

THE MVK MANIFESTO

Version 1.0

We begin with a human being.

Every human being thinks.

Every human being speaks.

Every human being acts.

These are not separate parts of life.

They are different expressions of the same individual.

We believe that the ultimate goal of a human being is to express oneself honestly.

Honest expression begins with honest observation.

Before we seek to change ourselves,
we must first understand ourselves.

Thought gives direction.

Speech gives voice.

Action gives reality.

Alignment is the lifelong practice of bringing them into harmony.

We do not seek perfection.

We seek greater honesty than yesterday.

We believe that lasting change begins with the individual.

Honest individuals build trusting relationships.

Trusting relationships strengthen communities.

Strong communities shape a better society.

MVK asks for neither agreement nor followers.

It offers an invitation:

Observe yourself honestly.

The ultimate goal of a human being is to express oneself honestly.

---Namo Narayana---