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.