

**“I have decided to stick with love... Hate is too
great a burden to bear”**

~Martin Luther King, Jr.

**Hearts for Democracy is a place to find and express our heart’s touchstone while
standing up for what matters most.**

The anger and fear current events are bringing up for many of us are important to recognize and examine. For behind them lies a key to a source of strength.

- We are angry because something we care about is being threatened.
- We are afraid because something we love is at risk.

Looking behind the anger & fear, we can identify what it is that we love – what is worth standing up for and defending. It’s the ‘why’ behind our protests and phone calls and letters to the editor.

**We also want to be a space where people who were tricked by misinformation during
the campaign and are now facing ‘buyer’s remorse’ can find common ground and join
in taking action for a better future.**

Everyone makes mistakes. We do not want to shame people who now realize their vote helped create the current situation. We want them to join us in the resistance. They have to deal with their guilt – we want to support them in taking a different action now and in the future.

Love is at the core of courage.

The word “courage” comes from the Latin word “cor,” meaning “heart,” and in its earliest forms, courage meant “to speak one’s mind by telling all one’s heart” **Being in touch with what is in our hearts, what we love, gives us strength to take action.**

Hearts for Democracy Rallies are but one tool in the toolbox for positive change. There are many ways and resources for channeling energies into effective action and we hope you follow what speaks to you! **We rally as a place to garner strength for those actions as we express and bear witness to the things that we love and are worth protecting.**

**Please join us in expressing what you love about our country and
are concerned about being damaged/destroyed.**

www.HeartsForDemocracy.org