

*I vow to myself and each of you
To commit myself daily to the healing of our world
and the welfare of all beings.
To live on Earth more lightly and less violently
in the food, products and energy I consume.
To draw strength and guidance from the living Earth,
the ancestors, the future beings,
and my brothers and sisters of all species.
To support each other in our work for the world
and to ask for help when I feel the need.
**To pursue a daily practice that clarifies my mind,
strengthens my heart and supports me in observing
these vows.***

- Joanna Macy
