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* **My Groundrules for my Personal Zone of Goodwill.** *
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**Whilst in my environment please show the decency
of respecting these my groundrules :-**

- 1 Allow me the freedom to be who I am - don't compare me with others, or with your rules or your values that you have rightly chosen as appropriate for yourself.**
- 2 Make it safe for me to freely speak my truth by not judging my points of view.**
- 3 Help me expand past previous limits by realising that my past need not repeat as my future.**
- 4 Be mindful that you show love for me with your attitudes and your actions, not by words alone.**
- 5 Show endless patience with me, especially to do with areas where I am still learning.**
- 6 Do focus on my positives as it helps me enhance my strengths over my weaknesses.**
- 7 Value me for who I am and the Light of my inner beauty as I share my essence with you, but not for what I have done, or may do, or may be, or what you might gain from me.**
- 8 Show respect for me, Soul, as being the Sovereign of my own life and affairs, by treating me how I want to be treated rather than how you may want others to treat you - when unsure please ask if your intentions will serve me rather than chance inflicting potentials for conflict.**
- 9 Show endless forgiveness towards me as an example and as an encouragement for helping me to have unconditional acceptance and forgiveness and compassion towards myself.**
- 10 Refrain from attempting to take away my freedom of choice, or my freedom to discover - don't try to convert me to adopting your beliefs, or your attitudes, or your points of view.**
- 11 Refrain from pushing your values, or your standards, or your rules upon me, this includes keeping your choices of "should's" and "should-nots" for your own personal experiencing of life.**
- 12 Allow me to decide if I need to change, or need help; give me the freedom to go through my learning experiences without attempting to rescue me before I ask, for sometimes I need what can happen along the journeys of experiencing, including the many blessings in disguises for my process of evolving my character and expanding the limits of my understandings and awareness.**

Thank you: Your supportive goodwill will help me feel the freedom to become more attuned to my higher nature. For as I raise my awareness, this will have me bringing out more of my higher qualities in my interactions with others, with all living beings and the eco systems of our Planet-and this is good. An extra bonus to me from naturally expressing more of my goodness is that I will think more highly of myself, giving me a higher level of Self Esteem.