Principles of the Circle of Trust® Approach

1. **EVERYONE** has an inner teacher

2. **INNER WORK** requires **SOLITUDE** and **COMMUNITY**

3. Inner work must be **INVITATIONAL**

4. Our lives move in **CYCLES** like the **SEASONS**

5. Appreciating **PARADOX** enriches our lives and helps us hold **GREATER COMPLEXITY**

6. We live with greater **INTEGRITY** when we see ourselves **WHOLE**

7. **A HIDDEN WHOLENESS** underlies our lives.