



Application for The 3 Doors Compassion Project Sept. 2018-May 2019

We are excited to be offering this 9-month Compassion Project. Please complete this application to help us to get to know you and learn about your interest in this program.

APPLICATION AND ADMISSIONS

To be considered for acceptance in the 9-month Compassion Project, please fill out this application form and pay the \$50 application fee. We have a rolling admissions policy and will accept 28 participants. The information you provide is confidential, and applications are received and saved into a folder by our program liaison and viewed only by Senior 3 Doors Teachers Marcy Vaughn and Gabriel Rocco.

APPLICANT INFORMATION

Name:

DOB: ____/____/____

Address:

Phones: (Cell)

Email Address:

Education and Degrees:

Current Occupation:

Work and Volunteer Experience Summary:

Skills and Hobbies:

Emergency Contact & Phone #



PROGRAM DETAILS

When:

Monthly Monday classes meet from 9:00 am – 4:30 pm

2018: September 17, October 22, November 12, and December 10.

2019: January 28, February 25, March 25, April 22, and May 20. Retreat day: Sunday, March 24

Where: [Contemplative Arts Meditation Studio in Bryn Mawr, PA.](#)

Tuition Cost: \$230 monthly (\$2070 total, not including the \$50 application fee). Please contact chelsea@the3doors.org to request information about financial scholarship support.

COMPASSION PROJECT PROGRAM COMMITMENTS

The 3 Doors Compassion Project is a nine-month engagement of time and energy. You will be encouraged to fulfill the following commitments:

- a) Attend monthly Monday classes from 9:00-4:30 at the Contemplative Arts Studio
- b) Attend two 1.5 hour interactive small group sessions each month, one with Marcy Vaughn and one with Gabriel Rocco. These sessions provide an opportunity for guided meditation practice, sharing experiences, and asking questions. You may choose among several options to find a time convenient for you.
- c) Attend the full day meditation retreat on Sunday, March 24
- d) Participate in the three individual mentoring sessions, one per month in February, March, and April with Marcy Vaughn or Gabriel Rocco.
- e) Maintain a daily 3 Doors meditation practice and keep a [private] practice journal.
- f) Document and work with nine challenges, three in each of three areas of your life: your relationship to yourself, your relationships with family and close friends, and your relationship to your professional life and community.
- g) Read sections of the four source books: *Awakening the Luminous Mind*; *Awakening the Sacred Body*; *Tibetan Sound Healing*; *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*.

PARTICIPATION AGREEMENT

If accepted into the 3 Doors Compassion Project, I agree to the program commitments listed above.



Furthermore, I understand that completion of the program is for personal education and transformation and does not constitute certification to teach the practices of The 3 Doors.

- I have read the above and I agree. Your initials _____

OATH OF CONFIDENTIALITY

1. I understand and agree to hold in strictest confidentiality the disclosure of all personal information of my fellow participants and teachers in The 3 Doors Compassion Project.
2. I will not make any recording or videos to document the teachings, practices, conversations, or materials particular to the The 3 Doors Compassion Project. The 3 Doors will make group recordings available to all participants for personal use.
3. I will not publish my experiences during the training or after without expressed written consent from The 3 Doors.
4. I take an Oath of Confidentiality that all materials, conversations, training exercises, break discussions, and/or shared experiences within the 3 Doors Compassion Project will be held confidential.

- I have read and understood the above statements and I agree. Your initials _____

HEALTH AGREEMENT

The 3 Doors Compassion Project is meant solely to enhance the quality of life and is neither meant to be a substitute for nor to supplant psychotherapy or any other means of psychological or medical treatment.

- I have read and understood this statement and I agree. Your Initials _____

ESSAY QUESTIONS

Please complete each of the following six essay questions so you may better introduce yourself to the teachers of the program and also that you may begin the reflection process that is core to this endeavor. Please use no more than one page per question.

1. What do you engage in currently that supports your health and well-being physically, emotionally, spiritually? What are your current challenges to your health and well-being physically, emotionally, and spiritually?



2. How would you describe your relation to compassion as a motivating or guiding principle in your personal life, family life, and work life? Can you identify what may challenge or block your access to compassion for yourself or others?
3. State your reasons and motivations for applying to this program.
4. Reflect on your strengths and weaknesses as they have manifested during your journey of personal growth and healing.
5. Describe your current employment and/or volunteer activities.
6. Describe your meditation history, and reflect on and describe the practices from which you receive the greatest benefit. Include any spiritual teachers, guides, mentors, or instructors you have worked with. Describe your current practice and any familiarity you have with 3 Doors practices.

COMPLETING AND PROCESSING YOUR APPLICATION

Be sure you have completed this entire application before sending it. Please pay the \$50 application fee on our website at <http://the3doors.org/9-month-cp-application/> and email this application along with a recent photo of yourself to chelsea@the3doors.org.

We will notify you with a decision within 30 days of receiving your application.

Thank you for applying to the 9-month Compassion Project!