



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.

Signature

Print Name

Date

Thank you for taking responsibility for your transformational process.



loka samasta sukhino bhavantu

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