

2022 Practice at the Crossroads Mentorship: Community Guidelines

HOLDING SACRED SPACE. We maintain the integrity of the group by holding all personal information shared during the Mentorship in confidence.

AIM FOR KINDNESS, SETTLE FOR CURIOSITY. Be kind and compassionate to one another. Recognize the wholeness of the group and honor the individual gifts of each member, holding each person in the highest possible regard. Look for the potential value in all of the experiences you encounter during the year. Be curious about likes as well as dislikes, sympathies as well as aversions. When you have a strong aversion to a person or an activity, look inside to see if the aversion is in fact reflecting some disowned part (shadow) that could be integrated to help you discover more of your wholeness.

ACCOUNTABILITY. During the duration of our time together, please be accountable to time commitments and aim to be present for all meetings. If for any reason you are unable to attend a portion of any Mentorship gathering, let Benjamin know and review the recording on your own time.

TAKE RESPONSIBILITY FOR YOURSELF, YOUR WELL-BEING, & YOUR BOUNDARIES. When left unresolved, negative moods, upsets, and resentments can be as contagious and destructive as a virus. We invite you to regard upsets as doorways to new possibilities rather than problems to hold onto. In the presence of an upset, complaint, or concern, reflect rather than react, and then take an action towards change. Speak directly to one of the group facilitators about your upset, or do what you need to do to let your upset go.

WE DON'T KNOW WHAT WE DON'T KNOW. In order for something new to arise, we sometimes must pass through a time of chaos, when an old structure dies and a new structure has not yet come to life. During these times of chaos, we cannot always know what's coming next, which may lead to feelings of uncertainty and anxiety. Stay open and gentle with yourself as you cultivate an attitude of non-resistance in the face of the unknown. Don't rush back to old solutions, habitual patterns of response, or familiar ways of knowing. However, if chaos or not knowing feels like too much, take a breather and do what you need to do to feel comfortable.

RELINQUISH SEPARATENESS, CELEBRATE DISTINCTION, HONOR DIVERSITY. We don't want to use our time during this course to debate if oppression and systemic inequity exists in health care. We are creating this space fully mindful of these realities. As Alchemical Healers, we recognize that healing the individual is interconnected with healing these more global inequalities as well as addressing environmental degradation and injustices. We hold that personal inner work is a necessary prerequisite for creating outer change. We begin by honoring the diversity of human experience and acknowledge that a multitude of realities can and do exist. We recognize that the stories of our souls are unique, and tethered by the richness of our ancestry, race, class, sexual identity, culture, and history. We invite you to bear the discomfort of difference, while embracing the possibility of understanding and connection within that difference. Cultivate empathy toward others, but also towards yourself, as we share in community our experiences and challenge our conscious and subconscious beliefs.

IF IT FEELS SAFE ENOUGH, LEAP! Take care of yourself during the Mentorship by refraining from doing anything that is not in accordance with your own emotional and physical safety or personal values. But whenever possible, take risks and stretch beyond your own comfortable limits in order to grow and learn.