

Medicine Wheel Agreements

We are a circle of positively motivated, creative and conscious beings who take to the great challenges of life as learning experiences. We are collectively co-creating a new way of relating with each other. Through our collective unity we support one another and through the following agreements we cultivate trust and safety.

☞ Trust in the process - we are co-creating our experience while knowing that we don't see the whole picture and will ultimately be guided by the Divine

☞ Show up - sharing openly, authentically and vulnerably into the group spaces. Participating in the prompts and activities. Being willing to lean into your edges and step out of your comfort zone while also honoring your Sacred "No" if it comes up.

☞ Take responsibility for my experience and *only* my experience - ultimately, your transformation is your own. This space honors each individual's sovereignty and right to choose their experience.

☞ Refrain from coaching or offering advice - honoring that no one needs to be fixed. We receive each other with unconditional love, non-judgement and compassion.

☞ Not apologize - no one needs to apologize for how they're showing up, what they're experiencing or the energy they are moving.

☞ Confidentiality

☞ Follow the Four Agreements:

1. Be impeccable with your word - your word is your creative power. It is your power to express, communicate and think, and thereby to create the experiences in your life. When you are impeccable, you take responsibility for your words and you do not judge or blame yourself. You use your words - your energy - in the direction of truth and love.

2. Don't take anything personally - we are all living in our own personal dream. Our words and actions are based on the dream we are experiencing. When we take things personally, we are making the assumption that everything is about "me" and we are believing the story that is being told to us by another person's dream. When we don't take anything personally we reclaim our freedom to live our own truth without suffering from the careless comments or actions of others.

3. Don't make assumptions - we make assumptions out of our need to understand, combined with our fear to ask questions or admit that we don't understand. We assume that everyone sees life the way we do - thinks, feels, cares and is bothered in the same way as we are. This leads to misunderstanding and the creation of unnecessary drama. In order to not make assumptions we must find our voice and have the courage to ask questions and seek to understand.

4. Always do your best - if you always do your best you free yourself from self-judgement. Your best will sometimes be high quality and sometimes be less than ideal; regardless, it will be your best in that moment, no more, no less. When you do your best you accept yourself as you are, knowing that perfection only exists in the present now moment.