



## Meaningfulworld Vows

[www.Meaningfulworld.com](http://www.Meaningfulworld.com)

1. I vow to take good care of myself with compassion and love on mind-body and eco-spirit levels.
2. I vow to be present in the moment, to be responsive, assertive, and aligned.
3. I vow to have empathy for others with understanding, love and refraining from judgment.
4. I vow to adhere to our core values: love, compassion, empathy, acceptance, letting go of attachments, embracing oneness, and serving humanity.
5. I vow to care and serve my family, community, country, humanity, and the planet fully and unconditionally.
6. I vow to uphold the *Declaration of Human Rights* (1945), read it, teach it, practice it, and disseminate it.
7. I vow to learn the *7-step Integrative Healing Model*, commit to practice it, teach it, and disseminate it.
8. I vow to practice forgiveness, shifting from the ego reaction, to an empathic, mindful and loving response.
9. I vow to commit to a life-time journey of self-knowledge, and continue my growth on mind body eco-spirit levels, to promote unity, oneness and energetic interconnectedness around the world.

**Our Motto: When one helps another, BOTH become stronger**