FROM NOW ON

By Marshall Rosenberg

— ✦ —

From now on,
I choose to dream my own dreams so that
I can fully taste the mystical excitement of being human.

From now on,
I choose to empathically connect with others so that
I can fully respect the unique and holy experience to be found
in each person every moment.

From now on,
I choose to have my actions flow from connection with nature and to
direct my attention where it supports this flow.

From now on,
I choose to be aware of the unchosen, dehumanizing thoughts
my culture planted within me, and to prevent them from leading me
into robot-like, violent actions.

From now on,
I choose to openly reveal what is alive within me, even though others
may not appreciate the gift.

From now on,
when wearing a title of authority, I choose to be aware
that reaching frontiers before others never justifies punitive means
to influence them to join me.

From now on,
I choose to believe that the failure of our needs to be fulfilled
results from insufficient dialogue and creativity
rather than scarcity.

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Rosenberg, M. B. (1979). From now on. In From now on: A model for nonviolent persuasion (3rd ed., p. xx). Community Psychological Consultants.

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