

Staying safe

Eight things to check before you commit to a self-help or spiritual development program

1

Trust your intuition

If something feels off, believe yourself, even without a fully articulated reason why.

2

Ask questions

Are you allowed to ask them freely? Notice if questions are welcomed, deflected, or discouraged.

3

Notice how your body feels

Tension, unease, or dread are information. Physical reactions matter as much as what's being said.

4

Read any contracts carefully

Understand exactly what you're agreeing to before you sign or pay.

5

Know the refund policy

Ask clearly what happens if you want to stop, pause, or change your mind.

6

Ask about possible side effects

Intensive inner work can surface difficult emotions. Know what to expect and how it's supported.

7

Know who it's for, and not for

A trustworthy program is honest about who it doesn't serve well.

8

Research the leader's background

Look into their training, credentials, and how they handle concerns or complaints.

A program that respects your safety will welcome all of these questions.