



EMBODIED CONTRIBUTION CONSULTING

Unleashing Aliveness and Embodying Liberation

EMBODIED CONTRIBUTION CONSULTING

The 12 Commitments of Inclusive Leadership 2023

Introduction	2
The 12 Commitments of Inclusive Leadership	2



The 12 Commitments of Inclusive Leadership

for organizations who request equity coaching, training, or consulting

Introduction

This document provides anchors to *The Practice of Inclusive Leadership through Liberated Being*. These statements are born from the *Liberated Being Somatic Liberation Framework* and the *18 Liberatory Practices of Liberated Being*. Making commitments can feel serious. But if we do not make commitments, there is no rallying cry for our bravest and boldest self to strive to honor what we committed to. Some say the best way to live is to give our lives to a commitment so big and bold that is unachievable. That way we can live in service to that commitment until we die. Justice is that sort of commitment. Commit. Give your life to liberation through justice. Know that you will fail but future generations will be better off because you committed.

The 12 Commitments of Inclusive Leadership Through Liberated Being

- 1. I COMMIT TO DIVESTING FROM ALL OPPRESSIVE BEHAVIORS AS A POWERFUL ACT OF RADICAL CHOICE**
- 2. I ACKNOWLEDGE BOTH MY PRIVILEGED AND MARGINALIZED IDENTITIES IN ORDER TO HONOR MY ENTIRE BEING AS WORTHY, VALID, HERE, AND ACCOUNTABLE**
- 3. I ACKNOWLEDGE THAT LIBERATION WORK IS ABOUT GROWTH, NOT PERFECTION. I COMMIT TO DISCOVERING THAT I NEVER NEED TO BE PERFECT TO MAKE THE IMPACT I WANT TO MAKE.**
- 4. I ACKNOWLEDGE THAT I AM DESERVING OF LOVE AND RESPECT, EVEN FROM MYSELF. I COMMIT TO BUILDING THE CAPACITY TO ACT FROM THIS AWARENESS MORE AND MORE**



- 5. I COMMIT TO INTERACTING WITH MYSELF WITH LOVE AND GRACE, KNOWING THAT MY RELATIONSHIP WITH MYSELF IS THE FOUNDATION THAT HOLDS ALL OTHER RELATIONSHIPS**

- 6. I ACKNOWLEDGE THAT LIFE IS ALIVE. LIFE IS NOT PRETENDING. LIFE IS NOT A MACHINE. THEREFORE I AM ALIVE, TRUE, AND NOT A MACHINE. I COMMIT TO DISCOVERING MY ALIVENESS, MY TRUTH, AND MY HUMANITY**

- 7. I ACKNOWLEDGE THAT THE ALIVENESS OF LIFE IS BIGGER AND STRONGER THAN ME AND THEREFORE, FIGHTING LIFE IS FUTILE. I SURRENDER TO THE ALIVENESS OF LIFE**

- 8. I ACKNOWLEDGE THAT LIFE NEEDS ALL OF MY ALIVENESS TO BE WHOLE AND COMPLETE. I WILL NOT ROB LIFE OF WHOLENESS SO I COMMIT TO GIVING ALL OF MYSELF TO LIFE**

- 9. I ACKNOWLEDGE THAT IGNORANCE IS DANGEROUS AND I COMMIT TO SEEING THE TRUTH NO MATTER HOW BAD, OR HOW GOOD, IT IS**

- 10. I ACKNOWLEDGE THAT I HAVE AGENCY, EVEN WHEN I HAVE BARRIERS TO MY EXPERIENCE OR EXPRESSION OF MY AGENCY. I COMMIT TO DISCOVERING MY AGENCY IN ALL MOMENTS.**

- 11. I ACKNOWLEDGE THAT HURT PEOPLE HURT PEOPLE AND THEREFORE I MUST BECOME A HEALED PERSON TO BREAK THE CYCLE OF OPPRESSION. I COMMIT TO HEALING MY PRIVILEGED AND MARGINALIZED IDENTITIES SO I CAN BE MEDICINE FOR ALL OF LIFE**

- 12. I ACKNOWLEDGE ALL THE LIFE AND LIVES THAT LED TO THIS MOMENT - FROM THE BIRTH OF THE UNIVERSE, TO MY ANCESTORS MIGRATING, TO MY PARENTS MEETING, TO ALL MY TEACHERS, TO NOW. I GIVE THANKS TO MY ANCESTORS AND YOURS. I GIVE GRATITUDE TO ALL THE LIFE THAT BIRTHED ME**