



Findhorn
Foundation

Learning Values

Embodied realisation of the inherent value, intelligence and interdependence of all life forms – seeking to cooperate with each other and our wider ecology.

Meeting ourselves and others with spacious, generous presence and fostering empathy and a deep sense of acceptance, belonging and respect for each other's sovereignty.

Aiming to hold a sacred space in our interactions and programme sessions – welcoming each other in our diversity and distinct contributions while recognising our underlying oneness.

Cultivating space for stillness and an environment for emergent realisations in daily life, beyond specific beliefs or dogma.

Responsible and conscious use of thought, words and actions, for the highest good of all – growing our ability to occupy a
We consciousness