



Members' Shared Ethos & Agreements

Our Foundation

The Crystal Heart membership is a community of people committed to practicing embodied self-leadership, which means leading from and with the qualities of curiosity, compassion, clarity, calm, creativity, confidence, and courage, and the shared understanding that we are deeply interconnected.

While we may appear (and old paradigms held us to be) one individual unified consciousness, when we introspect the experience is actually an inner family of parts. The parts of us have many relationships, roles, and perspectives, and are structured internally in ways that will mirror and be mirrored by our “outer” relationships, roles and culture. Our “inner village” of parts shapes how we relate to the “outer village” of other people. Therefore by exploring our inner community and trusting our Self energy to support shifts in our inner family relationships, we can heal, evolve, and influence our outer relationships, communities, and the emergent culture that we are embedded in. This is a way of relational healing from the inside out.

This shared agreement is not a moral position, and does not assume the superiority of any way of being, or of some parts over others. However, it acknowledges that parts' expressions are more appropriate in some contexts than others, and in certain situations can cause harm, therefore this group space aims to offer clarity to what is appropriate in shared healing containers and group spaces aiming to practice and embody self-leadership. Where this is not the aim, other agreements may be more suitable.

Parts are necessary for functioning in the world - they are not optional! Parts are how we participate in life, they are our interface with the world - the “how” of our operating system. They offer us an intricate feedback system. How they are responding to Life as it is being presented in this moment shows us what energies they are aware of and are perceiving, as well as what meaning, prediction, and interpretations they make of it. Some parts are stuck in the past, so are giving us out of date information. Some are not embodied, and are not being heard, felt or seen, and their wisdom gifts and skills are not being included. Others are overworked, definitely underpaid, and frustrated by how tired they feel. Some pop out in specific contexts, and are harder to access in between. Some parts constellate with one another to form groups of parts focussed on specific aspects of life or situations. Some parts have such a tight grip on our conscious-driver-seat that they think they are who we are. Parts are imbued with our consciousness to the extent that they offer space for it. Parts often hold a longing for union, and what can most intimately fulfil that longing is connection with Self.

Self the sacred seed or divine spark in all of us, and can be seen as the “you” that is not a part, but for whom all parts are welcome. Self is oriented towards community because it recognises oneness, unconditional love, and seeks coherence by finding a path that is best for all parts, of itself and others. Self is present in all of us, and accessing it is constrained by our parts. Practicing embodying Self is a way that we can follow a healing and awakening path: when we orient from Self, as it is a healer, our parts unburden, and enquiries we make from this orientation points to the Oneness beyond separation.

The Crystal Heart community is open to all members that are aligned with this foundation, and share a commitment to live it in practice. Differences among us — such as culture, race, gender, neurotype, health, beliefs, and life experience — are valued as rich sources of diversity.

We understand that not all parts will agree to all aspects of this shared agreement, and this is expected and healthy. All parts, perspectives, and points of resistance are welcome and acceptable, and we uphold the goal of meeting them from Self. We hold the aspiration not to lead from those parts in our group containers, and also understand that this process will be imperfect – the shared agreement includes practices that will support us when these agreements are inevitably not upheld, so that we can practice repair in a safe container, and gradually entrain our system to be able to hold Self leadership more consistently.

In group spaces, the shared agreement takes priority over individual agendas. The purpose of the shared agreement is not to limit freedom or self-expression but to create a safe, supportive container where connection and growth can flourish. Members are

free to act as they wish outside these spaces, to express their views about the agreements respectfully, to propose changes, or to leave the community if they prefer not to follow them. If you cannot say a wholehearted “yes” to the agreements, we invite discussion to clarify misunderstandings, explore possible amendments, or decide whether participation is right for you at this time.

The following shared agreement emerged from meditating in Self, listening to our parts—especially exiles—and negotiating with protectors to identify what would help sustain Self-leadership in a group setting.

Why We Make Agreements Explicit

We recognise that every group has implicit agreements—unspoken norms that shape the culture, sense of safety, and welcome within it. These implicit agreements operate whether named or not. When agreements remain implicit, not all members may be equally aware of them. This can lead to power imbalances, confusion, misunderstanding, conflict, rupture, or exclusion. By contrast, making the shared agreement explicit allows members to assess compatibility, give informed consent, offer dissent, suggest revisions, and collaborate on changes that meet everyone’s needs. Explicit agreements create clarity, build trust, and make it easier to resolve conflict. They:

- Allow members’ protective systems to relax so Self-leadership can emerge.
- Provide a reference point for reflection and self-inquiry.
- Offer a shared framework for resolving challenges collaboratively.
- Equalise power differences that can arise when agreements are implicit and not equally known and agreed by all members.

Our Values

We are guided by:

- Self-Leadership – speaking and acting with Self-energy.
 - Integrity – matching words and actions.
 - Co-operation – working together toward shared intentions.
 - Community – fostering connection and mutual support.
 - Personal Responsibility – for our boundaries, needs, and wellbeing.
 - Transparency – honesty about our inner experience and what impacts us.
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How We Hold Ourselves

While all parts are welcome, not all behaviours are:

- We agree not to speak or act abusively (towards our own parts, or other people). This includes using discriminatory, shaming, disrespectful, aggressive or unkind language.
- We pause when blended with parts, and ask consent to speak from a part or seek support to return to Self.
- We take responsibility for our needs, boundaries, and wellbeing.
- We may make clear and direct requests for accommodations or support to meet our needs (in advance where possible, e.g. for sensory needs to be considered before overwhelm occurs).
- We hold goodwill and positive regard toward other members.
- We aim to take nothing personally, and remember that when someone shares they are speaking about their inner experience.
- We remain open to learning from others and updating our perspectives.

- When we are impacted by another, we take responsibility for the care of our impacted parts, and we may also offer feedback from Self, speaking for our own experience rather than about others' intentions or parts, and we may request a repair process.
 - We are accountable for times we don't uphold our standards or this agreement.
 - We engage in repair when our actions impact others. If we need time, space, or support to do this, we can withdraw until we are more resourced.
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How We Treat Others

- Individual autonomy is respected, and we seek empowerment of ourselves and others rather than engaging in power under or power over others.
- Assume good intentions; ask clarifying questions from curiosity.
- Honour others' stated boundaries where we can do so without harm.
- Hold silence while others speak; seek consent to interrupt - interruptions must be in service of supporting group cohesion, safety, and relevance.
- Offer advice or feedback only when explicitly invited, and know that even then it may not be received.
- When offering feedback, give a clean reflection (speak for your own experience without interpreting others).
- Avoid naming or labelling others' parts without invitation - we may ask clarifying questions or speak for impact on our system instead.
- Respect others' pace and way of healing.
- Work toward reasonable accommodations for participation.

How We Communicate

- Maintain confidentiality: share only your own process and do not share about others' outside the group. The exception is when required for safeguarding or anonymously in confidential support spaces (such as your own personal therapy or supervision).
- Speak for your parts.
- Communicate clearly, directly, and explicitly.
- Ask for clarity when something is not understood.
- Balance participation — flow in to contribute, flow out to make space for others.
- Ask for consent explicitly before offering communication outside of groups, or offering perspectives on another members' process or contribution.
- Respect group time by attending on time and from start to finish when possible, and give notice if accommodations are needed.

When Agreements Are Not Upheld

- We recognise we will sometimes fall short, and instead of shaming ourselves or others when agreements are broken, we seek to provide support so that they can be met in future.
- When an agreement is in question, we name the behaviour factually, refer to the relevant agreement, and engage in a feedback, repair, or accountability process where agreed.
- If told we may have broken an agreement, we may clarify intentions, address misunderstandings, make amends, or offer a self-led apology. If we need a pause or time before we do so, we can state our availability for that.

- A self-led apology may include:
 - Acknowledging the agreement was broken.
 - Naming the parts involved.
Speaking for the vulnerability beneath the protective strategies (if desired).
 - Stating needs and requests for support to be able to uphold the agreement in future.
 - Listening to the impact it may have had on others, and apologising for that impact.
 - Asking if amends or repair is wanted, and then offering that.

- If impacted by a broken agreement, members may share their experience, from Self and request support or repair.

- The community may offer a held repair process, with optional advocates/unblenders. Members may choose to engage in repair later if not regulated enough to do so in the moment.

When things arise not covered by this agreement, we bring the qualities of Self to collaborate on how novel situations can be met in the spirit of this agreement.

I {name} _____

agree to this shared agreement {signed} _____

on {date} _____