



Sharing Groups **Online**

# Welcome to the **IANDS** SHARING **G**ROUP



# LANDS SHARING GROUP – GUIDING PRINCIPLES

Our goal is for participants to feel comfortable to share if they want to share, comfortable to ask questions they may have, and comfortable to just listen to others. It is our intention to create a safe and supportive place for everyone here.

We ask that we all follow these guidelines:

- The most valuable gift we give to each other is to **listen**
- We all commit to confidentiality – what’s said in the group remains in the group
- We speak from our own experiences and feelings by using **“I” statements**
- **We do not give advice**
- We share time respectfully
- We avoid interrupting and use the (Zoom) raised hand function
- We avoid analyzing, stereotyping, labeling, advice giving, or judging others
- We avoid sidebar discussions
- We welcome and honor all feelings
- We ask that you please silence cell phones and other devices (that may make noise)
- We encourage participants to use the “mute” function when not speaking.



# LANDS SHARING GROUP – GUIDING PRINCIPLES

- We reserve the right to mute individual audio or video if external sounds or visual appearance are distracting to the group experience.
- We do not endorse any particular doctrine, political position, philosophy, or religious interpretation of anything shared in an IANDS Sharing Group.
- Views, thoughts, and opinions expressed during an IANDS Sharing Group are those of each individual and do not reflect any official position of the International Association for Near Death Studies (IANDS).
- Personal recordings of an IANDS Sharing Group is strictly prohibited.
- For all ISGO and IANDS groups participants: WE CARE ABOUT YOU and YOUR LOVED ONES. If you or a loved one are struggling with suicidal thoughts - Please reach out to the National(USA) Suicide Hotline @ 1-800-273-8255 or the Crisis Text Line TALK - 741741.
- Suicide crisis lines outside of the U.S. can be found on the following Wikipedia page: [https://en.wikipedia.org/wiki/List\\_of\\_suicide\\_crisis\\_lines](https://en.wikipedia.org/wiki/List_of_suicide_crisis_lines) (or search: Wikipedia – List of Suicide Crisis Lines)



# **LANDS SHARING GROUP – CHARITABLE CONTRIBUTIONS**

ISGO Sharing Groups rely on charitable contributions to maintain staffing and administrative support. Donations enable us continue to bring you a wonderful group experience, we thank you in advance for your kind donations: Simply click on the following link to donate (Zoom chat box):

(Reference Zoom Chat Box)

<https://isgo.iands.org/product/donation/>

