

# XR REMINDERS - WHY WE DO WHAT WE DO



XR DEMANDS, PRINCIPLES AND VALUES, REGEN REMINDER, INTENTION STATEMENT, POEMS, ...

---

## ABOUT THIS DOCUMENT

This is a collection of texts that you can read before, during and after an action / a meeting / ... with the purpose to **create small moments to remind us all of why we are here.**

Often variations and/or several languages are offered. This document initially has been created for (but not limited to) the Belgian context. Our SOS principles in mind: you can of course create your own version of the texts.

→ Feel free to share, to add comments or send suggestions

## OVERVIEW OF THIS DOCUMENT

[PRINCIPLES AND VALUES -- DEMANDS](#)

[CLIMATE AND ECOLOGICAL EMERGENCY - WE MUST ACT NOW](#)

[INSPIRATION: REGEN 101 \(ENGLISH / FRENCH\)](#)

[REGENERATIVE CULTURES REMINDER \(ORIGINAL\)](#)

[\[DEUTSCH\] REGENERATIVE CULTURES REMINDER \(ORIGINAL, TRANSLATED\)](#)

[\[ENGLISH\] REGENERATIVE CULTURES REMINDER \(ORIGINAL\)](#)

[\[FRANCAIS\] REGENERATIVE CULTURES REMINDER \(ORIGINAL, TRANSLATED, 1\)](#)

[\[FRANCAIS\] REGENERATIVE CULTURES REMINDER \(ORIGINAL, TRANSLATED, 2\)](#)

[\[NEDERLANDS\] REGENERATIVE CULTURES REMINDER \(VERTALING\)](#)

[REGENERATIVE CULTURES REMINDER \(VARIATIONS\)](#)

[\[ENGLISH\] REGENERATIVE CULTURES REMINDER \(VARIATION\)](#)

[\[NEDERLANDS\] REGENERATIVE CULTURES REMINDER \(VARIANT, XR GENT\)](#)

[REGENERATIVE CULTURES REMINDER \(DISTANCE VERSION\)](#)

[\[FRANCAIS\] REGENERATIVE CULTURES REMINDER \(VERSION DISTANCE\)](#)

[\[ENGLISH\] REGENERATIVE CULTURES REMINDER \(DISTANCE VERSION\)](#)

[INTENTION STATEMENT // SOLEMN INTENTION DECLARATION](#)

[\[ENGLISH\] VERSION A](#)

[\[ENGLISH\] VERSION B](#)

[\[FRANCAIS\]](#)

[WE HEAR HISTORY CALLING TO US FROM THE FUTURE](#)

[\[ENGLISH\] WE HEAR HISTORY CALLING TO US FROM THE FUTURE](#)

[\[FRANCAIS\] NOUS ENTENDONS L'HISTOIRE NOUS APPELER DU FUTUR](#)

[MESSAGE from the COUNCIL of 13 INDIGENOUS GRANDMOTHERS](#)

[\[ENGLISH\] MESSAGE from the COUNCIL of 13 INDIGENOUS GRANDMOTHERS](#)

[THE GOOD ANCESTOR by DAVERICK LEGGETT](#)

[\[ENGLISH\] THE GOOD ANCESTOR by DAVERICK LEGGETT](#)

[EMERGENT STRATEGY MANTRAS by ADRIENNE MAREE BROWN](#)

[HIEROGLYPHIC STAIRWAY by DREW DELLINGER](#)

[\[ENGLISH\] HIEROGLYPHIC STAIRWAY by DREW DELLINGER](#)

---

## PRINCIPLES AND VALUES -- DEMANDS

Be aware that the XR Principles & Values + Demands come with small variations depending on the country → check the local website of you country.

Note: some links are added by the creators of the document for easy access.

We can add more links once more people use the document ⇒ just let us know.



- [BELGIUM - ENGLISH] -- [WE DEMAND](#) -- [OUR PRINCIPLES AND VALUES](#)
- [BELGIUM - FRANÇAIS] -- [NOUS DEMANDONS](#) -- [NOS PRINCIPES ET VALEURS](#)
- [BELGIUM - NEDERLANDS] -- [WIJ EISEN](#) -- [ONZE PRINCIPES EN WAARDEN](#)
- [FRANCE - FRANÇAIS] -- [NOUS EXIGEONS](#) -- [NOS PRINCIPES](#)
- [GLOBAL - ENGLISH] [OUR DEMANDS -- OUR VALUES](#)
- [NEDERLAND - ENGLISH] [ONZE EISEN -- UITGANGSPUNTEN EN KERNWAARDEN](#)

---

## CLIMATE AND ECOLOGICAL EMERGENCY - WE MUST ACT NOW

- [XR SCIENCE QUOTES](#) from XR SCIENTISTS FOR EXTINCTION REBELLION  
Short quotes about declaring the emergency and the need to act now.

---

## INSPIRATION: REGEN 101 (ENGLISH / FRENCH)

- REGEN 101 BOOKLET: [ENGLISH](#)
- REGEN 101 BOOKLET: [FRENCH](#)

# REGENERATIVE CULTURES REMINDER (ORIGINAL)



## [DEUTSCH] REGENERATIVE CULTURES REMINDER (ORIGINAL, TRANSLATED)

Wir wechseln zu einer Regenerativen Kultur. Es ist eine Kultur des Respekts und des Zuhörens, in der Menschen ihre Verpflichtungen einhalten und dann mit Konflikten umgehen, wenn sie entstehen. Es ist eine Kultur in der wir kurze Kommunikationswege nutzen, um über Widersprüche,

Konflikte und Herausforderungen zu sprechen ohne Schuldzuweisungen oder Vorwürfe zu erheben. In der Regenerativen Kultur können wir unsere gesunden Grenzen pflegen, indem wir unsere Zusagen verlangsamen und Aufgaben zurück geben, wenn wir nicht mehr dazu in der Lage sind, sie auszuführen. Es ist eine gesunde, resiliente Kultur basierend auf Fürsorge und gegenseitiger Unterstützung.

Wir sind alle eine Rebellion!

## [ENGLISH] REGENERATIVE CULTURES REMINDER (ORIGINAL)

Regenerative Cultures Reminder (invitation: pause, breathe, close eyes)

We are transitioning to regenerative cultures. These are cultures of respect and listening, in which people deal with conflicts when they arise, using short feedback loops to talk about disagreements and issues without blaming and shaming.

They are cultures in which we cultivate healthy boundaries by slowing down our yes's and returning tasks when we are unable to follow through. They are healthy resilient cultures built on care and support, where people arrive on time for commitments.

We are all crew.

## [FRANCAIS] REGENERATIVE CULTURES REMINDER (ORIGINAL, TRANSLATED, 1)

### CULTURE RÉGÉNÉRATRICE

Nous évoluons vers une culture régénératrice. C'est une culture de respect et d'écoute, dans laquelle les gens arrivent à l'heure aux engagements. Et règlent les problèmes quand ils se présentent, en utilisant des short feedback loops pour parler des conflits et problèmes sans tenir de discours moralisateur ou culpabilisant. C'est une culture dans laquelle nous cultivons des relations saines en ralentissant notre 'oui' et demandant de l'aide quand on en a besoin. C'est une culture saine et résiliente construite sur l'attention et le soutien. Nous sommes tous une équipe.

## [FRANCAIS] REGENERATIVE CULTURES REMINDER (ORIGINAL, TRANSLATED, 2)

Déclaration de culture régénératrice (invitation: pause, respiration, fermeture des yeux)

Nous sommes en transition vers une culture régénératrice. C'est une culture de respect et d'écoute, dans laquelle les personnes assument librement leurs engagements, et traitent spontanément les conflits lorsqu'ils surviennent, en abordant sans blâme ni honte, ni jugement les désaccords et les problèmes.

C'est une culture dans laquelle nous cultivons des limites saines, en n'acceptant que les tâches et les actions que nous sommes capables de mener à bien.

Il s'agit d'une culture saine et résiliente, centrée sur les soins et le soutien. Nous sommes tou·tes des équipier·es.

## [NEDERLANDS] REGENERATIVE CULTURES REMINDER (VERTALING)

We bouwen samen aan veerkrachtige culturen, waarin luisteren en respect centraal staan. We streven ernaar om meningsverschillen zo snel mogelijk aan te pakken, in een open gesprek, zonder blaming of shaming. We helpen elkaar om te doen wat nodig is. We zeggen niet meteen op alles ja. Als het ons niet lukt om iets op tijd te doen, laten we het weten aan elkaar. We staan er niet alleen voor. We are all crew.

---

## REGENERATIVE CULTURES REMINDER (VARIATIONS)

### [ENGLISH] REGENERATIVE CULTURES REMINDER (VARIATION)

We are transitioning towards regenerative cultures. These are cultures of respect and listening, in which people deal with conflicts when they arise, using short feedback loops to talk about disagreements and issues. We avoid blaming and shaming and practice active repair and expressing our appreciation for each other.

They are cultures in which we cultivate healthy boundaries by slowing down our yes' and returning tasks when we are unable to follow through. They are healthy resilient cultures built on care and support, where people arrive on time for commitments.

We are all crew.

### [NEDERLANDS] REGENERATIVE CULTURES REMINDER (VARIANT, XR GENT)

We bouwen samen aan levensondersteunende culturen door elkaar te helpen om te doen wat nodig is, met vallen en opstaan. We leren elkaar kennen en streven ernaar dat iedereen zich gehoord voelt. Zo investeren we in een veerkrachtige cultuur waarin we meningsverschillen zo

snel mogelijk aanpakken, in een open gesprek, zonder blaming of shaming. We zeggen niet meteen op alles ja. Als het ons niet lukt om iets op tijd te doen, laten we het weten aan elkaar. We staan er niet alleen voor. We are all crew.

MEER NEDERLANDSE VERSIES VAN DE REGEN REMINDER VIND JE IN [DIT DOCUMENT](#)

---

## REGENERATIVE CULTURES REMINDER (DISTANCE VERSION)

### [FRANCAIS] REGENERATIVE CULTURES REMINDER (VERSION DISTANCE)

Prenons un moment pour être présents les uns avec les autres, malgré la distance physique que nous devons maintenir. N'oublions pas que nous sommes en transition vers des cultures régénératrices. Ce sont des cultures de respect, de compréhension, d'inclusion et d'écoute où nous arrivons à temps pour les engagements, ralentissons nos oui, rendons les tâches que nous ne pouvons pas accomplir, où nous ne blâmons pas et n'avons pas honte.

Ce sont aussi des cultures où nous comprenons et célébrons le fait que nous sommes tous profondément liés aux systèmes naturels qui nous soutiennent, et que ce qui nous affecte en un lieu et à un moment donné finira par nous affecter tous. Nous faisons partie de la nature et nous faisons partie les uns des autres, nous ne sommes pas séparés.

Saisissons cette période d'isolement et de réflexion comme une occasion de revoir nos principes et nos valeurs. Utilisons le temps et l'espace comme un cocon dans lequel nous nous transformons, prêts à poursuivre notre rébellion de manière nouvelle, belle et créative, lorsque nous réapparâtrons.

Nous sommes tous les membres du même équipage".

### [ENGLISH] REGENERATIVE CULTURES REMINDER (DISTANCE VERSION)

Let us take a moment to be present with each other, despite the physical distance we have to maintain. Let's remember that we are transitioning to regenerative cultures.

These are cultures of respect, understanding, inclusivity and listening where we arrive on time for commitments, slow down our yeses, return tasks we cannot complete, where we do not blame and shame.

These are also cultures where we understand and celebrate that we are all deeply connected to the natural systems that sustain us, and that what affects us in one place and time will come to affect all of us.

We are a part of nature and a part of each other, not apart.

Let us embrace this time of isolation and reflection as an opportunity to revisit our principles and values.

Let's use the time and space as a cocoon in which we transform, ready to continue our rebellion in new beautiful and creative ways when we reemerge.

We are all crew.

---

# INTENTION STATEMENT // SOLEMN INTENTION DECLARATION

## [ENGLISH] VERSION A

Let's take a moment, this moment, to consider why we are here.

Let's remember our love, for this beautiful planet that feeds, nourishes and sustains us.

Let's remember our love for the whole of humanity in all corners of the world.

Let's recollect our sincere desire to protect all this, for ourselves, for all living beings, and for generations to come.

As we act today, may we find the courage to bring a sense of peace, love and appreciation to everyone we encounter, to every word we speak and to every action we make.

We are here for all of us.

**REBEL  
FOR  
LIFE**

## [ENGLISH] VERSION B

Let us take a moment, this moment, to consider why we are here.

Let's recall our love for the whole of humanity, in all corners of the world.

Let's remember our love for this beautiful planet that feeds, nourishes and sustains all life.

Let's recollect our sincere desire to protect all this, for now, and for generations to come.

As we act today, may we find the courage to bring this sense of peace and appreciation to everyone we encounter, to every word we speak and to every action we make.

In this emergency. Together. Rooted in love. We are all we need.

## [FRANCAIS]

Prenons un moment pour réfléchir à la raison pour laquelle nous sommes ici. Rappelons notre amour pour l'humanité entière, dans tous les coins du monde.

Souvenons-nous de notre amour pour cette belle planète qui nourrit, soigne et soutient toute vie. Souvenons-nous de notre désir sincère de protéger tout cela, pour notre génération et pour les générations à venir.

En agissant aujourd'hui, puissions-nous trouver le courage d'apporter ces sentiment de paix, de joie à chaque personne que nous rencontrons, chaque mot que nous prononçons et à chaque action que nous faisons.

Dans cette situation d'urgence. Ensemble. Enraciné·es dans l'amour.

Nous sommes tout ce dont nous avons besoin.

# WE HEAR HISTORY CALLING TO US FROM THE FUTURE

## [ENGLISH] WE HEAR HISTORY CALLING TO US FROM THE FUTURE

We hear history calling to us from the future. We catch glimpses of a new world of love, respect and regeneration, where we have restored the intricate web of all life. It's a future that's inside us all – located in the fierce love we carry for our children, in our urge to help a stranger in distress, in our wish to forgive, even when that seems too much to ask.

And so we rebel for this, calling in joy, creativity and beauty. We rise in the name of truth and withdraw our consent for ecocide, oppression and patriarchy. We rise up for a world where power is shared for regeneration, repair and reconciliation. We rise for love in its ultimate wisdom. Our vision stretches beyond our own lifespan, to a horizon dedicated to future generations and the restoration of our planet's integrity.

Together, our rebellion is the gift this world needs. We are XR and you are us.

## [FRANÇAIS] NOUS ENTENDONS L'HISTOIRE NOUS APPELER DU FUTUR

Nous entendons l'histoire nous appeler du futur. Nous entrevoyons un nouveau monde d'amour, de respect et de régénération, où nous avons restauré la toile complexe de toute vie.

C'est un avenir qui est en nous tous - situé dans l'amour intense que nous portons à nos enfants, dans notre désir d'aider un étranger en détresse, dans notre désir de pardonner, même lorsque cela semble trop demander.

Et c'est pour cela que nous nous rebellons, en faisant appel à la joie, à la créativité et à la beauté. Nous nous élevons au nom de la vérité et nous retirons notre consentement à l'écocide, à l'oppression et au patriarcat. Nous nous levons pour un monde où le pouvoir est partagé pour la régénération, la réparation et la réconciliation. Nous nous levons pour l'amour dans son ultime sagesse. Notre vision s'étend au-delà de notre propre durée d'existence, vers un horizon dédié aux générations futures et à la restauration de l'intégrité de notre planète.

Ensemble, notre rébellion est le cadeau dont ce monde a besoin.

Nous sommes XR et vous êtes nous.

---

# MESSAGE from the COUNCIL of 13 INDIGENOUS GRANDMOTHERS

## [ENGLISH] MESSAGE from the COUNCIL of 13 INDIGENOUS GRANDMOTHERS

'As you move through these changing times... be easy on yourself and be easy on one another. You are at the beginning of something new. You are learning a new way of being. You will find that you are working less in the yang modes that you are used to.

You will stop working so hard at getting from point A to point B the way you have in the past, but instead, you will spend more time experiencing yourself in the whole, and your place in it.

Instead of traveling to a goal out there, you will voyage deeper into yourself. Your mother's grandmother knew how to do this. Your ancestors from long ago knew how to do this. They knew the power of the feminine principle... and because you carry their DNA in your body, this wisdom and this way of being is within you.

Call on it. Call it up. Invite your ancestors in. As the yang based habits and the decaying institutions on our planet begin to crumble, look up. A breeze is stirring. Feel the sun on your wings.' <http://www.grandmotherscouncil.org>

---

## THE GOOD ANCESTOR by DAVERICK LEGGETT

[WATCH / LISTEN](#)

### [ENGLISH] THE GOOD ANCESTOR by DAVERICK LEGGETT

Every day I walk a hundred years  
to the hill where my great great granddaughter sits.  
I carry words of blessing  
and reach to touch her back.

But feeling me near she turns,  
sad eyed and heavy with grief.  
"What was it like?" she asks  
"when the great whales swam,  
when the birds sang you awake  
when the rains came soft  
and the soil smelt sweet underfoot?"  
And the blessings catch in my throat.

On darker days she turns,  
her famished face charred and eyes,  
sunk in their bony orbits, burn with curses.  
And the blessings froth at my mouth  
with the poisonous spume of betrayal.

On the darkest of all days  
I walk the hundred years  
and find no one there.

Let today be the bright day.  
Let today be the bright day I lay my hand upon her back  
And, feeling me near, she turns and blesses me,





saying "Your love was fierce enough, sweet ancestor,  
your love was fierce enough."

Daverick Leggett, For Those Who Rise Today

---

## EMERGENT STRATEGY MANTRAS by ADRIENNE MAREE BROWN

"I am no victim of life; I shape change.

We are not victims of circumstance; we shape change.

I practice what i want to become.

We practice what we want to create.

I am a microcosm of all the possible justice, liberation, pleasure and honesty in the universe, and I act accordingly.

I remember that I exist only in relationship to other people and systems.

I accept that I cannot change others, but I can hold standards for my own life.

I willingly engage in and support transformative justice processes for accountability and getting in right relationship.

I create more possibilities in the face of scarcity thinking.

I act from and towards love."

<http://adriennemareebrown.net/>

---

## HIEROGLYPHIC STAIRWAY by DREW DELLINGER

### [ENGLISH] HIEROGLYPHIC STAIRWAY by DREW DELLINGER

[LISTEN / WATCH](#)

it's 3:23 in the morning  
and I'm awake  
because my great great grandchildren  
won't let me sleep  
my great great grandchildren  
ask me in dreams

what did you do while the planet was plundered?  
what did you do when the earth was unraveling?

surely you did something  
when the seasons started failing?

as the mammals, reptiles, birds were all dying?

did you fill the streets with protest  
when democracy was stolen?

what did you do  
once  
you  
knew?                    (*<< some people only read this first part ^^*)

I'm riding home on the Colma train  
I've got the voice of the milky way in my dreams

I have teams of scientists  
feeding me data daily  
and pleading I immediately  
turn it into poetry

I want just this consciousness reached  
by people in range of secret frequencies  
contained in my speech

I am the desirous earth  
equidistant to the underworld  
and the flesh of the stars

I am everything already lost

the moment the universe turns transparent  
and all the light shoots through the cosmos  
I use words to instigate silence

I'm a hieroglyphic stairway  
in a buried Mayan city  
suddenly exposed by a hurricane

a satellite circling earth  
finding dinosaur bones  
in the Gobi desert

I am telescopes that see back in time

I am the precession of the equinoxes,  
the magnetism of the spiraling sea

I'm riding home on the Colma train  
with the voice of the milky way in my dreams

I am myths where violets blossom from blood  
like dying and rising gods

I'm the boundary of time  
soul encountering soul  
and tongues of fire

it's 3:23 in the morning  
and I can't sleep  
because my great great grandchildren  
ask me in dreams  
what did you do while the earth was unraveling?

I want just this consciousness reached  
by people in range of secret frequencies  
contained in my speech

©2003