

My Promises

I promise to love, cherish and respect you as my life partner, best friend, and lover. I promise to show you through my words and actions how much I love you every day. I promise to take care of myself and our relationship and not become complacent or take you for granted. I promise to be faithful and to be with you in good times & bad, in sickness & health.

I always want what is in the highest good for our souls and I promise to support and encourage you on your own path, even when it is a challenge for me. I also promise that I will be true to my own life path and deepest needs and not forsake myself as I've done in the past.

I will communicate honestly and openly with you, especially when I'm upset. I will take the time to make sure I've communicated what I intended clearly, since it is so easy for misunderstandings to happen! I promise to listen to you with open eyes and open heart. I promise not to take things personally and to check my assumptions before jumping to conclusions.

I am committed to loving you well with an open palm, free of possessiveness, jealousy, control and manipulation.

My Hopes

I hope we will be together until the end of our lives, holding hands and walking down the street like that old couple we see on Washington in the mornings. I hope I can be the best thing that ever happened to you, like you are the best thing that ever happened to me. I want to grow old, and hopefully, wiser with you dear, sweet Scott.

My Intentions

May we create out of our bond a sanctuary in both our hearts and home which we can share with others. May we support each other in our need to serve through random acts of kindness. May we treasure our amazing and wonderful friends and family and continue to share our lives and selves with them.

May we always be grateful for the many gifts we are given in this life and be good stewards of the Earth and our fellow creatures. May we take time to enjoy sunrises and sunsets with each other. May we giggle more days than not when the morning sun rises over the horizon and I nibble on your ear! May we always remember to kiss hello and goodbye and stay connected even when we are apart. May we have grand adventures exploring and experiencing the world.

I know that one day our paths will part in this life and that we will have to say goodbye. When that time comes, may I have the courage and skillfulness to let you go in peace with love in my heart. Until then, may we live, love, laugh and cry together. When the time comes for us to part, may we be comforted by the knowledge that we will always love one another and that we shall meet again.

I give you this ring as a symbol of our love and these promises, hopes & intentions I've spoken.