

Experimenting with Inward Guidance as a Community

- *What guidance arises for us as a people?*
- *What advice, queries, directions, concerns are guiding us?*
- *What insights or practices are we learning?*
- *How are love and truth prospering among us?*

Agreements to Practice

- Affirm myself and others, no put downs or put ups.
- Stop, listen, don't interrupt.
- Speak simply and honestly, without fear of mistakes.
- Speak my own experience, not others' without permission.
- Make friends, not enemies, with people similar to and different from myself.
- Ask for and offer hospitality, feedback, and help.
- Tend emotion, then speak directly if in dispute.
- Use what's needed and share the rest fairly.
- Use my rights to pass and to ask for consultation.
- Volunteer myself only, not others.
- Take care of each person, the community, and nature.
- Live in integrity with life's transforming power.

Assumptions

- Everyone is good and capable.
- The Earth is beautiful and generous.
- Focus on healing & transformation, not theology or therapy.
- Act as learner and teacher; follower and leader.
- Everyone's journey is different.
- Include all ages and backgrounds.
- Learn through experience, reflection, and expression.
- Value commonality and diversity.
- Commit to personal change in private and public life.
- Discern decisions together.
- Participate voluntarily, not required or coerced.
- Practice! Enjoy!

Buffalo NY 2025

Experiment with Inward Guidance

for people committed to being inwardly guided by Spirit – love, conscience, life's transforming power – as an individual and a community, who are committed to:

- **Let go** and open to Inward Guidance.
- **Be transformed** inwardly and outwardly.
- **Test discernment** by its nature—persistence, seemingly impossible or trivial, not my desire nor rigid certainty, ...
 - **Writing a log** of the experiment.
 - **Reading others** who experimented with inward guidance.
 - **Meeting** regularly with companions and a community.
- **Record** what's affirmed.
- **Publish** insights, practices, advice, queries, directions, concerns.

Agenda

(Timing will be inwardly guided)

½ hr: Open with food and visiting

1 ½ hrs: Listen inwardly expecting messages for us as a people

Testimony on insights or direction compelling an individual

Testimony on advises, queries, or direction for community

Share what we're learning from reading or our experiment

½ hr: Visit, eat, sing, depart

Time, Location, Questions: call 607-587-9111

Bring: Your current reading, journal, pen.

Optional: songs, music, and soup or bread to share.

Provided:

- Food: soup, bread, rice, butter, water, and tea.
- Play Room: with story books, blocks, and crafts.
- Inspirational table for books, readings, and songs.
- Community journal.

Listen Inwardly

- Stop, let go of tension in the body and mind.
- Open to Spirit and life's transforming power.
- Wait, expecting a message to come for us as a people.
- If a message comes for you, keep it inside and let it work on you and write it in your journal.
- If a message comes for the community, share it with others.
- Apply insights in your daily life and experience the fruits.

Tests of Discernment

- Transformative inwardly and outwardly.
- Persistent in silence, stillness, solitude.
- Nearly impossible or seemingly trivial.
- Not necessarily what I desire nor rigid certainty.
- Writing in a journal or publishing.
- Spiritual texts or writings of others who have experimented.
- Feedback from companions and community, recording what's affirmed.
- Published as insight, practice, advice, query, direction, concern.
- Fruits of living out insights, practices, and directions.

Companions

- 2-4 people meet every 1-3 weeks.
- Share time equally to give each person good attention.
- On your turn, take time to do what you need:
 - Listen inwardly.
 - Discharge emotion.
 - Seek insight and direction.
 - State what is clear.
 - Ask for reflection or feedback.
- During your time, do YOUR work. Don't spend your time explaining yourself to or taking care of your companions.

Test Individual Discernment

- Speak your best sense of truths guiding you now.
- Ask others to reflect back what they heard: "What I heard was... Is that right? ... Is that enough?"
- If ready, ask for feedback on whether it rings true – not if others like, agree with, or understand it. "I sense life and power in [it or this part of it]..."
- Record what is affirmed for the individual, a few people, or a whole companion group or community.

Test Community Discernment

- Raise one insight, practice, advice, query, direction or concern at a time.
- Ask: Is it clear? If not, seek clarification. When clear, continue.
- Each person speaks from their own experience of their best sense of what is true for us as a people.
- Consider one suggestion or concern at a time. Ask: Do others share this suggestion or concern?
- Listen until the threads start repeating.
- What is our best sense for us as a group? Do we have a single convergent or a resonant set of directions?
- Are we in accord or discord? Do we feel easy or uneasy?
- Note: We do not seek unity (agreement). When we come into what's true together, we find ourselves united.
- Publish what is affirmed by the group in writing, pamphlets, books, curriculum, law, songs, art, etc...

*"Live up to the light thou hast, and
more will be granted thee."
~ Caroline Fox, 1841*

