

# Assumptions

- I am not a healer; I hold space for healing. You are your own healer.
- There is a power greater than ourselves, a Supreme Being of each of our own understandings.
- There is NO neutral. We live in a toxic dominant (white supremacist) culture which conditions us not to see its toxicity and instead normalizes the absurd.
- We are not able to reduce suffering and truly heal without dismantling this toxic dominant culture. White supremacy causes trauma to everyone.
- Our roles and responsibilities in this dismantling are different based on our social location.
- We are all sovereign beings and are capable of doing this radical work.
- We are interconnected and our well being is bound.
- There is no way to talk about oppression without replicating oppression.
- I am - and will always be - unlearning white supremacy. I acknowledge that intent does not equal impact and that I will make mistakes. I welcome the opportunity to be called in and to do better.