



# THE HEALING CIRLE

*It's Never Too Late to Say Good-Bye*

By Candace L. Talmadge and Jana L. Simons

## The Healing Circle

Candace L. Talmadge and Jana L. Simons are the co-founders of the Sattva Institute, dedicated to healing through greater self-awareness.

More about the Sattva Institute and the Sunan method of emotional and spiritual healing resolution can be found at [www.sunan.com/sattva.htm](http://www.sunan.com/sattva.htm)

As C.L. Talmadge, Candace is the author of the epic fantasy *Green Stone of Healing*<sup>™</sup> series ([www.greenstoneofhealing.com](http://www.greenstoneofhealing.com)), available online or by order through bookstores. The healing circle is depicted in the series.

The entire contents of this e-book are copyright 2005 by Candace L. Talmadge and Jana L. Simons. It may not be reproduced in any form (print or electronic) except for brief passages quoted for a review without written permission from the authors.



## Donna's Dilemma

“Donna” was trapped in an agony of indecision.

Her eight-year marriage to a man older than she, of another nationality, culture, and religion, had never been easy. Now it was threatening to founder on the rocky shoals of severe financial strain and quarrels over in-laws. At age 29, she already had one child, a daughter nearly three years old.

She was pregnant again.

This time, Donna couldn't feel the joy so many other women experience on learning this news. She thought there was a distinct possibility that she could end up raising not one but two children by herself, and that thought terrified her. Should she carry the fetus to term? What about an abortion? The choice was overwhelming. Her husband didn't make things any easier. He said the decision was hers and refused to discuss his feelings about the pregnancy, leaving Donna more isolated and in greater pain.

Then a friend suggested a healing circle. “I didn't realize you could do one for an unborn child,” Donna recalls. She contacted the Sattva Institute. Jana Simons, institute co-founder, agreed to conduct the healing circle.

Although her husband didn't believe in all this “metaphysical stuff,” as Jana calls it, he accompanied Donna and participated in the session. A couple who were friends of Donna and her husband also took part. Both of them, accomplished professionals, had never done anything like this before.

Jana and Candace always stress one point about healing circles. You don't have to be a professional psychic, or even consider yourself to have any psychic ability, to take part in, contribute to, and benefit from a healing circle.

You need only know how to send love.

## The Healing Circle

The little soul stands in the middle of our circle, undetectable to the five physical senses but perceptible to the four soul or psychic senses. Tousled dark hair spills out from under a tight-fitting, old-style aviator helmet. He—this soul clearly presents his form as male—is wearing a jumpsuit and a scarf. In the hand that he holds up is a model airplane that dives and loops and curls when he waves his arm. Next to him is what looks like an architect's model of an office building, almost as tall as he.

He is a self-assured soul with a genuine sweetness about him. There is also a hint of mischief and of a very strong will. He knows what he wants for this physical lifetime. He wants to fly airplanes. He tells us he has chosen Donna's husband as a father partly because her husband is a licensed pilot with thousands of hours in the cockpit. He also says he's interested in architecture and designing things.

He has a very full agenda for his next sojourn on earth. He's so cute and bright and cheery that he moves some of us to smiles as we gather this information through our soul senses and pass it on to his would-be mother and father.

Then Donna blurts out a few jumbled phrases. She can barely put her feelings into words to explain to this soul why she is so reluctant just now to continue this pregnancy. Her painful quandary and distress are palpable.

The little aviator quickly understands. "I can wait," he assures Donna several times during the session. "If the time is not right, I'll wait."

Before the session ends, the little aviator makes sure we all understand one thing. When he finally does arrive, by golly, he wants to be known by his father's middle name.

Candace can't help nodding. The name suits him.

## The Healing Circle

### Clara's Conundrum

For twenty years, “Clara” suffered an emotional and spiritual wound that refused to heal. An elementary institute teacher, Clara was brought up in a small Russian Orthodox community in Pennsylvania. Her mother and father were first-generation immigrants who, Clara realized later, used their psychic abilities to survive in a culture they didn't really comprehend.

Her parents did understand one thing clearly. It was not safe to proclaim a Russian heritage back in the days of Joseph McCarthy and Congressional investigations of suspected Communist activities. Clara recalls being punished as a child for telling others about her Russian background.

“My mother denied her past and lived a facade,” Clara says. When cancer claimed her mother's physical body in 1967, Clara felt she had never had the chance to say good-bye to her real mother.

In 1972 Clara turned to three years of daily psychiatric therapy and tried psychotherapy again in 1986 for five months. The same thing happened both times. Traditional therapy could help her to a certain point. Past that point it was of no further use.

“I felt a pressure that no one could help me with,” she says. “When your problems touch on the spiritual, traditional doctors can't do much. I had a spiritual injury that I couldn't ignore.”

Prodded by her need, Clara was open to an alternative approach. Her search for healing eventually led her to a healing circle through her daughter, “Laura,” who learned about it attending a class. When Clara found out about the possibility of contacting the dead, she asked for a healing circle, even though Laura had some doubts.

“I knew the offer of a healing circle was right. I felt it.”

Despite her confidence, Clara was taken aback by the proceedings. “It was shocking when I realized how real it was.”



## Misunderstood and Abused

A healing circle—better known as a séance—is one of the most misunderstood and thus inadvertently abused of all spiritual healing practices. The very word séance immediately brings to mind what most people consider the unreal and laughable notion of “conjuring up spirits.” Derided by some, proscribed by others, the healing circle tragically has degenerated into the séance, a casual pastime with no more apparent significance or meaning than a video game.

A séance begins as a lark or a joke, a way to alleviate boredom, to liven a party gone flat or to satisfy idle curiosity by seeing if something’s “out there.” Then, to the astonishment, dismay, and occasional real terror of participants, they discover that there actually is someone or something “out there.”

A whole lot of someones or somethings.

A young woman we’ll call “Tammy” found this out the hard way. Scared and bewildered, Tammy phoned one day, seeking reassurance and an explanation of the chilling and bizarre event she had just experienced. She and a friend had decided to use a Ouija board to contact her late grandfather. Things went fine at first. The pointer, moving on its own, spelled out the nickname her grandfather had always called her.

The pointer stopped abruptly. Something changed. The pointer moved again but no longer to any purpose, as though whoever or whatever was propelling it didn’t recognize Tammy or her friend. It tried to spell out a word that appeared to be “help.” Then it spun round and round in wild circles.

The young women, now terrified, ended the session. At this point, all the tapes on top of the VCR dominoed and spilled onto the floor. No one was even anywhere close to the tapes when they toppled over, Tammy reported.

Just who or what Tammy and friend encountered remains

## The Healing Circle

fodder for a debate beyond the scope of this ebook. Clinical evidence that some sort of consciousness survives physical death does exist, however, and has been documented in exhaustive detail by physicians Elisabeth Kubler-Ross, Raymond A. Moody Jr., and Melvin Morse, among others.

Apart from such evidence, Jana's and Candace's experiences as intuitive counselors and Sunan therapists have led them to accept that the soul exists independently of the physical body as love-energy-consciousness. The *only* thing we leave behind at death is the physical body. That's all. At physical death, the rest of self—our mental, emotional, and spiritual awareness—remains intact.

Through experience, Jana and Candace also have realized that the death of the physical body does not in and of itself endow the remaining awareness with wisdom or ultimate enlightenment. This assertion, of course, contravenes extremely ancient and well-entrenched beliefs about life after death. As a result of these widespread beliefs, a lot of people who don't consider themselves formally religious are still secretly convinced that a nonphysical being is bound to be enlightened and wise.

These unstated beliefs are why so many people conduct their own impromptu séances, hoping to contact some disincarnate master. They'll contact someone, all right. As Donna, Clara, and Tammy and friend found out, it's really very easy to communicate with disincarnate beings. That's precisely the problem, and it can be devastating. Curiosity-seekers who conduct séances without knowing how to protect themselves often end up like Tammy and friend: frightened out of their wits.

Why? Because they didn't contact anyone enlightened or wise. Instead, they had a close encounter with a disincarnate jerk, a being only too willing to play mind-games with them. Remember, nothing dies but the physical body. If a person in a mental institution dies in a psychotic state, that condition is unfortunately not going to change merely because the physical body has stopped functioning. Although no longer in a physical body, that soul will still be psychotic.

## The Healing Circle

Let's put this another way. Most of us would never open the door to our homes and yell "Come on in!" to just any passer-by. Nor would we consider a walk at 3 a.m. in New York's Central Park a very prudent thing to do. Those who conduct unprotected séances are doing the equivalent of throwing open their doors or walking in the park. Small wonder they often head straight into trouble.

Are we saying don't ever conduct a healing circle? Hardly. We have participated in quite a number of healing circles and Jana has taught others how to conduct them. We want a lot more people to know about healing circles, to conduct and participate in them for the many blessings they can bestow.

What we are saying is this: Be smarter than Tammy and friend. Learn how to hold a healing circle safely. The steps are very simple and we will outline them shortly.

We are also saying that the only valid motive for offering a healing circle is the desire to be of service, not for self-aggrandizement or to demonstrate how truly spiritual you are. A healing circle certainly isn't going to convince a scientist that life exists after death, so Jana and Candace do not regard them as experiments. Nor do we hold séances as substitute entertainment when we've run out of DVDs.

### Genuine Need for Healing Resolution

Instead, we conduct healing circles only when there is a genuine need for healing resolution between a soul dwelling in a physical body and one that is not—the latter termed "dead" due to society's very limited understanding. Clara's case is typical; people usually want to reach someone who has left the physical world.

Those in Donna's or a similar situation, however, could also benefit from a healing circle. The soul is an eternal continuum of energy-awareness. It can be contacted before it assumes physical form as well as after it sheds the body.

## The Healing Circle

Always keep in mind that while people like Donna or Clara will benefit enormously from a healing circle, there are many who will not. The motives of the person asking for a healing circle are just as important as the motives of those conducting it.

Jana and Candace took some lumps learning this. One of our students introduced an acquaintance who asked for a healing circle. Jana's intuition waved a big red flag of doubt about this woman's true motives, but she was so insistent and emotionally needy that Jana agreed to do it.

That proved to be a big mistake. The woman wanted to communicate with her late husband not for healing resolution, but to find out where he had stashed a mind-boggling sum of drug money. He was murdered because his drug connections knew he had been holding back on payments. Had that woman discovered the location of the hidden money, her safety—and possibly the safety of all those who had participated in the session—could have been in real jeopardy.

We are much more careful now when screening those who ask for healing circles. We call such a person the inquirer. We hold a healing circle only for those inquirers who genuinely desire healing resolution. A request is the first guideline. Let an inquirer, such as Donna or Clara, come to you and request a healing circle after you have made it known that you are capable of conducting one and willing to do so.

Next, establish that the inquirer has some sort of emotional tie to the departed *that is reciprocated*. This two-way link can be through kinship or friendship; it doesn't matter and you don't need to know the precise nature of the relationship. The love connection counts above all else. The emotional bond and recognition are what draw the soul in question to the healing circle participants.

The preceding is obvious, if you think about it. If you were walking down the street and someone in the middle of a group called out your name, would you respond to the summons? You might, if you were to recognize and care about the person calling

## The Healing Circle

your name. If you didn't know anyone there, most likely you would ignore the call and continue on your way, probably at a little faster clip than before.

This is precisely why adoring fans are more likely to contact a deceased Elvis Presley impersonator rather than the soul that once dwelled in the body of the king of rock and roll. There's no emotional draw to them on the part of Elvis, even if the fans worshipped their idol from afar.

After an inquirer asks for a healing circle, and after you have established a two-way emotional connection between the inquirer and the departed, use your intuition. This is another way of saying your psychic abilities or four soul senses. Those soul senses can be invaluable in helping your left brain decide whether or not this inquirer is seeking a healing circle out of a genuine desire for healing resolution.

Remember, just because someone has asked for a healing circle does not obligate you to conduct one. Check into the inquirer's motives carefully. You also not only have the right to feel comfortable with the inquirer, you actually need to establish some sort of rapport to help ensure the success of the session. Do not force a session down the throat of a person whose fear level is too high. If you do, you probably won't get very far because that inquirer will be in a state of heavy denial.

Next, choose a place to conduct the session. The stereotypical séance is held at night, in a small, closed room that has little or no light and plenty of dark corners to hide the special effects apparatus. You know: the faked floating horns, thumping tables, and disembodied moaning and groaning. It is possible, however, to conduct a healing circle at high noon in the middle of a field—if that is what will make the inquirer most comfortable.

Usually, we locate the session in the living room of a house. During the session, we keep the curtains open. If the session is at night, the lights remain on but not glaringly bright. We arrange

## The Healing Circle

enough chairs in a small circle to accommodate all participants. We also put a box of tissues on the floor in the middle of the circle. They are always in demand after (and many times during) a session to mop up those healing tears.

The person who issues instructions and keeps the healing circle on track is called the conductor. The conductor invites the remaining participants. Jana and Candace have a long list of people who have volunteered eagerly to be part of any healing circle we hold. They come out of love and a desire to be of service to others and are not paid any money for their time. Neither are we.

Let's face it: among the general public, the séance has a terrible reputation. Some people erroneously regard a healing circle as a form of devil worship, which it most emphatically is not. Jana and Candace will be the first to agree that a lot of people have faked phenomena during séances to prey upon others' emotional vulnerability and bilk them out of lots of money. We avoid this issue simply by never charging for healing circles and we encourage the students we train as intuitive counselors also to conduct them for free as a community service.

The conductor allows the inquirer to bring a trusted friend or relative if the inquirer so desires. The best size group for a healing circle is between four and eight people total. As stated earlier, participants need have no formal training in using the soul or psychic senses. Jana and Candace make every effort to include people who've never had any instruction in using their intuition (psychic/soul senses) because they bring fewer expectations to the session and thus often are more open to what does come through.

### Ask for Protection

The best candidates are loving and open-minded. Don't make the session more difficult by using it to try to prove something to that friend who thinks your interest in this stuff means you've gone

## The Healing Circle

off your rocker at last. Skepticism is fine. Denial, however, will hamstring the session by blocking the information flow.



One important point: the less information about the soul in question and the inquirer that the conductor and other participants possess the better. This helps assure the inquirer that participants received their information only from the soul in question and not from some other source.

The inquirer always sits exactly opposite the conductor, who decides where everyone else will sit. Again, use your soul senses to get an overall impression of the different soul energies of the participants. Then try to alternate a more masculine energy with a more feminine. This doesn't mean always alternate men and women. Some males have a very gentle energy, while some women's energy is strong, more push than pull. The mix of the two helps balance the energy flow around the circle.

Seat the inquirer's companion immediately to the inquirer's left, so that this person may send loving support to the inquirer. Put the participant with the strongest energy to the conductor's left, so that this person may strengthen the conductor during the session. Instead of placing participants around a table, leave the circle open and put the chairs close to each other.

After seating participants, ask them to join hands, their right palms covering the left palms of the person to their right. Make sure they are comfortable, as they may spend almost an hour in this position. The conductor then directs all present to close their eyes and focus on their breathing. Basic biofeedback techniques for slowing down the breath rate are helpful and an excellent way to calm everyone down and clear the mind for what's next.

Once participants have relaxed, the conductor asks them to send out love from their hearts, down their right arms toward the person on their right until the love flows all the way around the circle. Ask them to use their soul senses to visualize that love or feel its vibration, to be aware that it is there or simply to



understand that it is present. It is this love, which is magnified considerably by group energy and which includes the special love of the inquirer, that will draw the soul to the circle and help keep it there.

Now, conductor, you can skip almost everything else written so far. But heed this at least, even if you think it sounds silly and won't make any difference anyway.

**ALWAYS ASK ALOUD FOR PROTECTION.**

Jana and Candace call this protection spirit guides; another name for them is guardian angels.

Whatever you call them is just dandy so long as you call on them. They respect free will and cannot act on your behalf without a request. So please please please, conductor, always be sure to ask aloud for each healing circle participant's protectors to stand just outside the circle and allow in only the soul sought by the inquirer. They'll be delighted to comply.

What's the point of this exercise? For starters, it eliminates completely the kind of spook bully that scared the bejeezus out of Tammy and friend. Jana and Candace have either conducted or sat in on dozens and dozens of healing circles. We have never encountered any strange or startling phenomena precisely because we know to request protection.

Enough said. Simply ask for protection and you and your companions can be about your healing mission in peace and complete safety.

After requesting protection, the conductor then tells the inquirer to speak the name of the soul in question. The inquirer verbalizes the soul's full name two times and a pet or nickname the third time. Sometimes, the soul hesitates to enter the circle precisely because there are strangers present. If that's so, the conductor should ask the inquirer to repeat the same name

## The Healing Circle

sequence aloud once more. Other times, the soul is so eager to enter it doesn't wait until the inquirer has finished speaking for the first time. Usually, the soul will pass into the circle over the inquirer's right shoulder, but occasionally the entry point is different. It doesn't really matter.

Once the soul is in the circle, the conductor's job is to keep it there by sending additional love straight from the heart. The task of participants other than the conductor or inquirer is to verbalize what is called evidential material or trivia. Most souls realize they need to assure the inquirer of their true identity. They almost immediately begin sending highly personal and sometimes very specific information about themselves. If the soul in question doesn't know what to do at this point, participants may ask it for evidential material and explain why the inquirer needs this information.

## Thought-Energy Communication

How does the soul send information? How do participants ask it questions? Simple: use thought-energy. The thought-energy of the soul is received as inner visions, vibrations, words, or an awareness by participants' own four soul or psychic senses. The way to communicate with the so-called dead is through what we label intuition without understanding its full implications or its spiritual potential.

Trusting what they receive through their soul senses is a real issue for most healing circle participants. There is widespread ignorance about the soul senses in this society, which leads to pervasive and deep-rooted lack of trust in the information that the soul senses convey. This is why there is a need to teach people how to function as healing circle conductors in the first place. Provided the conductor is comfortable and confident with the process, other participants can be less assured and still be very helpful.

## The Healing Circle

It is vitally important that the conductor emphasize to other participants except the inquirer that they are to verbalize every single piece of information they receive. Do not edit. Again, this is where our general inability to trust our soul senses can really hamper our efforts. Time after time, healing circle participants have pulled information seemingly “out of thin air” about people or events that only the inquirer or the soul in question could have known. Yet they just as often hesitate to say anything, which can be counterproductive.

For example, Jana was participating in a healing circle and could tell that the man sitting next to her kept receiving something but was holding it back. After this happened three times, she asked him to speak up.

“This is really silly,” he said hesitantly. “It just doesn't make any sense. I see a white picket fence, but it's not standing upright. It's standing on one end.”

The inquirer gasped, “Now I know it's my son!”

Years earlier, as a boy, the inquirer's son had taken an old piece of picket fence, turned it so that the posts were horizontal and nailed it to a tree trunk so that his dog could climb up and join him in his tree house. It was something only his grieving parent and he, of all the participants in that healing circle, would have known.

During her session, Clara was finally convinced of her mother's presence when one of the participants talked about seeing a field of red poppies, waving in the wind. Then another person mentioned a cross; Laura immediately said that she saw a skull.

“I knew it was my mother then,” Clara explains. “Red poppies were my mother's flower. She had them all over the house when I was growing up. The Skull of Adam forms the base of the Russian Orthodox cross. My daughter wouldn't know that. She was brought up Presbyterian.”

The point? The information the soul is sending is for the

## The Healing Circle

inquirer, not the other participants. That is why it often seems strange to participants and they tend to shift into their left brains to analyze it. Don't do that. Instead, speak up. The conductor will have informed the inquirer before the session begins to respond to each piece of information verbalized in one of three ways: "Yes," "No," or "I don't know." Sometimes the soul in question provides information that the inquirer isn't sure of or simply doesn't know but can check out later with family or friends.

That picket fence was the key piece of information the parent needed to be certain that the group really had contacted the right soul. After hearing about that fence, this inquirer was emotionally ready to continue to the next stage. This second phase consists simply of giving the inquirer and the soul the chance to talk to each other, assisted by the other session participants.

The second part of a healing circle is always very emotional, if for no other reason than the inquirer finally has some evidence that a loved one thought dead and lost forever is, in fact, still living and very much found. The evidence is provided partly through the trivia, which is necessary to satisfy the left brain. The heart, however, is much more open to messages from the soul. As the second half progresses, inquirers on their own often begin to pick up thoughts and especially feelings from the loved one in the circle.

The joy of such a reunion is impossible to comprehend except through direct experience. Resolution replaces anguish. Tears flow freely from relief, not grief. The healing spreads from the inquirer and the soul to every member of the circle.

### Lives Transformed

Through a healing circle, Clara finally made peace with her mother—20 years after her mother's physical body died. Through a healing circle, Donna was able to free herself to make a decision about her pregnancy.

Both women reaped totally unexpected dividends from their healing circles. Immediately after hers, Donna found that the

## The Healing Circle

nausea she had been experiencing in the early stages of her pregnancy simply vanished.

“My whole attitude changed. The pregnancy became something I accepted. It did something else for me,” Donna says of her session. “It made me realize that even if my marriage didn't stay together, I still wanted the baby. It gave me more confidence in myself.”

The little aviator touched down on planet earth the following spring. “I'm so glad now I chose to keep the baby,” Donna adds. “He came to help me with balance.”

Following her session, Clara found that other areas of her life also were healed. She felt more at ease with herself and less compelled to be with other people just to avoid being by herself. Equally important to her was that she now had some terms for the psychic abilities that were always so natural to her and her parents.

“It was a tremendous eye-opener to realize the reality of life after death and that other people felt this way,” Clara says.

Ironically, it was an unorthodox healing circle that reconciled Clara to the Russian Orthodox Church, which she rejoined. “The church is not open to this subject, but I'm in a whole different space.”

Now, when Clara makes the sign of the cross and follows other rituals, she's aware of a much deeper, spiritual dimension to them. The ceremonies now hold a rich and very personal meaning for her. The rites are no longer just empty motions, done by rote and handed down as someone else's truth.

---

It's possible to rig up a floating horn or an “ethereal” voice in the dark. Indeed, our left brains can be manipulated into believing a

## The Healing Circle

lot of things, but our hearts and souls cannot. No one can fake the *feelings*—the profound and powerful sense of relief and release that surrounds and embraces the inquirer, the soul, and the other participants during a properly conducted healing circle.

It's the kind of healing that transforms lives forever.



# Healing Circle Guidelines

## Before the session

1. The conductor determines inquirer's motive in asking for a healing circle. Make sure it is for healing resolution.
2. The conductor does NOT ask for details about the soul in question but does make sure there is an emotional connection between the inquirer and the soul.
3. The conductor invites two to five participants and encourages the inquirer to bring a spouse, trusted relative, or friend.
4. The conductor asks other participants to arrive earlier than the inquirer and instructs them that they are to verbalize everything they receive intuitively, no matter how strange.
5. When the inquirer arrives, the conductor makes the introductions and spends a bit of time to ensure everyone is as comfortable as possible. The conductor shares as few details as possible about the soul in question with the group.
6. The conductor seats the group in a circle with the inquirer opposite the conductor. Alternate people with strong energies and those with softer energies. Put the inquirer's companion or the person with the most loving energy to the inquirer's immediate left. Put the person with the strongest energy to the conductor's immediate left. Place a box of tissues nearby.
7. The conductor instructs the inquirer to respond to the other participants in one of three ways: "Yes," "No," or "I don't know." Nothing else.

## The Healing Circle

### As the session begins

1. The conductor tells the seated participants to join hands, each person's right hand covering the palm of the left hand of the person to his/her right.
2. The conductor leads the group in a relaxation meditation, using his/her intuition to sense when participants are as calm and centered as they can be.
3. **THE CONDUCTOR ASKS ALOUD FOR PROTECTION.**
4. The conductor instructs the inquirer to speak aloud the soul in question's full name twice and nickname once. This can be repeated if needed.

### During the session

1. Once the soul in question enters the circle, the conductor reassures the soul that the group has gathered to foster communication between the soul and the inquirer. Other participants may also welcome the soul.
2. The conductor keeps reminding participants to verbalize any information or impressions they are receiving.
3. The inquirer answers only "Yes," "No," or "I don't know." The inquirer listens carefully to all information and responds as truthfully as possible.
4. Participants other than the inquirer must verbalize everything they are receiving. If they feel physical sensations and do not speak, they will continue to feel these sensations. Speaking releases the energy.
5. The conductor continues to pump love around the circle throughout the session.

## The Healing Circle

6. Once the inquirer is satisfied that the soul in question is in the circle, the group pauses to give both sides time to say what they need to say to each other. The conductor and the other participants may assist here if the inquirer seems hesitant.
7. Once the inquirer and the soul in question have said what they needed to say, the conductor offers a prayer of thanks for the blessings of the healing. If the soul is a departed loved one or an entity that has decided to seek another mother, participants may encourage the soul to move toward the light so that it may continue its path.

### *After the session*

1. Participants release each other's hands and open their eyes. The tissues will be needed and welcome at this point.
2. Before disbanding, the group needs a bit of time to discuss and review the experience. The inquirer may now respond more fully to the information the other participants received and explain its significance.