

Development Circle Ground Rules

The following are the ground rules for my circle. I am going to cover this so everyone knows and understands that we are here to support each other in our Spiritual development. It is helpful that we remember the following:

- **Be on time.** On time to me is that you are sitting in your circle seat ready to begin exactly at the start time. Signing in and paying should not be part of the initial time allotted. I understand that there are times that cannot be helped. Sign-in and pay at the end.
 - The seats closest to the door will be left open for latecomers so we do not have people crossing in front of people once we have started.
 - Once the meditation has started, please wait to join the circle and remain on the bottom of the staircase until meditation is completed.
- **If you're not feeling well, please consider not coming.** Let me know and we will be happy to send you healing energy.
- **Come dressed comfortably.** Keep your shoes on.
 - Jeans are acceptable during Circle – just not platform/public demonstrations.
 - Understandably during winter, you may have boots, bring a pair of slippers.
 - Be aware of possible allergies, limit your perfume/cologne use on days of Circle.
 - Place coats, bags and phones in the designated area. The only thing you should bring into the circle are your notebook and pen and only water to drink in the circle.
- **Give full attention to whoever is demonstrating,** sending positive energy to those that are working.
 - Do not fidget in your seat or get up while someone is working.
 - There should be no talking or other distractions while others are working, it is distracting and disrespectful. This is very important when we break into groups.
- **Give honest feedback** on messages, this is how we learn from each other.
- **No question is unimportant,** please ask them. There may be times I will move the question to the end, I promise we will do our best to answer all questions.
 - Remember we are not all on the same level, and I understand that it can be a little boring to go over basics repeatedly.
 - It is important that we all share our experiences and struggles. Often it is others in the group sharing their experiences that create breakthroughs for someone struggling.
 - If I can learn something every time I teach, so can you.