**Heart Lab Group Participation Agreements**

The primary requirement for membership in Heart Lab is a commitment to mindful + compassionate awakening and recovery.

We ask that every member ***also be regularly practicing one of our principal modalities in at least one other way;*** for example, a weekly recovery group, therapy, a mindfulness practice or a mindful self-compassion support circle. It counts if a person has in the past been a part of such ongoing support. We trust that individuals can decide for themselves whether they meet this criteria of doing some other ongoing practice.  Our intention in asking this comes from our experience that just doing one thing a week may not be enough to establish the momentum that we need to break our deep-seated habits.  And perhaps understanding this may move someone looking at Heart Lab to consider adding other wholesome supports on their new Journey.

We ask that each member have a daily practice of Mindfulness and Self Compassion.

Our common welfare comes first.

We honor confidentiality.

We speak and listen from the heart with respect.

We show up authentically and honestly.

During check-ins feedback is offered only as requested.

We take equal time.  We use a timer.

Leadership is shared.  We ask all to share leading and doing any necessary work.

We discuss no outside issues like religion or politics which may divide us *unless;*

1. The topic is collectively agreed upon for principled process purposes &
2. Discussion is safely structured + guided by realistic healing and unifying intentions.

Heart Lab offers an established initial ten-week training introduction.  Two leaders with Heart Lab experience facilitate these ten weeks.  However, all members begin taking turns facilitating readings, meditations and exercises beginning in week two.  One of the leader’s primary tasks is to delegate, train and support all participants into shared servant leadership.

After the 10-week training group members will meet to decide whether and how they will continue as a Heart Lab Support circle.  Thereafter they will make all decisions about scheduling and shared leadership together.

Heart Lab is a practice group, a place for individuals to work together.  We also support each other to deepen our personal practices.  So, our final commitment is to keep stretching ourselves into whatever is calling us next.

We want to emphasize that Heart Lab meetings ***are*** ***not a substitute*** for any recovery or 12 step meetings. They are more of a supplement. The two seem to go hand-in-hand for many of us and deepen our practice in both.  If you have any questions about that please talk to a Heart Lab teacher. We care about your wellbeing.  The nature of our work together includes turning towards the unfinished business within us.  If things come up for you that are difficult or challenging, we hope you will also turn to whatever supports your need from professionals or peers.