

Your Involvement with Saniel & Linda's Work: Protocols for Participation

Introduction

From the staff and volunteer team members of Extraordinary Empowerments, Inc.

Saniel Bonder and Linda Groves-Bonder are spiritual adepts, teachers, counselors, and healers. They provide personal services such as Residential Retreats and Personal Sessions or Apprenticeships for select clients, live workshops and telecourses open to the public, and a variety of publications and online courses through our webstore.

For the greatest enjoyment and mutual benefit of everyone involved, Saniel and Linda ask their clients and apprentices to observe certain protocols. We request that before you elect to do any personal work with them, you read the following policies and understand them clearly.

We hope you will partake of the offerings these remarkable teachers have made available to you. We welcome you to follow these guidelines with care, for the sake of the most optimal benefits Saniel and Linda's offerings might help you realize.

Thank you,

Your Friends at Extraordinary Empowerments

Starting your work

We ask that before you start work with us, you send Saniel, Linda, or both of them (as your situation indicates) a brief statement of intent via email to info@sanielandlinda.com. This statement should be no more than 250 words long and should include:

- **Your history.** A brief summary of your personal and spiritual history, whatever you feel is relevant. Include specific details of previous spiritual teachers, practices, and communities, indications of therapy in what traditions and for how long, etc.
- **Your hope or intent for the work.** Let them know as clearly as you can exactly why you're enrolling their services, what you hope this will lead to, or your intentions for changes you desire to take place in your life and awareness.
- **Your respectful acknowledgement of their role as teachers.** Even if you feel you already understand what you've encountered in their teachings, or that you don't really need their transmission, both in your initial written statement and in your conversations with Saniel and Linda, kindly acknowledge an awareness that you may not yet appreciate fully what they are offering or what their work with you might entail. Make it clear that you are holding open a possibility that they may be able to be of service to you in ways that you don't yet have in mind, as well as in ways that you might.

Courtesy and communication

The relationship you create together with Saniel and/or Linda is professional, yes, but it's also sacred and spiritually intimate. Please make sure to:

- **Be timely.** Always be on time for any phone calls or personal meetings or events. Your session time starts when it is scheduled to and ends as agreed in advance, so, don't be late!
- **Be considerate.** Never assume that Linda or Saniel either already know or don't really care about what is happening with you. Make sure to communicate with them as you would with anyone else who matters deeply to you in your life—and to whom you really matter, too.
- **Respect their time, as they will try their best to respect yours.** If you are involved in a session, don't try to stretch out the time Saniel or Linda is spending with you. If they wish to give you some extra time, they'll freely choose to do so. If you notice they're going over the allotted time, feel free to mention it; they'll always appreciate your consideration.
- **Come prepared for any session work.** It's to your advantage, and makes for far better use of the services you have enrolled, to bring real questions, concerns, experiences, and/or requests to each session you have. Don't just get on the phone and say, "I don't know what to talk about." Now and again it might happen that you have a plan for what you'd like from Saniel or Linda during a session but you'll find, when you get on the line or sit down with them, that the question or issue has dissolved. That's fine—just tell them what you had planned, and they'll either ask questions about it or steer the session in another direction.

- **Short occasional email updates are fine.** They will do their best to read whatever you send, though from time to time—because they receive so much mail, or may be very busy, or traveling—they may take a while to respond, or may even fail to. Please don't assume you will receive a personal response to any mail. If you have something urgent that requires their response, put "URGENT" in the subject line. However, in that case it may be best to schedule an additional session.
- **Visiting or working with other teachers.** Saniel and Linda never forbid anyone to do things; they don't presume either the right or the necessity to grant permission for such activities on your part. If you are interested in or are perhaps already spending time with other teachers, they will naturally welcome you to follow your interests, take up whatever practices you wish, and so on. They'll take this into account, and will certainly let you know if they feel any possible conflict between those exposures and the work you are doing with them. However, they expect you to always apprise them of any such involvements, ideally in advance, as a courtesy and an expression of your deep respect for them and the intensive involvement they have with you for your sake.
- **If Saniel or Linda themselves recommend you consult another teacher or healer,** should you decide to continue your involvement with that other person and to discontinue working with Saniel or Linda, please let them know. And then please make sure to follow the protocols suggested in the next section.

Bringing your personal work together to a close

How you conduct yourself in this part of the active relationship of working with Saniel and/or Linda is every bit as important as how you get started and how you sustain it while it's ongoing.

- **Create a final communication or meeting to come to harmonious closure.** Your working sacred transformational relationship with Saniel or Linda is always evolving, and in nearly every case, at some point at least aspects of it will come to a natural end. It's possible there may be hard feelings on your part, theirs, or for both of you. Most likely, though, you'll just find that you've completed the given sequence of explorations and it's time to move on. If and when that occurs, don't just drift away. Create an occasion to have a final communication or meeting in which you and they can acknowledge the work and the relationship you engaged in together, honor the changes coming into place, work out any remaining difficulties if there have been any, express your mutual love and respect, and bring the relationship—at least in that working form—to a harmonious closure.

If you will follow these guidelines, both you and Saniel and/or Linda will enjoy the fullest freedom and safety in your work together and it'll produce the best possible outcomes for all concerned.

Thank you!

Thank you so much for your kind attention to and upholding of these policies and protocols. We wish you the very best in all your interactions with Saniel, Linda, and all of us at Extraordinary Empowerments!