



Intentions:

- Temple of the Sacred Heart is a virtual sacred space to remember, experience, and deliver the medicine+the connection to Divine+the sacredness within.
- It is a space and time to be together, remember we are not alone, and activate the power of Divine connection and prayer in communion.
- It is a place to nurture and practice discipline and devotion to Truth and Love; To Be with What Is, the Truth, our Hearts.

Tenants:

- We are related to all beings within Creation. The two legged, the four legged, the winged, the beings that crawl and slide along the ground, the plants, trees, and the living Earth, are all our relatives. Everything is interconnected and interdependent, the wellbeing of the whole determines the wellbeing of any individual part.
- This inter-relatedness helps us recognize the equality of all people, all living beings, and to recognize and embody the play of Divine Will.
- All are welcome, non-denominational, non dogmatic, not based in any one religion, faith, belief, culture, text, etc. In our practices we will experience and engage in presence with (honor) many of the infinite manifestations of God/dess.
- Live in a life-affirming way, in relationship with all things and in accordance with the natural order of the universe, as a natural path of integration and expansion through limitation and separation.
- Be of service in the ways you can and encourage others in their service.
- We are the creators of our safety and containment, and the generators of connection to family and community.
- Remember the True Nature with each breath.
I am THAT. I Am That I Am. I Am Truth.

Community Agreements:

- Try It On:
 - Be willing to “try on” new ideas, or ways of doing things that might not be what you prefer or are familiar with. Practice Self Focus: Attend to and speak about your own experiences and responses. Do not speak for a whole group or express assumptions about the experience of others.
- Understand The Difference Between Intent & Impact:
 - Try to understand and acknowledge impact. Denying the impact of something said by focusing on intent is often more destructive than the initial interaction.
- Practice “Both / And”:
 - When speaking, substitute “and” for “but”. This practice acknowledges and honors multiple realities.
- Refrain From Blaming or Shaming Self & Others:
 - Practice giving skillful feedback.
- Move Up / Move Back:
 - Encourage full participation by all present. Take note of who is speaking and who is not. If you tend to speak often, consider “moving back” and vice versa.
- Practice Mindful Listening:
 - Try to avoid planning what you’ll say as you listen to others. Be willing to be surprised, to learn something new. Listen with your whole self.
- Confidentiality:
 - Take home learnings, but don’t identify anyone other than yourself, now or later. If you want to follow up with anyone regarding something they said during a session, ask first and respect their wishes.
- Right to Pass:
 - You can say “I pass” if you don’t wish to speak.
- No cross-talk, speaking to others shares unless invited etc
 - Crosstalk is interrupting, giving advice, or making comments about another person’s sharing. It is also talking to someone or making distracting noise during sharing time. When others share with us, just listen; our reality, our truth, our ideas, our feelings, our self-image, our beings are affirmed. We do this by presenting all statements in the “I”, first-person, form.
- Some ideas you may consider:
 1. Our common welfare comes first in this container; the individual wellbeing and community wellbeing are interrelated.

2. Some possible responses to disruptions may be: To review the guidelines and agreements with the participant in a separate conversation; To ask those who disrupt to leave; etc.

(Adapted from: The Agreements for Multicultural Interactions at EBMC, Adapted from Visions Inc, "Guidelines for Productive Work Sessions" www.visions-inc.org & ACA Meetings.)