

From now on,
I choose to dream my own dreams
So that I can fully taste the mystical excitement of being human.

From now on,
I choose to empathically connect with others
So that I can fully respect the unique and holy experience to be
found in each person every moment.

From now on,
I choose to have my actions flow from connection with nature and
to direct my attention where it supports this flow.

From now on,
I choose to be aware of the unchosen, dehumanizing thoughts
my culture planted within me, and to prevent them from leading
me into robot-like, violent actions.

From now on,
I choose to openly reveal what is alive within me,
even though others may not appreciate the gift.

From now on,
when wearing a title of authority, I choose to be aware that
reaching frontiers before others never justifies punitive means to
influence them to join me.

From now on,
I choose to believe that the failure of our needs to be fulfilled
results from insufficient dialogue and creativity rather than
scarcity.

Marshall Rosenberg, 1970