

THE PEAK LIVING NETWORK STATEMENT OF PRINCIPLES

I. The Core Agreements

Anyone who participates in the Peak Living Network, including joining our online discussions or attending any of our in-person or online gatherings, is committing to honor the following agreements:

- 1) Anything that anyone shares at a Peak Living gathering, or on a PLN online space, is to be kept confidential by everyone.
- 2) PLN is an “advice-free” zone, with no suggestions to be given to another person unless he or she explicitly requests them. This means we don’t even ask, “Can I make a suggestion?”
- 3) We create an atmosphere where people feel free to feel their feelings, talk about them, express them, and release them. We don't try to talk each other out of our feelings or tell people that they are feeling the wrong thing.
- 4) Crying, laughter, and the other inherent releases are our single most potent healing processes. We support people’s attempts to discharge distressing emotions, rather than discouraging or interfering with these processes.
- 5) All human beings are of equal value. Therefore, we treat each other with respect at all times, even (or perhaps especially) when we’re angry or in conflict. We strive to be especially aware of being respectful toward members of groups that have historically been targeted for oppression.
- 6) We take an orientation toward each other that is kind, loving, and supportive.
- 7) Everyone has the equal right, and the equal need, to be heard. Even when we're in crisis, we need to listen well to others. In PLN groups and co-counseling sessions, each person’s turn to talk is timed and the listeners work to be fully present.
- 8) We pay attention to making sure that all touch and affection between ourselves and other PLN participants occurs awarely, respects boundaries, and is wanted.
- 9) We strive to think about each other well, and to do so all the time.
- 10) *We gather for the purpose of supporting each other's healing.* It isn’t acceptable to attend PLN activities toward a goal of finding a dating or sexual partner, networking for your business or organization, or any purpose other than the stated one.

2. The Core Healing Principles

- 1) People have a profound and limitless capacity for emotional healing and well-being. We view each other as people who will succeed in making life work better and better, and we strive to see ourselves in the same way.
- 2) Healing is a collective process. Our potential for healing jumps dramatically when we form supportive relationships and develop a commitment to each other's well-being.
- 3) People are naturally loving, caring, energetic, and clear-thinking. Our healing processes carry us back toward the people we truly are.
- 4) Destructive behavior patterns are signs of things that have gone wrong in a person's life, including emotional wounding and societal indoctrination. No one is inherently bad, lazy, unintelligent, or selfish.
- 5) Most of what we are all struggling with has its roots in trauma and oppression.
- 6) There is nothing to be gained from blaming people for their own difficulties. (However, we do need to be held accountable for how we treat others.)
- 7) We choose not to doubt what people share in PLN unless they give us very good reason to do so. Few people exaggerate the wrongs that they've endured.
- 8) People are their own ultimate authorities on what will best help them heal and move forward. There are many paths to healing, and what works well for one person may not work for another.
- 9) Listening well to others not only contributes to the healing of people around us, but is also crucial to *our own* healing. We work to constantly improve our listening skills.
- 10) We need everybody's best thinking and strongest heart to be brought into everything we do. You, in particular, have a tremendous amount to offer others; your love, support, caring, and thinking can make a large difference in people's lives.
- 11) Each of us has the capacity to live at a much higher level of satisfaction, energy, and connection than we are currently experiencing. To reach for peak living *makes sense*.