

By signing the Charter for Compassion for Cornwall, I agree that I will, to the best of my ability:

Become an active member of the growing international network striving to make compassion a clear, luminous and dynamic force in our polarized world, and represent Cornwall in encouraging and modelling Compassionate Action.

In order to do this I make a commitment to:

Actively and consistently do what I can to restore the principles of The Golden Rule (“Always treat others as you would wish to be treated”) to the centre of our communities, and, further, endeavour to treat others as *they* would wish to be treated wherever possible.

Reject any rule or doctrine that breeds violence, hatred or disdain.

Refrain consistently and empathically from inflicting pain, acting or speaking violently out of spite, chauvinism, or self-interest, impoverishing, exploiting or denying basic rights to anybody, and inciting hatred by denigrating others—even those considered enemies.

Model and encourage respect towards other lifestyles, traditions, religions and cultures, and a positive appreciation of diversity.

Cultivate an informed empathy with the suffering of all human beings—even those who may be regarded as enemies.

Recognise that, while the actions of some others may be unacceptable to me, I cannot know the circumstances that may have led to such actions, and:

Strive to separate the unacceptable action from the human being and seek restorative approaches to create solutions.

Do my best to transcend selfishness, actively seeking continual progress in this area, whilst showing self-compassion in accepting that I may not always achieve perfection.

Set an example of Compassion in Action, modelling the “Progress, not Perfection” journey of any human being working for positive change, and encouraging and accepting the same in others.

Reach out in friendship and empathy to those who are lonely or marginalised, recognising our common humanity and need for connection, and encouraging others to do the same.