

46 THE 8 BREATHS OF PROCESS ARCHITECTURE

The 8 Breaths model is a useful process map developed by the Art of Hosting community.

It builds on three basic movements:

- Divergence** (opening up perspectives and options),
- Emergence** (letting new patterns and orders develop), and
- Convergence** (closing in on a joint decision and action).

The model describes a cyclical process of initiating, preparing, and hosting a community event.

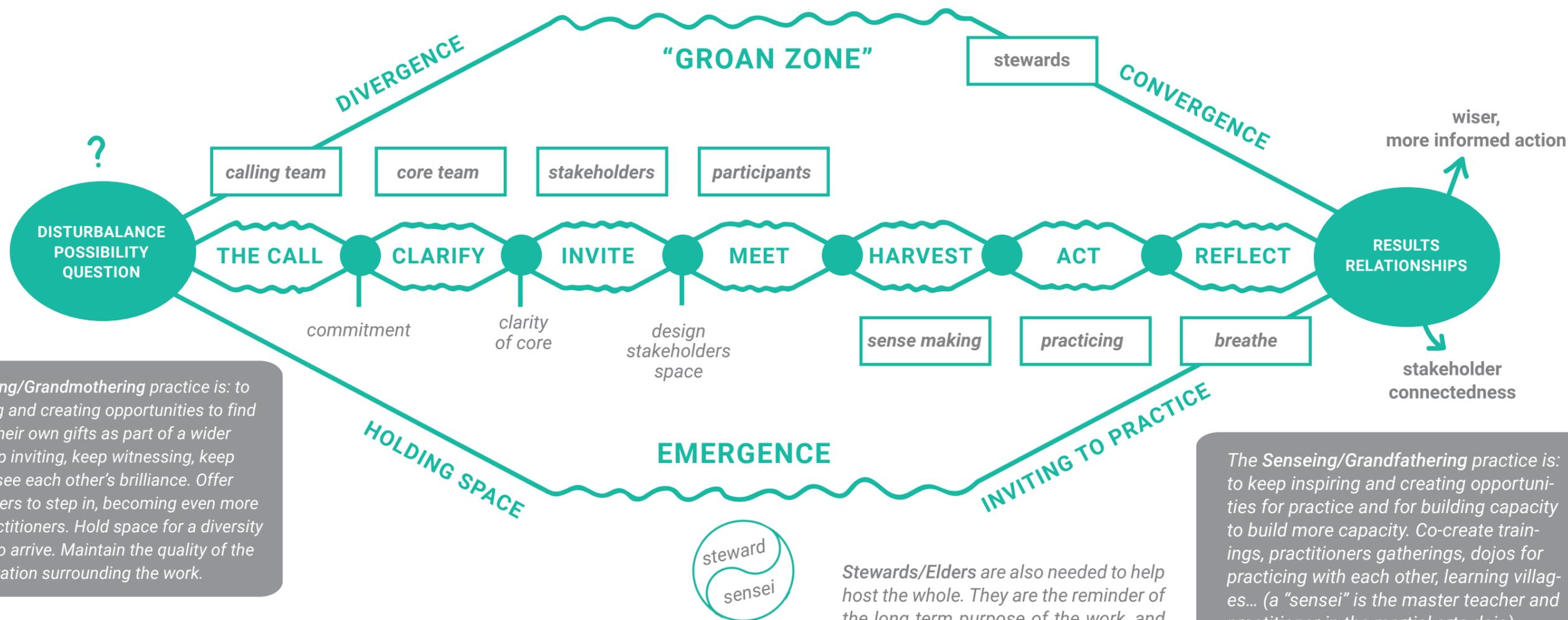
Each step in the process is associated with one "breath." When you start, there is either a disturbance, a possibility, or a question.

Divergence: Opening a space for ideas, experiences, etc.

Emergence: If you want change, you need to have an in-between space, i.e., the emergence (also called the "groan zone"). As we come into that space, we feel a disturbance. This is the space for change. People usually say "I don't understand why we are here." This is the moment where you might lose an old way of doing things, but then come to a new order, a place of newness and great potential.

Convergence: By clarifying the way forward, you can jointly plan the action that is needed.

* Sometimes the space between divergence and convergence is small (there might be a fear of complexity). One has to sense how divergent they need to be and when to converge.



The Stewarding/Grandmothering practice is: to keep inspiring and creating opportunities to find and nurture their own gifts as part of a wider practice. Keep inviting, keep witnessing, keep calling us to see each other's brilliance. Offer space for others to step in, becoming even more exquisite practitioners. Hold space for a diversity of offerings to arrive. Maintain the quality of the field and invitation surrounding the work.

The Sensing/Grandfathering practice is: to keep inspiring and creating opportunities for practice and for building capacity to build more capacity. Co-create trainings, practitioners gatherings, dojos for practicing with each other, learning villages... (a "sensei" is the master teacher and practitioner in the martial arts dojo).

Stewards/Elders are also needed to help host the whole. They are the reminder of the long term purpose of the work, and tend to supporting and hosting the people acting in the project.

COMMUNITY ENGAGEMENT

SOURCE & FURTHER READING: The Art of Hosting Online Community <http://artofhosting.ning.com/page/core-art-of-hosting-practices>