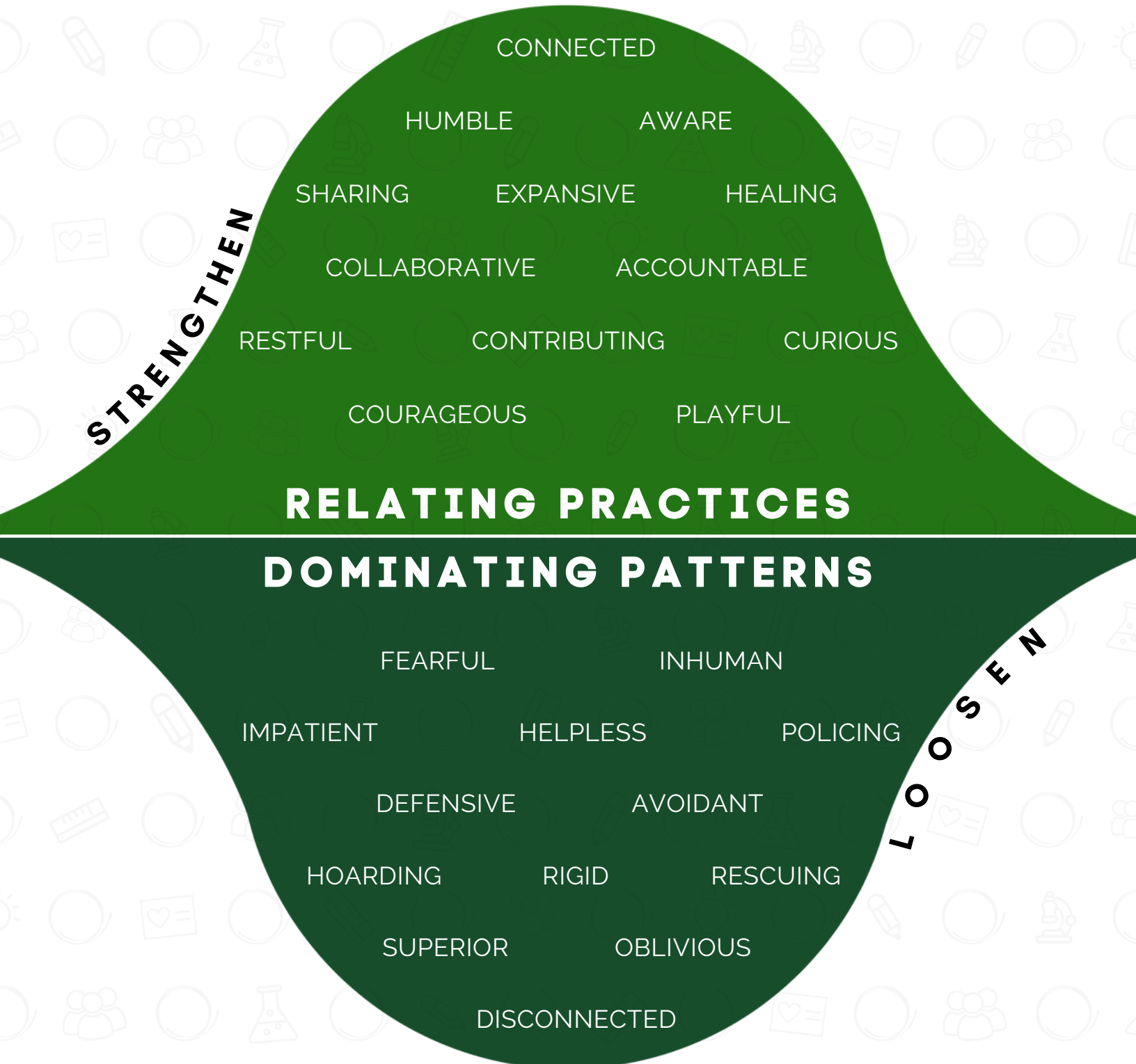


# WELCOME!

We become more effective at ending systems of oppression & contributing to the co-creation of a just world when we strengthen relating practices and loosen dominating patterns in ourselves & each other.

**Relating practices** are the predictable life-affirming behaviors present in people who seek to live harmoniously with all living beings.



**Dominating patterns** are the predictable life-destroying behaviors people use to mask unhealed hurts (abundant in non-targets). Non-targets are white (racism), men (sexism), owning class (classism), etc.