The Four Life-Affirming Declarations of Interdependence ¹

Video by Dr. Michael Obsatz ²

We Are Beloved Children of Spirit

- Loved unconditionally and supported
- Divine spark within each person
- Connect through prayer, meditation, nature

We Find Support and Love with Others

- Part of the human community
- Circles of acceptance and care
- Free from toxic influences

We Are Interdependent

We Love Ourselves

- Belief in own inherent worth
- Self-compassion and kindness
- Life as a meaningful gift

We Care for Earth and All Living Beings

- Earth as sacred and divine
- Respect for all creatures and plants
- Protecting natural resources

¹ Video link: https://lifesjourney.us/the-four-life-affirming-declarations-of-interdependence-video/ YouTube link: https://youtu.be/danuWDT9mf4

² Image created by using YouTube video transcript and ChatGPT – July 2025, r1