

Suggested Guidelines for *The Way of Mastery* Facilitators

The elemental guideline for facilitating *The Way of Mastery* (TWOM) study groups is to follow your inner voice / higher self / the Holy Spirit. Go within your heart and ask, you'll know what to do, you will feel it. Sometimes you may hear nothing or to do nothing. The Holy Spirit will work through you. If our thoughts are one with God, the following guidelines are not necessary. Follow the Holy Spirit's voice within you.

We do recommend, especially for new groups starting up, that everyone read [Let Us Continue in the Greatest Story Ever Told!](#) and [How and Why the "Greatest Story" Came into Fruition](#). They are free PDF files for downloading and printing at www.shantiChristo.com. Click on the "Our Essential Purpose" link. These two readings will help nurture the commitment to listening to the Holy Spirit and formulate your group's intent.

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The study groups that are held at the Shanti Christo Foundation follow these guidelines:

1. Suggested length of time for group meetings is up to the facilitator. We found 2 hours to be adequate.
2. Read from the book and/or play the CD of *The Way of Mastery*, depending on the group's preference. We have found that many group members like to read while listening to the CD.
 - a. Pause frequently to allow the material to settle into the feelings of your hearts, it often leads to sharing of thoughts and experiences.
 - b. It is best that each person have their own TWOM book to continue the exercises and reading after the group meeting.
 - c. If you want to bring material other than TWOM to the group meeting, we recommend that it be in alignment with the lesson and topic being studied.
 - d. Set your **Desire** to receive, feel and understand the lessons. The lessons are designed specifically to open our hearts to joy. We may just become happy learners in the process.

As we have said to you before, when your will is in alignment with the will of God, you will discover that God's will for you is that you be genuinely happy through and through, content, fulfilled, at peace, empowered, capable, and responsible. (WM 58)

3. Start the study group on time. Encourage participants to be on time. If participants cannot be on time, have them enter silently, there may be a miracle in the making that may end prematurely.

Meditation, music or some type of centering is recommended before the study group to focus your thoughts.

4. When sharing, these suggestions are very helpful to keep everybody on the same track:

- a. Avoid cross talking or side talking, or talking to each other while others are speaking. Only one person talking at any time does away with interruptions and sometimes confusion.

- b. We recommend avoiding the temptation to help “solve” or “fix” a situation, correct someone’s errors or misperceptions or trying to heal them. Avoid advice giving and “processing” someone’s issues. Refrain from placing yourself in an advisory position.

Cultivate a deep love and respect for yourself, for you are not here to "fix" the world. You are not here to "fix" your brother or sister. It is only love that heals. . . . (WM 8)

For the way to heal the world is not by seeking to change what is on the outside, but by first changing what is on the inside. . . . (WM 29) And when you change your mind, you literally change what you experience in the world or the solar system in which your self spins. (WM 56)

- c. Set your **Intention** to hear only the voice of the Holy Spirit. This may take practice to stop, pause and listen before entering into any conversation or making comments. It also takes vigilance, not against the ego's voice, but for the Holy Spirit's. Give yourself a break if you can't hear the Voice or if you mistakenly hear the ego rather than the Holy Spirit. Do not feel guilty or bad about this, it's just practice time. However, Remember:

For it is now up to you, alone, to decide to acknowledge the Truth, to decide what you are committed unto – the voice of the Holy Spirit or the voice of fear. (WM 286)

Also set your intention to hold witness of the Truth for each other.

d. Encourage sharing of thoughts, ideas and feelings that are related to what is being covered in the lessons and how they can or are being integrated into their lives. Try not to bring up tangential issues that are not related to the topic. Stick to topic.

It is very helpful to pause 5 seconds before sharing in a group meeting. Keep stories short, to the point and in alignment with the topic being shared or discussed. You may be asked to limit the time one person shares their experience. Again, listen to the Holy Spirit before stopping someone. Ask internally if it is appropriate to share or make comments on someone's share.

Confidentiality: Stories and/or information which is said in confidence should remain that way – not be shared with others unless approved by the originator, with or without their name. This sets an intimate atmosphere where people feel they can be open with their feelings in a safe environment.

Be considerate and aware of others. Have an open mind and be compassionate listeners. Remember we are all mirrors for each other.

e. Allow, allow, allow.... For the most part, we allow and embrace everybody's "opinion" and even the "rants and raves". It is all part of the learning experience and a good time to practice forgiveness.

Allow others their comments without making comments on comments. Stay aware – as much as possible – of your thoughts, judgments and comments. Again, this will make for a safe haven for those wishing to express emotions or deep-seated issues without feeling judged. Spiritual ego input will often make someone feel judged. This also has the affect of stopping the miracles or true healing from occurring. (And if you still have difficulty, we have TWOM duct tape! 😊)

Therefore, I learned – and learned well – that forgiveness is an essential key to healing. The opposite of forgiveness is judgment, and judgment always creates separation and guilt. Judgment will evoke a sense of guilt in the one that has been judged, unless they are perfectly awake. (WM 25)

f. Surrender all perceptions to the Holy Spirit including those that seem to be offensive to you. For example, if you feel criticized from what someone said, try this surrender:

Look upon a scene in your memory in which you have been the one being critical. Look upon it with deep honesty and sincerity, and say to yourself:

I forgive me for being critical. I forgive my judgment of myself. I choose to teach only Love. (WM 36)

When I walked upon your Earth as a man, I began to realize that the greatest gift that I could ever receive would only come to me as I chose to surrender every perception that I might conjure up about you, my brother or sister, that would veil the Truth that is true about you always. (WM 24)

g. Sincerity is always good, but avoid seriousness. Humor is good! To relieve the intermittent intensity of the study, an occasional joke works well to keep it lighthearted ☺

It is seriousness within the mind that is the creation of ego. (WM 3)

The thoughts of joy and of forgiveness are in alignment and reflect the Truth that is true always. (WM 14)

So engage in your exercises with great zeal, with great joy and above all, with great outrageous playfulness! Learn to look with innocence upon all that arises. Abide lovingly with your creations. If you put these little exercises to work, much indeed, will arise. Practice, then, well. And practice with joy. (WM 23)

5. Other Ideas

Give all newcomers a recommended guideline packet.

Partnering people to do exercises with each other outside of the study group.