Decide to

For A Better World

Robert Muller
Decide to

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Decide to be happy

Render others happy
Proclaim your joy
Love passionately your miraculous life

Do not listen to promises
Do not wait for a better world
Be grateful for every moment of life

Switch on and keep on
the positive buttons in yourself,
those marked optimism, serenity,
confidence, positive thinking,
love

Pray and thank God every day
Meditate - Smile - Laugh
Whistle - Sing - Dance

Look with fascination at everything
Fill your lungs and heart with liberty
Be yourself fully and immensely
Act like a king or queen unto Death

Feel God in your body, mind,
heart, and soul
And be convinced of eternal life
and resurrection

1
Decide to be healthy

Pray to God every day for good health
Take health as your sacred, God given duty
Make no room whatsoever for the slightest thought of sickness
Never

Encourage your trillions of faithful little cells through joy, happiness and confidence
Thank them, talk to them, sing to them

Let no foul air, food and liquids poison you
Let no anger, anxiety or bitterness enter you

Wake up every morning with gratitude for your resurrection
And repeat ten times
I am the happiest and healthiest person on earth
Repeat it again before your sleep

Close your eyes on the thoughts of God, good health and happiness
And thank your God in heaven
Who has given us a body never to be sick
A mind never to be dull
A consciousness never to be empty
And a spirit full of the heavens and of the Earth

Decide to be peaceful

Render others peaceful
Be a model of peace
Irradiate your peace
Love passionately the peace of our beautiful planet
Do not listen to the warmongers, hate seeders and powerseekers
Dream always of a peaceful world
Work always for a peaceful world
Switch on and keep on, in yourself the positive buttons, those marked love, serenity, happiness, truth, kindness, friendliness, understanding and tolerance

Pray and thank God every day for peace
Pray for the United Nations and all peacemakers
Pray for the leaders of nations who hold the peace of the world in their hands
Pray God to let our planet at long last become the Planet of Peace

And sing in unison with all humanity:
“Let there be peace on earth and let it begin with me”
Decide to be a spiritual person

Render others spiritual
Irradiate your spirituality
Treat every moment of your life
with divine respect
Love passionately your God given miraculous life
Be endlessly astonished at
your brief, breathtaking
consciousness of the universe
Thank God every moment
for the tremendous gift of life
Lift your heart to the heavens always
Be a cosmic, divine being,
an integral conscious part of the universe
Contemplate with wonder
the miraculous Creation all around you
Fill your body, mind, heart and soul
with divine trepidation
Know that you are coming from somewhere
and that you are going somewhere
in the universal stream of time
Be always open to the entire universe
Know yourself and the heavens and the Earth
Act spiritually
Think spiritually
Love spiritually
Treat every person and living being
with humaneness and divine respect
Pray, meditate, practice the art of spiritual living
And be convinced of eternal life and resurrection

Decide to be thankful

Render others thankful
Start every day with overflowing thanks to God
Be thankful for every moment of your life
Never complain, never be bitter or ungrateful
Switch on and keep on in you the grateful buttons
those marked, thanks, joy, love, happiness, kindness, generosity
Make your entire being and life a feast of thanksgiving
Rejoice immensely and jubilantly at the prodigy of life
Be the miracle God intended you to be
Thank God for your wonderful body, mind, heart and soul
Thank God for our beautiful planet for the stars and the sky
the mountains and the seas our human brethren and sisters
our friends the animals our sisters the plants and flowers
Thank God for the seasons of your life Repay God with your best deeds, thoughts, feelings and prayers
And be convinced of your divine, eternal, cosmic nature
**Decide to forgive**

For resentment is negative  
Resentment is poisonous  
Resentment diminishes  
and devours the self

Be the first to forgive  
To smile and take the first step  
And you will see happiness bloom  
On the face of your human  
brother or sister

Be always the first  
Do not wait for others to forgive

For by forgiving  
You become the master of fate  
The fashioner of life  
A doer of miracles

To forgive is the highest  
most beautiful form of love

In return you will receive  
untold peace and happiness

**Decide to open yourself**

To God  
To the Universe  
To humanity  
To all your brethren and sisters  
To your inner self

Open your mind  
Open your heart  
Open your soul  
Open all your being and senses

To the greatness of Creation  
To the beauty of our Earth  
To the potential of the human race  
To the infinity of your inner self

And you will become the Universe

You will become Creation  
You will become the Earth  
You will become humanity  
You will become infinity

And you will be at long last  
your real,  
divine,  
stupendous self
Decide to laugh

Make others laugh
Rradiate your good humor and happiness
Coalesce with other happy people
Look at the world with a wondrous smile
Let the miracle of life upwell in a happy face
Grow and keep a twinkle in your eyes
Laugh, sing, whistle and dance
Wake up in the morning with a song in your heart
Go to sleep with a happy thought on your mind
Enliven any company with your cheerfulness
Deflate tensions, depressions and bitterness with good humor
Be known as a happy, likeable, joyful person

Tell jokes
Read jokes
Write down jokes
Learn jokes by heart
Look out for good humor everywhere
For it is infinitely better for people and nations to laugh together than to fight each other
And at the hour of your death be able to say:

Life has been great fun
Thank you, O God, for your beautiful, immensely enjoyable gift

Decide to ask

Your entire being for divine fulfillment
Your body for wonderful health
Your mind for great ideas
Your heart for much love
Your soul for the meaning of life
God for guidance and enlightenment
Your government for peace and justice
Your neighbors for friendliness
Your colleagues and friends for kindness
Your family for love and happiness
The Earth for all its boundless beauty
The skies, sun and stars for all their brilliance
Humanity for hope and cooperation
The universe for utmost consciousness
Eternity for resurrection
For by asking you shall see more clearly
And by asking you shall receive
Decide to network

Use every letter you write
Every conversation you have
Every meeting you attend
To express your fundamental beliefs and dreams
Affirm to others the vision of the world you want

Network through thought
Network through action
Network through love
Network through the spirit

You are the center of a network
You are the center of the world
You are a free, immensely powerful source of life and goodness

Affirm it
Spread it
Radiate it
Think day and night about it

And you will see a miracle happen:
the Greatness of your own life
In a world of big powers, media, and monopolies
But of six billion individuals

Networking is the new freedom
the new democracy
A new form of happiness

Decide to do at least one good action a day

If not several
Or innumerable ones
Talk to God every morning
And ask God:
“What good can I do today?”
God will answer you and guide you for God is with you
And you will have given God life by asking God

God can not be manifest
Without being asked

God speaks to you through your soul
Which is the true guide of your life
Ask God, talk to God, dialogue with God
And you will be the source of many miracles
You will produce them all around you

Do at least one good action a day
Until the very end of your life
Just think what a huge amount of good That will represent!

And if all six billion people on Earth
Do one good action a day
What a Planet it will be!
**Decide to be human**

To be a world citizen
A global being
A member of the human family
To place humanity before anything else

To love your human brethren and sisters
As your own family

Never to kill,
not even in the name of a nation
Never to exercise physical
or verbal violence

To know, love and respect your beautiful
planetary home
To live in it as a grateful, joyful guest
To contribute to humanity your peace,
kindness and
happiness
To help the further ascent of the human race
To cherish its endless, beautiful diversity
To educate your children as world citizens
and children of God

And to leave behind you the remembrance
Of a good, kind, loving human being

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**Decide to be blessed**

To spread your blessings all around you
That everything you touch
or do will be a blessing
That every person you meet will be blessed
with your joy
with your knowledge
with your kindness
with your enthusiasm
with your greatness

Be a daily blessing for the universe
and eternity
for humanity
and our planet

Open yourself widely to the blessings
of God
Be an instrument, a multiplier
of God’s blessings
From morning to evening,
in the smallest event
See an opportunity to do a miracle
To be a blessing

Walk through life as a Blessed Person
and a Miracle Maker
Decide to be the good news

Let the good news be incarnated in you

Proclaim your belief
   In humanity
   In our success
   In our further transcendence
   In our peace, justice
   and happiness
   In the construction of the Planet of God

Think of it
Feel for it
Speak of it
Work for it

For all we think, all we feel,
all we say and all we do

Must not hinder but help
   The great design of God

   Our Cosmic destiny
   Our further ascent and evolution
   Towards the permanent reign of
   God on our miraculous planet

Decide never to be negative

Replace negative thoughts and feelings
In your mind and heart
By happy, excellent, positive ones
Eradicate negativism on all internal and external fronts

Deny negativism
Avoid the pessimists
Do not bang your head against the walls
Climb them, fly over them, circumvent them
Always radiate positive currents of light, goodness, love, kindness, hope and determination

Since life is the antidote of death
Affirm life and ignore death

Affirm your life even after death
Through the lasting effect on human ascent
Of your good deeds
Of your good thoughts
And of your overpowering love
Decide to be cheerful

Render others cheerful
Praise the whole Creation with your cheers
Be a rock against sadness, pessimism and hopelessness
Switch on and keep on in yourself the cheerful buttons, those marked joy, laughter, happiness, love, passion for life, gratitude for life
Whistle, sing and smile at life
Feel like a God or Goddess
Feel like dancing

See the bright glory of God everywhere and in everyone
Say yes to life, immensely, cheerfully, ecstatically, enthusiastically
Be convinced of the prodigy, sacredness, sanctity and divinity of life
 Bring your precious contribution to the happiness and ascent of humankind
And believe in the immortality and everlasting effects of your goodness

Decide to lookout

For any sign of God
For any occasion to do good
Let the divine flower in you think from morning to evening
What else you can do for the good of the world
Turn every stone you can To look for a hidden opportunity to do good
Put many irons in the fire
Be convinced that God is watching you, loving you and helping you
God will send endless opportunities to do God’s will

And open your eyes, mind and heart to the astonishing miracles of life to the beauty surrounding you to the uniqueness of your being to the wonders you can achieve
And your life, centered on its inborn divinity
Will become what it was always meant to be: a cosmic masterpiece a jewel in the universe a shining proof of God
Decide to write *Decide to* poems for a better world

Reprinting the *Decide to* poems woke me up with this revelation: all my life, all my endeavors have been for a better world. My latest book (in 4 volumes) is: *Ideas And Dreams For A Better World*.


I am thankful for having opened my eyes to this. Now all makes sense for me. I will even call my archives at the University for Peace: *Archives For A Better World*. What a positive world karma this would all mean!

The people are craving for a better world. Let us mobilize them as co-workers for a better world. My 34 *Robert Muller Schools* and writing on education could be: *Education For A Better World*. There would even be *Businesses For A Better World*.

All my life could make sense and every life on earth could make full sense.

– Robert Muller 18 August 98

Each of us can do many things for a better world. Writing *Decide to* poems is one way to inspire ourselves to work for a better world.

Here are two *Decide to* poems written by Barbara Gaughen - Muller. Robert Muller and Barbara Gaughen were married, June 27, 1997

Decide to be . . .

like Robert Muller

by Barbara Gaughen - Muller

Every decision made on this planet in your life and mine was first a thought in someone's mind
But in worldly matters there is one more link Robert Muller is the missing link
The father of Decide to be . . . all you can be in this time and space
Decide to . . . let go of your doubts in your life they have no place

Just decide to be . . .

every dream you ever dreamt create a Bench of Dreams and your wish shall be sent straight to God, Buddha or a tree
You see God is everywhere inside you and me

in Dobbs Ferry, New York before their children and grandchildren. Barbara is an educator, author, global public relations consultant, and public speaker, based in Santa Barbara, California.

You too can write *Decide to* poems for a better world.
So quit wasting time
   and thinking you can't
   and don't blame anyone
   who says you can't

It's your choice now to decide to be . . .
   like Robert Muller
   his example is there for you and for me
   and then you'll know
   why the little baby you once were
   was allowed to grow

It's not your age,
   your income or your being
It's just you
   so keep on dreaming
The coincidences will happen
   so quickly you'll know
   that Robert Muller was right . . .

First you dream, then watch it grow
   That's it!
So simple and pure
It's God's way to say,
"I love you for sure"

Decide to be married
by Barbara Gaughen-Muller

Decide to be married
To become one heart, one body, one mind and
   one soul
To share your joy
To live life as an art
And to make every moment precious
Whether together or apart

Remember as a couple
You are now more than one
To create harmony and perfect love
   that will last through eternity
   even after this life is done

Remember also there is a power
In this union of two
   to protect this planet
And humanity too
As a couple you can do it

It's in the deciding
To be united in love
To express your joyful oneness
To every person you meet, and
In every action you take
And together a perfect marriage you'll make
Decide to be a global citizen

A good inhabitant of planet Earth
A member of the great human family
Pray, think, act, feel and love globally
And you will aggrandize yourself
to the outer limits of being
Know this planet
Love this planet
Care for this planet
For you come from Mother Earth
And you will return to Mother Earth
You are made of her elements
You are the Earth,
become conscious of herself
You are her eyes, her ears, her voice,
her mind and her heart
Save your Mother Earth
from her matricidal children
who destroy her
who divide her
who spike her with nuclear arms
who hold their territories to be
greater than the globe
and their groups greater than humanity
Unite, global citizens,
to save and heal planet Earth
And to make our Mother bloom again
As the most beautiful
planet in the universe

Decide to dream

Decide to dream
Decide to widely open the gates
of your wonderful mind,
heart and soul

Let flow in the dreams of God,
of the angels, saints, prophets and sages

Give birth and let out into the world
The dreams of your own unique,
unrepeatable
cosmic being

If not born for any other purpose
be born to dream
to love
be born to fashion a better world

Dreams and dreamers never die
From heaven you will see your dreams
come true
You will reincarnate,
inspire and energize the new dreamers

The dreams of our beautiful Planet of Dreams
will never die
until we become the Paradise
we were always meant to be
and are about to now joyfully become
My Dream 2000

I dream
That on 1 January 2000
The whole world will stand still
In prayer, awe and gratitude
For our beautiful, heavenly Earth
And for the miracle of human life

I dream
That young and old, rich and poor,
Black and white,
People from North and South,
From East and West,
From all beliefs and cultures
Will join their hands, minds and hearts
In an unprecedented, universal
Bimillennium Celebration of Life

I dream
That during the year 2000
Innumerable celebrations and events
Will take place all over the globe
To gauge the long road covered by humanity
To study our mistakes
And to plan the feats
Still to be accomplished
For the full flowering of the human race
In peace, justice and happiness

I dream
That the few remaining years
To the Bimillennium
Be devoted by all humans,
nations and institutions
To unparalleled thinking, action,
Inspiration, elevations,
Determination and love
To solve our remaining problems
And to achieve
A peaceful, united human family on Earth

I dream
That the year 2000
Will be declared world year of
Thanksgiving
By the United Nations

I dream
That the third millennium
Will be declared
And made
Humanity's First Millennium of Peace
Robert Muller

Born in Belgium in 1923 and raised in the Alsace-Lorraine region in France, Robert Muller experienced constant political and cultural turmoil during his youth. His grandparents had five successive nationalities (French, German, French, German, French) without leaving their village as a result of three wars (1870-1871, 1914-1918, 1939-1945).

Often as a child, Robert Muller would look out of his window at the border he could not cross and long for the day when he, like the birds, the clouds, the sun and the stars, would no longer have to observe the imaginary line. Today, thanks to the dream and effort of his compatriot Robert Schuman who similarly hated these borders, Robert Muller’s passport reads, “European Union” with the sub-title France, and he is free to cross all western European borders.

Robert Muller knew the horrors of World War II, of being a refugee, of Nazi occupation and imprisonment. During the war he was a member of the French Resistance. After the war he returned home and earned a Doctorate of Law from the University of Strasbourg. In 1948 he entered and won an essay contest on how to govern the world, the prize of which was an internship at the newly created United Nations.

Dr. Muller devoted the next 40 years of his life behind the scenes at the United Nations focusing his energies on world peace. He rose through the ranks at the UN to the official position of Assistant-Secretary-General. He has been called the “Philosopher” and “Prophet of Hope” of the United Nations.

Robert Muller is a deeply spiritual person. From his vantage point of a top level global states-person he has seen a strong connection between spirituality and the political and cultural scene.

Robert Muller created a World Core Curriculum and is known throughout the world as the “father of global education.” There are 34 Robert Muller schools around the world with more being established each year. The World Core Curriculum earned him the UNESCO Peace Education Prize in 1989. Based on this curriculum and his devotion to good causes, Dr. Muller has recently drawn up a Framework for World Media Coverage as a public service, as well as a Framework for Planetary and Cosmic Consciousness and a Framework for the Arts and Culture.

Now in active “retirement,” Dr. Muller is Chancellor of the University for Peace created by the United Nations in demilitarized Costa Rica. He is in great demand to make speeches to educational, environmental, spiritual and political conferences around the world. Dr. Muller concentrates his efforts on promoting greater human understanding and global awareness. He was recently the recipient of the Albert Schweitzer International Prize for the Humanities and the Eleanor Roosevelt Man of Vision Award.

Robert Muller lives most of the year at his small farm overlooking the University of Peace, on a sacred indigenous hill, Mt. Rasur, from which according to indigenous prophecy, a civilization of peace will extend to the entire world. His traditional Costa Rican house is located just up the hill from the Peace Monument of the University. In addition to his duties at the University, he devotes time to his writings and is an internationally acclaimed, multi-lingual speaker and author of fourteen books published in various languages. He has published My Testament to the UN as well as his plans and dreams for a peaceful, happy world.

At the prompting of many of his friends, admirers and non-governmental organizations Robert Muller was a candidate as a global citizen in 1996 for the post of Secretary General of the United Nations.
Books by Robert Muller

2000 Ideas & Dreams for a Better World
A Planet of Hope
Decide to
Dialogues of Hope
Essays On Education, A Vision for Educators
First Lady of the World
Most of All, They Taught Me Happiness
My Testament to the UN
New Genesis, Shaping a Global Spirituality
The Desire to Be Human, International Essays on Pierre Teilhard de Chardin
What War Taught Me About Peace
Good Humor, World Joke Book
The World Core Curriculum in the Robert Muller School
Safe Passage into the 21st Century
Framework for the Preparation and Celebration of the Year 2000, the 21st Century and 3rd Millennium
The Birth of a Global Civilization

German, French, Spanish, Portuguese, Polish, Japanese, and Dutch titles are also available

English and French titles can be ordered from the United Nations Bookstore, phone: 800.553.3210

2000 Ideas & Dreams for a Better World can be ordered from MEDIA 21, phone: 805.968.8567 or email: Barbara@rain.org

Robert's Websites

Decide to Poems and individual Decide to greeting cards can be ordered from

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