

# Ground Rules

A reminder that this is a training to become a producer of life-changing transformation for other human beings. The way in which you participate in this programme is also part of your training.

Integrate these ground rules into how you show up here, and you will learn to integrate them into how you show up in life, in your work and in everything moving forward.

**Every value here is part of what it takes to be a space for human beings to come home to being.**

Start being this now.

## 1. INTEGRITY

Always be on time for every session. Showing up ready to work, ready to dive deep into inquiry. Ready to listen. Ready to learn.

## 2. RESPONSIBILITY

Be 100% responsible for your own experience. Whatever is happening inside of you and in how you are seeing things, viewing things and experiencing life is yours to inquire into, learn about and be responsible for. You are the source of your own experience. Start practicing this now and it will be the foundations for the power of the container you become for others.

## 3. COMMITMENT

Do your work, study, learn, read, practise. Commit yourself not only to the homework and the process but to your vision. To why you are here, to who you wish to become and to the vision you are ready to realise. You are the power, make a stand for you and this, and you will learn to become more powerful in your life and in your work.

## 4. CONFIDENTIALITY

Everything here stays within the walls of this training. Everything any of your participants share, anything you share is strictly confidential. You are welcome to share your own feelings and experience with others outside this circle, but everything else stays within the circle. This is gold that will be what you practise and honour for the rest of your life. Learn to value other human lives, learn to honour every expression, every experience here, and you are learning to value human life itself.

### 5. ACCOMMODATE

Make yourself available for this process, for each other, for the training. Make yourself available for your tutors, for your facilitators. Make yourself available for life. Show up, don't hide away, don't put walls down, accommodate what is needed for the process of training you.

### 6. COMMUNICATION

Share yourself with responsibility. Be willing to be seen, be willing to be honest, open, human. Be willing to share your experience so you are not hiding and so others have the gift of learning from your honesty and humility. The more you realise you are part of the human race, you are more than just a 'me', you are part of the whole, the more empathy you will learn for other human beings. Your communication is a generous act for yourself and others around you.

