**Fierce Vulnerability Considerations**

Offered by [Kazu Haga](http://eastpointpeace.org/)

**Conflict is the spirit of the relationship asking itself to deepen.[[1]](#footnote-1)** *We will look at conflicts that surface as an opportunity to deepen in relationship, not to divide community.*

**If we knew how to be free, we’d be there already.[[2]](#footnote-2)** *None of us know how to do this right. We are all trying to figure it out together.*

**We have the right to be raggedy.** *We are going to mess up, and its ok.*

**Our power lies in our defenselessness.[[3]](#footnote-3)** *When we feel we have nothing that we need to defend is when we are our most powerful. We value transparency over security. We lead with honesty and trust that people will hear, see, and witness us in our full humanity.*

**We ask questions with curiosity, not an intent to critique.** *We ask with the intention of knowing more, not with the intention to prove someone wrong.*

**Safe space vs. Brave space.** *Real safety doesn’t guarantee that we will not be uncomfortable. Real safety means that we create spaces that are safe enough to have brave and often times difficult conversations, knowing that our relationship will only be strengthened by them.*

**From Woke to Awakening.** *“Awakening” is a process, not a destination or a competition.*

**Compassion for people’s ignorance.[[4]](#footnote-4)** *We are all continuing to learn, continuing to struggle our way out of ignorance. Ignorance is simply an opportunity to learn.*

**One sentence can never capture the complexity of our world.** *Hold the complex, non-dual nature of our world, and acknowledge that two conflicting truths can both be 100% true.*

**Hold accountability as an act of love.[[5]](#footnote-5)** *Think of “hold” as the critical word, not “accountability.” We want to hold each other and create space for our growth.*

**This is a healing place, though healing may not occur here.[[6]](#footnote-6)** *We can find healing any time, any place. But we acknowledge that healing from trauma is a long, intense and sacred process, and our intent in this space is not to open up and heal our deepest wounds.*

1. Malidoma Some [↑](#footnote-ref-1)
2. Aaron Goggins [↑](#footnote-ref-2)
3. Bonnie Willis [↑](#footnote-ref-3)
4. Kaira Jewel Lingo [↑](#footnote-ref-4)
5. Kazu Haga [↑](#footnote-ref-5)
6. East Bay Transformative Justice Collective [↑](#footnote-ref-6)