

Ingredients or
Guiding / checking questions (Am I?)
From Enduring-Vow.

I started a list then and sat down tonight and added a few other things that have been relevant to me in our shared stewardship/collective awakening practices. Look forward to our next meeting.

- Genuinely letting go of whatever certainty, ideas or conditions I might have about how or what the direction or decisions of the group will look like
- Continually noticing and letting go of my self interest
- Letting go defaulting to conventional ideas of Other (heroes and villains), particularly in challenging situations
- Creating wonderful deep connections with people
- Willingness to allow myself and my viewpoints to be transformed by the group process
- Having the trust in the group intention & maturity that whatever process and decisions ultimately arise will serve the whole and being willing to recognize and revisit them when they don't
- Patience & curiosity– moving into the discovery rather than racing for a result
- Ability to lighten up and laugh at myself and others Fearlessness and honesty to share what's authentically arising
- Willingness to receive feedback from others that feels oppositional to my viewpoints or feedback that others perceive my actions or speech in ways that they feel is oppositional to their viewpoint or experience. Remembering to have compassion for the person sharing the feedback. Genuinely bearing witness to and recognizing and respecting the equality and individuality of each perspective

or view within the group

- Receiving all ingredients as essential to the whole & trusting that my particulars will be heard by the group and included as an ingredient...and then, recognizing that my views and perspectives are simply one of many
- Laughter Ability to hold diametrically opposed viewpoints as ingredients - willingness to look at what's under or driving my own viewpoint and more willingness to let go of viewpoints that don't serve the whole Noticing the arising of internal judgments/rigidity/certainty/knowing (and remaining kind to myself as I feel them)
- Creating effective feedback loops so that the functioning of programs or whatever current systems we have in place remain dynamic instead of becoming stagnant
- Maintaining open and transparent communication and being open to new forms and ways to do that
- Keeping our vows and core mission in the forefront
- Consistent group council practice
- Having fun
- Appreciating and noticing the efforts of others particularly those who bring food or chocolate

Thank you all for this practicing together.
Gassho,
EV