

# Church of Common Sense/ Guardians of the Sacraments Native American Church Member Agreement



You have completed the 30-Day Challenge, watched the videos, opened and studied the links, agree with the Common Sense behind it and would like to commit to this type Longevity LifeStyle; perhaps even creating your own home-gathering, to share this Common Sense knowledge with others as is detailed at the Churches Mentor tabs.

**Lifestyle:** You have been transitioning to a mostly (90-95%+) Organic Diet, consuming at least 50+% Raw Live foods (under 116 degrees F) headed towards 75%; in the correct Alkaline ratios of course. {As stated in the videos when we eat less than 75% Raw we start to compromise our immune systems.} You are now eating much much less processed foods and started sprouting for use in huge salads w/extras; and all beans, lentils and grains before consumption because in DOing so releases the Life-Force Within and makes them much more digestible. You are moving away from animal products because you know you are NOT Divinely Designed to consume flesh or the products from animals; as is perfectly exemplified by the chart at the 30-Day Challenge tab and is the theme throughout our Health related sites.

**Mind, Body, Spirit:** You are now meditating and praying consistently. You are committed to daily exercise routines, stretching, yoga, plank, abdominal workouts; especially often walks, hiking and spending time in nature. You know and feel you are close to Source God and spend much time focusing on such. You have repeatedly listened to the classic audio book from the Testimony tab [In Tune with the Infinite \[God\]](#), because it states in simple terms explaining how we are all connected to and a part of Source God, and how Our Thoughts are Real Things which have Physical and Spiritual Consequences, both Positive and/or Negative.

**What if: We Are Indeed, All Praying to the Same Benevolent God 🙏**

It's Common Sense unless you are severely ill or diseased you may wish to treat yourself on occasion (within reason) off the normal Organic Vegan menu. Pastor Steve still has a spinach omelet on occasion, a veggie pizza & a beer or even wild-caught Salmon or Cod on an even more rare occasion. One doesn't have to commit 100% to receive massive results & benefits.

You have noticed the combining of our Church of Common Sense with our affiliate Guardians of the Sacraments Native American Church, that's because both believe in All God's Organic Foods/Medicines. While our Church of Common Sense focuses on an Organic Mostly Raw Diet while including 2 Sacraments; Hemp and Cannabis plants. Guardians of the Sacraments Native American Church includes ALL Earths Sacraments and Indigenous Ceremonies. Native Ceremonies and the use of traditional Sacraments has shown to open mankind to

much deeper realizations of ones-self and our connection to The All That IS, Source God and Great Spirit. Because both churches agree on how one should act and honor all life, including our entire planet, much of what is stated and agreed to below is from Native America thinking and traditions. We should All turn to the cosmology and Indigenous concept of: Viewing everything one does in life: What effect will that have 7 generations from now?

## Members Code of Conduct

- I commit to living a Sacred Earth–Honoring Lifestyle which Embodies the Church of Common Sense/Guardians of the Sacraments NAC (CCS/GSNAC) Principles of: Self-Care, Love, Compassion, Gratitude, Humility, Faith, Respect, Honor, Sharing, Charity and Forgiveness.
- I commit to making effort to spend time each day in Meditation and Prayer, drawing closer to the Source/God/Great Spirit and all of Creation, Mother Earth, Her Living Beings, such as: the Mountains, Rocks, Trees, Streams, Rivers, Lakes, Water Systems, Oceans, Father Sky, Winged Creatures, all two-leggeds and four-leggeds.
- I commit to only use the God Given Sacred Indigenous Medicines and Ceremonies to empower my Body, Mind, Spirit and to serve myself and others. Thereby creating peace and harmony in my relationships, acquaintances and encounters.
- I commit that I will keep the Home-Gatherings or Indigenous Ceremonies and what is shared there by others sacred, not sharing it outside the circle.
- I commit that I will understand my responsibility to financially sustain and support those who bless me. I will remember that medicine people and leaders have lives and families that need their time and they need to provide for them. I will be respectful and generous as they support and assist me.
- I understand that being a member of CCS/GSNAC puts me in the position where people may judge the organization by my actions and words. I will not do things that reflect badly on CCS/GSNAC and our other members. I will use public media in a positive and respectful way, not criticizing other members or violating the sacred trusts developed in the CCS/GSNAC family circles. This includes social media, interviews and other public forums. If I have criticisms or concerns with another member, I will work it out with them directly or through my leaders within.
- I will read the Code of Ethics often and apply the principles there to my life and actions.
- I will never share Sacraments with or sell to those who are not members of CCS/GSNAC. I understand that doing so removes my legal protection and exposes me to prosecution.
- I agree not to disrespect the medicines and Sacraments by using them for any recreational or abusive purposes.
- I will never manipulate or take advantage of others emotionally, sexually, mentally, spiritually or physically that are in the open state during and after ceremonies or while using sacramental medicines.

\_\_\_\_\_ I have read and commit to abide by the Code of Conduct  
initials

## Members Code of Ethics

### General Principles and Indigenous Spiritual Practices

The global CCS/GSNAC and its Home-Gatherings are dedicated to Common Sense Self-Care and the revival and preservation of Ancestral Indigenous Native Earth-Based Honoring Cultures, Religions, Lifestyles, Sacred Rituals, Healing Sacraments and Loving Humanitarian Codes of Ethics and Conduct that protect Mother Earth and all of her living beings from desecrations, pollutions or abuses for economic gains.

CCS/GSNAC and her Home-Gatherings accept All Natural Organic Plants as Healing Sacraments. These plants have been used for thousands of years and are central to our established religious beliefs and sacred ceremonies. These include: A.) Cannabis/Hemp – the significant Indigenous Earth-Based Healing Sacrament (Eucharist) for these churches. B.) Any other Indigenous Earth-Based Healing Sacraments (Peyote, San Pedro, Ayahuasca, Magic Mushrooms, etc.) that has been found to benefit the health and welfare of recipients, so long as it does not place them in harm's way. NOTE: CCS/GSNAC requires prior approval for any Native American Church Medicine Person wishing to lead any Ayahuasca Healing Ceremonies.

Spiritual Facilitating Leaders (Medicine Man/Woman) of Guardians of the Sacraments Native American Church are known by a variety of sacred callings: Chasta, Clergy, Curandera, Doctor, Elder, Mara'akame, Pastor, Reverend, Roadman, Sacred Prayer Pipe Carrier, Water Pourer, Shaman, Indigenous Ceremonial Leader, etc. Those who are guided by Great Spirit and who are experienced in some Ancestral American Native Spiritual Empowering and/or Healing practices and who act to facilitate the spiritual practices of others are honored with these titles.

A Guardians of the Sacraments Native American Church Medicine Person (Spiritual and Indigenous Ceremonial Leader) need not claim exclusive or definitive knowledge of his or her practice, since wisdom and competencies are frequently developed over years of observation and experience but must be approved to do this work either by their branch leadership council or by the leadership of CCS/GSNAC. Responsibility to assure that those who act as GSNAC Medicine people (Spiritual and Indigenous Ceremonial Leaders) are trained, responsible and have the wisdom and integrity to conduct ceremonies and those who choose to work with sacraments rests with the branch leadership.

Even though one of Guardians of the Sacraments Native American Church's primary purposes is to administer Sacramental Ceremonies, an Guardians of the Sacraments Native American Church Medicine Person or Indigenous Ceremonial Leader is free to choose not to administer a Sacred Sacrament during any particular Ancestral Indigenous Earth-Based American Native Ceremony.

CCS/GSNAC respects all empowerment and healing modalities; including: Indigenous Spiritual Ceremonies, allopathic medicines, naturopathic and integrative complimentary medicines. CCS/GSNAC Honors the fundamental Hippocratic principle of "Do No Harm to the Spiritual, Mental,

Emotional and/or Physical Being” of any of our Earthly relations. It recognizes that each healing and empowering modality is intended to promote the optimal health and well-being of the participant. It believes that all forms of care can be incorporated into empowerment and/or healing for all of our relations, in a complementary and integrated manner.

Church of Common Sense/Guardians of the Sacraments Native American Church makes absolutely no claims about being in authority or having the ability to conduct saving ordinances. Guardians of the Sacraments Native American Church is part of an Indigenous Native Spiritual Earth Based Healing and Empowering International Collective that serves individuals and the wider community whenever and wherever an CCS/GSNAC member resides. **{Guardians of the Sacraments Native American Church (KM NAC Blessing page)}** is authorized to do this sacred work by a special blessing from Sachem Healer Joy Maxine Graves of Kautantowits Mecautea [kautantowitmecautea.org](http://kautantowitmecautea.org): **KM NAC ~ Empowered by the Tuscarora Nation <http://www.tuscaroras.com>. Branch Blessing from Oklevueha Lakota Sioux Native American Church, predominately known as Oklevueha Native American Church. Our Branch name is: {ONAC of Guardians of the Sacraments (ONAC Blessing page)}. <https://nativeamericanchurches.org>**

Church of Common Sense/Guardians of the Sacraments Native American Church are committed to growth by attraction through Common Sense Service rather than proselytizing for membership.

All Guardians of the Sacraments Native American Church Indigenous Ceremonies of North, Central and South America (Birth, Breath, Holy Anointing, Marriage, Passing Over, Prayer Pipe, Sacrament, Spirit Dance, Sun Dance, Sweat Lodge, Earth Connecting Ceremonies and Vision Quests) may include or facilitate extreme mental, emotional and physical transformations. Therefore, when a member chooses to participate in any Ancestral Indigenous Earth-Based American Native Ceremony with the assistance of an Guardians of the Sacraments Native American Church Medicine Person or Spiritual Leader, both take on special responsibilities and understandings. Both members and facilitating leaders should be aware of their responsibilities and those of the people they are working with.

\_\_\_\_\_ **Yes, I have read and agree to abide by the Code of Ethics**  
Initials

## **For Mentorship / Medicine Leaders**

A1) PERSONAL INVITATION. Our Leader/Mentorship program is by personal invitation only so as to keep a tight Sacrament circle.

A2) EDUCATION. There are a multitude of aspects that creates homeostasis within and that is our goal to guide ourselves and thereby others to that state of continual wellbeing. All the course materials will be available at [CommonSenseWellness.Life](http://CommonSenseWellness.Life) (currently a work in progress).

A3) SELF-CARE HOME-GATHERINGS OUTREACH. Our Mentorship Leaders who have completed what we call our 30-day Self-Care program can then create their own Home Self-Care OutReach, sharing with up to 12 others [As Jesus also taught Native Tribes after His middle east Ascension with His simple message of Unconditional Love and Forgiveness, Compassion and Healing ~ “[He Walked the Americas](#)” youtube] they wish to Bless with our knowledge-base and options of Earth-Based Organic Healing Sacraments.

A4) LEADER/MENTORSHIP PROGRAM. Our Leader/Mentorship Program is not only designed to spread the truth about our health, wellbeing and Common Sense Self-Care the way are Divinely Designed to be fueled. It is also part of our free / inexpensive Sacrament sharing, Mentorship Leaders receive free an 18% portion of Sacraments flow through their group of upto 12. Inexpensive or Free Sacraments also going to CCS/GSNAC members in most need and suffering; hospice, cancer and terminally ill patients, Native Americans, suffering veterans and their families, etc.

A5) CEREMONY. Ceremony can an be in a traditional group setting or in private giving thanks and appreciation for the Sacrament you are about to receive as beneficial to ones Mind, Body and Spirit.

A6) INSPIRATION AND CHANGE. Efforts should be made to ensure that CCS/GSNAC Spiritual Practices are always inspired and conducted in ways that respect the common good, with due regard for public safety, health, and order. Medicine People shall use special care in assisting the direction of energies of those whom they serve, as well as their own energies, in responsible ways that reflect a loving and respectful regard for all life.

A7) EXISTING CONDITIONS. Disclosures previous to ceremony shall include, at a minimum, discussion of any elements of the ceremony that could reasonably be seen as presenting physical or psychological risks. In particular, first time Authorized Participants must be advised that American Native Ceremonies can be difficult and dramatically transforming.

A8) WATCHFULNESS. The Medicine People will monitor the Health and Safety of participants during the ceremony and the few hours of vulnerability that may follow a ceremony carefully and with reasonable preparations. They will also insure that all those who participate in ceremony or personal counseling where controlled substances are present are members of the Church of Common Sense/ Guardians of the Sacraments Native American Church. If the person in question does not have a valid membership card, the leaders/medicine people will verify the standing of the person in questions with the main office of CCS/GSNAC before allowing them to participate.

A9) INCLUSIVENESS. CCS/GSNAC ceremonies are to be conducted in the spirit of service. Medicine People accommodate Members and Authorized Participants without regard to race, religious affiliations, gender, cultural background, financial status, and/or political affiliations.

A10) VULNERABILITY. Church of Common Sense/Guardians of the Sacraments Native American Church Medicine People are aware during ceremony that Members and Authorized Participants may be especially open to suggestion. Medicine People pledge to protect participants and not to allow anyone to use that vulnerability in ways that harm themselves or others.

\_\_\_\_\_ **Yes, I have read and agree to abide by the above**  
Initials

## **For CCS/GSNAC Members**

B1) PREPARATION AND SAFETY. Each participant in CCS/GSNAC ceremonies must agree to comply with all directions or instructions concerning the safety and well-being of all in attendance, from one-hour prior, during, and three hours after ceremonies being conducted by an Guardians of the Sacraments Native American Church Medicine Person.

B2) LIFE CHANGES. Often, the increased awareness gained from American Native Spiritual and Indigenous Ceremonies will catalyze a desire in the participants' lives for personal and social change. In most cases, these changes should only be made after deep introspection and consideration as to how they will affect the other beings connected to the participant.

B3) EXISTING CONDITIONS. CCS/GSNAC Members agree to disclose to the GSNAC Spiritual Leaders any previous conditions prior to any ceremony that might be affected in any way during a ceremony, including, at a minimum, discussion of any concerns as to how those conditions could be reasonably be seen as presenting physical or psychological risks. CCS/GSNAC Members also agree to disclose to the GSNAC Spiritual Leaders any previous conditions they are aware of in other participants that might affect a ceremony.

B4) WATCHFULNESS. CCS/GSNAC Members agree to assist the Medicine People in monitoring the Health and Safety of all participants during the ceremony and the few hours of vulnerability that may follow a ceremony.

B5) CONSENT OF PARTICIPANT. The autonomy and dignity of each Member and/or Authorized Participant are to be respected and preserved by Guardians of the Sacraments Native American Church Medicine People and Indigenous Ceremonial Leaders. Participation in any Guardians of the Sacraments Native American Church Ceremony must be voluntary and based on prior disclosure and consent given by each participant while in an ordinary rational state of consciousness.

\_\_\_\_\_ **Yes, I have read and agree to abide by the above**  
Initials

## **For CCS/GSNAC Mentorship Leaders and Members**

C1) RESPECT. Church of Common Sense/Guardians of the Sacraments Native American Church Leaders and Members agree to conduct themselves in ways that cultivate awareness, empathy, and wisdom for all Members during home-gatherings and ceremonies. CCS/GSNAC Members also agree to respect, empower and continually support the CCS/GSNAC Mentorship Leaders, Medicine People and Indigenous Ceremonial Leaders as they serve the CCS/GSNAC Community.

C2) LIMITATIONS. Limits on the behaviors between CCS/GSNAC Members and GSNAC Medicine People and Indigenous Ceremonial Leaders are to be made clear and agreed upon in advance of any Indigenous American Native Ceremony.

C3) MINORS. Those under 18 years old will not be admitted to home-gathering/ceremonies where controlled substances are present unless all of the following requirements are fulfilled. A) The medicine person gives specific permission for their attendance, B) A parent or legal guardian attends with them and takes full responsibility for their care and well-being, C) The minor person is a member of CCS/GSNAC, and D) A document stating these things is signed by all affected parties.

C4) CONFIDENTIALITY AND CUSTOMS. Cultural / religious customs and confidentiality of all participants are to be accepted and honored by all CCS/GSNAC members.

C5) ABUSE NOT PROTECTED. Church of Common Sense/Guardians of the Sacraments Native American Church has Zero tolerance for and abhors any manner of physical and/or sexual abuse of any under aged person, and any abuse and/or exploitation of ANY person in any physical and/or

sexual form. The violation of this fundamental Ethic by any CCS/GSNAC member will subject the violator to the full consequences of the Laws of the Land.

C6) SACRAMENTS UNDER DIRECTION OF MEDICINE PEOPLE. Members of CCS/GSNAC agree that any substance admitted into the body may be considered to be a Sacrament. Some of those substances have the potential to be harmful if inappropriately used. The Guardians of the Sacraments Native American Church does not approve of the utilization of any sacrament in a manner that would be likely to cause harm to one's self or to others. Therefore, members agree that "Controlled" substances must be used under the direction of CCS/GSNAC Medicine People (Sacramental Ceremonial Leaders) to be legally protected. This direction extends to their personal private use when not in ceremony or direct contact with the medicine people. Members agree that sacraments/medicines should always be stored in such a way that they are not available to those who are not members or are not under the direction of medicine people. Personal or recreational use of any controlled substances is not encouraged and may remove some legal protections unless such is indicated by the member's spiritual advisor or medicine person as being part of their spiritual and healing practice. If the leader does make such indication, they share in the legal responsibility for such use.

C7) INCLUSIVENESS. Guardians of the Sacraments Native American Church ceremonies are to be conducted in the spirit of service. CCS/GSNAC Members agree to participate in ceremonies respecting all participants and leaders without regard to race, religious affiliations, gender, cultural background, financial status, and/or political affiliations.

C8) LEGAL STANDING. Members and Home-Gathering leaders/mentors including medicine people do not have legal standing to represent or involve The Church of Common Sense or Guardians of the Sacraments Native American Church (CCS/GSNAC). NO legal actions (including lawsuits, civil actions, and legal complaints, among others) taken by members and leaders can indicate that the church is part of that action. Any situation where legal actions require the involvement of CCS/GSNAC must be handled by CCS/GSNAC and by their legal representatives.

\_\_\_\_\_ **Yes, I have read and agree to abide by the above**  
Initials

## **Suggestions for Members**

### **Do's**

Spend time each day in meditation and prayer, drawing closer to the Great Spirit and all of creation, the two-leggeds and the four-leggeds.

Use the Knowledge, Sacraments and Home-Gatherings or Ceremonies to empower your Body, Mind and Spirit. To serve yourself and others, to create peace and harmony in your relationships.

Keep what is shared at gatherings and ceremonies by others Sacred, not sharing it outside the circle.

Sustain and support those who Bless you. Remember that medicine people and leaders have lives and families that need their time and they need to provide for them. Be respectful and generous as they assist you.

Read the Code of Ethics often and follow the concepts.

## **Dont's**

Do not ever share or sell Sacraments with those who are not members of Church of Common Sense/ Guardians of the Sacraments Native American Church. Doing so removes your legal protection and exposes you to possible prosecution.

Do not disrespect the Sacraments by using them for recreational purposes and never manipulate others that are in the open state during Ceremonies or at anytime while using Sacraments.

## **My CCS/GSNAC and Self-Care Commitment Pledge**

I, \_\_\_\_\_, have read and initialed all the above and commit to follow as stated to the best of my abilities. I also make the following personal commitment pledge to become educated and well trained, including personal growth, self-development and self-care. I commit to working hard and adhering to the goals I set for myself within Common Sense Self-Care. This pledge is an acknowledgement of my dedication toward securing my Health and Wellness future.

My specific "WHY" (reason) for embarking on a new improved path to Ascension with Divinely Designed Common Sense Self-Care and what I want to achieve most is...

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**I will:**

- Commit and schedule \_\_\_\_\_ dedicated and focused hours each week to my Self-Care.
- As part of those hours, some of that time will be for education, personal growth, exercise and for perfecting my skills. (Watching church and other online videos, reading, listening to conference calls, writing goals and practicing meditation, etc.)
- Be responsible for completing my plan so that I am appropriately protecting myself, my family and others.
- Not evaluate my health or its success during my first 90 days of record keeping.
- Watch all recommended church and other videos and training programs that I possibly can, because they will enhance my personal development and success with my Self-Care and in discovering what I am Truly and Divinely capable of.
- Make a one-year commitment to my Self-Care before evaluating whether or not I need to adjust my current goals.
- Give Church Agents, Leaders/Mentors and Mentorship group members, who are trying to help me, my permission to hold me accountable and to give me honest constructive criticism in helping me become successful in my Self-Care Mission.

Age and State of Health? \_\_\_\_\_

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Skills and Abilities: What are you best at and passionate about DOing in the future?

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Volunteering: If you could what area moves your heart most to be of service to others?

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Name as it will appear on your CCS/GSNAC membership card \*

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Legal Signature\* \_\_\_\_\_

Mailing Address - where your card will be sent

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City \_\_\_\_\_ State \_\_\_\_\_

Zip code \_\_\_\_\_ Country \_\_\_\_\_

Phone \_\_\_\_\_ ProtonMail \_\_\_\_\_

If you do not have an encrypted ProtonMail email address please obtain one and list it above for all future correspondence. For calls/video obtain Signal or WickrMe app.

Witness: The witness must verify that the signer of the document is not an imposter. The witness should be an adult of sound mind and not under the influence of any drugs. The ideal witness has known the signer of the document for a long time.

Witness: \_\_\_\_\_ Date: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip code \_\_\_\_\_ Country \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- Regular Full Membership (lifetime - \$200)
- Lifetime Membership for Existing Members of Independent NAC Branches (must submit copy of membership - \$50)
- Lifetime Membership for Registered Native Americans (must submit copy of tribal ID - \$30)
- Lifetime Membership for Military/Veteran (must submit copy of DD214 or military ID - \$40)
- In-Need Annual Membership (contact church with details and verifications - \$??)  
Additional responsibilities required: Data Logs for price-reduced or free Sacraments, Personal Testimony and Outreach (study leader/mentorship recommendations to possibly become a Home-Gathering Common Sense Self-Care Leader/Mentor).

## Your Photo \*

Submission should be from the shoulders up and show your face clearly, preferably on a plain background. Large or High Resolution photos may cause the system to time out and the application to fail to upload. Black and white pictures or those containing hats or sunglasses will be rejected. This is a legal ID picture similar to those on a driver's license or passport and must reflect that.

## Your Identification \*

Please submit 2 forms of photo ID: Drivers License, Passport, etc. And one piece of mail proving your current address.

## Comments, Questions or Special Instructions

Use this if you need your card sent to a different address or need questions answered or assistance. If you have chosen the Tribal or Independent Branch membership, please indicate the Tribe or Branch of which you are a member. Please email comments to [ChurchCS@protonmail.com](mailto:ChurchCS@protonmail.com).

## Before submitting your membership application,

Please read and commit to abide by both the Code of Conduct and Code of Ethics above and initial the appropriate lines. Be sure you have chosen the correct type of membership and uploaded a clear current picture of yourself and any required documentation. Applications that do not have these things or lacking the required contribution can not be processed.