

Taugh ^{Manifesta} into Triumph

Since we desire to achieve positive outcomes in the face of adversity and to navigate our challenges in such a way as to become stronger from having met them.

We pledge to cultivate and practice:

Saying *Yes* to what cannot be avoided,
refusing to accept a predicted undesirable outcome unless and until we have to;

While navigating difficult challenges, or caring for a loved one navigating theirs,
we exercise *self-compassion* and *radical self care*;

Focusing on *each present moment* we avoid jumping too far ahead;

Honoring all our feelings we express them in a safe place, allowing them to change us;

Calling on helpers, both seen and unseen, *we reach out* to help others as well;

Recognizing that we all have to die, we enlist our curiosity to learn more about the process;

In the midst of lessening options, we *focus on what good* can come from this particular challenge;

In moments of extreme crisis *we connect* with experiences of *peace and love* and bring them into the present moment;

Remembering that posttraumatic growth is the natural outcome of *letting go* of our own plans - we surrender to whatever life is asking of us.