

## Get Involved!

Visit [BoundlessLoveProject.org](http://BoundlessLoveProject.org) for more details on how you can:

- **Join our email list.** Be inspired and learn about trainings, events, and other ways to get involved.
- **Take our Beloved Community Pledge.** Live with more love, peace, wisdom, and joy. Details inside.
- **Learn meditation.** Take our free, nonsectarian, online or in-person meditation trainings to reduce your suffering and live with more love, peace, wisdom, ease, and joy.
- **Maintain your meditation practice.** To get the most benefits from your meditation practice, use our free guided meditations; trainings; and articles to motivate and inspire your practice.
- **Spread mindfulness.** Create a culture of mindfulness at the institutions where you work, learn, play, and worship. Contact us to learn how.
- **Volunteer with us.** Work and play collaboratively with us to create the beloved community. Various opportunities. No specific skills required.
- **Collaborate with us.** Already actively improving your community? Maybe we can join forces and mutually help each other. Contact us and let's talk.
- **Share your dream.** Have an idea of how to improve your community, and willing to do the work? Tell us about it, and maybe we can help!
- **Donate.** As a 501(c)3 public charity, your donations are tax-deductible to the fullest extent allowable by law. Use the form inside to donate, or donate online.

*To learn more about any of the above, please visit:*

**[BoundlessLoveProject.org](http://BoundlessLoveProject.org)**

## Quotes of Note

Here are a few quotes we love from various wisdom traditions. Please embrace those quotes that inspire and help you, and ignore those that don't.

"This is the Way of Peace:

Overcome evil with good, falsehood with truth,  
and hatred with love." Peace Pilgrim

"You do not do evil to those who do evil to you, but  
you deal with them  
with forgiveness and kindness."  
Prophet Muhammad (peace be upon him)

"Love your neighbor as yourself' (Lev. 19:18) - this  
is a fundamental principle in the Torah." Rabbi Akiva

"Hatred never ceases by hatred, but by love alone.  
This is an eternal law." Buddha

"Love your enemies, do good to those who hate  
you, bless those who curse you, and pray for those  
who mistreat you." Jesus

"When we engage in acts of love, we humans are at  
our best and most resilient." adrienne marie brown



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## Who Do You Love?



### An Introduction to the Boundless Love Project

At the Boundless Love Project, we love, value, respect, and cherish all life. That's why we work to create a global beloved community where all people, animals, and ecosystems thrive.

Through the inner work of compassionate mindful investigation, and the outer work of loving nonviolent advocacy, we overcome falsehood with truth, apathy with compassion, greed with peace, and prejudice with love.

**Keep Reading to Learn  
More and Get Involved!** 

## What is the Beloved Community?

Although this idea is timeless, the phrase was first used by philosopher-theologian Josiah Royce (1855-1916), and then popularized by Dr. Martin Luther King, Jr. (1929-1968). It describes a practical vision of an attainable society that resolves conflicts and disagreements peacefully without creating ill will or resentment.

In the beloved community, we appreciate and recognize the inherent worth and value of all people, animals, and ecosystems. In the beloved community, kindness and compassion motivate us, the public, and political parties to work cooperatively to peacefully end hunger, bigotry, poverty, environmental destruction, factory farming, and violence of all kinds. In the beloved community, the *means* we use to create change are as kind and compassionate as the *ends* we seek. This allows the beloved community to be what Dr. King called "an engine of reconciliation."

Creating the beloved community will take courage, creativity, compassion, and commitment, but it is achievable, and worth the effort. To help make it happen, we must commit to doing the inner work necessary to let go of the greed, judgment, and falsehoods found in our hearts and minds, and embrace truth, love, and service. This inner work helps us cultivate an all-inclusive spirit of friendship and goodwill towards all people, all animals, and the natural world.

Mindfulness meditation helps us do this inner work and connect us with our inner wellspring of wisdom and love. That is why the Boundless Love Project offers free, nonsectarian online and in-person mindfulness meditation trainings.

As our love and wisdom grow, they drive our desire to live and work collectively and peacefully to create kind, sustainable, healthy systems that allow us and all life to thrive. The Boundless Love Project collaborates with many people and groups to help create these new, sustainable, and loving systems.

## What is the Beloved Community Pledge?

The pledge is eleven commitments that we voluntarily practice. This pledge arose from the collective wisdom of our ancestors who endeavored to create the beloved community before us.

By regularly reviewing, and doing your best to live these practices, you will learn to:

- Live with more love, peace, wisdom, ease, creativity, flexibility, and joy.
- Create positive change more effectively, patiently, and persistently, and do so in a more emotionally healthy and sustainable manner.

Please consider taking the pledge, and listen to the *Creating the Beloved Community* training series at [BoundlessLoveProject.org](http://BoundlessLoveProject.org) for more details on how to live these commitments in your life.

## The Beloved Community Pledge

To help peacefully create a global beloved community where all life thrives, I commit to:

1. TRUST and OBEY my conscience as the highest authority.
2. MEDITATE daily for the benefit and welfare of all people, all beings, and all life forms.
3. CONTEMPLATE, STUDY, and LEARN the ways of love on a daily basis.
4. RECOGNIZE the inherent worth and value of all life and TREAT both friend and foe with courtesy, dignity, and respect.
5. WALK and TALK in the manner of love, for love is our most authentic and fundamental nature.
6. REMEMBER always that as we create the global beloved community, we seek peace and reconciliation, not dominance and retribution.

7. REFRAIN from the violence of mind, heart, tongue, and fist.

8. SACRIFICE selfish wants and desires for the benefit and welfare of all life.

9. SEEK to lovingly perform regular acts of service for others.

10. ENDEAVOR to maintain good mental, emotional, and bodily health.

(11.) I recognize that adopting these worthy trainings is a journey and not a destination. Thus, whenever I break these intentions, I will FORGIVE myself, RECOMMIT to them, and PERSIST in following them for as long as it takes to embody them fully and create the beloved community within myself and in the world around me.

Having seriously considered this decision, I sign this pledge with the DETERMINATION to PERSEVERE.

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

[ ] I've enclosed a donation to the "Boundless Love Project" to support your kind and vital work.

[ ] \$5 [ ] \$25 [ ] \$50 [ ] \$100 [ ] Other: \$ \_\_\_\_\_

Complete this form and mail it to:  
**Boundless Love Project**  
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