

# Postures & Practices



This is a space for people to find and follow their knowing. Here are some guidelines of what to expect along the journey:

**Postures** are the viewpoints from which we approach the world (ways of seeing).

**Practices** are the actions we take as a result of our postures (ways of doing).

Use these as an offering for how to participate in our community.



Follow the  
KNOWING

# Postures

(Ways of Seeing)

## Connection

Aliveness can be measured by the depth and quality of relationships. How connected are you to self, others, the earth and spirit?

## Abundance

Resources are to be shared, not fought over. Are you operating from scarcity or sufficiency?

## Complexity

The world is complex and messy. Can you stay open to possibility and lean into discomfort, rather than avoid it?

## Diversity

People with different opinions, ideas and identities are a gift. What can others see from their perspective that you can't see from yours?

## Paradox

Multiple things can be true at the same time. Can you shift thinking from either/or to both/and?

## Equity

All our experiences are not the same. What might need to change in order to create fairness?

## Transformation

Change is natural and necessary. What is no longer serving you?

# Practices

(Ways of Doing)

## **Be Authentic**

Have the courage to come as you are. Leave the mask behind.

## **Give Grace**

Allow mistakes to happen. Embrace failure as a way to learn and grow.

## **Don't Judge**

Erase shame and should from your vocabulary. Simply observe before forming an opinion.

## **Take Risks**

Think outside the box. Develop a healthy relationship with the unknown.

## **Be Curious**

Study carefully. Contemplate why things are the way they are.

## **Be Transparent**

Don't hide from yourself or others. Be open and honest.

## **Create Inclusion**

Share your power. Make space for others to participate and lead.

Yesterday I was clever,  
so I wanted to change the world.

Today I am wise,  
so I am changing myself.

RUMI

