

## **Guidelines for growth, safety, health and wellbeing at a Ren Xue event**

### **BEFORE RETREAT**

Retreats are a special time and a wonderful opportunity to go inward and work on ourselves in order to benefit and transform life. Aligning yourself with this work leading up to retreat can be very helpful for overall growth.

Working within a purpose-built Qifield can intensify experiences, provide strength, and lead to significant and positive changes to life. You might like to help build the retreat Qifield from your heart for everyone attending in person and online, and for a safe, healthy, inspiring, deeply beneficial and transformative retreat. You could, for example, see and feel yourself and everyone else in your heart looking, feeling and being wonderful.

When you are creating the information for the Qifield, you may like to notice your feelings around growing and being happy and healthy and lead your intention for your inner work with love and positivity. Sometimes other emotions can arise as part of this process such as fear, or anxiety and it can help to be gentle and compassionate with yourself while you help less healthy emotions to clear as part of the process of creating healthier patterns and ways of being in the world.

You may also find it helpful to notice and release any fixed expectations relating to how you or others will be or change, and what may happen. Acceptance and unconditional openness with however things unfold are deeply supportive and nourishing for change.

### **ON RETREAT**

If anything comes up for you while you are on retreat, please ask a member of the Events Team about anything relating to the program, venue, food or accommodation etc, or the Wellbeing and Guidance Team for questions of clarification about the teachings, or for help or support for your personal process.

If you have concerns about yourself or others, please talk to the teams when you first notice anything amiss. This might include feeling acutely unwell, having an exacerbation of a health condition, becoming Covid positive on testing, concerns about another participant being potentially unwell etc. Early intervention while an issue is still small is usually much more supportive of a positive retreat experience.

REN XUE International does not have an onsite health team but the Events and Wellbeing Teams can assist anyone who might need help for health issues to access local health services. Confidentiality will be maintained as closely as possible for any situation.

If you are coming from outside the country, we suggest that you check what health conditions your travel insurance covers for any treatment which might be needed in New Zealand including for Covid related illness.

With regard to any illness, please let us know before you arrive at the venue about any new health conditions which could impact your own or others' experience on retreat, or if you have become sick or tested Covid positive while traveling to the event.

We will work with you regarding New Zealand's recommended 5-day isolation period, according to your situation. This is not mandated or regulated, but in a retreat situation is likely to benefit the whole group.

If you do find yourself coughing or sneezing, please consider testing, and use general hygiene measures such as coughing or sneezing into your elbow or covering your mouth and nose with tissues, even if it's most likely that the cause is non-infectious such as allergy. When washing hands, please use hand dryers, disposable paper towels or your own towel for drying afterwards if possible.

Living together in a large group can be wonderful and may also be challenging at times. Totality includes all of us and our connection with each other. Activating and sharing the Five Xin and enjoying each other's company while we transform patterns within ourselves can be a wonderful way to manifest the profound love and wisdom of the universe and create transformative miracles both large and small. We hope your retreat is a truly life changing experience.