Seven Core Assumptions
What We Believe to Be True

1. The true self in everyone is good, wise, and powerful.

2. The world is profoundly interconnected.

3. All human beings have a deep desire to be in a good relationship.

4. All human beings have gifts, and everyone is needed for what they bring.

5. Everything we need to make positive change is already here.

6. Human beings are holistic.

7. We need practices to build habits of living from the core self.

The assumptions are derived from and build on Indigenous teachings and other wisdom traditions. Excerpted from Heart of Hope and Circle Forward, by Carolyn Boyes-Watson and Kay Pranis. © Living Justice Press. Permissions: ljpress@aol.com Photo by Loretta Draths: Lake Superior, Minnesota. For educational and training purposes only.