

1. Give and receive welcome

People flourish in hospitable spaces. In this group we support each other by giving and receiving hospitality.

2. Be present as fully as possible

Be here with your doubts, fears and failings as well as your convictions, joys and successes; your listening as well as your speaking.

3. What is offered in the group is by invitation, not demand

Participate in whatever way your soul calls for and know that you do it with our support. Your soul knows your needs better than we do.

4. Speak your truth in ways that respect other people's truth

Our views of reality may differ but speaking one's truth in a session does not mean interpreting, correcting or debating what others say. Speak from your centre to the centre of the circle using "I" statements, trusting people to do their own sifting and winnowing.

5. Attend to your own inner teacher

We learn from others, of course. But as we explore poems, texts, questions and silence in the group we have a special opportunity to learn from within. So pay close attention to your own reactions and responses.

6. No fixing, saving advising or correcting

This is one of the hardest guidelines for those of us who like to "help". But it is vital to welcoming the soul, to making space for the inner teacher.

7. Trust and learn from the silence

Silence is a gift in our noisy world, and a way of knowing in itself. Treat silence as a member of the group. After someone has spoken, take time to reflect without immediately filling the space with words.

8. Observe deep confidentiality

Trust in the group depends on knowing that whatever we choose to share will remain with the people to whom we choose to say it.

9. Know that's it's possible..

To leave the session with whatever it was that you needed when you arrived, and that the seeds planted here can keep growing in the days ahead.