



HEARTBEAT

A Sacred Journey Towards Earth's Wellbeing

Core Commitments for Pilgrims

I commit to believing the best of my fellow pilgrims, acting in good faith, and remembering that we are on the same team.

I commit to speaking from my own experience and using “I” statements.

I commit to expressing my own needs with realistic requests and not assuming that others know what I’m thinking.

I commit to identifying, owning, and expressing my feelings in a candid, respectful and kind way.

While conflict and discord can be a natural part of any group process, there are times when reconciliation is needed. I commit to doing my part by engaging the following process:

Reflect – what happened and why? What was everyone’s experience? What feelings were felt?

Responsibility – what can I own in this situation? What is not mine to own?

Repair – what is my part to play in making it right?

I commit to growing in awareness and more deeply understanding how these commitments relate to a broader ethical, political, religious, societal and cultural narrative.

I commit to extending privilege, dismantling patriarchal and racist systems, and creating equitable space in every way possible.

I commit to respecting the diversity and dignity of all group members and with anyone we encounter.

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