

## **Luminous Birth Team Core Values and Principles**

Our core values act as the pillars that uphold every facet of our mission and express the essence of our culture.

These values serve as the foundation upon which we build and deliver all of our programs which serve to support women, couples, and families physically, emotionally, spiritually, and psychologically through the multi-dimensional life experiences of conception, pregnancy, birth, and parenthood.

These principles are the compass that inform how we show up to Luminous Birth and how we conduct ourselves in relationship to this living unified vision. They act to assist us in successfully delivering unwavering support and unprecedented value to those enrolling in our programs.

All of this becomes possible when we accept full responsibility for adhering to our own inner ethics.

As we navigate the transpersonal realms of birth, pre-birth, conception and preconception memory; as we explore the pre- and perinatal origins of human health, as well as human potential through the lens' of epigenetic's, human development, fertility, love, and relationships, our commitment to these core values remains crucial.

Luminous Birth illuminates a new pathway towards a holistic, fulfilling, and healthy future for families, society, and our world.

Together, we have an extraordinary capacity to welcome a new consciousness on earth, but more specifically inside of ourselves, via our own ongoing learning, healing, and personal development.

We acknowledge that we are all assistant's in the midwifing of a shared unified vision, of which Luminous Birth deeply embodies, and we are committed to cultivating space within ourselves, as a collaborative team, and for our program participants that empowers growth, fosters community, and promotes unity.

### **1. Commitment to Excellence**

- We're committed to delivering high-quality content and experiences to participants that extend beyond the mainstream. We honor the consciousness that informs the development of our programs and are therefore committed to our own inner continued development.
- We're committed to ongoing improvement and innovation of our programs. We recognize that these services and offerings tend to the most essential needs of humanity, and that humanity's needs in the realm of fertility, conception, birth, relationships and parenting will continue to evolve over time.

### **2. Integrity and Ethics**

- We're committed to self-honesty, inner-integrity, and ethical conduct in interactions with participants, fellow facilitators, and the broader Luminous Birth Global Community.

- We recognize that in order to bring pure awareness and true presence to others, we must be coherent with our own inner world and history, so as to separate our story from the emerging story of others.
- We are committed to our own ongoing healing journey and fortify our competence with multiple layers of support via colleagues, personal mentors, and through engaging with our own ongoing education.
- We honor the mystery and the state of unknowingness. We respect the intelligence of nature and yield to Her power and wisdom as inherent.
- We honor inner truth and the path of self-discipleship.
- We do not claim 'to know'. We deliver knowledge, information, and resources in an unbiased way that is inclusive of all religions, racial and ethnic backgrounds and cultures.
- We recognize that we are sharing content that largely resides outside of the ordinary, creating heightened susceptibility and vulnerability in our program participants'.
- We are aware of the destructive power of projection in all its forms and expressions, and *check ourselves* regularly for possible *ego inflation, need for an inner sense of validation, and/or feelings of responsibility or credibility* for ones healing process or psycho-emotional-spiritual breakthroughs.
- Our core intention is to empower others on their journey of self discovery, and respect the inner-wisdom, inner-teacher, inner-healer, inner-master within all of our participants'.
- We dissolve the illusion of being 'a teacher' and are cautious of the power dynamics that can take shape between facilitator and participant, teacher and student.
- We continuously come back home to our hearts, to our shared humanity, to Oneness.

- We acknowledge that the topics we are exploring inevitably expose the roots of most societal issues that exist today. With this awareness, we respect all opinions and the diverse backgrounds and experiences of all individuals.
- We continue to nurture humility and maintain a state of curiosity and unknowingness.
- We honor the sanctity of Life and the holy work of continuously returning to and cultivating inner-sanctuary. Self-regulation, pacing, and recognizing when our audience needs space to process the information being shared is a key to creating a safe space that promotes learning, growth, and healing.
- We are OKAY with giving the response, “I don’t know” to the questions of participants’, and recognize the importance and value in saying so when that is the case.

### **3. Collaboration and Teamwork**

- The value of collaboration among program facilitators and contributors is what helps us grow, learn, and continue developing as esteemed ‘practitioners’ and facilitators. We respect one another as their own uniquely experienced professional, and honor our differences.
- We foster a culture of mutual support and the sharing of knowledge and expertise.
- We recognize that it’s the collaborative nature and the differences in knowledge, experiences, skills, background, and expertise that each facilitator / contributor brings into Luminous Birth’s collaborative programs, that makes them so valuable.

#### **4. Empathy and Compassion**

- We recognize the nuances of empathy, and are highly aware of when empathy becomes unintended projection when relating to the experiences and stories of program participants.
- While it's important to be sensitive and compassionate, it's also important to refrain from over-empathizing through self-identification with the other.
- We recognize the power of curiosity and how *simple-focused-awareness* can allow one's story to fully emerge.
- We recognize that everyone's journey is unique, and particularly within the transpersonal realms of pre- and perinatal memory, we can never assume what one may have experienced in their earliest primal developmental periods.
- We strive to create a 'field' that's upheld by love and trust where everyone has the highest possibility experiencing maximum learning, healing and growth.
- We understand that compassion is a vital element in understanding and addressing the needs of participants, who may be on a challenging journey.
- We're committed to creating a caring and supportive environment that respects, honors, and admires each and everyone's unique path.
- The containers' that we create are spaces where everyone has the opportunity and the right to fully exist.

#### **5. Respect for Diversity**

- We respect and celebrate diversity in all its forms including cultural, racial, gender, and ideological diversity.

- We create an inclusive and safe space/container for all participants.
- Part of 'creating' this safe container is stating the *ground rules* before each session and/or class.

## **6. Personal Growth and Learning**

- As facilitators we hold ourselves accountable through pursuing ongoing personal growth and continuous learning in our respective areas of expertise.
- As facilitators we are lifelong learners. - As teachers, we are lifelong students.

## **7. Accountability**

- Each facilitator is solely responsible and accountable for their actions, responsibilities, and commitments within Luminous Birth Programs.

## **8. Confidentiality and Privacy**

- Participant confidentiality and privacy is paramount. Each and every individual has the right to feel that when they enter a class and/or program with Luminous Birth that they are in a safe space, and their personal information and/or stories will not be shared outside of the container provided.
- All participants have signed an agreement form consenting *integrative sharing amongst facilitators* of the personal information they've shared on their Health History Forms submitted upon enrollment into the program. If this consent hasn't been granted for any reason, their personal information is not to be discussed amongst facilitators for any reason.

## 9. Willingness To Be Changed and Adaptability

- Adaptability and flexibility in responding to the evolving needs of participants and the program itself is vital as many unforeseen themes will naturally emerge through the individual experiences of the program participants.
- In accordance with the nature of birth and the intelligence of natural law, we are open to all the possibilities of how things may unfold. As we let go of our fixation to outcome, we continuously allow for the highest possible scenario to unfold.
- We recognize the *quintessential nature of conception* as the welcoming of a new consciousness on earth, and maintain a state of unknowingness towards the Being who is ultimately incarnating. As stewards and authentic midwives of a unified vision, we welcome the vast consciousness of this Being as fully and completely as possible through an ongoing willingness to be opened and changed.
- We gratefully accept feedback from our participants and include them as conscious participants in content creation and refinement of the program, in a similar way that we include the pre-conceived and/or unborn baby as a conscious participant in their conception, pregnancy, and birth. In maintaining this commitment we *embody* sovereignty. - We maintain an openness to change and new ideas.

## 10. Community

- We are co-creators of a supportive, uplifting, empowering and engaging community.
- We recognize community as an essential aspect of the future of healthy and thriving families

- We are not solely facilitators, collaborators, and contributors to a program, we're a community and a growing global family. In allowing ourselves to receive support, we deepen our own inner sense of belonging, and in return deepen the authenticity and community culture of our programs and offerings.
- We recognize that we play an important role not only in building community, but also in welcoming the re-birth of family culture in our society and world.
- We emphasize how the online community cannot replace in-person community and encourage our participants to create layers of support in their respective towns, villages, etc.

## **Conclusion**

This core values document serves as a foundation for creating a cohesive and aligned team of facilitators who share a common vision and principles in delivering the Luminescence program.

## **Acknowledgment of Understanding and Commitment to Luminescence Core Values and Principles:**

I, \_\_\_\_\_, an esteemed facilitator of one of Luminous Birth's signature program's, hereby acknowledge my understanding and unwavering commitment to upholding the core values and principles stated below that define the essence of the mission and culture of Luminous Birth. These values serve as an ethical code upon which we build and deliver our programs and services, encompassing every aspect of the support we offer in and towards the realms of conception, pregnancy, birth, and parenthood.



In alignment with my dedication to these core values, I recognize the significance of the following commitments:

**1. Commitment to Excellence:**

- I'm committed to delivering high-quality content and experiences that transcend the mainstream.
- I'm committed to continued learning and self - development and understand that the needs of humanity in the areas of fertility, conception, birth, relationships, and parenting will continue to evolve over time.

**2. Integrity and Ethics:**

- I honor self-honesty, prioritize my own inner-integrity, and demonstrate high ethical conduct in my interactions with fellow facilitators as well as participants.
- I remain humble, embrace a state of unknowingness, and dissolve the illusion of being a "teacher" wherever that opportunity becomes available in order to create an empowering learning and healing environment.

**3. Collaboration and Teamwork:**

- I value collaboration among facilitators, respecting each other's unique experiences and expertise.
- I help to cultivate a culture of mutual support and knowledge sharing through an openness and ongoing curiosity towards learning and growth.

**4. Empathy and Compassion:**

- I understand the nuances of empathy and the importance of not over-empathizing.
- I honor the unique journey of every individual and create a space that enables maximum learning, healing, and growth.

### **5. Respect for Diversity:**

- I celebrate and respect diversity in all its forms, ensuring an inclusive and safe space for all participants.

### **6. Personal Growth and Learning:**

- I'm committed to ongoing personal growth and continuous learning in my respective areas of expertise.

### **7. Accountability:**

- I accept full responsibility for all of my actions as well as for fulfilling my commitments within the Luminous Birth Program I've agreed to contribute to.
- Any issues between myself and a participant will be reported to Victoria immediately.

### **8. Confidentiality and Privacy:**

- Participant confidentiality and privacy are paramount, and the personal information of participants remains confidential unless written consent has been granted.

### **9. Willingness To Be Changed and Adaptability:**

- I embrace adaptability and flexibility to respond to the evolving needs of the program I'm part of as well as the program participants.

- I remain open to all possibilities of how the program will unfold. I welcome change as part of the transformative journey and in doing so I co create a space where maximum healing, learning, growth and transformation can unfold.

**10. Community:**

- I recognize my role as a conscious co-creator of a supportive and empowering community.
- I value the importance of community and the re-birth of family culture in society.

By signing and dating this document, I pledge my resounding commitment to these core values and principles, ensuring that Luminous Birth remains a beacon of light and support for women, couples, and families on their transformative journey through conception, pregnancy, birth, and parenthood.

Facilitator, Contributor and/or Participants Name: