

Dear Heart Friends:

The time has come to discuss the classes offered through Living Only Love Sanctuary for the year of 2019.

Before a brief description of each, I would like to go over some basic rules that apply to all classes.

#1 Classes are free. There is no value you can place upon that which is priceless.

#2 You may take as many classes as you like. However, you will find important guidelines below that you should take into consideration before making a commitment to a class.

#3 Unless a minimum of three people other than myself sign up for a particular class, that class will no longer be offered in 2019.

#4 **The deadline for signing up for classes is December 31, 2018.** You snooze, you lose. Please send an email to livingonlylovesanctuary@gmail.com.

#5 Since there are seven different classes being offered in 2019, that means seven different daily lessons will go out each day and be in your inbox by 5:30 AM unless the internet crashes or hell freezes over.

#6 I have a vision for the creation of a true Cyber Sangha. The word, *sangha*, means company or community. As such, we are a spiritual community and we grow together. This means that in order to be in the class, you are expected to participate daily with your fellow class members as you each relate to your lives, the lesson and each other.

The word intimacy means "into me you see."

The Upanishads say that "A moment's good company can help us cross the worldly ocean."

No more dead weight will be tolerated because we are either lifting each other up, or we are dragging our fellow class members down with us.

We share our experience, we share our strength, and we share our hope. And when we are struggling, we reach out and ask for help and do not throw pity parties for ourselves because there is no such thing as a separate self.

#7 No class absences. This is especially true for the evening classes which meet only one time per month.

Lame excuses and poor schedule planning are not legitimate reasons for missing class. Nothing is more important than the care of your soul.

#8 I am highly allergic to scents so please no perfumes, cologne and strong smelling laundry detergent and fabric softeners. This includes essential oils and most hair products.

Please be respectful and come scent-free.

#9 You are expected to be at the Sanctuary 10 minutes prior to class so plan your travel time appropriately.

#10 When you arrive, speak softly and move about slowly. Sit and quiet yourself ASAP. This is an exercise in settling down and preparing your hearts for the welcoming of spirit.

#11 Everyone shares. No lurkers or stalkers allowed.

#12 Do not come to class if you are sick. We do not need sick germs and some of us have compromised immune systems. Every class is available on Google Hangouts **IF** you have cleared it with your class representative and myself ahead of time. Just because you do not feel like coming is not a good excuse.

#13 A commitment to a class is a **one year commitment**. This is an exercise in making your word actually mean something.

#14 If you take one step toward me, I will take 10,000 steps toward you.

I look forward to the journey we will embark on together as we travel the path of Happy Destiny.

Infinite Love,

pelkyong