

IBF Juicy Core Values

Conscious Breathing

Conscious breath is at the heart of our community and we trust it to guide us to the truth.

Right Relationship

We celebrate the interconnected nature of life and respond in right relation to each other and the world around us, directing our affairs with love, honour and respect.

Authenticity & Integrity

We dedicate ourselves to authenticity and integrity in our lives, and challenge behaviours and perspectives that are not aligned with the highest good of all.

Global Healing

Through continued dedication to conscious awareness in our lives, we emanate the qualities of awakened presence into the

Trust, Security & Self Love

We trust the manifesting mystery of life and know that as we explore our internal and external worlds, self-care, support and consideration for others is of the highest importance.

Conscious Communication

Conscious communication is a natural mode of relating. We have the courage to communicate our truth lovingly in the name of healing. We are clear that is not necessary to take others' communications personally.

Understanding & Knowledge

We acknowledge the multiple sources of intelligence available to us. We are guided by our hearts' divine inspiration and mental abilities in our decision-making process.

Personal & Collective Responsibility

We take personal responsibility for our thoughts, words and actions, acknowledging and respecting the power of the creator in each of us.

Consciousness

Being committed to consciousness, we have the courage to acknowledge, embrace and integrate our shadow side. Through our own commitment to healing we inspire others to develop and grow in conscious awareness.

Flexibility & Responsiveness

We recognise the power in quantum change and maintain flexibility in our perspectives and actions to accommodate the unknown.

