



## Commitments to the Group Process

**Consecration.** I offer up my efforts in this group to the Highest Consciousness. I ask the higher forces to guide and support me.

**To be in Service.** I am committed to be in service to Highest Consciousness, Personal Growth and Love. This includes to be in service to the group process, including honouring my own needs.

**Personal Practice.** I choose a path of conscious evolution and I use my spiritual practice to support this. I am committed to the path of evolution through spiritual practice.

**Direct Communication.** I use clear and honest communication with open listening, heart-felt responses, loving acceptance and straightforwardness. I talk to people rather than about them. In public and in private I do not malign or demean others. I may seek helpful advice, but do not seek to collude.

**Cooperation.** I clearly communicate my decisions to others who may be affected by them, and consider their views respectfully. I recognise that others may make decisions which affect me, and I respect the care and integrity they have put into their decision-making process.

**Group Commitment.** I recognise that I am part of a group, and my actions and communication reflect that. I honour each individual role in this constellation and act accordingly. I understand that any decision or action I make can affect the whole group.

**Self Empowerment.** I take responsibility for my own journey of empowerment and transformation. If I wish to ask for support in my empowerment process or healing, I do so: asking the teachers or assistants clearly for what I would like support with. I also remember to ask Spirit to support my empowerment and transformation.

**Making Boundaries.** I take responsibility for knowing my own needs and boundaries at any time. I am able to express my needs and boundaries whenever appropriate, and I agree to do so. I will choose if any activity is not appropriate for me to join in, and find a way to sit out without disrupting the group process.

**Confidentiality.** I understand that some of the content of such a training can be very sensitive, and I agree to hold full confidentiality on anything that happens during the group or shared within the group.

**Asking for help.** I acknowledge my own humanity and limitations, and thus if I find I am struggling in any way, I ask immediately for help.

**Reflection.** I recognise that anything I see outside myself – any criticisms, irritations or appreciations – may also be reflections of what is inside me, and I commit to looking at these before addressing others.

**Integrity.** I embody congruence of thought, word and action. I take responsibility for the spiritual, environmental and human effects of my activities.

**Commitment.** Above all, I am committed to love in its highest form and it is this commitment that carries me through any challenges. I use my spiritual practice to continually reassert this commitment to the universe and to tune in to the highest vibration available to me.

I have read these commitments thoroughly, and I understand them. I agree to make these commitments to the best of my ability.

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Signature

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Print Name

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Date

Thank you for taking responsibility for your transformational process.



***loka samasta sukhino bhavantu***

May all beings be happy. May peace and harmony prevail.