

## **Annie & Eben's 10 Year Re-Marriage at Bman**

I vow to protect your individuality and solitude, as we dedicate ourselves to the emergent entity of our relationship.

There are no sins in this relationship. No want or request is off limits, so long as it nourishes our growth. Bring me your honest, open heart and whatever you ask for, the answer is yes.

We commit to living life as dynamic art, enlisting our imagination and exploring the full range of creative possibilities within the constraints of each given situation.

I vow to alchemize our heartbreaks into deeper intimacy, to feel your pain and transform our conflicts into mutual understanding.

I agree to make decisions collaboratively with you and our daughter, honoring each other's opinions. In our family, agreements made from our higher selves are honored as sacred.

I vow to co-create an exciting, imaginative, actualizing sex life for us.

I vow to integrate a balance of idealist, rational, and pragmatic approaches in our lives.

I commit to bringing a spirit of fun and adventure to our individual, family, and social life.

I vow to live a balance of expression and receptivity, speaking and listening, leading and following, creating and being created.

I vow to be a conscious, intentional projection screen for your anger and triggers, as support for your healing.

I vow to honor the ancient wounds of our ancestors, cultures, and inner animals in both of us, and to to alchemize them into an education for future generations, cultures, and all future transcestors.

I vow to make open-hearted requests rather than entitled complaints, and to ask sensitively and lovingly for what I want.

I vow to live as an example of holographic health and fitness in body, emotions, mind, and spirit.

I vow to be a self-aware role model, for myself, my family, my friends, and everyone watching.

I vow to consciously regulate my emotional state and co-regulate the state of our relationship and family.

I commit to treat your family as my own, and to stay committed to their growth, safety, and ongoing development.

I vow to protect this relationship with my life. And to get support from friends and professionals, if our relationship is ever in danger.

When we have a difference in desires or values, we vow to have faith in the third emergent solution, that arises when we stay engaged, trying new ideas and combinations.

I vow to map my experience as a human being, map my research on life, love, learning, and contribution and share it with the world.

I vow, through every heartbreak, through every wound, through every doubt, I will faithfully find my way back to your heart, and stay with you forever.

[Our OG wedding video of vows](#)

