



CREATING THE VESSEL

1. We bring as much Presence as possible to each moment in the group. We come with a willingness to see with new eyes and hear with new ears.
2. We listen deeply as others are sharing, tuning in to the deepest meaning.
3. We allow each person to travel their own unique journey and thus accept our differences and let go of our personal positions that might create separation with another.
4. We take responsibility for our reactions, our responses, and our experiences.
5. We respect each person's sharing by refraining from giving advice, knowing that each person is in their own process and their unique journey to the Divine.
6. We speak from our own experience, our lived and felt experience that is immediate and real, and less from our mental concepts and opinions. We listen to our hearts' knowing and our bodies' wisdom.