

Wellness Declaration 2010

We the delegates of National Wellness Symposium held on 14 -15 August, 2010 at Chennai, hereby declare that

1. I cherish my ability to nurture
2. I commit to protect, uplift, care for Myself, Family, Community, Nation and Nature.
3. I commit to cherish, enhance, grow with love, peace and harmony.
4. I hereby declare that I will live everyday with enthusiasm compassion, humility and humour.
5. I hereby declare that I will live in harmony with nature by following natural laws of wellness.
6. I hereby declare that I will never be a patient in my life because I am guided, protected and I am whole and holy.
7. I hereby declare that I will be positive and be a good finder
8. I hereby declare that I will create wellness awareness to atleast 10 people around me consistently and empower them to create wellness awareness to 10 people around them till we reach our mission of creating wellness awareness among 100 crore people.
9. I hereby declare that I will enhance my house and surrounding by keeping it clean and beautiful by natural materials.
10. I hereby declare that I will live intelligently to protect water, soil and energy by planting fruit trees and herbs.

11. I commit to live life, experiencing the abundance of the universe and I will live with my thoughts words and actions coming from love and abundance..
12. I declare to live life following natural laws of food aligning with the divine aspiration.
13. I realize and accept body's self healing power of the divine and live with faith and patience.
14. I declare that I am an asset wherever I am, because I am aligned with Divine Energy
15. I realize wellness is self care, health care and earth care.