

# The 5 Commitments of Sati Leadership

## Illustrated In Regulation *vs.* *Dysregulation*

We make these commitments to ourselves and to each other, aware we may drift, shift, and re-commit.

### Health

- We prioritize happiness.
- We commit to prioritize appropriate sleep, nutrition and consumption, wellness, physical movement, and breathing.
- We meditate, journal, commune with nature, express ourselves artistically, live with presence, and offer ourselves and others care.
- We notice unskillful patterns and commit to what serves.
- We value ancient, indigenous, and plant wisdom as much as science.
- *We don't praise martyrs.*
- *We don't pretend we're immortal; consume unwholesome food, substances, media, products, or drama; engage in sexual misconduct, remain idle, or hold our breath.*
- *We don't assume we can cultivate what we value without continuous, skillful effort or take it for granted. We don't multitask.*
- *We understand that attachment and aversion bring suffering.*
- *We don't stubbornly rely on proof or certainty.*

### Peace

- We commit to cultivate stillness and space.
- We act mindfully, unattached to means or ends, offering the benefit of the doubt..
- We balance masculine thinking and strength with feminine feeling and ease.
- We embody curiosity, openness, willingness, service, and humility.
- We see difficulty as a growth opportunity.
- *We don't stay busy or live in chaos.*
- *We don't react mindlessly or expect things.*
- *We don't act rigidly nor place focused consciousness above diffuse awareness.*
- *We practice letting go of ego and closed-mindedness.*
- *We don't complain; we don't grasp onto pleasure nor do we run from pain.*

### Joy

- We commit to living in a creative state of flow, play, genius.
- We thrive and learn while experimenting and having fun!
- *We don't perfect, coast, or force ourselves to be serious and do things we don't like.*
- *We don't "work hard" or "push" ourselves.*



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## Love

- We commit to love ourselves and others.
- We take 100% responsibility for our thoughts, actions, words, and the lack thereof. We acknowledge our impact.
- We ask permission, and we make and keep impeccable agreements.
- We orient ourselves towards good, life, and sustainability.
- We speak in a way that is true, helpful, kind, and timely.
- We listen deeply with curiosity, to learn.
- We appreciate, often.
- We practice compassion, with a soft front and strong back.
- We give and receive freely, knowing we already have everything we need.
- We practice substituting “and” for “but”.
- We respect differences and embrace healthy disagreement.
- *We don't live individualistically or manipulate.*
- *We don't play victim, villain, or hero. We don't seek to justify our actions with our good intentions.*
- *We don't take what's not given, and we co-modify agreements that no longer serve.*
- *We don't mindlessly harm or selfishly exploit other people, animals, or our world..*
- *We don't speak in hyperbole, sarcasm, or in a false, harsh, divisive, or meaningless fashion.*
- *We don't criticize, defend., stonewall, or treat others with contempt.*
- *We don't focus on what's wrong, missing, or unpleasant.*
- *We don't act meanly nor do we present as pushovers.*
- *We don't act with expectation of reward or believe we'd be happy if only....*
- *We don't assume duality.*
- *We don't judge, argue, or fight.*

## Meaning

- We commit to honesty, integrity, alignment; we own and feel our feelings fully.
- We see our agency in our needs, wants, and relationships.
- We take ownership of our time.
- We reveal and communicate our microscopic, inarguable truths.
- Our actions and words authentically align.
- *We don't ignore or suppress discomfort, nor do we blame others for how we feel.*
- *We don't believe others exist to serve us or that we're stuck in relationships as they are.*
- *We don't overschedule or always say 'yes'.*
- *We don't conceal, exaggerate, or withhold, aware these lead to withdrawal and projection.*
- *We don't pretend, perform, or gossip.*