



World Council
For Health

Better Way Charter

7 Principles of A Better Way

1. We act in honour and do no harm
We do our best to live by this law, and enact the principles within this charter by it.

2. We are free beings with free will
We take responsibility for, and control of, our lives, our choices and our health.

3. We are part of nature
We recognise that human and planetary well-being are interdependent and we nurture both in equal measure.

4. Spirituality is integral to our well-being
People are spiritual and we thrive when life has conscious meaning and higher purpose.

5. We thrive together
We are inclusive and value our diverse, integrated, and collaborative community.

6. We value different perspectives
We celebrate respectful discussion as the means to ever more refined knowledge, compassion and wisdom.

7. We use technology with discernment
We recognise technology used respectfully will enhance learning and wisdom to benefit people and planet.



With courage, we do not tolerate:

- The violation of people's inalienable rights and freedoms*
- Profit, power and influence coming before the well-being of humans
- Profit, power and influence coming before the well-being of the Earth

* freedom of speech, freedom of movement, freedom of assembly, the right to free and informed consent, the right to body integrity and that everyone is innocent before proven guilty.

8.

The People's Principle

What principle would you add and how might you implement these principles into your everyday life?

Share your ideas with us here:

worldcouncilforhealth.org/better-way-charter

The Earth spoke to me

It said:

We are a scruffy contingent now
Cropped and regimented by a lost tribe
But we are the Hearts of men
And together we will Rise.

Dr Tess Lawrie