



# 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. No regrets for yesterday, life is in me today and I am making my tomorrows.

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

**I accept others** exactly where they are and take responsibility only for myself.

My **external world will alter** along with my internal world. 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 look at 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.** I notice the 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 make "I" statements.** I speak about my own experience. I own my feelings and take responsibility of them through my language. I will not speak slightly of myself or others. I do not 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 true to my own goals.

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

