



THE INTERPATH PRINCIPLES THE PRACTICE OF EXPANSIVE LOVE, COMPASSION, AND UNDERSTANDING

*We gratefully share with you the wisdom we have discovered from
all those we were blessed to encounter along the way.*

1. Compassionate Care

*We humbly commit ourselves to be people
of compassionate love and care.*

We respond to the issues of the day as we bond with people who are also influenced by these issues. We strive to commit ourselves to caring for and respecting everyone we meet. We practice compassion by walking with other people, meeting them where they are, and being willing to be a part of their lives as peaceful companions and friends. We are grateful for the opportunity to be part of their journey.

2. Inclusivity

*We strive to be open-minded and open-hearted
as we realize our need for one another.*

We believe every human being deserves to be recognized and treated as a full member of our Human Family. We are inclusive of all people and work toward achieving equality for women, LGBTQIA+ individuals, people with disabilities, racial equality, and anyone who needs justice that befits their dignity as human persons. Our advocacy involves listening to those who seek justice as we walk with them on the pathways of what is right, true, good, and just. We also strive to support those who ally themselves with those seeking justice.

3. Contemplative Study

*We strive to harvest the Wisdom of the Great Teachers
past and present in our quest for expansive
respect and understanding.*

We seek to love, honor, and respect the wisdom revealed in the World of Nature and the Great Wisdom Teachers. The Great Teachings remind us to strive to do no harm as we seek to be persons dedicated to expansive love and compassion. We also seek the wisdom of our ancestors and friends. We strive to find wisdom even in the midst of conflict and division. We practice deep reflection as we strive to be empathetic and compassionate. We engage the contemplative arts and the practice of silence, seeking to hear the voice of Wisdom within our hearts. Without this interior voice, our lives would simply be busy.

4. Peace Filled World

*We strive to commit and dedicate ourselves to reducing suffering
in the World through the practice of hope,
justice, peace, and empathy.*

We strive to practice expansive love and understanding in every dimension of our lives. We seek to find what is good, true, just, and beautiful even in situations of great hurt and difficulty. While never justifying evil or suffering, we seek to move beyond despair and hopelessness. We seek vision in heartbreak, committing ourselves to comfort all who suffer as best we can. We support local, national, and global organizations, never forgetting the individual people we are blessed to serve. We claim the peace in our hearts for the sake of the World.

5. Simplicity

We strive to be organizationally simple.

The structures of our organization must never interfere with our desire to welcome everyone. We do not seek affiliation with any particular spiritual, philosophical, or cultural institution as we strive to be inclusive and open. We seek to transcend any attachment to outcome, realizing our work and journey are ongoing and radically open. The greatest gifts we receive are the presence, wisdom, and courage of all we meet.

6. Interconnected, Interdependent, Interrelated

We delight in the presence of one another.

We meet with one or more persons. We recognize the dignity, diversity, and uniqueness of everyone we meet. We seek to grow in wisdom and knowledge. Our experience has taught us to be open to everyone as best we can. We do not expect anyone to conform to any particular beliefs. We invite each person to share their gifts and authentic selves with us. The Ancient Teaching rings true: “I am a better person because I met you.”

7. Outreach and Hospitality to Everyone

Hospitality is at the heart of our work and outreach.

We strive to offer a safe and welcoming haven. We strive to accept people as they are. This attitude of the heart stems from a deep practice of respect and openness, inviting our companions to open the door to the depths of their hearts. We seek to be what people need us to be. Rumi reminds us, “We humans are each a guesthouse.” As a guesthouse, we open our hearts and minds to those who may walk with us, seeking to be fully alive.

8. Ongoing Education and Formation

*We strive to grow in wisdom, continuously inspired
by the Traditions of Humankind.*

As we commit ourselves to the service of the communities in which we live, we seek to provide opportunities for our friends to learn, cherish, and incorporate the wisdom of the Traditions of the World in their daily lives. We make this possible through our ongoing study of the Traditions of Humankind. Our research and studies are not limited to religious sources. We seek wisdom in the beauty of art, the words of literature, the sound of music, the grace of dance, and the conversations with everyone we encounter. This study invites us to rediscover our hearts in new and profound ways.

9. Care of Self

We understand that our work requires each of us to practice self-care in all the affairs of our lives.

Above all, we realize no one of us can do this work alone. We strive to remember we need one another. As we recognize our limits, we understand that they are not faults, but rather opportunities for respecting others based on self-care and self-respect. We continue to discern these principles from our work and life experience. The Principles are not our burden but our stated insights. We seek to be our true selves. The greatest gift we will ever give is the gift of ourselves; for this, we give thanks.

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