

# Universal Rights Declaration

## Declaration Of ME

1. I am a multi-dimensional being composed of an integrated system of body, emotion, mind and spirit.
2. I am part of a family, community, nation whose actions and reactions functions as ONE with the environment, nature, and animals.
3. I have evolved over time becoming purer in spirit through collaboration with ALL.
4. What affects me, affects all as we are a unified whole both in and out of conscious awareness.
5. I let go of ego direction of my life.
6. I move to a spiritually guided, heart centered and inspired way of functioning that honors all, with the same rights and privileges regardless of race, gender, sexual orientation, ability, or nationality.
7. I have an obligation to honor myself and others as ONE working in harmony.

## Living On Earth

1. I came to earth to evolve spiritually.
2. Everything that happens to me and through me uplifts my soul to a higher plane or not.
3. My journey is recorded energetically both in and out of awareness.
4. Therefore, I choose to live a harmonious life described in the Declaration of ME.
5. I vow to be spiritually guided, compassionate, and heart centered.
6. I quiet the noise within and without to be Divinely inspired to find guidance and solutions to this journey.
7. Doing my best is required of me with the goal to improve my “best” with new insights and growth that honors the integrity of ALL.

## Guiding My Future

1. The future is the outcome of uniting the present with the wisdom of the past.
2. I am dedicated to clear out the old that hinders my journey from being to becoming.
3. My future depends on collaboration, cooperation, and compassion since we are ONE.
4. My choices affect ALL; therefore, I must forgive myself and others and choose LOVE.
5. The integrity of my choices produces interactive outcomes that affects ALL.
6. I make choices to benefit ALL, not selfish controlled decisions.
7. What I sow or choose to not sow, influences my soul on its pat

## **Planetary Health Intersection**

1. The health of the planet intersects with the health of the individual, community, nation and vice versa – We are ONE.
2. As I care for myself, I am caring for the planet in body, emotion, mind, and spirit – a holistic approach.
3. The choices I make every moment of the day contribute to the health and well being of all as I understand and act from the knowledge of the interrelationship between all things.
4. We are equal and deserve to treat each other with respect, kindness, compassion – including the interface with planetary health as we take responsibility for our actions during daily living.
5. There is only ONE true justice for all – respecting the values of interconnection rather than self-serving interests.
6. The scope of our choices has energetic consequences that impact the world, influencing planetary and personal health – what we do or not do, has serious consequences that influences the health and wellbeing of all.
7. A paradigm shift is required to reach healthy decision making that is not self-serving but rather serving all – the health of plants, animals, earth, water, atmosphere, food, livelihood and fairness treating all with equal value understanding the interface that what is done influences the whole.

Declaration of ME, Living on Earth, Guiding the Future – Inspired to MJB March 31, 2020

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