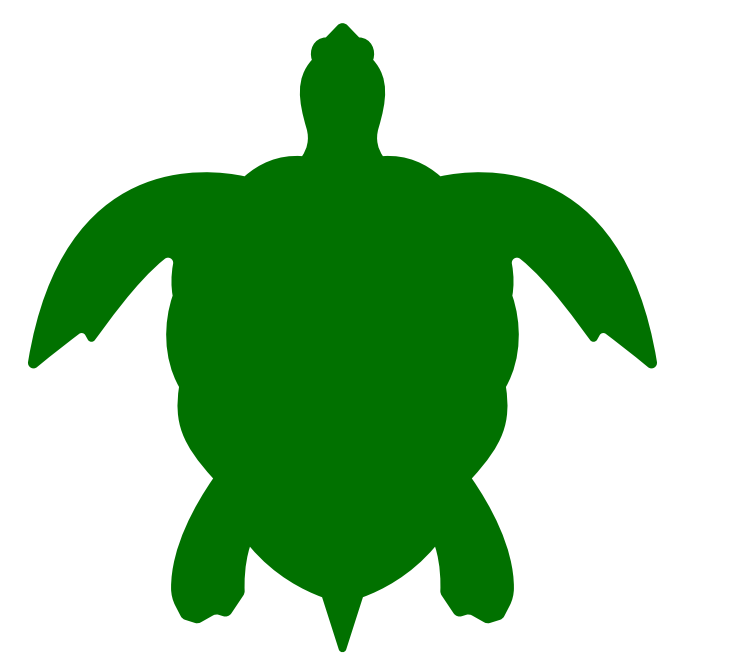
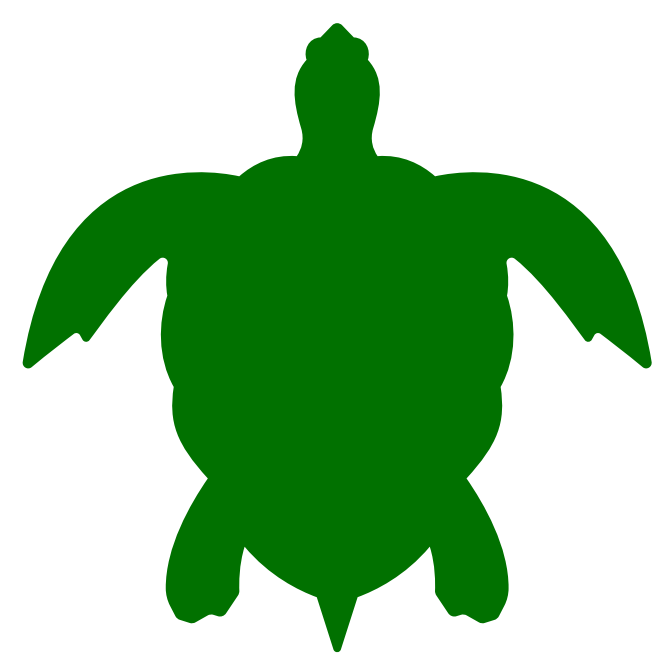


Group Container Sacred Agreements



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Sacred Agreements

Sacred Shamanic Agreements.

These are important for setting group container space, so we all have a foundational place on which to keep each other accountable.

These community agreements is how to be with each more effectively. So that we can hold space for each others growth and development, without needing to fix or change anyone.

Honouring where the individual is at.

These are not rules, they are not gospel. Nothing is. You always have a choice. So these are not promises as some of you may break them. They are sacred agreements that we do for best to uphold for the sake of the collective.

They are not based in I but in we. In the hope that we stay together and connected as a shamanic community and treat others in the community within these sacred agreements so that we can all love one another more deeply.

If you don't resonate, that's fine. But I hope you can appreciate why we have these.

Urpichay.

Sacred Agreements to check if they are aligned with you!

1. Confidentiality.

Keeping this a sacred container.

No 3rd party talk. To support safety in our community.

If you want to share your process on social media I'd encourage you to do so.

But do not share anyone else's process or shares. If that's someone you are working with or a post you have seen in the group. No sharing other peoples stories. You may speak about your own and keep others shares as sacred.

Not teaching anything you have learnt in this course to someone else who is not on it, unless you have done the masters training with me or have specific permission. If it is not taught in full or initiations are used without proper protocol they can cause detrimental effects. Some of the energy work, can cause psychotic episodes as the energy is very intense. These need to be administered with care and precision.

If you have been diagnosed with a mental health condition and not put it on your form, this is your own choice not to make me aware. You may always speak direct to me, if you have any questions.

2. Honouring your yes and your no.

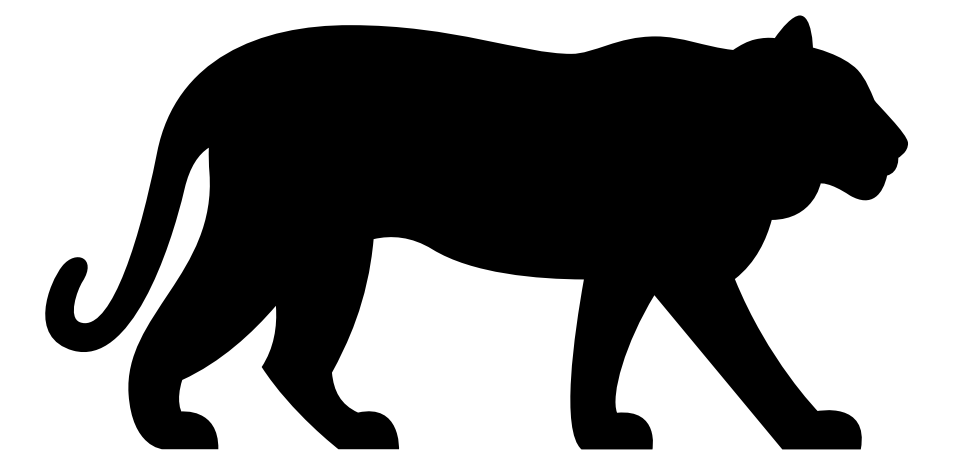
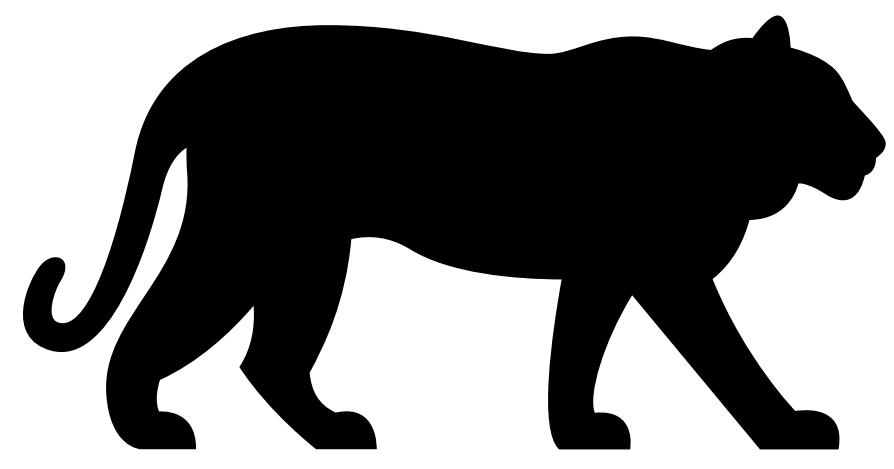
If you are asked anything during the time of your training check if you are in capacity to say yes. Take your time to answer a question. Your reply can be I'll get back to you. Practice being true to you. If you do say yes to something and then find out later, it should have been a no. Taking full responsibility for that being your learning process and careful not to go into blame of others or the leadership.

Practice moving into self leadership in this transformational process.

Side note: You can use this agreement as an excuse not to meet your edges.

If we are doing shadow work or something that will push you or is a stretch.

Then you can use this as get out of jail free card. Not to step in and do something that will stretch you in a good way and help you to expand. Be honest with yourself and notice this might be coming up as an excuse not to go there.



3. Playing full out.

This is an invitation to meet yourself fully. Expand and stretch which at times might be a bit painful but that doesn't mean you are out of capacity. Again the key is staying true to you and surrendering to the openness of the process.

Define out of capacity.

This is when you feel really young.

When you want to fight, flight, freeze or appease.

When you are re-traumatised

Bring your pause and ask for support. If something has really triggered you.

This is why it is so important for you to take radical responsibility in knowing yourself. You get to be your own gage for stretching and when you need support. Everyone is different, so in a group, it is very challenging for me to telepathically know the needs of each person.

Encourage yourself and expand your awareness. This training will assist you to do just that. You will be fine, if you put the work in and receive the teachings.

4. Honouring others.

Don't try to change them.

Let other's be who they are

Be where they are

Honour where they are at.

You will all have different values and opinions. Here we honour everyone where they are at. Not everyone will see your point of view, or even has to see your perspective. You can offer your perspective as a choice or something to help them question and expand. But they don't have to take it on. And you shouldn't repeat or push. Simply state that is not my way. And be content with leaving others where they are at.

(This will be a lot easier when you have done the south and understand shedding stories)

5. Resolve conflicts quickly and directly.

If you have a conflict with someone in the group or community. LET THEM KNOW they have triggered you. Don't sit on it and let it grow. We are supportive and open enough to be able to share with one another when buttons have been pushed. Usually there will be gold to be found here. You don't get your medicine if you don't bring it forward.

This is done using the I. Taking responsibility and speaking from the I. I felt blank when you said blank. If you can track it back to a past memory great. There will be one. And then you own the part of you that is triggered by someone else by saying and calling it out, just like me.

Conflict resolution is not an opportunity to blame and target someone to release anger. It is not you are blank and you should be ashamed of yourself. It is resolved with the I and speaking about your personal experience. Not projecting onto another all the things you think they should change. (This agreement becomes a lot clearer once you have done the West)

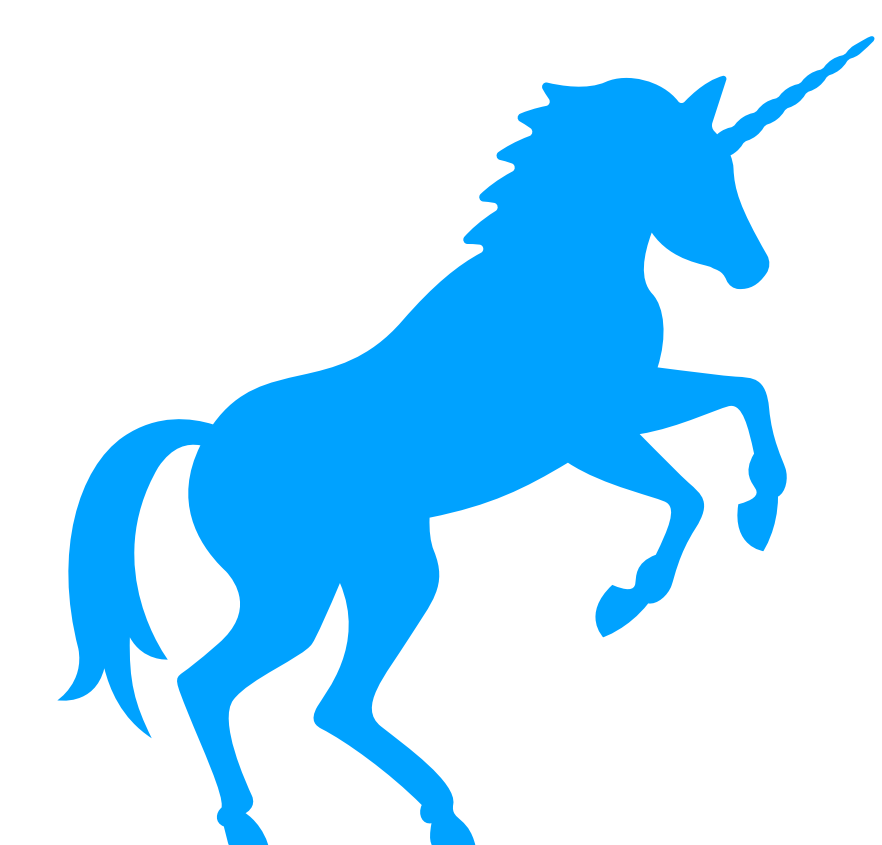
6. Take time to integrate before making any life changing decisions.

Be vigilant of new radical change. In terms of relationships, moving home or job ect....

Make sure you sit with the changes this transformation brings and let it integrate, so that you full know if this is most aligned committed form of action for you.

When a lot of shifts take place, it can feel amazing and one feels invincible. This is part of the empowerment you need to take you through your next Stages in life. But you want to be fully clear with your steps and not to rush it. So this is just making sure to be 100% Yes.

If you are a maybe, then it should probably be a no.





7. Don't leave in trigger or run away from the training.

Some of this journey might make you want to run away and turn you back on me and the community and it might feel easier to blame us and run off to something new.

If you can, honour your close and bring any conflict or trigger to be spoken to and released, so it is not held in the system, this is best.

To understand this fully, incase it happens to you. The "ego" (for lack of a better term) part of us wants to prove itself right. That's it's comfort zone and our brains are wired to pick up on things that the mind can say "see I told you so" to. Often to things that bring us down and tell us we are unloved or proves that people abandon us. We will look for things that we can say, in our heads "see I was right" they all abandon me.

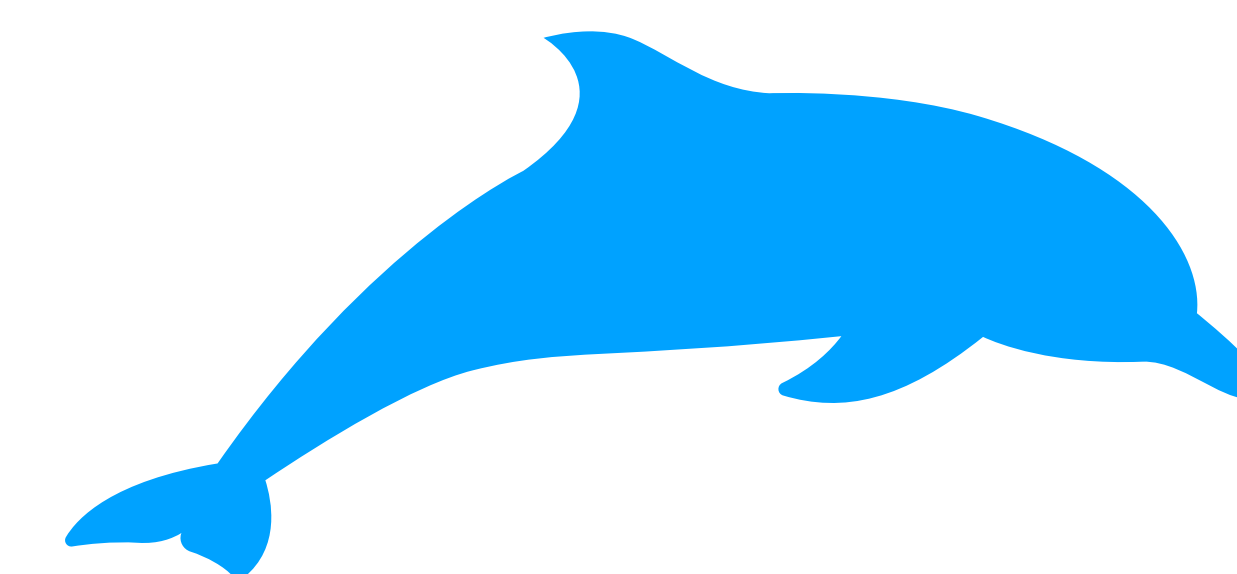
We have very powerful minds, they are the CREATORS. You really do have the power o CREATE anything, even if it is things that don't serve you. Manifestation laws just say yes.

So when your desire is so strong to create your belief and prove yourself right, of corse will be able to find evidence to support this. In psychology terms it is called

8. Speak in the first person.

Speak in the I not in the 2nd or 3rd person.

So when you share, speak about your personal experience. Not using the words we think or impacting us as a human race. Speak in the I and make it personal, as the energy is clearer.



9. If you are not ok, you can call emergency STOP using safe word Carrot!

Anyone at anytime if they are really truly not ok they can call a pause and we will stop for you. This is the option if you can't stay in the room and literally need to eject!

Careful that this is not an opportunity just to stop the process because you might get triggered or just want a break. You can sit with your pain, this will be part of your process to be able to hold in uncomfortable situations and to be with that. But if there is really an emergency and something else need to be spoken to, for the good of the collective and honouring of yourself then you can bring your pause.

10. No Fixing or advise giving or interrupting someone in process.

If someone is sharing and you want to ask them a question or give them some advice. Ask yourself who is it really for? Is it because you are uncomfortable being with them in their pain, or is this really going to support them? Most healing is just holding space. We don't often interfere or bring our agenda or have people move into something because we think it is best. We are holding so they can open to more joy, and often this is in the silence. Letting their emotion be felt in a silent space and just allow them to feel. Them move at the end of the wave.

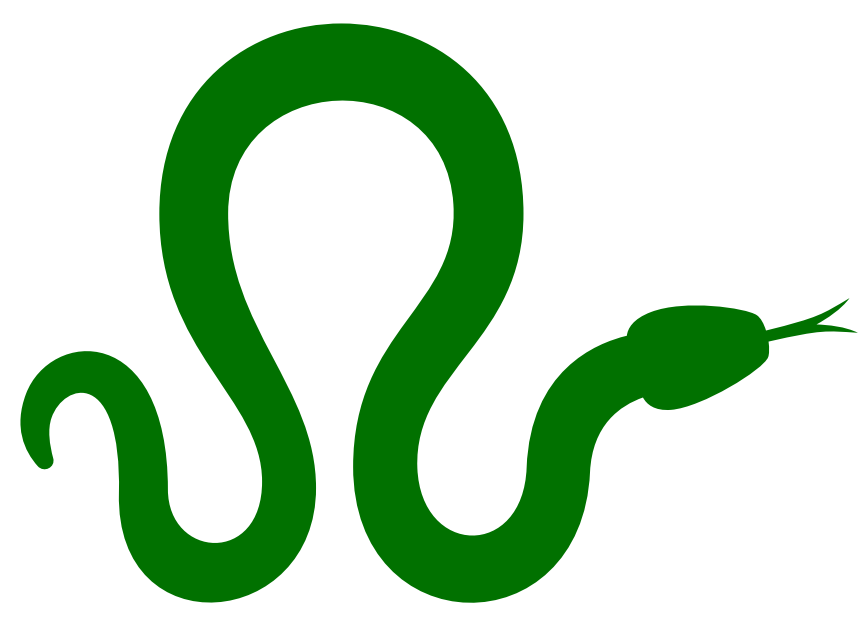
So we agree not to fix or to change or to interrupt someone in process?

Yes.

Just the giving of advice is often taken to the person receiving as, oh there's something wrong with me. It's not ok to be where I am.

Is is always alright to be where they are there is no fixing needed, because no one is broken.

When hey have felt what they need to, they will naturally be ready to move to another state. We are all, all of it.



(This agreement 10 has its nuances, when you apply it to your clients)

A lot of people like being “Fixed” or told what to do and give their responsibility over to the healer and say heal me. I want you to do it. To me this is an older paradigm but still has some frequency left in today, so you may need to play with this agreement and offer your advice to clients and support them to shift delicately. Giving them a new perspective and a new way to see things, gives them the choice if they want to move or not. If you do it all for them you are taking away their power and you don't want to do that. You want to empower them to do it for themselves. So show them different options rather than telling them what to do.

So play with this one when it comes to your clients, but try and keep it in alignment with the new paradigm when with the shamanic community.

11. No talking about people behind their backs.

Friendships are formed in the community. Keep it clean. Don't talk about someone when they are not there. Or psychoanalyse them behind their back. If there are things you want to speak to, take it to them directly. And also if you are in the presence of others speaking about someone when they are not there, you also have a voice to remind them of agreement 11.

We as a society do this a lot, with family and friends. It is a new way to learn how to love each other if this community is kept clean.

12. No drugs or alcohol in online sessions or any trainings.

There is no need to alter your state of consciousness. We do that enough in this training without the use of substances. It is a much better idea for your own health if you use your vibration to raise your awareness and alter your consciousness. Not a substance that will kill your confidence and make you second-guess yourself. There is no room for that.

Unity!