

# **Four-Fold Way: Principles To Guide A Learning Community**

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Angeles Arrien is a cultural anthropologist who has studied the common ways indigenous cultures throughout the world support creative expression, health, and adaptation to change. She has developed four major principles that integrate ancient cultural wisdoms into contemporary life. These principles provide clarity for thriving in today's complex world of constant change.

## ***1. Show up, or choose to be present.***

Being present allows us to access the human resources of power, presence, and communication. This is the way of the leader. We express the way of the leader through appropriate action, good timing, and clear communication.

## ***2. Pay attention to what has heart and meaning.***

Paying attention opens us to the human resources of love, gratitude, acknowledgment, and validation. This is the way of the healer. We express the way of the healer through our attitudes and actions that maintain personal health and support the welfare of our environment.

## ***3. Tell the truth without blame or judgment.***

Truthfulness, authenticity, and integrity are keys to developing our vision and intuition. This is the way of the visionary. We express the way of the visionary through personal creativity, goals, plans, and our ability to bring our life dreams and visions into the world.

## ***4. Be open to outcome, not attached to outcome.***

Openness and non-attachment help us recover the human resources of wisdom and objectivity. This is the way of the teacher. We express the way of the teacher through our constructive communication and informational skills.

Optimum health is expressed in most cultures as a balance in all four areas: leading, healing, visioning, and teaching. Cross-culturally these four areas reflect the four human resources of power, love, vision, and wisdom.

For an indepth exploration of these principles, read Angeles Arrien's [The Four-Fold Way: Walking the Paths of the Warrior, Teacher, Healer, and Visionary](#), published in 1993 by HarperSanFrancisco. For more information on Angeles Arriens's workshops, publications, and activities, request her newsletter by phone at 415-331-5050 or visit her website at [www.angelesarrien.com](http://www.angelesarrien.com).