't need a diagnosis, a label, or to identify as Buddhist to benefit from this programme. All that's required is an open, caringly curious mind.
- And importantly, this journey from suffering to freedom is guided by compassion for what it means to be human – not by fighting, rejecting, or trying to escape our humanity.
- As part of our shared practice, we keep things simple and let go of fixed identities by introducing ourselves by first name only. 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. You're invited to explore it during the week – it's shared in our newsletter and available on our website.
- On Sundays, we gather to reflect on a new self-reflection question, and to share what we've noticed: insights, challenges, and any benefits.
- You're warmly encouraged to join in, but it's always optional. Not every practice will suit everyone – and you're invited to give each one a fair try.

A few practical notes

- If you're able, please mute your microphone when you're not speaking, and use headphones if you're not alone.
- We invite you to turn your camera on briefly at the start to help us connect. After that, you're welcome to have it on or off. If you're moving around, it can help to switch it off to minimise distraction.

Anonymity and confidentiality and meditation introduction

To help this feel like a safe space to share practice, hopes, and stories, we ask that:

- the people you see here remain anonymous
- what is said here stays confidential

Preamble to meditation

(As the host, you do have the option to do a meditation of your choice if it is relevant to the current chapter.)

- Now we'll begin with a 10-minute Serenity breathing meditation and I'll then read an extract from this week's practice from the workbook, followed by today's self-reflection question, which I've posted in the chat.
- We'll then have five minutes of silent contemplation and after that, you'll be invited to unmute and share any reflections you'd like to offer.
- For the next 10 minutes, using mindfulness of breathing, you are invited to cultivate serenity of body and serenity of mind. 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.

Serenity breathing meditation (10 minutes)

-

[Ring bell once – or, if no bell, simply begin.]

- Settle into any posture that feels supportive.
- And if it's comfortable, let your eyes gently close, or rest your gaze softly.
- Soften the face... relax the jaw... let the shoulders drop.
- 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 and simply watch the magical process of breathing - perhaps at the nostrils or the rise and fall of the belly or perhaps the whole body breathing... [pause]
- Breathing in - experiencing the entire in breath [pause]
Breathing out – fully aware of breathing out [pause]
- If you find it helpful, you might lightly note... “in”... [pause] ...“out”. [pause]
- When the mind wanders, notice it kindly – and gently smile.
Make a friendly, non-judgmental note of “not-breath”, and then return your full attention to the breathing.
- The Vietnamese monk Thai said - “Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”
So if it feels natural, you might soften into a small smile – smile inwardly and smile outwardly – and rest with this moment.

[To close: ring bell three times – or say: “And when you're ready, gently come back.”]

Reading

[Read the first section from this week's M pdf.]

Silent contemplation (5 minutes)

- I'm now going to share today's self-reflection question.
[Read it aloud and/or screenshare / paste into chat.]
- We'll reflect in silence for about five minutes. As you reflect, you might stay connected with the breath, and gently bring the question to mind.
-

- Be gentle with yourself. You're invited to befriend your practice – to befriend yourself.

[After ~5 minutes: ring bell three times – or say: “And when you're ready, gently come back.”]

Individual sharing

- As today's host, I'll share at the end.
- Sharing is always optional. You're warmly welcome to speak, and you're equally welcome to simply listen.
- While someone is sharing, we try to offer them our full attention and let them finish without interruption.
- To help this feel like a safe and inclusive space, we aim to speak from our own experience – and to avoid criticism, personal comments, or offering advice, unless someone asks for it. We also try to stay curious, and to let go of debate or persuasion.
- If it helps, you can share from what feels true in this moment, without needing to sound polished or have it all figured out. You can share about anything you feel is important to you right now.
- To give everyone a chance, we'll keep shares to around 2–3 minutes. If there's time, you're welcome to come in again – and we'll prioritise anyone who hasn't spoken yet.
- I may gently step in now and then to support the flow and keep us aligned with these agreements.
- If you'd like to share, please raise your hand – physically or using the virtual hand – or simply let me know in the chat.
- Who would like to begin?

[About 10 minutes before the hour: begin to close sharing.]

The Appropriate Response Meditation: (about 5mins depending on time)
(images are available by clicking the links below)

- [Chapters 01 - 24 ~ self - compassion](#)
- [Chapters 25 - 33 ~ self -love](#)
- [Chapters 34 - 50 ~ self -appreciation](#)
- [Chapters 51 -66 ~ self -balance](#)

-

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

[Ring bell once – or begin.]

- Take a supportive posture. Let your eyes close if comfortable, or rest your gaze softly.
- It can be helpful to imagine breathing in and out through the heart. You may wish to place a hand lightly over the heart area.
- You may find it helpful to recite one or more of these aspirations silently, like a gentle whisper in the background of the mind.

In the final minute, repeat the aspirations again, changing “I” to **“All beings everywhere, without exception.” (except for Stage 3 - see below ***)**

[To close: ring bell three times – or say: “And when you’re ready, gently come back.”]

Remember to remember section:

Read the remember to remember section from this weeks practice

Closing:

- Is there any other business?
- Would anyone be willing to host a future meeting?
- Please feel free to unmute yourselves and say goodbye
- Hope to see you back soon

[press - End meeting for all.]

Appropriate response phrases:

Stage 1 – Self-Compassion (slide) - Chapters 01 - 24

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) - Chapters 25 - 33 ~ self -love

•

*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) – Chapters 34 - 50 ~ self -love

*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 3 - others - ** When turning outwards - suggest to participants to think about a mentor or teacher - to think about other beings - and say the phrases

*How wonderful **you are** in your being.
I delight that **you are** here.
I take joy in **your** good fortune.
May **your** happiness continue and increase.*

Stage 4 – Self-Balance (slide) – Chapters 51 -66 ~ self -balance

*May I find stillness in the midst of chaos
May I be at ease in the midst of discomfort
May I be safe and well in the midst of uncertainty
May I live with kindness in the midst of all that is difficult*