



THE FUTURIST PLEDGE

I am PRECIOUS
I am WORTHY
I am worthy of LOVE
I am worthy of SELF-LOVE



I deserve WELL-BEING
I deserve HEALING
I deserve LIBERATION
I deserve to be UPLIFTED, PROTECTED and CELEBRATED

I am deserving of JOY
I want to feel PLEASURE WITHOUT GUILT
I want to DREAM WILDLY

Like all beings, I am WHOLE
And I am connected to ALL BEINGS
I am connected to my ANCESTORS and
to generations YET TO COME
My LIBERATION is connected to all beings' LIBERATION

My joy is connected to
your joy is connected to
my well-being is connected to
your well-being is connected to
the planet's well-being is connected to
our COLLECTIVE LOVE that drives our COLLECTIVE LIBERATION



**TODAY I DECLARE THAT A FUTURE OF JOY + PLEASURE + LOVE +
WELL-BEING + LIBERATION IS MY BIRTHRIGHT**

love always, _____

(sign your name here)

_____ (today's date)

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