

The intention of Cosmic Café is to provide regularly scheduled, focused discussions that enhance spiritual awareness such that all involved are uplifted and transformed by the experience.

The Cosmic Cafe

Cosmic Cafe is a weekly opportunity for spiritually minded individuals to connect in a friendly, supportive, and yet neutral environment to share ideas, insights and beliefs for the betterment of the whole (each individual).

Cosmic Café Meeting Overview

The following may be helpful for new Cosmic Café hosts. This is a suggested format that works well.

It's important to have introductions so that people feel welcome and immediately feel a part of the group. Sitting in a circle also helps people feel comfortable so that no one is at the "head" of the table.

Names tags help people learn each others names. Reusable ones that people can decorate can be collected at the end of the evening and brought to the meeting each time for regulars to use again. New people are invited to make a name tag.

Providing a sign-up sheet and e-mail list helps host keep in touch and send announcements with new schedules and special events. Sending a message after the Cosmic Café to update those who were unable to attend, and then again a day or so before the next Cosmic Café keeps people in the loop.

Special events such as Cosmic Barbeques or Cosmic Bonfires are great social events to add to your schedule occasionally. These events also encourage new people to come to the Cosmic Cafe.

Start Your Own Cosmic Cafe

In January 2005 'Cosmic Café began meeting every week in Coeur d'Alene, Idaho. Cosmic Café provides a place where community grows through spiritual discussion around a variety of topics that involve human potential, non-dogmatic spirituality, interfaith acceptance and life in general. The invitation to participate is spread by word of mouth as well as with flyers that are posted in book stores, coffee shops and grocery stores around town.

You are invited to hold a Cosmic Café in your region. The information in this booklet is designed to help encourage others by giving them a starting point. Many people want to participate, yet, most think it is difficult to host a Cosmic Café. We have found that the intention sets the stage and, if encouraged most people are delighted to participate. There have always been those who attend, yet have little to say. Our intention is for each gathering to be a safe place where each person has the choice to share or not.

Ground Rules

As a Cosmic Café host, your job would be to maintain a safe space for everyone present and to keep the discussion expanding into higher spiritual realms. We open the evening with an explanation of what our intention is for Cosmic Café, and share some "Ground Rules". This is basically a statement that we are in a safe space where each voice is respected. Some of the Ground Rules we have shared in the past include:

1. Avoid side conversations.
2. Stay with the topic.
3. There is no right or wrong. We are not here to argue, or debate. Listen with respect, no one is forced to accept another's views.
4. Don't monopolize the conversation.
5. Be a good listener. Give the speaker the space to speak without interruption.

You are encouraged to select topics that will further the art of conversation, especially in the beginning as this will strengthen the communication skills of the group. Most people are aware of what it is to be a good listener and if your group is encouraged to create the ground rules through discussion you will have the group creating the atmosphere of a safe place to communicate.

Set a Date!

The easiest way to get started is just that....Get started, set a date and create your posters. Creating your poster is as easy as using the one we have already designed and filling in the blanks, or you can create your own poster. We can help you with this process by sending you an electronic version, or by helping you create the poster with your dates and topics and sending you a printable version.

Selecting Your Topics

The topic for Cosmic Café is an important aspect. We try to create topics for the poster that leave people curious and with a sense of wanting to share something about the topic. Some of

the most memorable evenings have arisen from crazy topics that intrigued people. One of the early posters listed topics like: “My Karma Ran Over My Dogma”, “Spirit Matters”, and “Creating Sustainable Community”. We have also used Movies and Books for discussion, such as “What the Bleep Do We Know” and “The Power of Now”. Once you get started with your topics, you’ll have fun making up funny names and phrases to catch the interest of your Cosmic Citizens. Oh, and that was a great topic too: “Cosmic Citizenship”. Our group in Coeur d’Alene really seemed to get present to our responsibility as citizens of the Cosmos, and it’s expanding essence in our lives as we grow from infants as a part of our immediate family, to the light beings that we are becoming and our citizenship in the spiritual world.

This is an ever expanding project, with the potential to grow and change with each new gathering.

Team Support

The CC support team provides member Café’s with support materials including:

- * Poster/flyer support via mail or internet to insure each team has quality graphics
- * Information and suggestions on starting a Cosmic Café.
- * A Network of sharing topics and discussion points. Local groups are free to use suggested topics and information and/or generate their own. We ask that you stay connected by sharing information about your process so we can track the new areas as well as learn from and possibly use your information for future topics.

CC is a not for profit entity committed that every person on the planet has access to rich and nourishing spiritual illumination.

A Sample Evening Format:
Topic: Living A Transformed Life

Thomas :
Welcome introduce ourselves

Aurora:
Ground rules

Please support our hosts (When meeting in Coffee Shops and restaurants) – i.e. buy a drink or a snack.

Stay mindful of the intentional topic

Do not stray into discussions that do not further our discussion.

Avoid side conversations

Listen fully to each person's contribution (don't trample on them).

Be mindful of your time of speaking...i.e. don't monopolize the conversation

No criticism of others views. Suggestions should be offered as an alternative perception or possibility only. Everyone is to be heard with respect. You do not have to agree with what you hear.

This is a safe place, if it is shared in the circle it is intended for discussion purposes here, not gossip purposes later.

Thomas/Aurora

Intention for Cosmic Café

Share the intention for the evening

Share the intention for Cosmic Café: Our intention....

Discussion: What does a transformed world look like to you.

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Sign up sheet – e-mail address and contact info on new attendees.