

THE HUMAN CONSTITUTION

The Human Constitution

A framework of rights and responsibilities.

A calm place to explore what it means to be human.

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humanconstitution.world

PREFACE

We are born with rights. We mature into responsibilities.

The Human Constitution is a framework for understanding ourselves, our relationships, our societies, and our relationship with life itself.

Built around seven principles of rights and responsibilities, it offers a common language for navigating the challenges and opportunities of being human.

It is not a political party, not a religion, and not an ideology. It does not tell people what to think. Instead, it invites us to explore how dignity, compassion, and integrity can be expressed in everyday life.

This document is a printable companion to the online framework. Read it slowly. Return to it often. Share it freely.

Seven Principles of Rights and Responsibilities

- 1 **BODY**
Our physical well-being and health.
 - 2 **EMOTION**
Our emotional lives and relationships.
 - 3 **THOUGHT**
Our beliefs, perspectives and understanding.
 - 4 **POWER**
Our influence, boundaries and leadership.
 - 5 **COMMUNICATION**
Our expression, listening and dialogue.
 - 6 **SOCIETY**
Our communities and collective future.
 - 7 **LIFE**
Our relationship with all life and the planet.
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AN INVITATION

Read the Manifesto. Explore Real-Life Questions. Attend a gathering. Or simply sit with these seven principles and let them speak to your own life.

Whatever you carry into this framework — grief, hope, doubt, resolve — is welcome.

Continue online at humanconstitution.world.

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