

**Form 3 – Personal Agreement for Retreat**  
(To be signed by participants at beginning of retreat.)

I will, with respect and honor, share the knowledge and experiences of my life with others and use the wisdom of experiences of others as my guide.

I will apply all measures to avoid the twin traps of negatively judging and assuming others' perspectives.

I will remember that my honest, heartfelt smile full of warmth, sympathy, and understanding may outweigh the spoken word.

I will not be ashamed to say "I know not" and I trust in others to take me to a new space to find out more about myself.

I will learn to think from my gut and heart and not my mind.

I will respect the fragility of life and death and will live every moment of life with the understanding of the great humbleness and awareness of my own frailty and fragility. Above all, I will unfold my actions in "Thy Will".

I will prevent disease of my physical body whenever I can, for prevention is preferable to cure.

If I do not violate this agreement, may I enjoy my life, with every incoming and outgoing breath inspiring others with true honesty and by example. May impeccable words and actions surround my existence.

Dated this \_\_\_\_\_ of \_\_\_\_\_, 20\_\_\_\_\_.

I, \_\_\_\_\_ make this agreement with myself.