

## **Commitment**

To be peaceful and joyful, there is but  
one commitment to make.

It is to live life, one second at a time,  
as if it is an eternal moment.

It is to make the decision,  
regardless of the behavior we observe,  
no matter where we are,  
nor whom we are with,

To be a vehicle of God's Perfect Love,  
To be totally accepting and defenseless,  
To give all of ourselves away in Love,  
To give total, maximal, and unconditional Love  
to everyone, excluding no one.

It is to make the commitment  
with every thought,  
with every breath,  
with every heartbeat,

To be helpful to those in need,  
who are crying out for help and  
are suffering because of lack of love.

It is to make the decision  
to have the fire of compassion in our hearts,  
to love the universe and all that is in it  
with tender loving care.

It is to make the decision to trust and  
accept God's boundless Love for ourselves,  
and thereby, become a messenger of God's Love.

It is to demonstrate and teach only Love,  
for that is what we are.

Gerald G. Jampolsky