



Suggested Guidelines for Doing the *Calling in “The One”* Course with Others

If you're able to do the *Calling in “The One”* 7-week course with a group of like-minded peers, here are a few suggested guidelines to help you realize the highest potentials this group holds for profound transformation.:

- 1. MEMBERSHIP.** I suggest you make this a closed group. This means no more newcomers after the first or second meeting. I also suggest you choose members who can attend most, if not all, of your meetings. If someone knows that they'll miss more than one or two meetings, it's best they wait to join another group. You're also encouraged to stay in contact between meetings. Members may want to choose buddies they go through the entire course with, or perhaps the group may prefer rotating buddies each week.
- 2. MEETINGS.** I suggest you meet for at least nine weeks, which will allow for a “Getting to Know You” introductory meeting and a “Closure” meeting, as well as the seven weeks of the course. The location, dates and times of your meetings should be decided upon in advance, so that everyone understands what they are signing up for. Make sure the location you choose is private enough for people to share deeply from their heart.
- 3. HOSTING.** You may want to share the role of host, choosing the host for next week's gathering at the end of each meeting. The host will be the one who brings drinks and snacks should you be meeting in person, and who would also contact everyone should there be a change in the time or location of your meeting.

The host can also serve as time keeper by dividing the available time between members, and keeping everyone on track for all members have equal time to share.

- 4. HONOR CONFIDENTIALITY.** The most important way to create safety and group cohesion is to protect the confidentiality of each member. That means to not reveal the identity of members to anyone outside of the group. Do not repeat what is said in a meeting to others, including those not in attendance. Do not post photos online of members without their express permission. Do not record your meetings without permission from all members. Do not gossip about each other or in any way violate the trust and integrity of your group. Relate only in ways that build respect, trust and appreciation. Without establishing this level of safety, the group's effectiveness will be undermined and may actually be sabotaged entirely.

- 5. OFFER ADVICE ONLY WHEN ASKED.** Rather than offer your advice or opinions about the shares of others, simply share what touched, moved and inspired you. Though it's sometimes difficult to refrain from "fixing" others, it's important to remember that the simple act of lovingly listening can be extremely helpful and healing. Bottom line: make sure that the word I is being used far more often than the word you. For example, "I noticed how much I wanted to make it better for you when you were sharing," instead of "You really shouldn't feel that way."

- 6. ABSTAIN FROM ALCOHOL AND/OR NON-PRESCRIBED DRUGS BEFORE AND DURING MEETINGS.** As you're coming together each week to do deep inner work inside of a shared commitment to transform your love lives from the inside out, it's probably best to save the martinis for after your meeting, and not before or during.