



Ethical Guidelines

- 1) It is the policy of AACFM to intentionally cultivate compassion for each other and all sentient beings. We therefore have a policy of vegetarian meals and snacks at all events.
- 2) It is our policy to intentionally practice gratitude for each other's efforts by building this into all of our communication, verbal and written, and institute a gratitude practice at the end of each meeting.
- 3) It is our policy to treat our relationships with members of AACFM with respect, compassion, joy and inclusiveness; we do the same with all those we encounter in the community.
- 4) It is our policy to maintain mindful communication including:
 - meditating at the start of all meetings as a way to cultivate compassionate listening,
 - truly listening before speaking,
 - pausing and taking a breath before speaking,
 - considering all forms of communication with each other as practice,
 - considering listening as a form of meditation.
 - refraining from lying, exaggerating/embellishing, speaking to cause division, insulting.
- 5) It is our policy to cultivate a nourishing and healing environment which means the practice of living in the present moment with kindness, and includes:
 - withdrawing politely from an unhealthy conversation
 - identifying what it is you truly and honestly want and are able to do related to AACFM in a harmonious manner.
- 6) When conflicts arise, as they inevitably will in the course of relationships and organizations, members of AACFM are committed to resolving conflicts by embracing and embodying the practice of mindfulness, remembering that we are joined together by human suffering and a goal to reduce suffering.