

Community Guidelines and Core Principles for CPN Slack Community

December 2022

Community Guidelines:

These guidelines are an invitation to practice a certain attitude in how we engage with one another. It can be summed up in three words: **do no harm**. In this pursuit, we look to our core principles of awareness, compassion and playfulness/joy/imagination to guide us.

We invite you to express yourselves fully in this community. Where there's disagreement, it should be respectful. Through engaging with one another with an open heart and a curious mind, we can be more vulnerable and open. We can relax into and explore this space to deepen our understanding together.

Core Principles

Our community is centred around 3 core principles: Awareness, Compassion and Creativity.

Awareness of ourselves and of one other. We pay attention through deeply listening and by thoughtfully responding, noticing the space we inhabit as well as the dynamics or circumstances that unfold around us. We bring conscious reflection and attentiveness to each of our posts and responses.

Compassion guides our relationships in the community. We nurture a compassionate ecosystem of kindness in our interactions that supports deep connection between us and which will enhance our learning from each other.

Creativity through an openness to being playful, joyful and imaginative. We aspire to embody these states of being while inhabiting this space. Through freedom and creative expression, we authentically express who we are and allow ourselves to develop into contemplative practitioners.

Building the Community

We each contribute something meaningful to this ecology of practice. Each of us is a self-aware individual who, at the same time, is willingly integrating into this community. Cultivating this learning community and finding our own way of being within it will be an ongoing process. It is a collective endeavour in which we come together authentically to explore new terrain and to co-create something new, vital and emergent (perhaps even urgent!!).

We aspire to courageously inquire as truthfully and kindly as we can. To be courageous is to be willing to take action to behave and live by the principles of our hearts. We aim to be curious about ourselves, each other, and the world. We believe these values are essential for creating this contemplative community. We invite you to consider what they mean to you personally and to use them to come back to as a guide whenever you need to.

The last, and by far most important intention of this space is to have a lot of fun. Experiment, play, build, enjoy and make it our own. We're excited to see what we all create together!