

Dear Support Group Leader -

Blessings and love to you all – we hope you are having the best year yet of your Eternal Lives and acknowledge you for the work you are doing to arrive at that destination!

The information in this letter originated when an established Support Group ran into issues and requested our input and guidance. We have rewritten it to be generic and offer it to all Support Groups as a reminder that you will eventually be given some wonderful "opportunities to heal" as this group did. How you step forward will determine the outcome.

Our first question to you is "What is your Commitment?" If it is to heal - then anything unlike your commitment must surface. So, congratulations if it is surfacing!!! Recall that one of the most basic principles of the work is that what you cannot remain connected to LOVE in the face of, is your work! Only the ego mind will stand in its upset proclaiming the cause of its pain, confusion, upset and desire to punish must be someone else! A great question you might each ask yourselves is, "How does this look like *my* life?" No one in the group is facing anything outside of their own minds, their own process. And, as you have proven, healing happens! And, then the next layer comes up! What a blessing, your commitment to healing is advancing!

Recall that a Support Group is like a family and sometime or other all of our own family dynamics will surface and we get the opportunity to work through it all and heal. OR we can get lost in our stuff, get disconnected and blame others for our pain. It sounds like many have been doing a tremendous amount of worksheets and process and are making great headway in staying connected to Source. We have not heard from everyone involved in the conflicts, but, we assume that each is committed and actually putting the pen to the paper and doing worksheets around *their* issues. And yes, there will be MANY more opportunities to learn Forgiveness when a group committed, as you are, come together to embody Truth!

We would also like to express our appreciation. To be willing to stay in the position as facilitator in the face of what may seem to be an uprising is evidence of your growth and strength. Now going for over 2 years - that is tremendous!! There are not many groups that continue consistently week after week like you all have. We honor you for that and encourage you to continue in your work and commitment through this time of healing. This too will pass.

And now for the good news and the bad news. In forming any community, if it is to go beyond the niceties of the distant social intercourse that passes as our society, there will be a period where chaos reigns! All of the "stuff" that is never dealt with in our "nice" ways of interacting boils under the surface in every group. As a group, you are getting past the, "Lives of quiet desperation" that most people live in. This comes as a result of the presence of Love and a growing trust that makes the space safe enough for the craziness *that is in every one of us* to surface for healing. Control issues, fear, rage, punishment, gossip, slander, hatred, the silent treatment, leaving, strife, lack of support, envy, vengeance, bullying, being bullied, abandonment, self-righteousness and just good old fashioned pain are some of the things that will surface and heal IF each person involved uses the tools. Anyone not using the tools needs to stay quiet and back off of wanting to run things out of their insane (read that, Loveless) minds. This "Period of Undoing" is not usually pretty. In fact, if Love is not present, it can get very nasty! Keep up the good work, for in the end you will win the reward of your work and develop the rare ability to express as Living Love, regardless of circumstance. This is not an easily won reward – it requires something unusual in our culture – a commitment to the first and most basic Law of human existence – Love of God, Neighbor and Self. The culture teaches us to trust the modalities of the ego listed above and forgets Love. We acknowledge each involved for your commitment!

In the beginning we provided you with a list of suggestions and guidelines for facilitating. From what we have heard, there is one "point" in the list that is being challenged by a couple of your members - that of "being on time". **We encourage you that if it is a week where you are the facilitator then yes, you should be on time, however, if you are not facilitating a particular week and are late then it is your business only.** What does your tardiness have to do with anyone else? Things happen and being late is definitely NOT the unpardonable sin. Being late may give someone the opportunity to forgive his or her own "stuff" about the need to "be on time". Perhaps when they were growing up this was framed as unbearable or something - but if it brings up an issue for someone then it is their issue they need to work through. **DO WORKSHEETS!** It is unreasonable to imagine that being late would be cause for "barring someone from attending the group". **AGAIN, IF YOU ARE FACILITATING THAT WEEK THEN YOU SHOULD BE ON TIME** – in that case, each would have reason to voice support of you working through that issue. To the one that seems to be receiving the brunt of this complaint, while you may be late, you do your work and it shows in the changes in your life. Everyone should be so committed! We suggest you volunteer to support the person who wants to "lock you out" in doing worksheets on the topic - until they have forgiven the part of themselves that wants to punish you. Their healing the part of them that is "not allowed to be late" or has issues about being late will benefit everyone. You may see the times they were beat up on for being late or the times when they have beat up on others for being late (including you) surface and relieve them of much pain. Each one with that issue has work to do, and their work is their work. If "late" moves a person from Love to punishment, they need worksheet! You are giving someone an opportunity for healing if they will accept that. Congrats! (This does not mean that you have no work to do around the issue – just that the speck in your eye is yours not theirs.)

One point we had listed as most important was to **STAY ON SUBJECT**. This Support Group is about the **WHY** work. Reality Management Worksheets should be a part of **EVERY** week - forgiveness is the tool for changing our realities and it needs to be done repeatedly until it is part of our daily thinking. Do them together - out loud with someone volunteering to be the example. Hold the space of love and allow people to express what their reality is – don't try to change their reality only they can do that. Read "My Commitment" to each other – keep communication open and hold each other in love as each person speaks and as each person **LISTENS** allowing each other to experience and be responsible for their own realities. Anything that disconnects us from **LOVE** is another god and with it we initiate our own death. Our relationship with each other and our Source should be more important than any issue. Here is the newest version of the My Commitment. **HOLD THE SPACE! AND FORGIVE WHATEVER YOU CAN'T HOLD THE SPACE FOR.**

**I promise to TRUST you enough to tell you the Truth and be True to you.**

**I commit to always be sweetness in your life, to nurture you daily and treat you LOVINGLY, Gently and with Respect in my thoughts, words and actions, whether in your presence or not.**

**In every interaction, I Commit to affection for you, always looking for and acknowledging the highest and best in you and surrender to LOVE, our true nature.**

**My connection to God (my Source), my relationship with you and our Serenity will always be more important than any issue.**

**I open my heart to embrace you in my Love, and I open my heart to be embraced in your Love.**

**If anything unlike LOVE comes up, I will hold us in my heart and listen as I learn to speak, experience and be RESPONS-ABLE for my own realities.**

**I am here for and with you. I promise to keep communication open and keep LOVE conscious, active and present AS WE HEAL, CELEBRATE LIFE and GROW TOGETHER!**

Love is missing if someone is attempting to form a mutiny in the group (again, if you are that person, ask yourself, “How does this look like *my* life?” – it is probably not the first time you have created mutiny in a group) – that someone needs to stop and reconnect. I would also suggest that if someone is insistent that things change to their way – and they are not willing to process through what is up for them then maybe it is time for that person to stop trying to take the speck out of another’s eye while they have a beam in their own, instead of trying to change everyone else.

One more time - If there is ANYTHING that we cannot stand as a space of Love for - be it a person or a situation - then that is our work not theirs. If someone in the group is so focused on "loosing" people instead of doing their process then they are trying to avoid something they really need to deal with. We both have facilitated groups in the past where there were probably 10 or more people who would come on occasion and some quit after only a month or so. But we got new people too. Those who see the work in process will come when they are ready and when they come up against something they don't want to deal with they may run away. It is your "job" as facilitator to be there to lead the group that is there...not try to hang onto the numbers or fret about who left or why they left. We cannot count the number of times we did Support Groups and full weekends for one or two people! It is not a reflection of the facilitator. There are times when our plates get full and we have to let something go and it may be attending a meeting and then again many people just are not committed to doing the work continuously. It is a process and not something you get in one shot and then it is over. Most people want a one-time fix – for example many people want to “call on Jesus to save them” but they are not willing to do the work he said to do. It takes commitment and "cosmic grease" to be willing to keep doing the work. It is not for wimps!

If someone else in the group wants to assist in facilitating then great!!! But we would first ask that they have done and are doing their own work and have consistently attended the group for several months. They should understand and agree with the guidelines for facilitating. Especially that the topic remains on WHY AGAIN and they use either the book or tapes and that the group does worksheets and stays on topic. Take turns in facilitating ... or allow one week a month for a new person to get their feet wet by letting them facilitate. All facilitators should hold each other accountable so keep yourselves open for times when maybe you too get off track or take an exceeding amount of time getting one point across. We can all use guidance from each other as long as it is done from the filter of love. Listen to your group even as you teach.

The last time we were there, we were invited to meet with a group member and the pastor of the church. This member expressed a desire to see the church integrate more of the work and that he wanted to take his own process a step further by teaching the work. The pastor was agreeable for him to start a Sunday morning Sunday School class and teach the forgiveness principles from the WHY work and we wholeheartedly support him in putting his energies in that direction. We did offer the suggestion to him, the same as we do to all facilitators, that each considers doing a teachers’ course at HeartLand at some point. The Sunday morning class would be a good addition to having the weekly Support Group. With each group supporting the other – and healing any tendency to play out old family dynamics of separation and conflict. Both the Sunday morning class and the evening Support Group would see growth spiritually and in numbers and will grow the church. We affirm the great job that you have done and continue to do with the Support Group! As the consistent long-term support for doing the work and maintaining the Support Group, you have our full support! We are delighted to offer our support when requested.

One of the big things that happens all the time is that someone will want to take over a group that is already formed and then run their own agenda or do things their way. Not saying our suggested way is the only way - it is not - but if it works why change it? And for your group it has worked longer than most groups that we have seen get started across the country. In the guidelines we even said,

"There will be a time when someone in the group will want to bring in another agenda such as some other form of belief or topic (i.e. UFOs, paranormal, metaphysical, Buddha, drumming, or something). We guarantee it will happen – it is easier to take a group that is already formed and turn it into something else than to form your own group. So be careful and keep each other accountable for what this Support Group is about and stick with it."

The facilitator(s) must be strong enough to bring the group back into focus when they begin to wander out on rabbit trails. Be willing to say, "That's interesting but it is not what we are about. If that is the direction you want to go, I support you in starting a group to do just that kind of study, but not in this group." It isn't always Dr. Feelgood but it is necessary for the health of the group.

We suggest the room be arranged so the facilitator is up front of the group – the rest of the group can sit semicircular if they like but the facilitator needs to be obvious. Often when you "form a circle" and everyone is sitting together the group loses the feeling of anybody being in charge and then everyone or no one is in charge. Chaos happens. You need a facilitator over the group!

And one last item, concerning holding "business meetings" in the group – that is off the topic. The Support Group is a venue for doing the WHY work, processing each other, holding love conscious active and present and offering support to each other. It is not a business or an organization that requires a business meeting. This is taking it out of the realm that is intended. We would offer that is moving into the territory of control and is not a favorable step to take for anyone's healing. Do worksheets around any issues that come up and allow the healing to begin. Business meetings do not offer healing to anyone.

Remember, we teach best that which we most need to learn ourselves - so get ready for what you will face each week. ;-)

Together we get one step closer to critical mass when the whole world will be renewed.

Blessings and keep in touch, Jeanie & michael