



## Tenets of Companionship the Bereaved

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One

Tenet One: Companionship is about being present to another person's pain; it is not about taking away the pain.

Two

Tenet Two: Companionship is about going to the wilderness of the soul with another human being; it is not about thinking you are responsible for finding the way out.

Three

Tenet Three: Companionship is about honoring the spirit; it is not about focusing on the intellect.

Four

Tenet Four: Companionship is about listening with the heart; it is not about analyzing with the head.

Five

Tenet Five: Companionship is about bearing witness to the struggles of others; it is not about judging or directing these struggles.

Six

Tenet Six: Companionship is about walking alongside; it is not about leading.

Seven

Tenet Seven: Companionship is about discovering the gifts of sacred silence; it does not mean filling up every moment with words.

Eight

Tenet Eight: Companionship is about being still; it is not about frantic movement forward.

Nine

Tenet Nine: Companionship is about respecting disorder and confusion; it is not about imposing order and logic.

Ten

Tenet Ten: Companionship is about learning from others; it is not about teaching them.

Eleven

Tenet Eleven: Companionship is about compassionate curiosity; it is not about expertise.