



Black Male  
YOGA INITIATIVE

# One Man Mission Pledge

I pledge to lead with courage and compassion, embodying the resilience and spirit of my ancestors. I commit to fostering equanimity in both thought and action, embracing the diverse tapestry of our experiences as men of color. In my home, I vow to be a pillar of strength and understanding, cultivating a loving, kind, and nurturing space where love and respect flourish. In my community, I promise to stand as a beacon of peace and unity, bridging divides with empathy and wisdom. I will honor the legacy of those who came before me by uplifting the voices around me, and by being an agent of positive change. First by changing myself. I will commit to being within myself and not portraying false modeling of what I could be or should be, but leading with flaws and all, and being the best that I can be at any given moment. This is my pledge: to live with purpose on purpose, to lead with integrity, and to create a future where we all rise together in the moment, present, with open hearts, and as one.

Starting today, starting now.

[www.bmyi.org](http://www.bmyi.org)