DAUGHTERS OF MOTHER NATURE MANIFESTO

You must thank the Earth every time you take from it.
You must approach every new soul you meet with love. Everything comes from the Universe.
We're all made of the same Things. You must practice absence of judgment.

Nothing is linear. Nothing is meant to fit in a box.

You must lick the salt water on your face, hug old trees, save bugs in need, and let the sun
shine on you. You must feed your neighbors, give your affection and knowledge to the young
ones, and listen to the wise. Listen to those who serve and protect the land you walk on.

Your ancestors have paved the road you walk on. You must thank them for it and do the same
for those who will come after you.

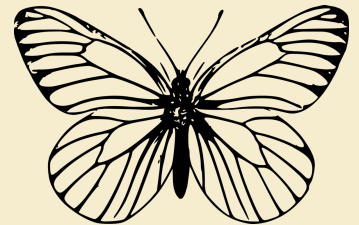Mothers are sacred. Teachers are sacred. Healers are sacred.
Childbirth is not a requirement for motherhood. True teachers are those who pass on their
knowledge with understanding and well-intent. Not all healers are doctors.

Human creation, artistic and technological, is cursed if not meant to uplift us all.

In any form, your body is the vessel you travel the Universe in. You must be grateful for all it
does for you and nurture it. You must never be unkind to it. You must stop anyone who tries
to be unkind to it.

You must forgive yourself. It is a necessary step to set yourself free.

Any threat to the liberation and well being of all is violence. It is your
responsibility to care for those who need care after you're cared for. It is the
responsibility of the free to free those who aren't.

You must let your bad thoughts pass you by. There is no getting rid of them, for you are you
with all the thoughts and knowledge you have in you, nothing more and nothing else. You
cannot feel shame for it. One day you will learn to be unbothered.

You must learn how to not take things personally. You completely lack control over others'
actions, just like the weather and the changing tides. You must learn to separate yourself from
it.

Trust that you are where you're meant to be. Trust that whatever needs to happen is
happening.