

## **Grounding Rules and Guiding Principles**

1. Please mute your mic after you've had a few moments to settle into a comfortable chair, say hi to a few others arriving, and then we will be able to listen to the words ahead.
2. Hold space for others to be silent, to question, to engage, to nod along, to speak up or step back as needed. Share time, space, and love in each moment we share together here.
3. As your facilitator I will help support and guide all of us through this together.
4. If an emotion comes up, honour yourself, and all of us with that. Don't feel that you need to hold back tears, sadness, joy, laughter, frustrations, if you feel they might flow.
5. Respect each other, and remind ourselves that we all receive teachings/knowledge/messages in different ways and the ways in which I share or you share will be different than the ways in which others do.