

In service to spirit, humanity and the earth  
we hold in common the following Principles, Essence and Guidelines

## Principles



**Deep inner listening**



**Co-creation with nature**



**Love in action**

## Essence

We live in clarity and integrity, and seek nothing less than truth.

We live in openness with deep listening, and seek nothing less than communion.

We live in gratitude and open-heartedness, and seek nothing less than love.

We live in courage and willingness, and seek nothing less than our soul's path.

We live in cooperation and shared vision, and seek nothing less than alignment with Spirit.

We live in awareness and responsibility, and seek nothing less than peace.

We live in acceptance and surrender, and seek nothing less than freedom.

## Guidelines

### 1. Spiritual Practice

I have an active spiritual practice to align with spirit and support me to work for the highest good.

### 2. Service

I bring an attitude of service to others and to our planet, recognising I must also consider my own needs.

### 3. Personal Growth

I am committed to the expansion of human consciousness and my own personal growth. I endeavour to recognise and change personal attitudes and behaviour patterns that are limiting.

### 4. Integrity

I embody congruence of thought, word and action. I take responsibility for the spiritual, environmental and human effects of my activities.

### 5. Respecting Others

I wholeheartedly respect other people - their differences, views, origins, backgrounds and issues. I respect all forms of life and the Community's and other people's property.

### 6. Direct Communication

I use clear and honest communication with open listening, heart-felt responses, loving acceptance and straightforwardness. I talk to people rather than about them. In public and in private I do not malign or demean others. I may seek helpful advice but do not seek to collude.

### 7. Reflection

I recognise that anything I see outside myself—any criticisms, irritations or appreciations—may also be reflections of what is inside me, and I commit to looking at these before addressing others.

### 8. Feedback

I am willing to listen to constructive feedback and work with it. I offer feedback to others in a caring and appropriate way to challenge and support each other to grow.

### 9. Nonviolence

I do not inflict my attitudes or desires on others. Where appropriate I step in and stop violence, manipulation or intimidation of myself or others, or at least say that I would like it to stop.

### 10. Perspective

For the benefit of the whole Community I may need to put aside my personal issues. I acknowledge that there may be wider perspectives than my own and deeper issues than those I am immediately aware of.

### 11. Cooperation

I clearly communicate my decisions to others who may be affected by them, and consider their views respectfully. I recognise that others may make decisions which affect me, and I respect the care and integrity they have put into their decision-making process.

### 12. Peacekeeping

I make every effort to resolve disputes. I may call for an advocate, friend, independent observer or mediator to be present, and will use and follow the Community's grievance procedures as necessary.

### 13. Agreements

I respect the law of the land, keep agreements I have made, and do not break or try to evade any Community guidelines.

### 14. Commitment

I bring the spirit of this statement of Common Ground to all my dealings.