

# Our principles

## 01. HOPE

Loss is a shared human experience, and healing can be too. So loss, let us make you a point of connection, bridging lines of difference.

## 02. RESPECT

There is no one way of knowing, or one way of being. So loss, let us gather and embrace beauty and wisdom across cultures, faiths, and spiritual traditions.

## 03. HUMILITY

We are all imperfect beings on a lifelong journey of learning. So loss, let us meet you with curiosity: listening and acting from a place of mutuality and solidarity, not authority or expertise.

## 04. VULNERABILITY

We embrace our whole selves, and attempt to create the conditions for others to do so more safely, knowing that healing starts here. So loss, let us bravely show up as ourselves, and express what's in our minds, bodies, and hearts.

## 05. REFLECTION

We recognize grief can be unwieldy, unpredictable, and awkward to talk about. So loss, we give people places to start, offering multiple ways into conversations and multiple ways for sense-making.

## 06. NUNCHI

Nunchi is a Korean word for "awareness of your surroundings." We pursue listening as a skill and an ethic that asks us to meet people in the moment, releasing judgement and ego. So loss, let us practice being fully present to another.

## 07. SOLIDARITY

We come together over grief in all its forms, without discrimination for the shape or size of a loss. So loss, let us not become entangled in competition, but instead explore the different threads.

## 08. RECIPROCITY

We build trust and dignity through give and take, sharing and witnessing, without worrying about direct proportion. So loss, let our creativity and authenticity be both gifts and invitations.

## 09. IMPERFECTION

Acceptance of trial and error is the condition that allows us to be vulnerable, creative, and fully human. So loss, let us approach you without expectation, only loving persistence.

## 10. BOUNDARIES

We model expressing and tending to our needs, fully accepting that they change. So loss, let us play together at the edges of our discomfort, without sacrificing our wellbeing to you.

## 11. CO-CREATION

We don't try to make it better, we try to co-make meaning. So loss, you can stay as long as you like, but you will be prodded and probed, talked to, sniffed, and massaged!

## 12. ADVOCACY

We believe that healing deserves space, time, and acknowledgement. So loss, we want to make you visible, discussable, and give you space to make yourself known.

## 13. CATHARSIS

We invite the release of energy and emotion, through movement, listening, and making. So loss, we won't always look you in the eye directly: you're powerful enough that you don't have to be at the centre of every scene.

## 14. PATIENCE

We know that forcing an endgame would be foolish: we savour healing moments without any further agenda. So loss, this dance might take a lifetime, and we're pacing ourselves accordingly.