

# Vows of Seriousness\*

by Anne Sermons Gillis

These vows were excerpted from my book, *Offbeat Prayers for the Modern Mystic*. **They are a parody on the way adults tend to view and live their lives.**

I am now an adult. Therefore I must be perfect, know everything, be everything, and never make a mistake. I will not express any strong feelings and I will be the rock, the foundation, that many can build their lives on. I will have a mate, and if I don't have one, I will be looking for one, while improving myself so that I can have a good relationship with a significant other. I will always be responsible and get my work done before I play. I will not let the fact that the work never gets done slow me down from working. I will be busy, never idle. I will try to do my best at all times.

I will be as still and quiet as I can be, about the things that really matter to me, and then spout off about things that make no difference whatsoever. I will maintain proper seriousness in all my business meetings, especially board meetings. Silliness is only for children, and I will refrain from silliness because I must remain dignified at all times.

I will feel ashamed if I fall down, make body noises, or don't know the answer. I will be positive, bright, and cheerful at all times, and especially when I feel awful. I will feel guilt over the fact that I do not exercise every day. If I smoke, I will either feel guilty and hide it, or be a smoking warrior, demanding that others not step on my rights as a smoker. If I am on a road trip, I will refrain from going to the restroom until I am miserable, because that makes me a better person. I will wear clothes that make me uptight, so that I can fit in. I will wear shoes that contort my feet so that I can appear powerful or sexy.

I will be good, at the expense of myself, so everyone will like me. I will hang onto people who don't treat me well so that I don't have to be alone. I will not take a stand on what I believe, in order to avoid serious discussions. I will try to please everyone and get everyone to like me. I'll do things I hate to do just to hold on to you or to avoid disapproval. I will try to convert others to my point of view about everything, including vitamins, self-help, metaphysics, computer type (Mac or PC), philosophy, and religion.

I will insist that I have the freedom to believe my way and you have the freedom to believe your way, as long as your way includes letting me believe my way. If you won't allow me the freedom to believe my way, I will call you an enemy, and you will then forfeit your freedom to believe your way. I will put off eating when I am starving, until I am grumpy and faint. I will stuff when I am already full, until I feel miserable. I will read self-help books to analyze what others are doing to me. I will rebel against things that are good for me, so I can do it my own way. Yeah, though I walk through this world of enoughness, I will find the lack and problems of life, so that in fixing them and figuring them out, my life can have meaning and purpose. AMEN.

\*Excerpted from [\*Offbeat Prayers for the Modern Mystic\*](#).

© 1998 Easy Times Press, Anne Sermons Gillis, MS