



Awakened Soul Journey Community Agreements

for Participation

We are honored to come together in spaces dedicated to healing, awakening, growth, emotional truth, transformation, and conscious connection. This environment is co-created to be emotionally safe, spiritually respectful, grounded, and supportive for every participant. By participating in Awakened Soul Journeys, you agree to uphold the following agreements:

Confidentiality & Sacred Trust

Confidentiality is an essential part of creating emotional safety and authentic transformation. Please honor the privacy of others by keeping personal stories, emotional processes, identities, and experiences shared within the group confidential.

Please do not:

- Share another participant's story outside the space
- Record sessions without explicit permission
- Post photos, videos, or identifying information without consent
- Discuss another person's process publicly

What is shared in the space remains in the space.

Presence & Punctuality

Please arrive on time and prepared to be fully present. Our gatherings are intentionally designed and energetically connected from the very beginning. Late arrivals can disrupt the group field and affect the experience of others.

Respect for Physical Boundaries

Every participant has the right to bodily autonomy and personal space. Please obtain clear consent before initiating physical contact of any kind, including:

- Hugging
- Touching
- Supporting
- Holding
- Massaging
- Cuddling



- Energetic, body or healing work

Check in to ensure that the consent is ongoing and mutual. If declined, respect it.

Sexual Boundaries

Ceremonies are spaces for healing, consciousness exploration, and personal transformation.

Sexualized behavior, sexual advances, inappropriate touching, suggestive communication, or crossing emotional or sexual boundaries during events is **strictly prohibited**.

This includes:

- Sexual comments or innuendo
- Unwanted flirtation
- Physical contact with intimate areas of the body
- Manipulative emotional or energetic dynamics
- Sexual pursuit during vulnerable process states

It is imperative that integrity, safety, and respect are present in this work.

Respect for the Space

Please treat all retreat venues with care and respect. The moment we begin setting up the environment it becomes sacred space. This is a communal experience, meaning:

- Clean up after yourself
- Treat furnishings and property respectfully
- Leave shared spaces in good condition
- Be mindful of noise levels and overall impact on the environment
- Be supportive of the whole, with meal preparation and keeping the kitchen clean

Clothing & Physical Expression

Please remain clothed in shared community spaces and main workshop areas.

Should you experience emotional openness, altered states, vulnerability, or a desire for privacy, support staff are available to help you transition comfortably to your room or another appropriate private space and will gladly check in with you.



Sexual interaction or sexualized experiences between participants during workshops or ceremonies are discouraged unless clearly pre-established, consciously discussed, and fully consensual outside the container of the event.

This is an atmosphere of safety, respect, clarity, and emotional integrity.

Emotional Responsibility & Awareness

Each person's healing process is unique. You may experience joy, grief, silence, laughter, emotional release, insight, vulnerability, or deep introspection while others may be having an entirely different experience.

Please remain aware of your impact on others while practicing emotional responsibility, knowing each person is caring for themselves. Ask to engage with people and do not take their response personally. Keep noise levels respectful in quiet areas. And refrain from giving unsolicited advice, analysis, or "fixing" anything.

Presence is often more valuable than intervention.

Substance Use & Safety

To support emotional clarity, physical safety, and the integrity of the work, recreational drug or alcohol use during workshops, ceremonies, and retreat experiences is prohibited unless explicitly part of an approved facilitated process.

Please only take medications prescribed to you by a licensed physician and disclose any relevant medical or psychological concerns when requested through intake forms or facilitator communication.

If you have questions about medications, supplements, or safety concerns, please speak privately with a facilitator prior to participation.

Electronics & Digital Presence

You are strongly encouraged to disconnect from phones, laptops, tablets, smart watches, and other electronic distractions during workshops and ceremonies whenever possible.

This helps deepen presence, nervous system regulation, connection, and immersion in the experience. If you need to remain reachable for emergencies involving children, family, work, or caregiving responsibilities, please notify a facilitator or guide before the event begins.

Remaining Within the Workshop Container



For safety, emotional continuity, and group integrity, participants are asked to remain on-site throughout the duration of the workshop or ceremonial process unless otherwise approved by a facilitator.

Unexpected departures during deep process work may impact both personal safety and the energetic container of the group.

If you choose to walk the property, spend time outside, or step away from the main gathering area, please inform a facilitator or support team member. This allows us to ensure your wellbeing, maintain safety, and support you appropriately should you need assistance.

Respect for Diverse Beliefs & Experiences

This is proudly a community which includes individuals from many backgrounds, belief systems, cultures, identities, and spiritual traditions.

Please engage with curiosity, compassion, openness, and respect. Differences in experience, perspective, emotional expression, spirituality, politics, identity, or worldview are welcomed when approached with maturity and kindness.

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Integration & Major Life Decisions

Transformational and spiritual experiences can create profound emotional openings, insights, realizations, and shifts in perception. Please give yourself integration and grounding times post-journey before making major life decisions.

For at least one week following a ceremony, retreat, or intensive experience, please give yourself pause on making impulsive decisions involving:

Relationships

Marriage or divorce

Employment



Financial commitments

Housing changes

Major investments

Relocations

Family restructuring

Insights received during expanded states of awareness are often valuable, and integration allows wisdom, practicality, timing, and discernment to come into balance.

Consent & Connection

Transformation work can create moments of deep openness, tenderness, vulnerability, affection, emotional activation, or longing for connection.

If you would like physical or emotional connection with another participant, including conversation, sitting together, holding hands, hugging, cuddling, or emotional support - please ask first. Each person has the right to choose what feels supportive, safe, and aligned for them in each moment.

Each person can say Yes, No, I need space...and change their mind later. You may want connection at one time and solitude at another – trust what you need.

Practice clear communication, a respect for boundaries, emotional maturity and compassionate honesty. A 'no' is not rejection. It is another person honoring their own process. Likewise, honor your own needs, desires, boundaries and truth throughout the experience.

Emotional Self-Responsibility

Intensive healing and transformational work can bring forward strong emotions, projections, attachments, grief, longing, joy, resistance, fear, love, anger, tenderness, or activation.

Remain curious about your emotional responses, rather than making immediate meaning about another person's behavior.

Safety & Transportation

For the safety and wellbeing of all participants, no one may leave the property to drive or operate potentially dangerous equipment during active workshop, ceremony, or altered-state processes.

If you are feeling restless, emotionally activated, overwhelmed, anxious, dissociated, or strongly compelled to leave, please reach out to a facilitator or support team member immediately. You do not have to navigate difficult moments alone.



Shared Responsibility

Every participant contributes to the safety, integrity, and consciousness of the community. By participating, you agree to engage with honesty, respect, responsibility, compassion, consent, presence, integrity and care for yourself and others.

The wellbeing of the whole will remain paramount so that safety for all is assured.

Final Agreement

By signing below, you acknowledge that you have read, understood, and agreed to uphold these Community Agreements.

Signature

Date

Printed Name

Date of Journey