

For all that is precious and good



May peace and grace be with you

The Ten Pillars of Habitant Ecclesia

- 1: (P) Upright are those who set out enduring plants upon the lands of their world.
- 2: (L) Upright are those who rescue sentient life like and unlike their own.
- 3: (U) Upright are those who lift up those beyond their own family.
- 4: (M) Upright are those who do CEEEM* meditation with images, compassionate, celebratory dance and/or w/ethereal music.
- 5: (K) Upright are those who frequently belight others with temporal words of kindness.
- 6: (R) Upright are those who resound vignettes of compassionate insight and empathy.
- 7: (R) Upright are those who inscribe their fidelity to the practices of the Ten Pillars.
- 8: (S) Upright are those who honor their own and others' sincerity of their spirituality of choice.
- 9: (S) Upright are those who seek to live honestly, fully and with broad and diverse sociality.
- 10: (A) Upright are those who practice serene, spiritually felicitous ambulation.

*CEEEM ("seem") is an acronym for Compassionate, Empathy Enlightening and Enabling Mediation

The Ten Pillars of Habitant Ecclesia

- 1: (P) Plant a tree every year
- 2: (L) Save a life every year
- 3: (U) Lift up those who are beyond family
- 4: (M) Mediate immersively daily (CEEEM)
- 5: (K) Speak with kindness and respect
- 6: (R) Daily recite and/or write aphorisms
- 7: (R) Record your practices of the Ten Pillars.
- 8: (S) Honor the sincerity of the spirituality choices of others.
- 9: (S) Seek diverse sociality, honesty, economic advancement and a full life
- 10: (A) Ambulate frequently -- go on walks, take rides, travel, move about widely

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