



When we talk about that which will sustain and nurture our spiritual growth as a people, we must once again talk about the importance of community. For one of the most vital ways that we sustain ourselves is by building communities of resistance, places where we know we are not alone.

bell hooks – Teaching to Transgress

Community Agreements

- 1) **Show up (or choose to be present).** This principle guides us to be both firm and yielding, honoring our own individual limits and boundaries as well as the limits and boundaries of others.
- 2) **Pay attention (to heart and meaning).** This principle guides individuals to observe where in their experience they are half-hearted rather than open-hearted, when they carry a doubting heart rather than a clear heart, and when they are experiencing weak-heartedness rather than strong-heartedness.
- 3) **Tell the truth (without blame or judgment).** This principle invokes the idea that the visionary is one who brings his or her voice into the world and refuses to edit, rehearse, perform, or hide. The task here is to come forward fully with our gifts, talents, and resources and to powerfully meet the tests and challenges of life.
- 4) **Be open to outcome (not attached to outcome).** This principle is known as the Way of the Teacher. Traditional societies believe wisdom is flexible and fluid, never positional, that the human resource of wisdom is accessed by learning how to trust and how to be comfortable with states of not knowing.