

SACRED CONTAINER & COMMITMENTS



The Garden of Alchemy exists to guide, inform, and support individuals, creating spaces for growth toward wholeness, sovereignty, and leadership. Our containers and courses are designed to foster transformation, healing, and creative energy, helping you reconnect with your essence, not only for your own evolution but also to contribute to the world and the creation of a new reality.

- The purpose of **The Hive** is to create a collaborative space with the intention of cultivating sovereign states of being—where we show up connected, resourced, and self-aware—so that we can ultimately bring this way of being into our own communities and lead by example.
- The purpose of **The Elemental Immersion** is to create a collaborative space with the intention of returning you to a state of wholeness—using the sacred teachers and the elements as a structure and guidance system to help you take full responsibility for the relationship between your inner reality and how that is mirrored externally. This is a container for exploration and experience, trusting in your own autonomy and capacity to choose and commit to what feels in alignment and truth with you.
- The purpose of **The Golden Egg** is to bring you deeper into the invisible and often overlooked energetic structures and energies that work within and around us. We commit to grounding in our sovereignty as the foundation so that we can start to travel beyond the known and into deeper states of connection, interfacing, and working with the laws of the cosmos.

Commitments for Our Space

These commitments are the heart of integrity, sovereignty, and safety. They create a foundation where each person is empowered to show up fully, honoring their own truth. By living into these commitments, we build a space rooted in trust, respect, and personal responsibility, ensuring that all of us can explore, grow, and contribute from a place of freedom and mutual support.

- I commit to taking full responsibility for my own process, power, and well-being.
 - True transformation begins when I recognize that my growth is in my hands.

- I commit to speaking from my own truth and experience, offering what contributes to our shared growth.
 - My personal truth has value, and sharing from it enriches the collective.
- I commit to showing up as I am, engaging with presence—whether in joy, inspiration, grief, or uncertainty.
 - Every state of being is welcome here; I honor my experience without judgment.

Please read, reflect, and check each box to confirm your commitment.

1.	1 COMMIT TO DROPPING INTO MY HEART BEFORE SHARING.
When I connect with my heart, my words become aligned with my truth and the energy of the group.	
2.	1 COMMIT TO LISTENING DEEPLY—NOT JUST TO UNDERSTAND, BUT TO BE MOVED, OPENED, AND EXPANDED.
True listening transforms both the speaker and the listener.	
3.	1 COMMIT TO STAYING CURIOUS, ALLOWING QUESTIONS TO ARISE RATHER THAN JUMPING TO ASSUMPTIONS.
Curiosity opens the door to new perspectives, while assumptions close it.	
4.	1 COMMIT TO BEING WITH DISCOMFORT, TRUSTING THE UNFOLDING PROCESS INSTEAD OF SEEKING QUICK RESOLUTIONS.
Growth often happens in the spaces that feel uncertain or challenging.	

5.	I COMMIT TO ADDRESSING ANY CHALLENGES I HAVE WITH OTHERS ON MY OWN OR WITH EXTERNAL SUPPORT FIRST, LEARNING TO SIT IN THE DISCOMFORT AND ALCHEMIZE IT INTERNALLY BEFORE BRINGING IT TO THE PERSON INVOLVED. I COMMIT TO SPEAKING TO THEM BY ASKING PERMISSION RATHER THAN SPEAKING ABOUT THEM TO OTHERS OR PUBLICLY CALLING THEM OUT.	
<p>This is not group therapy—please see the longer description below.</p> <p>It is important for the health of the container that we don't bring our unprocessed, raw, activated states toward another person if we have become triggered by them. Clear communication builds trust. I will process any judgments or triggers on my own first, receiving the lesson before seeking resolution.</p>		
6.	I COMMIT TO MY OWN JOURNEY, KEEPING THE FOCUS ON MYSELF. I AM 100% RESPONSIBLE FOR MYSELF.	
<p>I trust that whatever arises is for my highest growth, and there is no accident in it coming up for me.</p>		
7.	IF I AM IN A GROUP WITH MY PARTNER OR FRIEND, I KEEP THE FOCUS ON MY PROCESS AND STAY OUT OF THEIR BUSINESS.	
<p>It is important for partners and friends to understand the nature of this work by keeping to their side of the fence and not spilling into the other's process.</p>		
8.	IF I AM IN A GROUP WITH MY PARTNER OR FRIEND, I KEEP THE FOCUS ON MY PROCESS AND STAY OUT OF THEIR BUSINESS.	
<p>It is important for partners and friends to understand the nature of this work by keeping to their side of the fence and not spilling into the other's process.</p>		
9.	I COMMIT TO SEEING OTHERS WITH KINDNESS AND COMPASSION, SOFTENING JUDGMENT, AND RECOGNIZING OUR SHARED HUMANITY.	
<p>When I see with love, I create space for connection and understanding.</p>		

10.	I COMMIT TO REFLECTING AND CELEBRATING THE BRILLIANCE, POWER, AND GIFTS I WITNESS IN THOSE AROUND ME.	
Acknowledging the light in others strengthens it in us all.		
11.	I COMMIT TO RECEIVING FEEDBACK FROM LIFE WITH OPENNESS.	
Growth happens through experience, and I trust life to show me what I need to see. I welcome the reflections that arise naturally, knowing they come in the right way and time.		
12.	I COMMIT TO TRUSTING THE TIMING OF THIS JOURNEY, ALLOWING SPACE FOR THINGS TO UNFOLD NATURALLY.	
Not everything is meant to be rushed—some things bloom in their own time.		
13.	I COMMIT TO HOLDING WHAT IS SHARED IN CONFIDENCE, HONORING THE PRIVACY AND SACREDNESS OF THIS SPACE.	
Trust allows for depth, and honoring confidentiality creates safety.		
14.	I COMMIT TO PREPARING MY SPACE AND TIME WITH CARE—SETTING AN INTENTION, MINIMIZING DISTRACTIONS, AND CREATING BOUNDARIES THAT ALLOW ME TO BE FULLY PRESENT.	
Presence is a gift, and how I prepare influences the depth of my experience.		
15.	I COMMIT TO HONORING TIME, ARRIVING PUNCTUALLY, AND GIVING MYSELF A MOMENT TO SETTLE BEFORE WE BEGIN.	
Respecting time creates harmony for myself and for the group.		
16.	I COMMIT TO TAKING RESPONSIBILITY FOR CATCHING UP IF I MISS A SESSION, ENSURING I INTEGRATE THE LEARNING IN A WAY THAT SUPPORTS MY JOURNEY.	
My growth is my responsibility, and staying engaged ensures I receive the full benefit of this experience.		

17.	I COMMIT TO RESPECTING THIS SPACE AS A PLACE OF DEEP WORK, NOT A SPACE FOR BUSINESS SOLICITATION.	
This is a sacred container for healing, transformation, and connection.		
18.	I COMMIT TO SPEAKING FROM THE "I" AND NOT USING TERMS LIKE "ONE" OR "WE."	
Speaking from my own experience strengthens my voice and fosters personal responsibility.		
19.	I COMMIT TO DOING THE WORK, MAKING TIME FOR STUDY, CONTEMPLATION, AND INTEGRATION SO THAT I CAN REMAIN ENGAGED AND CONTRIBUTE MEANINGFULLY TO THE GROUP.	
Consistent effort and reflection deepen my understanding, allowing me to show up fully and share in the collective growth.		
20.	I COMMIT TO MYSELF, SHOWING UP FOR MY PHYSICAL, EMOTIONAL, AND MENTAL WELL-BEING SO I AM RESOURCED AND CENTERED TO CONTRIBUTE RATHER THAN FEED OFF THE GROUP.	
This is a work in progress for most of us, asking us to shift the narrative from "What can I get from this process?" to "How can I give to this process?"		

Many thanks for honoring these conditions.

Please print, sign, and bring a copy with you.

Agreement

I Agree to honour the Sacred Container Conditions.

Name: _____

Date: _____

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