



Guidelines for Harmonic Resonance

As you embark on this path of Self-discovery it is imperative that while you interact with this material and with others, you take the following into consideration...



Be here in the now physically and emotionally as you work with this material. No regrets for yesterday, life is in you today and you are making your tomorrows.

Accept yourself exactly where you are and as you are.

Accept others exactly where they are take responsibility only for yourself.

Our **external world will alter** along with our internal world. Our way of speaking and dressing may change - allow it to happen and simply witness it.

Be curious and compassionate with yourself in this deeply transformative process.

Look at yourself **as the source of your experience**, do so from a place of profound self-acceptance, curiosity and from a very impersonal position. Relate to your own experience as collectively part of the human experience, rather than shaming, blaming or making yourself wrong.

Be open and ready to change. Notice the resistance that comes up.

Refrain from giving advice or rescuing anyone else. Allow others to have their own process and personal space.

Make "I" statements. Speak about your own experience. Own your feelings and take responsibility of them through your language. Do not speak slightly of yourself or others. Do not bring discredit to yourself or minimize your abilities.

Do not compromise your own reality.

Be **your own advisor.** Keep your own counsel, and select your own decisions.

Be compassionate with others but true to your own goals.

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





Guidelines for Harmonic Resonance (cont.)



Activate your empathic listening from Source rather than ego or judgment (hear others as God hears them).

As people connect with you, **give them undivided love, light, and energy**. Shower them with light and imagine them communicating clearly and effectively.

Be aware of how you are showing up in your social life and of your need to share of your hesitation to share.

If you're sharing about what has happened in your life, **share from your own experience**. Share what happened to you, rather than gossiping or adding judgment.

Speak directly to others when you have a concern. No gossiping.

Respect confidentiality. What happens during deep intimacy stays close to your heart.

Own your feelings and take responsibility of them through your language. Do not speak slightly of yourself or others. Do not bring discredit to yourself or minimize your abilities.

