

Brave Awareness Vow: A Living Mantra

From this moment forward, I respond to life from
Brave Awareness.

I honor what I see, speak what is true, and stay
rooted in compassion without
abandoning myself.

I do not shrink to soothe. I do not over give to earn.
I release the need to be understood by those
committed to misunderstanding.

I remain steady in clarity, generous in presence, and
devoted to wholeness.

I am allowed to be free.
I am allowed to be clear.
I am allowed to be whole.

In every moment.
With every person.
Including myself.