

AS FREEDOM SEEKERS, WE:

STUDY OUR **MIND** + HONOR THE **POWER** OF HOW IT CREATES OUR RESULTS

CREATE HEALTHY BOUNDARIES FROM A **KIND** PLACE

ACCEPT THE **RESPONSIBILITY** OF OUR POWER TO MOVE SOCIETY TOWARDS **SOCIAL JUSTICE** AND **ANTI-RACISM**

SPEAK OUR TRUTH WITH **STRENGTH** AND **KINDNESS**

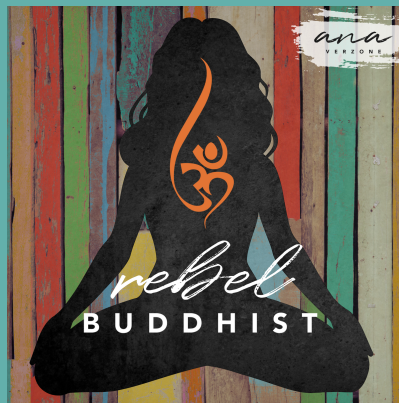
ACTIVELY CULTIVATE **ZIJI** – RADIANT INNER CONFIDENCE

KNOW WE CAN DO **HARD THINGS**

HAVE OUR **OWN BACK** – PRACTICE **FIERCE** SELF-COMPASSION + SELF-CARE

REBEL BUDDHIST™

OWN OUR
POWER



LIVE OUR
TRUTH

MANIFESTO

UNDERSTAND THE **TRUE CAUSES** OF **HAPPINESS** AND DON'T GET DISTRACTED BY **FALSE PLEASURES** THAT NO LONGER SERVE US

KNOW THAT **WE** ARE THE **CREATORS** OF OUR LIFE

FOCUS ON **LEARNING**, NOT EXCUSES

LIVE LIFE **FULLY** EVERY DAY

ARE WILLING TO FEEL **HARD FEELINGS**, BECAUSE THAT IS HOW WE **EVOLVE**

REALIZE THIS LIFE IS **IMPERMANENT** AND DO ALL WE CAN TO LIVE A LIFE OF **NO REGRETS**

EXPAND OUR **COMFORT ZONE** AND FIND **ADVENTURE** IN EVERY DAY

To your freedom!

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VERZONE