

# REBELS OF LIGHT

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Please take a few minutes to familiarise yourself with the terms of engagement for our communal spaces including our Private Facebook Group, Guiding Lights, Rebel Cells, and all other containers within which we engage with each other. More than simply 'media platforms', these spaces are sacred as they hold us as a community. These are the spaces we gather.

Read these guidelines and please indicate your agreement with them. They are simple, powerful agreements which create a container that's sturdy enough to hold us comfortably while we adventure throughout 2019 together, and flexible enough to expand as we grow and embody more of our Inner Rebel's radiance and light.

You'll get the most out of this program if you approach it with plenty of curiosity, discernment, wonder and the clear understanding that you are entering a space devoted to exploration, creative transformation and alchemical play.

When you are in this space - whether tuning into the DNA Dares, Guiding Lights or simply to connect - set aside a time and space that's quiet, clutter-free; where you can explore without interruption. Turn off your phone and other digital devices. Would you toggle between distractions in a yoga class or while in ceremony? (I hope not) May we bring reverence to this space, and offer ourselves to it.

You may wish to use a special journal to record your experiences, insights and adventures during the 9 months we spend together. Activate your beginner's mind; that part of you that is open to new perspectives and practices. Be loving and kind to yourself, especially as we begin to pluck old ways of being out at the root.

Approach this adventure in the spirit of exploration. Be bold. Try the practices as they are offered, at least once. If they don't work for you the first or second time around, focus on the essence of the practice or exercise and experiment with other ways to approach it.

There is no 'one right way' to engage with these materials.

Let us revel in our Rebellion!

A handwritten signature in black ink, appearing to read 'Tara', followed by a small 'x' mark.

COMMUNITY GUIDELINES

## By participating in this community, you agree to the following:

### 01. You agree to focus on your own process of growth and transformation.

You agree to support and celebrate others in our community, without offering unsolicited advice. Share your own stories, insights, challenges and discoveries when you feel moved to do so. Support and encourage others by sharing what moved or inspired you about their posts, when you feel called to do so – without guilt or obligation. Refrain from giving advice unless specifically requested.

### 02. You agree to take 100% responsibility for your own journey and well-being as a Rebel Of Light.

The content offered in Rebels Of Light requires contemplation, stillness and inspired action, and is deeply transformative. Stuff will come up while you are here. You'll likely become triggered at times. This group is a place to explore those triggers in community, but it is not a substitute for psychotherapy or private mentoring.

Should you find yourself experiencing difficult emotions that you cannot manage on your own, you agree to take responsibility for seeking professional support

### 03. You agree to honour the confidentiality of others in this group.

This forum is a safe space to explore ourselves and our relationship to the world – deeply and freely. You agree to respect others' point of view, even if you don't share it, and to honour the privacy of others in our community. You agree that you will not share the identity of community members, or anything posted by another Rebel without their written permission.

You also agree not to share our recordings publicly.

### 04. You agree to refrain from networking or marketing your products/services.

You agree to refrain from using this forum as a place to network or market yourself or your products or services. You agree that you will not post any promotional materials or links in this group.

### 05. You agree that you will participate; and that you will be an active member of this community.

We are here to be change, and to create change. Your voice matters and is valuable. Please allocate the appropriate time to both receive the content, work with it in your own way, and connect with this ecology as a whole. Community is not simply something we receive; it is reciprocal. Community is something we create and give life to through our active participation in it.