

## **Exploring the Five Laws of Spirit** **Introductory Workshop**

### **Handout #1: Five Laws of Spirit**

- Acceptance
- Cooperation
- Understanding
- Enthusiasm
- Empathy

### **Handout #2: Not Accepting/Accepting Exercise**

1. “When are you not accepting?  
“I am not accepting when...”
2. “When are you accepting?”  
“I am accepting when...”