

# Mystery School Participation Guidelines

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**As a student in the Know The Self Mystery School it is imperative that while you interact with this material and the others in the course that we all abide by the guidelines set below. Please state these guidelines aloud to set the field.**



**I am here in the now**, physically and emotionally as I work with this material. I have no regrets for yesterday, life is in me today and I am now making my tomorrows.

**I accept myself** exactly where I am and as I am.

**I am open to others** being exactly where they are. I take responsibility only for myself.

As I alter my relationship with myself, **my external world will alter** accordingly. My way of speaking and dressing may change – I allow it to happen and simply witness it.

**I am curious and compassionate** with myself in this deeply transformative process.

**When I start to take responsibility** and start to see myself as the source of my experience, I do so from a place of profound self-acceptance, curiosity and from a very impersonal position. I relate to my own experience as collectively part of the human experience. (Rather than shaming, blaming or making myself wrong.)

**I am open and ready to change** noticing any resistance that comes up.

**I refrain from giving advice** or rescuing anyone else. I allow others to have their own process and personal space.

**I use “I” statements** when speaking about my own experience. I own my own feelings and take responsibility of them through my language.

**I do not speak slightly** of myself or others. I don't bring discredit to myself or minimize my abilities.

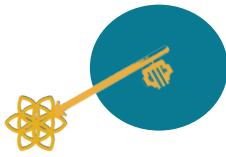
**I do not compromise** my own reality

**I am my own advisor.** I keep my own counsel, and select my own decisions.

**I am compassionate** with others but I am true to my own goals.

**If I fall out of ethics**, I acknowledge it, make up the damage done, communicate with anyone I need to make amends with and move on.





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## Within the larger Community:



**I activate my empathic listening** from source rather than ego or judgment. (I hear others as God hears them.) As people share, I give them undivided love, light and energy. I shower them with light and imagine them communicating clearly and effectively.

**I am aware of how I show up in the group** – my need to share/ my hesitation to share..

**If sharing about what happened in a group session;** I share from my own experience. I share what happened to me rather than using a name or adding judgment.

**I speak directly to others,** I do not gossip.

**I respect confidentiality** – what happens inside our group – stays in the group.

