

AGREEMENTS

An introduction to creating authentic spaces that support the thriving of the human and more than human world.

WELCOME

We invite you to consider these agreements as aspirational principles - to feel into what they mean to you right now, and how you might continue to live into them even more deeply as we play together. I'll list them all here now, and give a little additional context about what they've come to mean to me below. The agreements are:

- I am conscious of my gifts and what I bring to the community.
- The time we share is sacred
- I choose to practice trust: in self, in others, in the process, in life.
- I recognize that play and rest are essential to creativity
- I choose to stand on a foundation of abundance
- I am willing to be 100% responsible for my experience
- I matter, you matter, we matter
- I play in my range, and support others to do the same
- I ask for what I need, I give what I can
- I suspend judgment in service of curiosity
- I speak inarguably from my experience
- I hold others' experiences in confidence

These are not prescriptive edicts - they are a starting place for supporting us in creating a beautiful, vibrant, energizing culture. They exist to support us. If we find they are not helping us create the culture we want, we can discuss them and shift them at any time, adding, removing, and amending. If you have any other agreements that you think could support us in our shared purpose of bringing alive our gifts in the world, creating regenerative communities, seeing and transcending conditioned limiting beliefs and systems, authentic self-expression and self-realization, creating thriving individual and collective lives, always let us know!

Here's a bit more about what they mean to me at this point in my journey.



I AM CONSCIOUS OF MY GIFTS AND WHAT I BRING TO THE COMMUNITY.

I know that I have profound gifts to bring, and that my experience of the community is more enriching when I share those gifts generously. The health and well-being of the community is impacted by my conscious contribution, and I want to stay attuned to the community and the needs and find ways to contribute that deeply enrich my own life, the lives of those I'm in relationship with, and the systems I value.

I practice active responsibility for the health and well-being of the community, and that means taking care of my own health and well-being! I practice giving from my abundance, and observe when I feel depleted to explore the source in myself and make adjustments. I know that we cannot create a regenerative culture and experience if I am giving in ways that deplete me. It also means I may choose to skip a meeting or a day if my body needs the rest, but my presence is a gift, so I don't do it unconsciously. I know my presence makes the community richer, and I want to be there on time whenever possible.

THE TIME WE SHARE IS SACRED

This agreement relates to bringing consciousness to all I do here. We can all choose to do so many different things in life, and we are choosing to be here, together. That is an incredible gift, to ourselves and to each other, and we make space for awe, and honour the sacred space created.

I CHOOSE TO PRACTICE TRUST: IN SELF, IN OTHERS, IN THE PROCESS, IN LIFE.

This is the practice of actively choosing to trust in life. It involves actively trusting ourselves, each other, and the flow of life that emerges through us in this collective space. For me, this practice is one of inquiry: am I feeling trust? What could help me choose trust at this moment? Is there something I need to trust even more deeply?



LIFE, LIBERATED

I EMBRACE PLAY AND REST AS ESSENTIAL FOR CREATIVITY.

Although we do serious work, we don't need to take it seriously. Playing as a way to move energy, create possibility, and navigate tension is a powerful asset in this emergent space.

I CHOOSE TO STAND ON A FOUNDATION OF ABUNDANCE

When I remember that every moment rests on an impossible level of abundance, I feel my genuine gratitude, and it moves through my own generosity into the world. I move from my abundance, I give from my abundance, and choose to recognize scarcity constructs in my consciousness and play with what's possible beyond scarcity.

I AM RESPONSIBLE FOR MY EXPERIENCE

This agreement is rooted in the belief that everyone here is whole, capable, and complete—no one needs fixing.

It's an invitation to show up as active co-creators of our lives and the experiences we share. It calls us to take ownership of identifying and meeting our own needs, while staying curious about the reality we're living in.

This practice also means speaking from a place of responsibility—asking ourselves: What is my role in creating this experience?

I MATTER. YOU MATTER. WE MATTER.

This is the practice of honoring my own intrinsic worth, recognizing the worth of every person I encounter, and valuing the relationships and communities we're building together.

For me, it's also a commitment to show up from a place of wholeness—and to speak and engage with you in a way that honors your wholeness, completeness, and inherent value.



I PLAY WITHIN MY RANGE—AND SUPPORT OTHERS IN DOING THE SAME.

We're all on unique journeys. My path won't look like yours, and that's exactly as it should be

This is a practice of showing up in ways that feel authentic, alive, and sustainable—where my growth is nurtured, not forced. It means honoring my own limits, respecting the boundaries of others, and letting go of comparison or the urge to match or “outdo” someone else.

In this space—and in life—I'm invited to stretch, to take risks, and to lean into discomfort in service of growth. But I also take responsibility for not pushing myself past what feels generative, or into overwhelm.

And if I do find myself triggered or dysregulated, I commit to re-sourcing myself and taking the space I need.

I ASK FOR WHAT I NEED. I GIVE WHAT I CAN.

This is a co-creative space where everyone has gifts to offer—and needs that may arise along the way.

It's a practice of giving from a place of abundance, not from fear, pressure, or scarcity. I trust that each person is responsible for their own experience and will seek out the resources they need—whether within this community or beyond it.

We are each invited to name our needs clearly, knowing that no one is obligated to meet them. At the same time, we each carry an incredible wealth of gifts, and when we give, we do so freely, from a genuine place—without expectation.

This is a space to practice generosity that is honest, sustainable, and rooted in mutual respect.



SUSPEND JUDGMENT IN SERVICE OF CURIOSITY.

This is a practice of noticing when judgment arises—and choosing to set it aside, even briefly, to explore what else might be true.

It's an acknowledgment that our judgments aren't always accurate, and that real growth often happens when we allow ourselves to see from new perspectives.

For me, this also means being willing to look inward and ask: Is this judgment a reflection of something I'm projecting onto someone else? It's an invitation to stay curious—about others, about myself, and about what's unfolding between us.

I SPEAK INARGUABLY FROM MY EXPERIENCE.

This is the practice of fully owning my experience—acknowledging it as mine, without making assumptions or labels about others.

For me, that means using “I” statements and expressing myself in ways that are honest and authentic, without placing blame. For example, instead of saying, “You're such a jerk,” I might say, “I'm having the judgment that you're being mean to me.”

That distinction matters. It honors the fact that my reaction is part of my experience—it doesn't define the other person.

Even if we disagree about whether their behavior is unkind, there's nothing to argue about when I say, “This is how I'm experiencing it.” That's my truth, and it belongs solely to me.

I HOLD OTHERS' EXPERIENCES IN CONFIDENCE.

This agreement is about honoring the privacy of the people in this space—their stories, their identities, and the personal details they choose to share.



You're always welcome to speak about your own experience of what happens here or how you're impacted. But please refrain from sharing anything about someone else's story or identity outside this group.

For me, this also means doing my part to maintain privacy during our calls—orienting my screen so others can't see it, wearing headphones if I'm around others, and finding a private space whenever possible.

As a mom, I'm sometimes interrupted by children or others who need me during online sessions. When that happens, I honor this agreement by muting myself, turning off my camera, and stepping away to attend to what's needed.

Please also note that our sessions will be recorded and shared within the group (except for breakout rooms) so those who miss a call can still benefit from the experience. I personally value this practice, because I believe in the importance of staying connected to the work, even if life pulls you away.

That said, the recordings are for group members only—please do not save, download, or share them outside this space.

THESE ARE WHAT THESE AGREEMENTS MEAN TO ME AT THIS MOMENT IN MY LIFE.

I know they'll continue to evolve, and I warmly welcome other perspectives and insights. If you feel called, please share your own reflections or experiences with these principles in the group—it would be a gift to us all.

We'll have time for conversation and discussion during our sessions, but I wanted to offer these thoughts ahead of time for your reflection.

Looking forward to being in space with you soon!

