Principles
of the Courage & Renewal® Approach

CENTER for COURAGE & RENEWAL

01 Everyone has an inner teacher.

02 Inner work requires solitude and community.

03 Inner work must be invitational.

04 Our lives move in cycles like the seasons.

05 An appreciation of paradox enriches our lives and helps us hold greater complexity.

06 We live with greater integrity when we see ourselves whole.

07 A "hidden wholeness" underlies our lives.

Learn more at **www.couragerenewal.org**

Principles
of the Courage & Renewal® Approach

Everyone has an inner teacher.

Every person has access to an inner source of truth, named in various wisdom traditions as identity, true self, heart, spirit or soul.

Inner work requires solitude and community.

Participants take an inner journey in community where we learn how to evoke and challenge each other without being judgmental, directive, or invasive.

Inner work must be invitational.

Circles of Trust are never "share or die" events, but times and places where people have the freedom within a purposeful process to learn and grow in their own way, on their own schedule, and at their own level of need.

Our lives move in cycles like the seasons.

By using metaphors drawn from the seasons to frame our exploration of the inner life, we create a hospitable space that allows people of diverse backgrounds and perspectives to engage in a respectful dialogue.

An appreciation of paradox enriches our lives and helps us hold greater complexity.

We listen to the inner teacher and to the voices in the circle, letting our own insights and the wisdom that can emerge in conversation check and balance each other.

We live with greater integrity when we see ourselves whole.

As we deepen the congruence between our inner and outer lives we show up more fully in the key relationships and events of our lives, increasing our capacity to be authentic and courageous in life and work.

A "hidden wholeness" underlies our lives.

Whatever brokenness we experience in ourselves and in the world, a "hidden wholeness" can be found just beneath the surface.

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