

# **Awaken the Healer Within Members' Shared Ethos & Agreements**

## **Our Foundation**

The membership is a community of people committed to practicing embodied self-leadership — leading from and with the qualities of curiosity, compassion, clarity, calm, creativity, confidence, and courage, and the shared understanding that while we appear as individuals, we are deeply interconnected.

Just as light refracts into many colours through a prism, the light of Self refracts into parts within us. Our “inner village” of parts shapes how we relate to the “outer village” of other people. Differences among us—such as culture, race, gender, neurotype, health, beliefs, and life experience—are valued as sources of richness. The only essential requirement for belonging is alignment with this agreement and a commitment to live it in practice.

## **Why We Make Agreements Explicit**

Explicit agreements create clarity, build trust, and make it easier to resolve conflict. They:

1. Allow members' protective systems to relax so Self-leadership can emerge.
2. Provide a reference point for reflection and self-inquiry.
3. Offer a shared framework for resolving challenges collaboratively.

We agree to uphold these commitments in person and in our connected online spaces. The purpose is not to limit freedom but to create a safe, supportive container where connection and growth can flourish. Members are free to act as they wish outside these spaces, to suggest changes to the agreement, or to step away if the agreements no longer align for them.

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## Our Values

We are guided by:

- Transparency – honesty about our inner experience.
- Integrity – matching words and actions; seeking support when needed.
- Co-operation – working together toward shared intentions.
- Community – fostering connection and mutual support.
- Personal Responsibility – owning our boundaries, needs, and wellbeing.
- Self-Leadership – showing up from Self-energy.

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## How We Hold Ourselves

- All parts are welcome; not all behaviours are.
- We pause when blended with parts, and seek support to return to Self.
- We take responsibility for our needs, boundaries, and wellbeing.
- We are accountable for times we don't uphold our standards or this agreement.
- We engage in repair when our actions impact others.
- We offer feedback from Self, speaking for our own experience rather than about others' intentions or parts.
- We may request accommodations to meet our needs in advance where possible.
- We remember that when someone shares from an activated part, they are speaking about their inner experience—not making a personal judgment of us.

- We remain open to learning from others and updating our perspectives.
- We hold goodwill and positive regard toward other members.

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## **How We Treat Others**

- Assume good intentions; ask clarifying questions from curiosity.
- Honour others' stated boundaries where possible.
- Hold silence while others speak; seek consent to interrupt.
- Offer advice or feedback only when explicitly invited.
- When offering feedback, give a clean reflection—speak for your own experience without interpreting others.
- Avoid naming or labelling others' parts without invitation.
- Respect others' pace and way of healing.
- Work toward reasonable accommodations for participation.

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## **How We Communicate**

- Maintain confidentiality: share only your own process and do not share others' information outside the group, except to protect safety or in confidential professional support spaces.
- Speak for your parts from Self.

- Communicate clearly, directly, and literally, and accommodate communication needs (e.g., interpretation).
- Ask for clarity when something is not understood.
- Balance participation—flow in to contribute, flow out to make space for others.
- Ask for consent explicitly before offering communication outside of groups, or offering perspectives on another members process or contribution.
- Respect group time by attending from start to finish when possible, and give notice if accommodations are needed.

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## **When Agreements Are Not Upheld**

- The only true authority is Self, and we recognise we will sometimes fall short.
- We avoid shaming ourselves or others when agreements are broken, and instead seek support.
- When an agreement is in question, we name the behaviour factually, refer to the relevant agreement, and engage in a repair process by consent.
- If told we may have broken an agreement, we may clarify intentions, address misunderstandings, make amends, or offer a self-led apology.
- A self-led apology may include:
  - Acknowledging the agreement was broken.
  - Naming the parts involved.
  - Stating needs and requests for support.
  - Speaking for the vulnerability beneath protective strategies (if desired).

- If impacted by a broken agreement, members may share their experience from Self and request support.
- The community may offer a held repair process, with optional advocates/unblenders, either in person or online. Members may choose to engage in repair later if not regulated enough to do so in the moment.

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I {name} \_\_\_\_\_

agree to this shared agreement {signed}\_\_\_\_\_

on {date}\_\_\_\_\_