

Moving Towards Healing, Love, Interdependence and Justice

By Paul Kivel. Designed by Liz Moore.

Love your self.

Love your body.

Love your sexuality, gender expression
and gender identity.

Love your sexual identity and those it
leads you to.

Value all forms of diversity.

Recognize multiple truths.

Act cooperatively.

Don't proselytize.

Be humble.

Expand the possibilities.

Reject duality.

Challenge hierarchy.

Withhold judgement.

Honor alternative paths.

Let go.

Live harmoniously with nature.

Work for restorative and transformative
justice.

Live simply.

Extend your caring to all people.

Extend your caring to all life.

Recognize the spirit in all things.

Use words responsibly.

Find pleasure and joy in your life.

Return the land to native peoples.

Live lightly in the world.

Align and move rhythms of the seasons.

Remember that children are sacred.