

Intentional Healing, LLC

Group Gatherings (Circles & Ceremonies) Policies & Agreements

**These may policies & agreements may shift and change over time, as our circle evolves*

- 1) We hold what is shared in circle in confidentiality. That means nothing is to be shared with anyone outside of this group without the expressed consent of the one that shared it. You can share about your experience with others but only your experience. If you see someone outside of this contain you may ask their permission to discuss what was shared in circle, understanding they have the right to say no.
- 2) We come to the circle open with no expectations. We each came here for a reason, so we trust of the medicine that circle offers each of us.
- 3) We agree not to give feedback, advice or crosstalk, unless specifically requested. No one is broken, therefore we are not here to "fix" or "heal" anyone. Instead, we are here to witness each other. To share from our own hearts. To respect everyone has different life experiences, spiritual belief systems, values, beliefs and practices than us. To come with an understand there is no "right" view and no "right" way of doing anything" and to honor our differences.
- 4) Feel welcome to bring your inner wisdom and your voice. You will have the opportunity to share but it is not required to participate.
- 5) Do not assume anyone's gender. If you do not know, ask. Not everyone may use the pronoun assigned at birth (she/her, he/him). With sisterhood circles, the group welcomes anyone that is here to connect to their feminine, thus it may include people who identify as they/them, non-binary, even he/him that is here to connect to their feminine aspect.
- 6) Racial comments and cultural appropriation are not welcome in this group. If I ever do anything that can be seen as racially inappropriate or as cultural appropriation, I am truly sorry. We can and do make mistakes, as long as we are committed to learning, growing evolving, let us commit to doing better. We agree to be willing to hear if anything we do may be inappropriate and to learn how to do better next time. It is not on those of different racial backgrounds to teach us, it is on us, there are resources out there. Please let me know if you're interested in knowing about some of these resources, I have a list of several of them.
- 7) After each share we will take a moment of silence. To honor and celebrate what was just shared so this person feels seen, heard, and valued. Some may choose to beam, after someone shares, by holding both hands up with palms facing the sister that just shared and offering them universal energy. This is not a requirement, never do this if it doesn't feel true for you.

8) Please feel free to take care of yourself. If you need to use the restroom, get up and move your body, briefly take care of a loved one, etc. We kindly ask if you do need to do this you just turn your video off. If you aren't currently sharing, we also ask you to have yourself on mute and unmute yourself when you are ready to share. If you have any questions, comments, you can post them in the chat box.

Limited Liability: This is not therapy, you as the participant understand circle is here to be mutually supportive to everyone. It is not here to replace professional therapy from a mental health practitioner, coach, medical practitioner, legal advisor or any other qualified professional. Thus, I offer no guarantees or warranties, expressed or implied, in no event will Intentional Healing, LLC, LaDeane Palmar aka Cedar Sky Love, be held liable to the participant for consequential or special damages. Notwithstanding any damages that the participant may incur, Intentional Healing, LLC's entire liability under this agreement, and the participant's exclusive remedy, will be limited to the amount paid by the participant to Intentional Healing, LLC under this agreement for all services rendered up until the program end date. This agreement supersedes all prior written and oral representations. If any disputes arise out of this agreement that cannot be resolved by mutual consent, the participant and Intentional Healing, LLC agree to attempt mediate in good faith for up to 30 days after written notification has been given. If dispute is not resolved, and in the event of legal action, the prevailing party shall be entitled to recover attorney's fees and court cost from the other party. This liability agreement shall be governed by the laws of the state of California in San Diego County and any applicable federal law.

Signature

Date

Print Name

If participant is a minor parent or guardian signature

Date