Temple of Maia

Ethics, Agreements & Community Guidelines

Introduction

At Temple of Maia, we believe transformational work requires both freedom and responsibility.

The depth of our work is only possible when it is held within a foundation of consent, integrity, accountability, respect, and personal sovereignty. These guidelines outline the values, boundaries, and responsibilities that guide our facilitators, assistants, volunteers, organisers, and participants.

They are intended to support the creation of spaces where people can explore, learn, connect, heal, and transform while maintaining dignity, agency, and choice.

Ethics are not a fixed destination but an ongoing practice. We remain committed to learning, listening, refining our approach, and being accountable when we fall short.

These principles apply across all Temple of Maia offerings, including retreats, workshops, ceremonies, trainings, individual sessions, and community events.

Our Core Values

Sovereignty

We believe each person is the ultimate authority over their own body, emotions, beliefs, boundaries, and lived experience.

Our role is not to tell you what your truth is.

Our role is to create a container in which you can explore, discover, and deepen your own truth.

We encourage discernment, self-responsibility, and personal agency.

Respect

We recognize that every person carries a unique history, perspective, and inner world.

We strive to create spaces where people can be met with dignity, curiosity, compassion, and respect, even when experiences, opinions, beliefs, or interpretations differ.

Integrity

We value honesty, transparency, accountability, and congruence between what we teach and how we show up.

We do not claim perfection. We do commit to taking responsibility for our actions and remaining open to feedback and growth.

Confidentiality & Respect for Inner Experience

Temple of Maia is a space where participants, facilitators, assistants, volunteers, and team members may share personal experiences, emotions, stories, insights, and vulnerabilities.

Anything shared within the container is expected to be treated with care and confidentiality.

Participants are welcome to share their own experiences outside of the container, but not the experiences, stories, identities, or personal processes of others without their explicit permission.

We also recognize that confidentiality extends beyond repeating information.

Human beings naturally form interpretations, assumptions, projections, and judgments. Yet we can never fully know another person's inner world, intentions, history, or truth.

For this reason, we ask everyone to refrain from:

- Gossiping about others
- Defining another person's experience for them
- Diagnosing, labeling, or psychologically analyzing others
- Presenting personal assumptions as objective truth

When we encounter one another outside Temple of Maia spaces, we do not disclose:

- Where we know someone from
- That they attended a Temple of Maia event

- Information about their relationships, sexuality, identity, healing process, personal journey, or other sensitive matters

Confidentiality is an act of trust, humility, and respect.

Consent, Choice & Participation

Participation is always optional.

Meaningful transformation cannot be forced.

You have the right to:

- Say no
- Change your mind
- Pause
- Leave the room
- Observe instead of participate
- Modify an exercise
- End an interaction at any time

You are never required to explain or justify your boundaries.

Facilitators will explain exercises whenever possible so participants can make informed decisions about their involvement.

We do not use pressure, coercion, manipulation, guilt, shame, peer pressure, or spiritual authority to encourage participation.

Consent is an ongoing practice and may be withdrawn at any time.

A "no" is always welcome.

A "yes" is only meaningful when a "no" is equally honored.

Touch & Physical Boundaries

Consent is mandatory.

All physical touch requires clear consent.

Consent should never be assumed based on:

- Previous interactions
- Relationship status
- Attraction
- Participation in an exercise
- Past consent

Consent can be changed or withdrawn at any moment.

We encourage participants to honor both their own boundaries and the boundaries of others with respect and care.

A "no" is not a rejection.

A "no" is valuable information.

Honor a "no" like it is a prayer.

Trauma-Informed Practice

We recognize that many people arrive carrying experiences of trauma, grief, loss, heartbreak, oppression, anxiety, shame, or emotional pain.

While Temple of Maia is not a therapy practice, we are committed to applying trauma-informed principles wherever possible.

This includes:

- Prioritizing consent
- Respecting boundaries
- Supporting personal agency
- Encouraging self-responsibility
- Creating opportunities for choice
- Offering regulation before escalation

We do not encourage participants to override their body's signals, push beyond their capacity, or ignore their boundaries in the name of healing, spirituality, growth, devotion, or transformation.

This space may evoke strong emotions, memories, sensations, or triggers. If activation arises, participants are encouraged to move at a pace that supports their nervous system, seek support, and honor their boundaries.

At all Temple of Maia events, we provide a dedicated nervous system regulation space where participants may step away, rest, ground, and regulate if needed.

Spaceholders and team members are available throughout the event to provide support and accompaniment.

We recognize that activation is not the same as transformation.

While challenge may be part of growth, we prioritize consent, awareness, regulation, and agency.

When circumstances exceed our level of training, expertise, or capacity, we may recommend additional support from qualified professionals.

Multiple Perspectives & Personal Truth

Temple of Maia is not a place where facilitators tell participants what their ultimate truth is.

We create spaces for exploration, inquiry, embodiment, reflection, and self-discovery.

Different people may experience the same event, ritual, exercise, or conversation in entirely different ways.

Those experiences are allowed to coexist.

We welcome complexity.

We do not require everyone to agree, process in the same way, interpret experiences identically, or arrive at the same conclusions.

Many truths can exist within the same space.

Participants are encouraged to remain connected to their own discernment, intuition, and lived experience.

Communication & Conflict

We encourage communication that is honest, direct, respectful, and compassionate.

Conflict, disagreement, emotional expression, and differing perspectives are welcome.

Disrespect, bullying, shaming, personal attacks, manipulation, and dehumanizing behavior are not.

When tensions arise, we encourage participants and team members to practice the spirit of Nonviolent Communication.

This includes:

- Speaking from personal experience rather than making accusations
- Sharing observations before interpretations
- Expressing needs clearly
- Making requests instead of demands
- Listening to understand rather than simply defend

A simple framework is:

Observation:
"When this happened..."

Feeling:
"I felt..."

Need:
"Because I value or need..."

Request:
"Would you be willing to..."

This does not mean suppressing anger, grief, fear, frustration, or intensity.

It means expressing them in ways that preserve dignity for both yourself and others.

Inclusivity & Accessibility

Temple of Maia welcomes people from diverse backgrounds, identities, cultures, beliefs, experiences, and walks of life.

We do not tolerate discrimination, harassment, bullying, or exclusion based on:

- Gender
- Sexual orientation
- Ethnicity
- Race
- Nationality
- Religion
- Disability
- Body type
- Neurodiversity
- Age

If an event is designed for a specific group, we will clearly communicate who it is intended for and why.

If you have accessibility needs, disabilities, injuries, sensory sensitivities, neurodivergence, or require accommodations, we encourage you to communicate with us.

We will do our best to create adjustments that support your participation.

Attending With a Partner

Participants attending with a romantic or intimate partner are welcome to remain together for every exercise unless otherwise stated.

Participants are also welcome to engage with different partners during exercises if they choose.

There is no expectation that anyone separate from their partner.

Choice remains with the participant.

Facilitator Boundaries

Facilitators hold positions of trust, responsibility, and influence within transformational spaces.

For this reason, facilitators commit to maintaining clear professional boundaries.

Facilitators do not pursue romantic or sexual relationships with participants during an event or immediately following an event.

A minimum period of two months must pass following the completion of an event before any romantic or sexual relationship may be considered.

This guideline exists to reduce the impact of the power dynamics that naturally arise within transformational work.

Pre-existing personal, romantic, or sexual relationships may exist prior to an event. Where relevant to participant wellbeing, group dynamics, or safety, these may be acknowledged appropriately.

Personal Responsibility

Each participant remains responsible for their own choices, actions, boundaries, and wellbeing.

We encourage participants to:

- Honor their limits
- Communicate their needs
- Respect the boundaries of others
- Ask for support when needed
- Make informed choices regarding participation

Temple of Maia events are educational, experiential, and transformational in nature.

They are not a substitute for medical, psychological, psychiatric, legal, or therapeutic treatment.

Accountability

Integrity includes the willingness to receive feedback and address concerns when they arise.

If a participant experiences a concern involving a facilitator, team member, or event, we encourage direct communication whenever possible.

All concerns will be received seriously and reviewed with care.

Where appropriate, follow-up conversations, reflection, mediation, or corrective action may be taken.

Our goal is not perfection.

Our commitment is responsibility.

Intellectual Property

The teachings, rituals, exercises, workshop structures, written materials, frameworks, and original content offered through Temple of Maia remain the intellectual property of Temple of Maia unless otherwise stated.

Participants are welcome to share their personal experiences and insights.

However, reproducing, facilitating, teaching, recording, distributing, or presenting Temple of Maia material as your own work without permission is not permitted.

If you wish to use or reference material beyond personal use, please contact us for written permission.

Closing

Temple of Maia is devoted to creating spaces where truth, transformation, connection, personal sovereignty, and authentic expression can flourish.

By participating in our events, participants and team members agree to uphold the spirit of these principles and contribute to a culture of respect, consent, accountability, and care.

Together, we create the conditions that allow deep transformational work to unfold.