



The Sangha

The Sangha is fertile soil in which individual seeds can grow and in which roots can lengthen, strengthen, find nourishment and mingle -

Shared values

Trust	Mindfulness
Honesty	Sharing
Respect	Reflection
Tolerance	Silence
Communication	Solitude
Clarity	Self-care
Feedback	Immunity
Kindness	Empowerment
Compassion	Creativity
Love	Individuality
Empathy	Development
Acceptance	Transformation
Non-competitiveness	Giving space
Humility	Inclusivity
Ownership	Openness
Curiosity	Ahimsa - non-harming
Interest	Beginner's mind
Enquiry / Inquiry	Patience
Integrity	Intimacy
Non-judgment	Safe
Carefrontation	Lightness/humour
Confidentiality	Friendship
Boundaries	
Reminding others of teaching/support	
Exploration	
Investigation	
Help	
Encouragement	
Listening	