

## THE 10 PRINCIPLES OF BEING SANCTUARY

The mission, philosophy and practices of House Rabbit Society (HRS) profoundly reflect the *10 Principles of Being Sanctuary*. Created by The Kerulos Center ([www.kerulos.org](http://www.kerulos.org)), the principles are based on the science and psychology of trauma recovery. This philosophy translates directly to care and ethics that nurture Rabbit health, recovery, and well-being to offset impacts imposed by exploitation.

### Principle 1. Knowing *An environment tailored to Rabbits*

Knowledge of Rabbit natural history, psychology and individual personalities provides the foundation for healthful recovery.



### Principle 2. Safety *A space of complete physical and psychological security.*

Most Rabbits are subject to harsh and uncertain environments. Creating a physical,



social, and psychological safe space allows Rabbits to direct all their energies to healing.

### Principle 3. Assurance *Lifelong, consistent care*

Rabbits can live over ten years. A forever home means planning for medical needs, an ever-enriching environment and care in perpetuity for their lifetimes.



### Principle 4. Belonging *Cultivating positive relationships and personal space*

Love is the foundation for healing. Through healthy, non-dominating relationships with other Rabbits, human and nonhuman family and friends, and the environment, Rabbits find home of their own.



### Principle 5. Parity *A culture of fairness and reciprocity*

Parity requires human caregivers to accept and support Rabbit needs and aspirations even



when they do not always coincide with human timetables and desires.

### Principle 6. Being Heard *Listening in to mental and physical needs.*

Listening is the opposite of exerting control. It entails paying attention to individual moods and feelings through the eyes and values of a Rabbit.



### Principle 7. Self-determination *Encourage independence and Self-authority*

Your home and care are designed to optimize the ability of Rabbits to be who, where, and how they want to be.



### Principle 8. Acceptance *Promoting dignity and freedom*

In commercial settings, Rabbits are restricted from being who they really are. They are confined and live in fear with little chance to express themselves without being punished. A culture of acceptance is the open embrace of all forms of Rabbit self-expression.



## Principle 9. Empowerment

*Providing opportunities for individuals to put their aspirations into action.*

Deprivation and abuse are designed to crush individuality and initiative. Being Sanctuary cultivates inner and outer landscapes that re-ignite a sense of self and confidence in the absence of fear.



## Principle 10: Trust

*Maintaining an absence of threat and cultivating patience and openness.*

Healing takes time. When the principles of Being Sanctuary are applied, Rabbits begin to relax deeply, to trust themselves and those around them. Trust cultivates inner peace and joy.



*A loving heart is the beginning of all knowledge.*

- Thomas Carlyle

## How You Can Help



HRS rescues and adopts out Rabbits and through its publications, consults, and classes supports Rabbit well-being and self-determination. To support the Rabbits and learn more, please visit us at [www.rabbit.org](http://www.rabbit.org).



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HOUSE RABBIT  
SOCIETY



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