



I, sovereign living being, pure consciousness, pure love, recognize that as a human being, I am an integral part of the living ecosystem of the Earth. I recognize that the health of my life is intrinsically and intimately linked to the health of the plants, animals, waters, soils, air and cosmic cycles, and I remember my inherent creative power and my infinite potential for development.

and I **manifest**

that everywhere on earth, the vital humus is being rebuilt.

I feel that the crystal-clear waters, clean air and protected forests strengthen my immune system. Each one of my cells is thanking me for healthy food, which has grown in fields with rich and healthy soil accompanied by the singing of birds and the buzzing of insects. People heal in harmony with nature. Regardless of religion, nationality, gender, skin color, income and education, we are aware that we all belong to the human family. I treat every living being with mindfulness and respect and resolve conflicts without violence. Births are acknowledged as sacred rituals and the fear of death no longer exists. Technology is used to benefit all life, and energy comes from renewable sources such as solar energy and hydropower.

I gratefully observe

how everyone naturally unfolds their individual potential with great enthusiasm and in freedom, and I embrace my own infinite and eternal creativity.

I am delighted to count at least one craft among my skills.

I surround myself

preferably with products that have been lovingly made by people in my region and that are in harmony with nature. There is no more waste. Everything is easy to repair and to recycle. Economy is based on mutual care and fraternity.

I visualize

life-enhancing encounters and communities that support life in town and country, where people help and encourage each other, where young and old learn from each other, where the people with special needs are fully integrated and valued.

Fruits, vegetables, berries and nuts grow abundantly in cities and villages.

People often cultivate crops, harvest and cook together.

Fulfilling places of work are predominantly found in local areas.

I am actively helping to **shape**

my country and am supported by the Council of Wise Ones - experienced people of heart, who focus on the good of all life forms.

Peacekeepers and guardians stand by my side.

I live in abundance,

because the new monetary system supports the growth of life.

The media circulates life-affirming messages and solutions.

I accept the gift of creation and life with joy and gratitude.

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