



THE GENE KEYS NOBLE CODE

An Ethical Agreement for all those working with the Gene Keys

The purpose of this document is to outline a simple set of values, rooted in the highest principles of the Gene Keys, to act as guidelines for all members of our extended Gene Keys community. We are each invited to follow and embody these guidelines to the very best of our ability, both in our private and our professional life. Thus we aim to work together towards greater self-honesty, forgiveness and care, fostering a unified spirit of reverence for all beings and their various stages of transformation.

The Fine Art of Equilibrium

In all of my communications and approaches to decision-making, I strive to balance the following:

- Listening and Sharing
- Freedom and Boundaries
- Self-care and Service
- Honesty and Kindness
- Mysticism and Ordinariness

The Guidelines

1. Intention

I intend to keep my heart and mind as open as possible. I wish to grow and learn from all my interactions, even uncomfortable or challenging ones.

2. Frequency and Tone

I make every effort to share with others in a respectful and empathic manner. I acknowledge when my own world-view is temporarily influenced by fear or self-limiting thoughts.

3. Respectful Feedback

I communicate with others in a way that I myself would wish for. I am willing to listen to constructive feedback and work with it.

4. Honesty

I am fully committed to becoming aware of and working with my own shadow material. I recognise that every relational issue I face has a secret higher purpose and holds some deep and valuable lesson for me.

5. Integrity

I am committed to the expansion of human consciousness and my own personal growth. I work to recognise and change the limiting attitudes and behaviours that I've learned over time. I reach out for help when I need it.

6. Orientation and Synchronicity

When I have a need to share something with someone, I take responsibility for choosing the right environment and timing for the communication. I trust in the greater good that will come from this sensitive approach.

7. Peace and Conflict

I understand that disagreements are stepping stones towards a healthy evolving community. I make every effort to resolve conflicts when they arise. When I'm not able to do this on my own, I reach out for support, facilitation or mediation.

8. Intimacy and Gentleness

I commit to the great task of returning non-love with love. I work alongside others to co-create a feeling of deep safety that allows for all feelings to be felt and embraced.

9. Transparency

I hold myself and others accountable to the agreements we make, and when there has been confusion, I engage in communications that increase clarity and a shared sense of purpose for all involved.

10. Repair and Patience

I acknowledge when my words or actions have hurt others and I offer heartfelt apologies when appropriate. I trust in the natural process of healing and reconciliation, without placing any expectations on others.

By embodying the spirit of the above Guidelines, I honour the essence of the Gene Keys teachings – to help us transform the challenging moments in relationships into opportunities for greater intimacy and growth. In doing so, may we all co-create a new yardstick for humanity – a future based on Individual Virtue, nourished by Communal Care and aiming at nothing less than Global Spiritual Realisation.

THE GENE KEYS APPROACH

A path of gentle transformation

The Gene Keys Approach invites us to develop our humility through embodying the four qualities that lie at the heart of the Gene Keys. Please consider these values as you navigate the Gene Keys Teachings.

- **Contemplation** – taking full responsibility for one’s inner state, using everyday challenges for growth and transformation.
- **Inquiry** – asking the profound introspective questions, inviting wisdom to come from within. Cultivating a state of presence in all situations.
- **Gentleness** – nurturing a kind and gracious approach towards self and others. Encouraging a spirit of unwinding and un-learning, versus striving and fixing.
- **Patience** – cultivating compassion, honesty and curiosity with an inherent trust in the underlying process.