

My core beliefs:

Who we are

- We are born into a universe that is an ongoing miracle of unending creation.
- A common sacred essence unites us with all that is, as it flows through the cosmos: shining from the stars, coursing through the rivers, pulsing in our veins.
- We may name this essence as God, or Source, or Spirit, or leave it nameless, recognizing a vastness and power that cannot be captured in words.

If we live into this understanding –

- We will find wonder, joy, love, and awe in each moment of our lives.
- We will find inner peace that cannot be shaken by the storms of life.
- We will find strength to navigate the storms, and wisdom to claim the gifts they offer: opportunities for learning, service, and inner growth.

What we must do

- With this understanding comes responsibility. Our fellow human beings, our fellow creatures, and the whole Earth are our kin. We must treat them with love, care and respect.
- We must remember that each action we take ripples through the interconnected web of life to which we all belong.

What does this look like for me, personally, in my day-to-day life? How will I try to live these beliefs?

I will remember – especially when I get discouraged –

- I am surrounded by miracles, every moment of every day.
- God is present the soil beneath my feet, the air I breathe, the water I drink. God is in every tree, every flower, every living creature. God is in each person I meet – and God is in me too.
- I am never alone. Every breath connects me with the community of all life.

As I journey through life –

- I will try to accept each experience – whether it feels joyful and uplifting, or grueling and uncomfortable – as an experience God means me to have, as an opportunity to learn and grow.
- I will try to view each person I meet as a teacher, who may impart some knowledge or wisdom that I need to hear.
- I will trust that, when challenges arise, God will give me the strength to meet them. I will always have what I need to accomplish the work I am meant to do.

I will continue to work on reducing my consumption so that I tread more lightly on the Earth. I'm learning that the joy of deeper connection with nature, with my human sisters and brothers, and with God more than compensates for the loss of transient material pleasures.

Before each step I take, each decision I make, I will ask myself:

Will this bring me closer to God, as I understand God deep in my heart?

Will this honor the miracle that is our living Earth?

I would be a hypocrite if I claimed that everything I currently do is consistent with my answers to these questions. But I intend to keep trying.