I vow to myself and to 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 generations, and my siblings of all species.

To support others in our work for the world and to ask for help when I need it.

To pursue a daily practice that clarifies my mind, strengthens my heart, and supports me in observing these vows.