



## Forgiveness Friday Credo

Our core values for sacred communication in our gatherings are:

- ♥ 1. We agree to keep everything shared in the session confidential.
- ♥ 2. We intend to listen and be attuned to Spirit rather than the ego. We see each other as whole and perfect, therefore no one needs our unsolicited advice. If someone asks for suggestions, we share what has worked for us, or what we might do, while being mindful that we have no way to know what anyone else “should” do.
- ♥ 3. We respect each other’s sharing, knowing that when we respect others, we respect our Self because all is one. This makes our gatherings a safe space for people to be transparent, authentic and real without worry or fear of being judged.
- ♥ 4. Together we practice being present in the now through active, compassionate, and reflective listening, remembering that Love is our healer. We take responsibility for our thoughts, words and actions as part of our spiritual practice. We are willing to recognize that we are responsible for the world we see without blaming anyone, including ourselves.
- ♥ 5. We practice mindfulness and are mindful of our time when sharing or reflecting on the share, so that others will have time to share or reflect also. Through mindfulness we practice being fully present and avoid multitasking and doing things that are distracting.
- ♥ 6. We respect each other’s opinions and judgments without making them wrong or needing to change or correct them. Through Love, respect and compassion we heal any belief in lack, limitation and separation.
- ♥ 7. We trust that our gatherings are a sacred process of healing and transformation and that we are all being led and guided by Spirit.
- ♥ 8. We hold a sacred space for each other, which is the active practice of knowing the truth for others when they might not see it for themselves. We treat each other with kindness. In our conversations, we express compassion during challenging moments, and we celebrate spiritual insights and breakthroughs.
- ♥ 9. If someone in the circle seems to disrespect the values we hold, our first response is to recognize an opportunity to let any judgment go, because we are

learning that all judgment is self-judgment. All forgiveness is self-forgiveness. We're learning to Love without conditions.

💖 10. If we become triggered by anything (or anyone), we receive it as an opportunity to recognize the Divine Alarm Clock going off - meaning that it's an opportunity for us to take responsibility and heal some false belief we have and remember the truth that sets us free.

💖 11. We practice knowing that while we are perfect in our spiritual nature, if we seem less than perfect in our human experience, we are still fully lovable, and we help each other in knowing that!

**Power of Love Ministry Disclosure Policy:**

In order to provide maximum support and ensure the safety of all participants, any mention or discussion of taking their own life or of abusing a child or an elderly person will be reported.