

The Verdant Creed

verdant (adj.): lush with growth; fresh, alive, thriving with potential.

I grow by working on myself.

I stop the cycle of pain by facing mine.

I help others by healing what I can.

I stay present, even when it's uncomfortable.

I act in line with what I know is right.

I improve the world by improving me.

That's the practice.

That's Verdantism.