

## **Hosting Local and Virtual Gene Keys Groups**

Thinking of starting or joining a Gene Keys group? Congratulations and Thank You!

We are pleased to promote your group in the Gene Keys Society website, if at least one Society member belongs to it. We would love to hear your experiences too in our Society forum and feel free to submit a report in What's New. Here are some suggestions from our own experience and questions to consider, which we hope may aid new groups and hosts.

### **1 What is the role of a Gene Keys group host?**

The Gene Keys are a living transmission and a wisdom teaching, which requires people to apply their own understanding and experience through personal contemplation.

We encourage you to consider your role as witness and guide in a 'Gene Keys gathering' rather than as a teacher or leader of a formal Gene Keys study class. Richard Rudd wrote the Gene Keys to facilitate direct personal experience and self-illumination. Over years of sharing his experience with the Gene Keys, he has spoken to an essential difference between the teaching of knowledge and opening a portal to reveal living wisdom.

Many people do welcome an opportunity to ask knowledge-based questions about Gene Keys that may help them anchor their personal relationship with the teachings. If you are further along the path than some others in the group, it is great for you to offer to share your own experience and insights as an equal rather than an expert. Group members' insights and breakthroughs will come in turn from their direct contact with the transmission and its wisdom.

Sharing the role of the facilitator at meetings can help to shine light from different viewpoints. It also embodies the 37<sup>th</sup> Gift of Equality, which is the Evolution sphere of our Society! You and your group may play an essential part in helping our community to evolve especially if you all cultivate a spirit of sharing, non-judgment and unconditional love! Welcome to the Gene Keys path we make by walking it together!

### **2 Where to meet?**

Setting space is important: if meeting physically together, an ideal is a quiet space with comfortable seating where you can meet in privacy, without interruptions. We recommend a circle formation rather than classroom style seating, especially if the group is to engage in personal sharing.

If you are meeting in a private home and share the space in which your group meets, try and talk with other occupants beforehand about group privacy. Housemates, partners, spouses and children sometimes have a tendency to 'hover', naturally curious to know what's happening without actually participating.

We suggest all group members be asked to turn phones off before any meeting starts. If someone expects an urgent call, ask them to keep their phone on silent vibrate, to excuse themselves quietly and to take the call when outside and out of group hearing.

### **3 First meeting**

Spend time together in your initial session to **agree some basics for group structure and process**. Discuss and agree guidelines with the group upfront. Involving members in setting guidelines makes it more likely a group will stick to them.

**Find out who your group members** are, what attracted people to join the group and what they are looking for from it, as well as sharing your own vision, hopes and intentions as host. A simple icebreaker exercise can be valuable on first meeting, especially if groups members do not know each other and if they are likely to wish to engage in personal sharing.

Here are tried, tested and **simple ground rules** that you may wish to adopt:

- Confidentiality – what’s said here stays here
- Participation – everyone participates
- Disagreements – are normal and a function of a healthy, evolving group
- Non-judgment – have your viewpoint and welcome others
- Courtesy – is a key
- Time Keeping – come on time and finish on time
- Pause and connect with each other and the transmission – sit in silence for two or three minutes while together. Something mysterious and magical may happen!

We recommend that you provide each group member with the website link <https://society.genekeys.com/about/values-and-principles/> or a physical copy of the **Gene Keys Society Values and Principles**. If conflict develops, reference to the Values and Principles can help refocus members in a spirit of loving kindness and forgiveness.

We ask that at least **one person in your group be a registered Gene Keys Society member**. We also ask that this member take responsibility to keep the flame of our Gene Keys Society Values and Principles alive and draw the group’s attention to them as needed.

#### **4 Additional questions and suggestions:**

- **What balance does the group want** between knowledge-based study/ information sharing and personal disclosure? Some people may wish to stay in their heads in a group environment, especially if the group is large and its members do not know each other. Others welcome an opportunity for opening up to close personal relationships and sharing. It is our experience that groups can go quite deep, quite fast and people have difference tolerance levels for sharing.

- **Which style is best?** Each group is unique and develops its own style and culture over time. There is no right and wrong way to approach the study and contemplation of Gene Keys, yet knowledge for its own sake is of limited value if it does not lead to self illumination, which is a whole body, mind and spirit experience.

- **“Will I be safe?”** Research has shown that this is the number one question that people in groups ask themselves, however unconsciously. Group dynamics and pressure can be powerful, and in Gene Keys groups we consider it a given that respect for emotional, mental, physical and spiritual boundaries be held sacrosanct.

- **The Venus Sequence** in particular invites close contemplation of childhood conditioning and wounds. Check comfort levels of group members for personal sharing. We recommend nobody be pressured to share anything in a group if they do not wish to do so.

- **Doing bodywork?** Bodywork activities can be invaluable for Gene Keys illumination, if there are group members with skills and experience to guide the process. Please always ask permission before encouraging any group member to touch another. Set an environment in which a group member can feel free to say “no” to an activity and still feel good about remaining in the group.

- **Group numbers?** What is your preference and possibility? The smaller the group and the longer its life, the more intimate and deep is likely to be the sharing. Larger groups are useful for information sharing. They can also be great to help with personal connections and setting up learning partnerships to continue outside the group. Pressure on space may determine numbers in a group, whether in a physical location or online.

- **Will new members be welcome after the group has formed?** This is a matter for each group to decide. New blood in a group can be very useful to inject fresh energy and different perspectives into a group. Yet it can also be disruptive and some members may resist welcoming new people in, especially if they have already gone deep together in previous personal exploration and sharing. A group that at one moment in its life doesn't want new members may feel and think differently about opening its doors at another time.

- **How to encourage participation?** Your own role as host can be key in enabling shy people to speak up. Model careful listening and respect for each member's contribution, and others will follow suit. In Gene Keys meetings we find it useful to use the **Talking Stick**. When a member picks up the stick it is a signal that they can share, without interruption or comment from other group members. They put the stick down when they have finished. In a virtual group ask members to say, “I am complete” when they have finished. While one person's sharing may prompt reflections by another in their turn, and acknowledging such connections is a natural part of group sharing, we ask members to refrain from judging another member's contribution.

- **How to discourage over participation?!** Some of us just have so much to say that we can unintentionally run over other people's comments and/or grandstand and hog the stage. Some of us can get hooked into the drama of our personal story and forget that others have their own stories to tell that are central to their lives. Discuss participation when setting ground rules. Suggest mindfulness of the clock as a form of respect to others. Discuss the possible value of a placing a time limit on individual contributions, and revisit again if needed.

- **How much disagreement is OK?** One simple response is “the amount a group can tolerate and grow through!” Encourage people to see disagreement as a natural part of different viewpoints coming together as an opportunity to learn more about each other. Each of us may thus grow beyond a single fixed view and grow in consciousness.

Let people be who they are and hold the views they hold. Learn to stand for your own position rather than attack another person's. And also be willing and ready to detach from your position and try on another point of view for size. Culture plays a large part in determining communication style and try to be respectful and non-judgmental toward styles that are not your own.

Something alchemical and magical can happen when different viewpoints become entangled, as long as group members can maintain respect for and trust in each other as people. This is fertile ground for collective transmutation and transformation.

- **How long will each group session run?** Preferences vary. We recommend 90 minutes of formal group session time. Anticipate that some members may wish to linger for informal chat

when the session is over. Groups that have to travel a long distance to meet may wish to meet for longer: if so encourage breaks and extra pauses.

- **How often will each group session run?** Again groups will find their own natural rhythm. There is a delicate balance to be struck between information and personal sharing in the group and allowing time for individual integration between sessions. Much may depend on the 'busyness' of the group members' lives. Meeting more frequently than once a week or less frequently than once a month is probably unhelpful. Setting some tasks and contemplation questions between sessions can be a useful way of maintaining momentum.

- **What is a typical lifetime for a group?** This is entirely up to you and your group. Some we have known work through the whole of the Golden Path together and continue beyond. Some begin the Path a second time or work backwards from the end to the beginning. Certain groups have been in existence for years; others are short-lived.

- **My group is going off track. Can we get help?** Feel free to contact the Society if you need a sounding board and someone to help you diagnose and develop solutions for a group that has run out of steam or dived into difficult waters. Welcome Team members will be glad to support. And do use the Society's forums for sharing your questions and concerns. We have a lot of expertise out in the Gene Keys community field and we're all here to help each other grow and share the Gene Keys message. If you haven't done so already, consider joining the Gene Keys Ambassador program.

- **There's nobody contemplating Gene Keys in my area yet I really want to join a face-to-face group. What can I do?** Try your own hand at organizing a virtual group. It's the next best thing to meeting in physical space! Ask in the Society website forum, or out in Face Book at the Gene Keys Voyagers group, if others would like to join you.

With today's online tools it's increasingly easy to set up a free group, using virtual meeting platforms like Skype, Zoom and appear.in. If you have never experienced an online group, try first attending the Gene Keys Society's own groups that meet on Wednesdays to get the feel for a virtual meeting. Send a message to [welcometeam@genekeys.com](mailto:welcometeam@genekeys.com) for details.