



Practice Agreements

The way we show up to work together matters! Every single one of our contributions to the field of higher consciousness matters! The way we interact with each other matters! Everything is welcome. Everything is allowed. Everything is included. These are the core principles of Wholeness that we practice within Yggdrasil Living Wholeness.

Over the years and a wide range of experiences, we have come to identify the key principles that support we-space gatherings, cultural and personal shifts, and guide us along our learning journeys. We honour the call or the impulse that pushes us out of our comfort zone to meet the unknown. We acknowledge that whatever the circumstances, we have consented to meet these experiences. We value all agreements that provide the trust and the sense of inner security needed to brave the wilderness and step out into the unknown.

The emergence of a we-space culture requires both structure and flexibility. We advocate supple structures resting on solid foundations. They will anchor the experiment and help get a feeling of the collective, the emerging We, without losing the sense of oneself. Flexibility is essential so that we don't get fixed on contents or expected outcomes. We want to remain open to whatever arises in the field and wants to be expressed through us, welcoming the unexpected as portals for deep transformation.

We believe in working cooperatively and creatively with participants and clients attending an event or programme (both face to face and online). We value creating the learning pathway with you, and we do so with the following intents:

- To support personal alignment and relational availability
- To master the art of presencing, i.e. sensing, witnessing, reporting and delivering
- To design customised programmes for original and unique transformational journeys
- To practice deep listening, and to honour all forms of resistances
- To put the learner in the driver's seat
- To explore intuitive tools and to open up to subtle energy intelligences

Basic principles for a meaningful and fruitful learning journey

Taking responsibility for your learning journey implies learning to clearly state your needs and expectations and to implement adjustments that you feel appropriate and supportive for your particular journey. We encourage you to come up with your own suggestions and to be the Master of your growth.

We ask you to respect the programme you are following and to take part in all activities, noticing any resistances that might arise and allowing yourself to voice them should it be the case before stepping out.

Please be punctual arriving a few minutes before the beginning of a session. This helps us start on time and ensures a smooth progression of the programme.

Let us know of any absences or late arrivals and, when possible and relevant, please suggest alternatives - in particular when you cancel an individual session.

At all times, we invite you to be authentic, honest and to practice transparent communication. Stay as much as possible with the group, especially at moments of intense emotion, and notice what your reactions are. Sort out personal differences in private, as a first step.

Please inform us of anything you think could support you on your learning journey and how we can be of service to you. Don't expect us to guess!

Generative fields of conversation, interacting with others

In order to sustain trusting and caring group work, we work with the guidelines and principles that have been effectively used in similar circles. They support us in opening up, meeting whatever arises and trusting in the processes we co-create.

- Using "I" statements when speaking, focusing on the sensations, feelings, emotions and thoughts of oneself rather than on those of others present or absent
- Observing one's experience, how it unfolds, moment by moment
- Suspending judgements/labels and mentalising/intellectualizing, not seeking to eradicate them, but rather observing them, with loving kindness, and being aware of any inner movements
- Practicing deep listening in particular listening to the body, its inner wisdom and messages
- Taking responsibility for oneself by expressing needs and wants. This includes listening to when it might be helpful to step out of an activity, group setting or to hit the pause button
- Showing respect for others by holding the qualities of loving kindness, compassion, gentleness and joy
- Respecting confidentiality and actively endorsing protectiveness by participating in the circle of compassion