

# TENT OF MOURNING AGREEMENTS

**By entering the Tent of Mourning Actifest, I agree to adhere to the following:**

**Practice Selfcare:** Be willing to listen to and honor the needs of your heart and body. Remember to take breaths in conversations, take breaks, drink water. All for empathy and compassion for yourself and those around you.

**Practice Self Focus:** Attend to and speak about your own experiences and responses. Do not speak for a whole group or express assumptions about the experience of others.

**Refrain From Blaming Or Shaming Self & Others:** Practice giving skillful feedback.

**Understand The Difference Between Intent & Impact:** Try to understand and acknowledge impact. Denying the impact of something said by focusing on intent is often more destructive than the initial interaction.

**Try It On:** Be willing to “try on” new ideas, or ways of doing things that might not be what you prefer or are familiar with.

**Practice “Both / And”:** Remember everyone’s experience is valid. When speaking, substitute “and” for “but.” This practice acknowledges and honors multiple realities.

**Be Inclusive:** Encourage full participation by all present. Notice who is not being included or who may be traditionally left out, and invite them in.

**Move Up / Move Back:** Take note of who is speaking and who is not. If you tend to speak often, consider “moving back” and vice versa.

**Practice Mindful Listening:** Try to avoid planning what you’ll say as you listen to others. Be willing to be surprised, to learn something new. Listen with your whole self.

**Confidentiality:** Take home learnings, but don’t identify anyone other than yourself, now or later. If you want to follow up with anyone regarding something they said during a session, ask first and respect their wishes.

**Right To Pass:** You can say “I pass” if you don’t wish to speak.

**No Signs, No Flags:** This is a space for grieving and mourning. By entering this space, I agree to not carry signs or flags so that the focus can be on our belonging together in our grief.

*Adapted from the East Bay Meditation Center’s Multicultural Agreements.*