

Every Man, Woman, and Child

a musical presentation of *The Universal Declaration of Human Rights* by Merrill Collins

GLOBAL PEACE DAY PARTY – EVERY YEAR 9/21

HUMAN RIGHTS DAY – EVERY YEAR 12/10

Hello friends! I have developed this unique human rights project over the past several decades, with help from dozens of musicians, producers, and global peace leaders. Now I am thrilled to have YOU bring your creativity. Let's activate human rights with music!



—Merrill Collins

1

START by making a plan, figuring out who and where to gather. If it's a fundraiser, choose a beneficiary. For Peace Day, you can even put your event on the [International Peace Events](#) map.

2

GET THE MUSIC.

[Listen](#) to the “core” vocal, to get your head around the melody and lyrics. Then choose:

Five-part **meditation** featuring Merrill Collins on piano with various artists

[Amazon](#) | [iTunes](#) | [Indie](#) | [YouTube](#) | [Spotify](#)
(21:51)

The original **ballad** featuring Harrison Crenshaw and Michelle Crenshaw

[Amazon](#) | [iTunes](#) | [Indie](#) | [YouTube](#) | [Spotify](#)
(3:50)

A short **instrumental** track of the original song [YouTube](#) | [Spotify](#) | [Indie](#) (4:41)

You can also meditate to any **Yoga Flow Suite**

tracks featuring Vito Gregoli and Kimberly Haynes. [Amazon](#) | [iTunes](#) | [Indie](#) | [YouTube](#) | [Spotify](#)



Here are the original song lyrics by Merrill Collins:

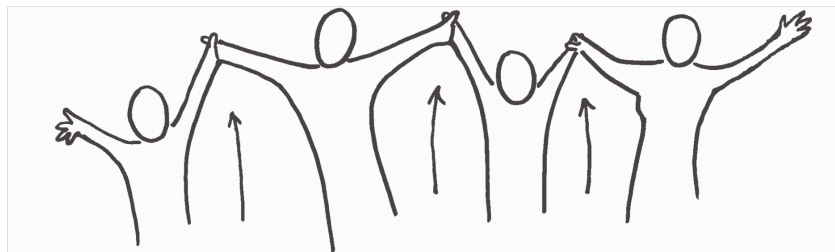
We, the peoples,
We hold these truths for all creation.

We hold these truths,
Only we can make more evident.
Every living soul is worthy of a deep respect.
We the people here by birth,
We the keepers of the Earth,

Give every man, woman, and child
Our human rights.

The right to live as long as we have to live,
The right to share all that is here to share.
The right to give all we have come to give.

Give every man, woman, and child
Our human rights.



"We, the peoples,"

3

GATHER A GROUP

Invite others to the meditation event, as part of a Peace Festival or a regular meditation practice. If you don't have access to a meditation center or place of worship, you can meditate with loved ones, or even alone, knowing you are part of a worldwide focus. Share the musical track or have each person purchase it. (This supports the artists, thank you!) See "More Ideas," below, for a ceremony that can be performed for a community.

& CREATE INTENTION.

Human Rights are a big idea. You can dedicate your meditation to visualizing peace in general, visualizing and feeling the positive emotion of societies where human rights are honored. Or you can focus on one of the thirty articles of the UDHR. You can also work a reading of the UDHR text into your meditation.

4

PLAN THE TEXT PREPARATION.

If you choose to incorporate a reading of the UDHR into your meditative practice, you will need to choose which form you would like to use to interpret the statements of the Universal Declaration of Human Rights.

Some options:

- Exactly as written in [the original 1948 document](#).
- Paraphrase possibilities as suggested in the EMWC Project Manual
- Paraphrase options found on the internet or through your organization
- Suggestions from the children meditating, prepared in advance.
- Suggestions from the audience, prepared in advance.

The UDHR has been translated [into over 500 languages](#). You can browse or [search for them](#) online. Read the entire document in one language, or translate various articles into the languages of your audience.

5

PLAN AUDIENCE PARTICIPATION & MATERIALS

Community participation increases understanding of the text, since we have all had personal experiences of our rights being violated, and our needs being unmet. You can have attendees read the text, create artwork, bring collage work or

photography to display in a gallery, on a bulletin board, or in a projection. You can show pictures of human rights being violated, but consciously meditating on the positive emotion of human rights being honored upshifts and activates this vibration, so be sure to focus more on images of human rights being respected.

6

TAKE CARE OF BUSINESS

Legal: Collect release forms from participants if there will be any visual recordings. Minors will need release forms signed by parents. Producers of this project are granted the right to use any of the *Every Man, Woman and Child* songs in public video recordings by the publisher, Spiraling Music, with attribution, under a Creative Commons international 4.0 Attribution + Noncommercial license. If you wish to make a commercial project simply contact info@spiralingmusic.com and request our creative partnership agreement.



Publicity: Create a flyer, use the Earthdance press release and/or get one of our awesome **Public Service Announcement** tracks. These clips were created as a background for voice-over radio or podcast announcements about performances. Here are some script ideas for using this background music:

- *“Join us for a meditation focusing on activating the Universal Declaration of Human Rights. This document, ratified without dissent after World War Two, has become a guiding document in global efforts to understand, promote, write and enforce laws. When we all read it together, these ideas come alive.”*
- *“When human rights are given, human needs are met. When human needs are met, conflict diminishes by becoming resolvable. Hearts are opened, and humanity can flourish. Come and visualize human rights for all at a unique meditation at [place] by [community group] to celebrate [occasion] on [date].”*
- Read the article paraphrases in the background.

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SHARE YOUR EVENT!

Share photos, stories, and recordings of your event on the [project Facebook page](#). Videos sent to emwc.spiraling@gmail.com will be considered for broadcast on YouTube & the [Peace Channel](#). Use the words "Every Man, Woman and Child" or "EMWC" in the title of the project. Add the location and project expression (i.e. "Yoga Flow" or "Meditation") with the names of the recording artists. If you post on social media, you can use the hashtags #everymanwomanandchild, #humanrights, #peaceday, #udhr, and #globalpeaceparty as well as any related to #dance #yoga #meditation or #jam. Please tag @MerrillCollins as well as @Earthdance and @PathwaysToPeace. Post this: **“Activating human rights through music! Check out our #peaceday #meditation on #humanrights with @MerrillCollinsMusic @Earthdance @PathwaysToPeace.”**



UNITED NATIONS HUMAN RIGHTS

Thank you for your participation! The more we all understand and uplift our human rights, the better we can become at giving them to each other on every level, from the personal to the political. —*Merrill Collins, composer*

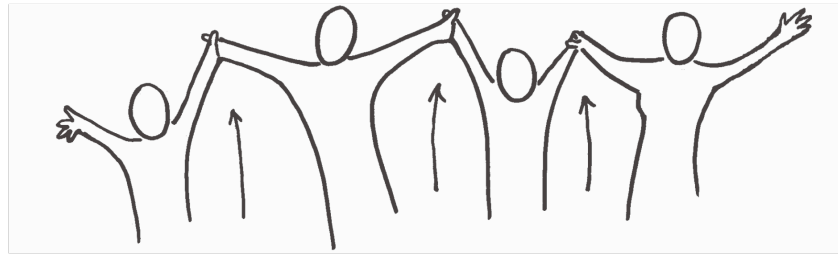


Every Man, Woman, and Child was the first grassroots arts project to embody and promote the Universal Declaration of Human Rights in 1984. It was displayed at the United Nations Center in Geneva as an example that has inspired thousands of expressions at the grassroots level since then. We hope to see the words and vibration of this song spread throughout the globe to help bring a new era of peace to Earth. Learn more at www.spiralingmusic.com.

MORE IDEAS:

Add Body Movement

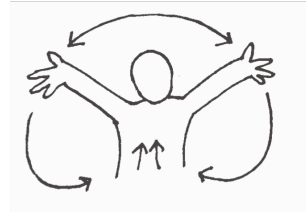
Adding body movement to a section of your meditation can help amplify the energy of the lyrics and music. These are the original hand motions of the song, performed by a community at the United Nations, for Amnesty International, etc.



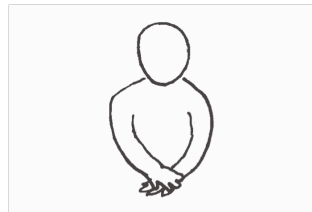
"We, the peoples,"



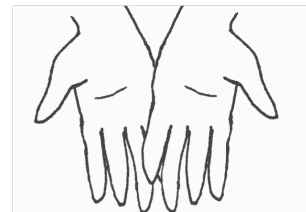
"We hold these truths"



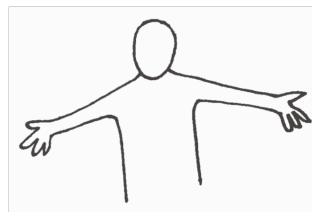
"for all creation"



"We hold these truths"



"only we can make more evident"



"every living soul"



"is worthy of a deep respect."

Alternatively you can host a public ceremony that includes walking in a spiral pattern, listening to the music, and reflecting on the 30 articles through visual and auditory participation. You Please write to us at info@spiralingmusic.com for instructions on how to hold a public ceremony.

More About this Project

Every Man, Woman, and Child is an educational performance piece by Merrill Collins based on The Universal Declaration of Human Rights (UDHR). Community groups of all types can use this project to cultivate and perpetuate the deepest levels of respect between people and toward all of life.

The UDHR is both historically and presently a significant document. Written after WWII in the spirit of protecting the globe from the repetition of destructive, inhumane activities associated with war, the Declaration reflects the deep concerns of the people at that time. It was adopted by the United Nations without dissent in 1948 to promote and advance respect for human rights everywhere. It has since been translated into over 500 languages and guides all efforts in international law.

The song, *Every Man, Woman, and Child* is a musical rendition of the document that can be used in a multitude of ways to create feeling and understanding of human rights on a global scale. The project includes recorded music, musical scores, curricula for youth and adults, and a solemn ceremony that can be interpreted in any community worldwide. All participants, whether performers or audience members, can study the idea of human rights through learning the song lyrics and reading articles of the UDHR. Performers engage in a deeper process of understanding what human rights mean in daily life. This is an ideal project for observation of and education around Peace Day (September 21st), Human Rights Day (December 10th) or any occasion or civic action intended to uplift awareness to the level of humanity.

Although the idea of this *Every Man, Woman, and Child* can be grasped by an individual simply listening to a song, it is intended for performance. The project may be activated very simply with as few as two people—one speaker and one—but the more who participate, the greater the impact. Presentations are suitable for and adaptable to nearly any setting or assembly. Anyone can produce a performance of this piece by adapting the material to the needs of their own community, shaping it with available languages, age groups, musical resources, time and space. Now, with many available recordings, this music can reach into situations where there might not be instruments or live musicians. However, in all cases it is preferable to include the live musicians of any community.