

# *Preserving the Sanctity of the Sanctuary*

*To ensure everyone the opportunity to fully experience his/her I AM Presence while at the Conference, we all need to maintain Harmony within and around ourselves. To help accomplish this blessed state, we are requesting complete silence in the Sanctuary.*

*Please keep in mind that a Discourse is indeed a Dictation from one or more Ascended Master. During Discourses and Dictations, both the presiding Master and the Messenger are acutely aware of every person in the Sanctuary. Any noise or movement, any signs of non-attention or sleepiness, are very disruptive to the Messengers and do not show the level of respect to the Masters that we are sure you would desire to be giving. Regardless of where you are seated in the Sanctuary, we are therefore requesting that you keep all movement and noise to an absolute minimum and maintain total attention during both the Discourses and Dictations. Cell phones and watch alarms must be turned off prior to entering the Sanctuary. Please refrain from coughing or sneezing during Discourses and Dictations. If need be, quietly leave the Sanctuary. There will be a time for re-entry during the break between the Discourse and the Dictation.*

*To best attune to your Mighty I AM Presence and allow for the greatest flow of Light through your chakras during Discourses and Dictations, we suggest (if comfortable for you) that you sit in an upright position with your feet flat on the floor, your legs and arms uncrossed, and your palms cupped upwards as chalices. This is also the best posture to maintain during Decree sessions.*

*We will be sealing the Sanctuary during Discourses and Dictations, so you will want be in your seat when the Service begins. No one will be allowed to enter after the Messengers begin speaking.*

*When we participate in a Service, we are presenting ourselves in the Oneness with the Mighty I AM Presence to the Masters. Therefore, appropriate dress is encouraged. Bare feet are not allowed in the Sanctuary; socks, nylons, and sandals are acceptable.*

*In an effort to help you establish and maintain as strong an arcing with your Presence as possible, we ask couples to refrain from holding hands during Services in the Sanctuary as this can interrupt each one's individual connection.*

*Strong scents can be distracting to the Messengers and unpleasant for the presiding Master as well as to others in the Sanctuary. Please refrain from the use of perfume, cologne, aftershave, essential oils, or incense (other than what staff members burn) in the Sanctuary.*

*To honor the deep meditative/contemplative process of each one in the Sanctuary, please:*

- ⇒ Refrain from touching another who is in meditation, even if he/she chooses to remain seated while the rest of the congregation is standing.*
- ⇒ Refrain from opening plastic wrappers or plastic bags.*
- ⇒ Enter and exit the Sanctuary between Decrees only.*
- ⇒ Open and close the Sanctuary door quietly.*
- ⇒ Refrain from talking in the area immediately outside the Sanctuary door.*

*Again, it is our hope that these guidelines will afford each one the best opportunity to attune to his/her Mighty I AM Presence and allow others to do the same. Thank you for helping to maintain the "Sanctity of the Sanctuary."*

*With loving gratitude,*

*The Staff of the Messengers*