



## **Intentions**

We as a sangha will practice and utilize community agreement guidelines as a form of support for us to engage together and to help foster conditions of inclusivity, intimacy, seeing more clearly, liberation, and safety alongside bravery.

“These agreements are based in an understanding of how people of goodwill, when we gather together, almost certainly will unconsciously replicate the forms of dominance, oppression, and harm in the wider community and society, just because that’s the default unless there are interventions, agreements, and practices that begin to change that status quo very consciously,” says Buddhist teacher Mushim Ikeda (Kaite, 2018).

## ONE LOVE SANGHA Community Agreements

1. To **respect the privacy, consent, and confidentiality** of our sangha and not share the names or personal stories of anyone else. We will ask for consent before following up with anyone regarding their share and offer advice only when directly asked.
2. To **not assume the identities** of anyone else including race, class, gender, sexual orientation, or ability. We can share pronouns if it feels supportive and we will collectively respect pronouns.
3. To engage in **dialogue using mindful listening**, we will listen deeply, listening to understand rather than respond and be open to learning something new. We will speak one at a time and give each person space to share without interruption. We can pass whenever that feels supportive.
4. To **practice care and co-create our shared practice container** by participating in what feels right and sharing needs and concerns as they arise. The facilitators will start and end our meetings on time; we are welcome to arrive and leave as is most supportive for us.
5. **Speak from our own experiences using “I” statements** and not speaking for a whole group or expressing assumptions about others’ experiences.
6. **Openness to explore new ideas, viewpoints, or way of doing things** that might not be our preference or what we are familiar with. Explore and honor that there are multiple truths and multiple realities by using the word “and” instead of “but.”
7. We will **understand and acknowledge impact** rather than focusing only on our intent.
8. Being mindful of any of our privileged identities and who is speaking in the group and who is not, **support all who are present to participate by taking or making space** with your speech and presence.
9. **Practice radical acceptance and refrain from shaming or blaming** yourself or others. Know that you are enough exactly as you are, always have been and always will be.

## **Acknowledgements, Resources, References, Input**

- One Love Sangha members
- Brooklyn Zen Center's Community Agreements
- East Bay Meditation Center, Agreements for Multi-Cultural Interaction, adopted from Visions Inc's Guidelines for Productive Work Sessions:  
<http://visions-inc.org/>
- Arao, B. & Clemens, K. (2013). "From Safe Spaces to Brave Spaces." *The Art of Effective Facilitation*. Stylus Publishing.
- Ferguson, G. (2016). *Natural Bravery*. Shambhala Publications.
- Kaite, L. (2018). Where Everyone Can Thrive. *Lion's Roar*. Retrieved from <https://www.lionsroar.com/where-everyone-can-thrive/>