

PORVIDA TECHNIQUES

1. The talking stone is used to facilitate meaningful conversations that encourage honesty, deep listening & full sharing.
2. The holder of the stone has the “word” and commits to speak truthfully, from the heart, and in way that respects self and others.
3. All participating in the talking circle are responsible to actively listen to the words being shared.



Source: *Family Activism* by Dr. Roberto Vargas