The Breath Pattern repeats itself over an engagement. At each stage there is hosting, harvesting, applying powerful questions, working with stories, groundwork and so much more to do. The Breath Pattern names the stages a group goes through working together.

- Divergence: Like the in-breath, this is where a group begins to explore different perspectives, some people feel excited by the outcome, others feel exhilarated by the unknown. It can feel uncomfortable for some. The Groanzone is also known as the emergence.
- Convergence: The path seems clear and possible, this is where a group begins to explore different perspectives, the outcome is not known, the answer or ground can feel uncomfortable for some people. It can feel exhilarated by the unknown. It is the Groanzone.
- Convergence: The path seems clear and possible, the outcome is not known, the answer or ground can feel uncomfortable for some people. It can feel exhilarated by the unknown. It is the Groanzone.

The Breath Pattern names the stages a group goes through working together.

When Dee Hock led the team that created the VISA card, he named the Chaordic Path. Working between order and control refines what we’re doing, but brings more of the same. Working between chaos and order is where innovation arises and new practice is created. This is where participatory practice is most valuable.

The Fourfold Practice

The Art of Hosting is more than a set of methods, it is an on-going practice. The Fourfold Practice is a holon, meaning that each practice incorporates and moves beyond the one it follows.

- It comes from a good place: At the heart of AoH is people-centered practice. It is about returning to ways that humans have practiced to live and work well together.
- Nature is a guide about how living systems work. Nature seeks diversity, is intent on finding what works, cannot be controlled, changes with a new understanding of itself. AoH is about the living system working with and complementing mechanistic structures.

See Meg Wheatley’s work for more on living systems & complexity.

How do I take my practice further?

www.artofhosting.org
www.artofhosting.ning.com
What do I need to remember?

Pocket Guide to HOSTING Methods

Hosting & Harvesting Conversations & Work That Matters

- For thoughtful speaking & deep listening.
- Welcome, framing, check-in, process, check out
- Roles: Host, Guardian, Harvester
- Set chairs in a circle, talking piece (could also be called the listening piece), bell
- Intention for meeting is at the centre, speak to/through the centre. **Slow down!**

Refer back to your Art of Hosting workbook for full details on methods. Keep practicing!

[Images and diagrams related to hosting methods and processes]
1. Make a double-sided photocopy of the PDF.

2. Use a pair of scissors to carefully slit open the paper along the black line running down the centre.

3. Fold the paper carefully in half lengthwise and crease it. Then fold it in half again, so you can see two of the parts. And in half again, so you can just see the title page. You have now made all the creases.

4. Holding it lengthwise with the slit facing up — and your hands at each end with your thumb and forefinger pressing together — push the sides towards the middle, causing the two sides to bend outwards like a tunnel and form a cross. Now you can crease them and you’ll see the front and back page and crease it into a little book.

5. If you want to view the opposite side, just fold it over the other way and crease the paper in that direction.

6. Now you have a Zine with two sides to learn from. Have fun!