

## **BOUNDARIES – For Young Woman’s Mystery School.**

Thank you for choosing to become an initiate of the Young Woman’s Mystery School – I hope you will find it nourishing and I look forward to working with you to strengthen and enhance your spirit.

This is a chance for you to build and attend to your deep soul life, free from judgment and interruption. This is real work and will echo through your life for years to come it is the work of—sowing, receiving, mending, creating and noticing.

In order to protect the space we meet in I would like to make the following boundaries clear and ask for your agreement.

We are all mutually responsible for the safety of the circle we work in. If there are any issues that you find unsafe or that you feel are unsafe for you, you are responsible for speaking up and talking with the group or Jane about this. If Jane feels there is any issue raised that will impact on your safety she will pass this on to your parent. Your safety is important.

What happens in this workshop stays in this workshop. In order to respect the sanctity of the process here we each have to trust each other to hold our sharings and experiences safe. I take this really seriously and ask you to do the same. If something is revealed in the group that impacts on your safety or the safety of others it will be referred to your parent.

This event relies on “courageing” meaning we are actively building our courage muscle – the work requires us to “*turn up bravely*”. The focus of our exploration is to deepen our understanding of what it is to be a woman. This is deep work and requires us to step into a level of engagement uncommon in the regular world. Topics may be new or have a new slant so an open mind is crucial.

During the workshop which starts promptly at 5:30 (you are welcome to arrive a little earlier to settle in) we will treat the room as sacred space. This means we move out of ordinary daily life and into a deeper way of engaging. The way we gather is a strengthening and deep dwelling process. Commit to turning up to the workshop with due respect for yourself, the other members of the group and the process.

Please arrive promptly with phone on silent, heart open and your willingness to explore turned on. If you are late please wait until the door is opened, enter quietly and still yourself before engaging with the work. Know that there will be a warm if silent welcome for you. Phones are on for emergency use only. Please respect the group conversation and do not use your phone during the gathering.

The work we create is unique to us and no one’s perspective is any more worthy than any one else’s’. We are all worthy. Keep your eyes and focus on your work and process. “Comparison is the thief of joy.”

When we are doing the creative work we will be working in silence. Being able to attend to the compassionate inner voice is much easier when there is no chatter. This silence extends to the voice

of the inner critic. This workshop is a space for compassion and self-care. When we are in the creative act our best approach is to employ the compassionate voice. When you hear the inner critic rise up, please engage the “inner no” and choose to turn to the compassionate voice instead. This requires practise, please don’t let your inner critic criticise you for not getting it first time (he is a tricky blighter).

Jane is available for working through creative issues. Please check in with her if you are feeling stuck, bored or have no energy for what you are doing, but only after checking in with yourself for guidance.

We have a no comments policy. This means neither positive nor negative comments related to people’s work. This can be hard to fathom at first but makes more space for people to try things without worrying whether it will please others or not. It allows us to respond to what turns up rather than vetting it for approval. Recognise that in a group like this there are bound to be different opinions from your own. It is important to practice the stand that everyone has a right to their opinion and any judgement about “right/wrong” is unwelcome in this circle.

This can be deep dwelling work. If feelings arise, please do your best to stay with them, allow yourself to be present with yourself, be witnessed. Remember, you will not be judged. Please don’t rush in to “fix” what might be sad or frustrating for someone else. Strengthen them instead by holding space for them to be the strong person they are. Sometimes we need others to remember our strength for us. Sometimes the strongest thing we can do is feel what is going on for us.

Attend to your needs. If you need to lay down, make tea, stretch, whatever, please meet your needs with consideration for others. This is your time and space to bond with your inner life.

There will be group conversation about the process. Please turn up for this with warmth and compassion. Try to listen from a place of curiosity, non-judgment and remember we are witnessing and not fixing. Your sharing is valuable and often how we learn the most is from finding we are not the only ones experiencing something. Please avoid offering advice. Again let’s respect each other as capable of finding a way. You are free not to share.

Returning to the world can be a shift after this kind of process. Remind yourself to be kind and in self-care as much as possible. Self-care includes talking kindly to yourself, gentle holding, softening the breath, drinking water.

The most important things to remember are: SELF KINDNESS, TURNING UP BRAVELY, TRUST WHAT ARISES.

