

Mystic Sister Soul School Agreement and Outline 2023-2024 Immersion

FULL NAME: _____ FULL ADDRESS: _____
PHONE#: _____ EMAIL: _____
BIRTHDAY & YEAR: _____ AGE: _____
SUN SIGN: _____ MOON SIGN: _____

- Please review this Agreement and Outline in its entirety.
- Please print and save to your files inside your BOS.
- Please sign this page and bring to our 1st circle April 15, 2023

Let me know if you have any questions.

Lauri Cox

SoulArtStudioUtah.com

Liability Release:

Dwight and Lauricia Grimshaw-Cox, SoulArt Studio, are not legally or financially responsible for any damage, injury, allergy or illness that may occur at 2110 W Friar Way, West Jordan UT 84084 or at any Mystic Camps.

Payment Agreement:

Registration Fee: \$1200

- Fee to be paid in full on or before 1/1/2024
- Send via Venmo to @Lauri Cox referencing **Mystic Sister Soul School** in the payment
- Payments of a minimum **\$50** per month should be paid no later than the **last day of each month**
- The program is non-cancelable, non-refundable and non-transferrable.
- No payment reminders will be sent. Please initiate payments on time.
- If you fail to make consistent monthly payments our agreement could be immediately suspended or cancelled, and no credit or refund given. Payment in full is still expected.

Termination Of Agreement:

- If you fail to be an active participant in the group, not show up or become a misalignment with the group this agreement could be suspended or cancelled, and no credit or refund given. Payment in full is still expected.

Akashic Records and Intuitive Insight:

I give Lauricia Grimshaw-Cox permission to access my *Akashic Records* as needed through her own spiritual practice and during circles and calls.

I agree that she will share within the group and/or with me personally any insight received that is helpful, for my greatest, highest good and may provide peace, awareness, understanding, healing, and insight to support me in reaching my purest potential.

I am responsible for all of my own interpretations, decisions, actions and feelings that come from Lauri's feedback and from the *Akashic Records*, her intuition and her personal opinions, beliefs & expertise.

I, _____ have read the **Mystic Sister Soul School Agreement** and **Program Outline** and fully understand and agree to all sections.

Sign and Date: _____

Lauricia Grimshaw-Cox Electronic Signature and Effective Date: LGC 4.15.2023

I am so excited to be working with you, and I look forward to our time together and seeing you activate your magick!

Here's to Sacred Living and Magick Spinning Together

Mystic Sister Soul School Outline and Getting the Most Out of Our Experience

The relationship between a guide and client is Co-Creative and Emotionally Intimate. We are equals and both have an active collaborative role in making this relationship successful. The purpose of this immersion is to create Collective Synergy and Movement within our group of like-minded beings. The success of our group will be affected by each member and therefore it is essential for you to be willing to indulge in the experience, be transparent, open, honest, and willing to share and interact with the group.

Together, we, as a group, will take dynamic actions to create our aligned soul path.

Program Outline

Your 12 months includes:

- 1 monthly circle excluding December 2023
- 2 monthly Zoom calls. 1 in December 2023
- 2 Mystic Camps – Food cost and preparation will be a collective effort between the group
- Life Manifesto process
- High value content

Our 12 months are designated to:

- Explore spiritual paths and ideas to create spiritual awareness and further develop your intuition, consciousness, and creation
- Create your Life Manifesto baselines
- Attune to the greatest version of you
- Help to prompt dreams, goals with soul and ideas
- Work through any terror barriers, challenges, or opposition you are facing
- Support you in becoming a Masterful Creator
- Create Synergy and Powerful Movement together

To do that we will delve into many things such as:

- Soul medicine, exploration, connection, and community.
- Weaving the art of magick for intuitive development and life creation using sacred devotional practices, self-attunement, and embodiment.
- Explore the nervous system, and energy body, alchemy, and spiritual wisdom
- Practice divination, sacred tools, mysticism, spell/potion crafting/casting, creativity
- Learn powerful wordsmithing
- Practice and honing personal magick skills through ceremony & ritual, spiritual integrity/hygiene, exploration of and sharing our gifts
- Embodying your own self-mastery, conscious living, and being

ROLES

Your Role

- You are a being of free choice.
- You agree that you are 100% responsible for all your own decisions, feelings, actions, and results.
- You agree that honesty is a core value of this group.
- You agree that any issues that may arise between you and Lauri or with any other member of our group will be addressed directly and firstly with Lauri.
- You agree that any and all MSSS content is proprietary and not to be shared outside of the circle without the consent of Lauri.
- You agree that anything shared by any member is confidential and sacred.

Know what you want

- This experience is effective when you are willing to do the soul work, make decisions around what you want, what you are willing to do and how you want to feel and can translate those wants and dreams into clear, specific visions and practices of the content.
- Set the intention that as we explore ideas and possibilities that you will be open to asking and receiving the inspiration, hearing the internal whispers and asking for help.

Our Circles and Zoom Calls

- Please arrive to every session **on time**. Circles and calls will begin promptly on time.
- Come centered, undistracted, ready to engage and open to insight, ideas, and exploration.
- Make our circles and calls a priority in your schedule.
- Show up prepared to discuss any ideas, challenges, or roadblocks I/we can help you with. This is your time and each member will get an opportunity to share
- Be ready to listen and take notes. Pen and BOS with you always
- If you have to miss a call commit to listening to the recording within 72 hours, not later than 1 week

Do your soul work between circles and calls

- Complete what you agree to do. Do what you say you're going to do when you say you are going to do it.
- Be 100%+ committed to your journey and your financial, emotional and spiritual investment in this.
- Ask for help and support when you need it.
- Make a firm, non-negotiable appointment with yourself to set aside quiet private time to focus on your soul work.
 - Plan on spending a few hours a week doing your soul work, journaling, spiritual practices, time inside our Facebook Group and working on your Life Manifestos.
 - Set Yourself up for success by creating this time for yourself.
- When writing and journaling please ***do not*** be mindful of what "others" would think if reading. This is about YOU and only you. Your desires and challenges shared within the group will not be judged or criticized, only fostered and supported
- Do not allow fear to prevent you from dreaming big and creating what your heart and intuition tells you.
- Tell the truth. Always, in all ways.

Facebook Group

- Visit the group regularly to keep up to date, post, comment, share, receive
- Be open to receiving support
- Be open to giving support
- Be willing to freely share your thoughts and feelings
- Fully immerse yourself into our journey

My Role

- As your guide, I will support you fully and I am committed to helping you grow well beyond where you currently are and into a life that is a vibrant expression of your true essence. But the real work is yours to do and I empower you to embody your S.H.E. {Soul's Highest Expression}.
- Please let me know at any time how I and the group can support you.

What You Can Expect From Me

I will

- Listen closely to you, respond to what I hear and ask questions for clarity
- Offer different perspectives
- Be fully committed to you and this group
- Hold you accountable to what you tell me you want and what you say you will do
- Trust you to make your own decisions
- Show up every day with your best interests at heart
- Be honest, kind, loving helpful and patient
- Advocate for your highest intentions
- Believe in you and your highest good
- Challenge you

- Be a Truth Teller
- Hone in on thoughts that can bring about shifts and new perspective that may be helpful

If I'm not on target, tell me. *I'm not attached to being right or you doing it my way.*

- Make suggestions that could make your path more powerful based on the information you have provided me and my intuitive insight and promptings.

Feel free to accept or reject what does not feel right but be open to sharing why so I can ensure I am clear about what you have said or desire and can support you better

- Always keep what you share with me confidential with the exception of processing information with my coach/guide and SoulArt Studio confidant (The identity of my confidant will be shared with you at our 1st circle)
- Always keep YOU Confidential if I share pieces of your journey on social media, with other clients, in my newsletter or on my website that could be helpful to assist another on their peace path
- Fiercely protect the energy of our group

What I will not do

- Attempt to sway you into believing or practicing what I believe or practice. You are a being of free will and choice. Feel free to accept or reject what does not align to your path
- Lie to you or for you
- Solve your problems or take responsibility for your choices

My Expectation of You

- Take this journey serious and to be 100% dedicated to every step of the process
- Be willing to stretch yourself
- Accept accountability for you and your shadow sides
- Be on time
- Approach challenges and feedback as opportunities for growth
- Be honest
- Be willing, open, and committed
- Be teachable and open to guidance
- Approach me with any issues 1st within the group
- Act ethically
- Allow others to speak without interruption or feedback unless given permission
- Not attempt to take on or fix others' problems or give solutions but instead listen, acknowledge, and hold space for them