Group agreements for Facing The Minotaur

Facing The Minotaur is a deep dive into the realm of the shadow self. Using creativity, Myth, metaphor and group process this work will stretch us and shape a shadow practise which will support us through life.

Using Jungian precepts, we work with the unconscious and the psyche in ways that are challenging to a culture which would rather have everything shiny and light. If your psyche is in good shape this process is a generous way of meeting yourself, building relationship with the disowned parts of the self and coming into wholeness.

The boundaries for the group are clear and need to be met by all participants. They are based on values and practical things that support the process.

*Please read these and if you have any questions please get in touch. If you come to the group we will all take it that you read and agree to work within this framework.*

This is a space that is both safe and brave. This is a space where kindness is honoured.

It is also a space that may require you to stretch beyond where you currently feel comfortable and so you will be safe but may experience discomfort. We will all conduct ourselves with kindness but protecting what you already have may not be the kindest way forward.

**Confidentiality**. Anything expressed in this group must stay sacred and private to this group. Discussing practise outside the group is fine but not personal information. Nothing will be disclosed from the group unless Jane has a concern about safety.

**Using the work**. Please don’t replicate the information shared in the coursework. This has been a long worked over process and is an original and important work to me.

**Respect yourself and others.** Your self-care is important and it is your responsibility to meet your needs if they are not already being met within the group.

**Please turn up on time** and if you cannot please come in quietly and settle yourself with minimal disturbance – there will be a silent welcome for you as we continue our work.

**Please do not give advice**. We will be working with the assumption that everyone who comes has the capacity to make up their own mind and heart about things. What works for you is precious for you and when we say; “You should…” we often mean it kindly but it adds to the load someone else has to carry. You are welcome to ask questions and sometimes a “what worked for me in that situation...“ may be useful but please make your first assumption that the person has the capacity to find their own answer. Each of us will meet our own shadow in ways that our psyche and soul suggest. I will be using the process to guide the exploration and may offer suggestions for thought or deepening.

**Please do the work**. This information and practise will change the way you see the shadow. It will only change the way you engage in the world and with your inner life if you put it to work. Please prepare yourself for metaphors and similes galore – this course is built on them and it is our way in. Again, if you don’t get the analogies made, please ask. If something is not sitting well with you please contact me to discuss as soon as possible.

**Respect**. We respect each other. We take time to listen, share and treat each other, the tools, the process and the group with respect. It is important respect the time available so that we are able to share our perspectives.

**Kindness:** We treat each other with kindness. We treat ourselves with kindness. This includes no comparison with the work of others, responsible self-care and asking for help. **Please ask** if you don’t understand. We will learn from each other, so the things you are curious about will nourish others too. It is always good practise to speak up on your own behalf. Know what you want and ask for what you need. Maybe you could practise being unashamedly needy?

*We have a no comments policy – that means we don’t say anything about someone else’s work – good or bad. This can be hard to get used to but is important for giving us the space to create without hoping it will please or displease others. If you see something in someone else’s work , please consider that an insight for you*.

**Turn up bravely**: even if you are scared and don’t know what to do or how to get it right, turn up anyway.

**Trust what arises**: Listen to your intuition – it’s voice is often quiet – and follow that while you work. Notice the unexpected in your process, and let yourself be surprised.

**Be kind to yourself**: If you can take the time to be kind to yourself as you work you will get the hang of the process much faster. If you notice the inner critic turn up please just notice and turn up bravely anyway.

I am not a therapist but rather a woman who is doing her inner work, finding ways to meet and mend. IF AT ANY TIME YOU FEEL YOU ARE OUT OF YOUR DEPTH OR HAVE CONCERNS ABOUT YOUR EQUANIMITY PLEASE SPEAK TO ME STRAIGHT AWAY. I will refer you to someone who will be able to help you professionally.

As women in circle, we meet each knowing that each of us knows her limits, will ask for help if she needs it and is a trustworthy container for the synergy of our work.

If you feel you need more in depth or one to one work related to this course please contact me to arrange a one to one session.