



## Thrivning World Community

### Declaration of Core Beliefs and Values

We are united by our declaration of, and dedication to, these shared Core Beliefs and Values that honor both our personal and collective humanity, and guide our actions in all areas of our lives, and most rigorously in all Association decision-making, gatherings, practices, and teachings.

We recognize that these Core Beliefs and Values create an essential, coherent foundation, that makes it possible for us to real-ize our Vision and fulfill on our Mission to create global, sustainable personal and collective human thriving, in harmony with the Community of Life on Earth.

- 1) **We Recognize The Inherent, Irrevocable Sacredness And Value Of All Life.**  
All life, regardless of size or form, is sacred and holds inherent value. In our hearts, beliefs, and actions we hold all life with reverence and respect.
- 2) **We Believe That Thriving Is The Birthright Of All Life – Including Humanity.**  
We believe that all life—human and more-than-human—is designed to thrive. Thriving is the inherent and irrevocable birthright of all life. For human beings, this means thriving physically, emotionally, mentally, socially, occupationally (this means our ability to contribute meaningfully to others), and spiritually.
- 3) **We Recognize The Interconnectedness of All Life, Including Humanity’s Inherent, Irrevocable Place In The Community Of Life.**  
We recognize that all life is inextricably connected, and that humanity is an inherent, irrevocable part of the larger Web of Life. We recognize that our personal and collective consciousness and actions impact everything around us, and that our personal choices make a meaningful difference to other people, to humanity as a whole, and to the Community of Life.
- 4) **We Believe That We Are Designed To Thrive *Together*, Without Objectification Or Exploitation.**  
As part of our shared place in the Web of Life, we recognize and commit to align with our inherent nature to thrive through mutual nurturance and upliftment, including never enhancing our own thriving by harming the well-being of others. We commit to considering the impact of our consciousness and actions on those who are affected by them. In practical matters of everyday life, we commit to creating, sustaining, restoring, and dissolving agreements in ways that reflect our mutual care and connection.

5) **We Believe Every Human Being Has The Same Essential Life-Needs That Must Be Nourished In Order To Create Human Thriving.**

We recognize that every species has its own set of life-needs that are required to be met, in order for individuals of that species to thrive. For human beings, we believe these essential life-needs include things like movement and welcome touch, attention and dignity, acknowledgement and agreement, camaraderie and harmony, to be seen and to be understood, self-acceptance and self-value (self-respect), competence and confidence, challenge and fun, to be accompanied (companionship) and to be delighted in, and aliveness and wonder.

For more about our how our Essential Human Life-Needs provide pathways to Thriving, for a list of the 10 Essential Human Life-Needs Categories, and for sample lists of Life-Needs, see the document *The Power of Life-Needs*.

6) **We Recognize Belonging And Connection As Imperative For Human Thriving.**

As a social species, we recognize the primal neurological and developmental imperative of belonging and connection for human beings. *We acknowledge that being part of a physical community of support – a Village – is humanity’s most powerful, successful, essential, hard-wired survival strategy.* We therefore commit to honor each person’s place in the family of humanity. We also commit to relate to each other with respect, compassion, and curiosity, no matter how great or challenging our differences may be, and no matter what boundaries we may place on how we allow others to impact us.

7) **We Recognize The Imperative Of Mutually Beneficial Contribution, In Order To Thrive.**

As a social species, we recognize the primal imperative of mutual support for human beings. We acknowledge that it’s impossible for us to survive or thrive without exchanging respectful support with other people. We acknowledge the impulse to make a positive difference for others as part of our most fundamental, inherent nature. We recognize a clear sign that we are in mutually beneficial connection with others, is when all participants experience being the receiver (no one experiences being “the giver”).

8) **We Believe Each Person Is The Sole Authority In Matters Of Their Own Thriving.**

As the sole experiencer of the sensations of our hearts, bodies, minds, and spirits, we recognize that each person is ultimately the only one who is able to discern what enhances or diminishes their own thriving. As a result, we acknowledge that each person has the sole ultimate authority and responsibility to discern what creates, sustains, and restores our own thriving, and that each person has the right to declare what enhances and diminishes their own thriving. We commit to discovering what truly nourishes and diminishes our own thriving, and to setting healthy boundaries that preserve and nourish our well-being.

- 9) **Our Feelings Are Guides, Supporting Us In Nourishing Our Thriving.**  
We believe that pleasant sensations let us know when our thriving is increasing, and that unpleasant sensations – including discomfort, upsets, pain, and suffering – are letting us know that our thriving is diminishing. We commit to doing the inner work to identify the source of the impact on our thriving, and to make adjustments in our beliefs, thoughts, attention, words, and actions to nourish our well-being.
- 10) **We Commit To Cultivating And Sustaining Self-Awareness.**  
Because our thriving depends on our ability to sense and respond to both the pleasant and unpleasant sensations we experience, we commit to develop, sustain, restore, and expand our capacity to notice and remain present when sensations arise, without suppression, avoidance, distortion, or overwhelm. This capacity is foundational to every aspect of an empowered, responsive, thriving-oriented life.
- 11) **We Believe We Create Our Own Reality Through Our Beliefs, Stories, and Perspectives.**  
We recognize that our beliefs (that is, the thoughts we think over and over again, that we assign truth to), stories, and perspectives are the primary creator of what we experience internally and what we create externally, by assigning meaning to what happens within us or to us. We believe that, through reality-checking and mindful choice of our beliefs, stories, and perspectives, we have the power to transform both our internal and external experience, and Intentionally create, sustain, and restore our thriving, while continuing to live in alignment with our deepest values.
- 12) **We Believe In Sharing Decision-Making Power With All Those Who Are Affected By A Decision.**  
We believe that the highest level of personal and collective human functioning becomes available when everyone has a voice that is genuinely considered; shared understanding is cultivated through resonant, empathic listening; and concerns are resolved through a fully collaborative, learning, co-creative process. We believe these values and practices inherently prevent most human dysfunction, and dissolve most conflicts.
- 13) **We Support Each Other In Embodying, Practicing, and Upholding These Core Beliefs and Values.**  
We recognize that thriving is a lifelong practice, and we hold one another with care, accountability, and encouragement as we grow, learn, at times fall short, and then restore our integrity and alignment with these Core Beliefs and Values.

We commit to these Core Beliefs and Values in all Association matters, and we commit to cultivating the adoption of these Core Beliefs and Values in every area of our lives.

*All Thriving World Community members formally declare our commitment to live and practice these Core Beliefs and Values in every facet of our lives.*