



Clarity

The Clear Communication Process

The purpose of the Clarity Process is:

- To give and receive unconditional love, acceptance and support.
- To create a safe, loving, non-judgmental space in which we can open our hearts and move through our fears.
- To learn how to listen from a place of true empathy.
- To learn how to expose and release limiting beliefs and concepts in an accountable way.

The outcome of the Clarity Process is:

- A clear mind

The Holy Spirit's function is entirely communication. He therefore must remove whatever interferes with communication in order to restore it. Therefore, keep no source of interference from His sight, for He will not attack your sentinels. But bring them to Him and let His gentleness teach you that, in the light, they are not fearful, and cannot serve to guard the dark doors behind which nothing at all is carefully concealed. We must open all doors and let the light come streaming through. There are no hidden chambers in God's temple. Its gates are open wide to greet His Son. No one can fail to come where God has called him, if he close not the door himself upon his Father's welcome.

Thank you Holy Spirit for your loving Guidance

Thanks to David Hoffmeister and the Messengers of Peace
Visit us at www.livingmiraclescenter.org



Clarity Process

Open the session with prayer,
inviting the Holy Spirit to be present.

1. Remember our Purpose: We are here to love and accept one another, not to judge, analyze, rescue or try to fix one another.
2. We agree to share from our hearts and be honest about what we are thinking and feeling. This is a time to look at and question the beliefs that block the awareness of Love's presence.
3. If you are experiencing judgment when another is speaking it is an opportunity for you to look at your own healing.
4. We will not interrupt anyone's process. We will give the person who is sharing our undivided attention. We will not engage in cross-talk.
5. We will take thirty seconds in silence to acknowledge each person's sharing.
6. We will not monopolize the group's time and attention. We will stay present and focused.
7. We will make "I" Statements, not "You" statements. We will take responsibility for our own experiences and respect the experience of others. We will not assign "our" meaning to something someone else has said.
8. We will not hide our hurt or angry feelings. We will share them without trying to make others responsible for how we feel.
9. We will not defend ourselves or try to justify our words or actions. We will share any feelings that come up for us in the safety of the circle.
10. We will stay in the present moment. We will not bring up the past or future, unless they are happening for us here and now. Stay current...what am I feeling right now.
11. We will honor the silence, knowing that it offers us an opportunity to hear the Holy Spirit and become more deeply present to ourselves and others.
12. If we feel that the group is going "off-purpose", we will ask for a moment of silence, during which our group can re-center and remember its purpose.
13. We will use whatever transpires in the group as an opportunity to practice forgiveness

Group
Agreement

We agree to honor the purpose of the group,
to practice the process,
and to be present.