

Queering Power Group Agreements

*(These group agreements were adapted from
an offering originally shared by Holly Truhlar and Francis Weller)*

We will add to these as we go as desired and needed.

By participating in this group we are committing to:

Confidentiality & Discernment. We'll regard what's shared here as sacred and confidential. While we can share our own experience of this space, we will not share other people's names, images, or stories. As well, confidentiality cannot be guaranteed in any group space, as such, we'll practice deep discernment when sharing vulnerable experiences.

Refrain from advice-giving unless explicitly asked for. We're not here to fix each other or be experts. We're here to fully bear witness to what's unfolding.

Seeking Consent. When we're in person, we seek explicit consent before physically touching someone. We can also think about this in terms of touching someone's heart or wounds. We don't know what might overwhelm or activate someone, so we'll ask for consent before we do individual processing with another member (such as through a direct message or email). We also ask for consent to share original content (ex. a poem someone has written) outside of the community.

Revelatory Speech. When we share we work to reveal our own experience, rather than commenting about what someone else should be doing or feeling. In our sharing we're practicing revealing our own aliveness, truth, complexity, and vulnerability.

Make space, take space. We're cultivating awareness of power, rank, roles, and privilege in our groups and interactions. When we're someone who's been conditioned to take space, speak up, and be centered, we practice making space within ourselves and for others. When we're someone who's been conditioned to make space, step back, and de-center ourselves, we practice taking space when it's supportive for us. We give ample opportunity for people who are most impacted by the topic at hand, whether that's because of lived experience or social identity, to share first and most spaciouly.

Village Mind, Village Heart. We practice showing up as participatory, co-creative community members rather than content consumers. We lean toward generosity of spirit and warm-heartedness with each other. No one is disposable as we aim to build a space of belonging and repair.

Deep Listening. Deep listening (or witnessing) acknowledges the profound knowledge in another. When we witness deeply we begin to uncover what wants to be dreamt through us as a collective.

Restraint & Humility. Practicing restraint means holding something long enough to let it ripen. By doing this we allow things to mature before sharing. Humility honors our mutuality and brings us down to the ground, to the hummus, to the soil. This includes developing an awareness of power dynamics and cultural differences.

Not Knowing. When we think we know we lose the other. We must be willing to be surprised by each other and what's unfolding. We must be willing to admit that we can't know all of someone or something.

Bring your body and your needs to our space as much as you can and wish to. Please sit, lie down, walk, stand, move, fidget, eat, drink, and play as you desire. Please try to do what actually supports your presence and focus rather than performing focusing.

You are invited to regulate in the ways that feel best for your beingness. Showing up in ways that may look dismissive to others from a neurotypical perspective (looking away, drawing, moving, fidgeting) might be what you need to access this space. See if you can start to release yourself from the pressure to be still and look attentive if you are able to.

Everything is an invitation and you can pass, pause, stop, or change your mind at any time. We are here to honor, nurture, nourish and grow with ourselves and each other. We will let the group process take the time it needs with a focus on presence and process over product or more.

Slow down to notice. Somatic work can evoke strong emotions and sensations. Notice any impulse to fix, support, facilitate or change a practice based on someone else's emotional response. Let them state if they need to stop or slow down. Experiment with letting yourself have space, be supported, and meet others' emotions or suffering with presence rather than moving into caregiving mode.