



The Ecosattva Vows

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 brothers and sisters 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.**

From Active Hope: How to Face the Mess We're in without Going Crazy
by Joanna Macy and Chris Johnstone, pp.202-204