



ACCEPTANCE

“Deep inside myself I know that whatever I do is acceptable for me. I know I have a CHOICE to adapt whenever required. Discovering that others have their own way of thinking and acting induces optimism within me. This makes my life dynamic and diversified. It’s exciting to listen to so many opinions. This gives me a CHOICE to re-evaluate or change my view and to respect it.

ENTHUSIASM

I feel like a glass of champagne. My life bubbles and sparkles. I can sing and dance out of joy of living. Just imagine that I have decided to be a part of this magnificent creation. Isn’t it marvelous to feel that I have a body, mind and soul? I’m in love with life; my heart palpitates in joy twice so fast. It rejoices in every single day that is given to me.

ATTUNEMENT

I swim with the tide of my roads of life. I create waves of myself in the river as well as in its source. My exterior knows of my interior. My pores open and close themselves in harmony with my emotions. My senses don’t fool me or keep me back from what happens outside. This way I can harmonize my life. My exterior doesn’t have to lie about my interior, for they are in harmony.

UNITY

I am the seed, plant, root and earth together. I am the soul, mind, body and heart together. I am my own breath. I am my own emotions and mind together. I am my own earth and heaven together. I am a complete, integral whole, worked up to the minutest details. I know how I do; I know there is only one like me – myself.

WILLINGNESS

I am willing to adapt. As a result, my body and mind are more adaptive and are able to better cope with unpredictable situations. I know I always have a free CHOICE to either adapt myself to a given situation or walk out of it. On the other hand, this allows me to learn something new and I become more aware of people’s differences. This gives me courage to be different and still belong to them. I am an indispensable part of the ever-changing model.

SELF-CONFIDENCE

I face the life proud and upright. I have my own thoughts, ideas. I know they are counting on me and so I fearlessly share with others what I have in my heart and soul. I have courage to risk; to bear responsibility for my being an independent human being. I have power to realize my ideas while not hurting anyone. Without scruples, I receive compliments that I deserve. With gratitude, I accept help that I need of others to realize myself.

INTEREST

I seem to come always in time to a place where something is happening. Therefore, I always have an opportunity to add something of value to it. And I know it will be appreciated. It is fascinating to know I belong somewhere. Even in the most complex situations I can see something that I can learn and use for my own development. I know when I am needed and when not. I am developing a fine sense for my own need and needs of others. And I am always more and more in connection with this sense.

EQUALITY

Life fits me like a glove. My body moves in harmony with my thoughts. The body and mind are equivalent. I can fully trust myself, for my feelings won’t deceive me. I needn’t hide or pretend anything. I am who I am – I am equal.

CHOICE

I have a choice. I can make a free choice in whatever life situation without anything controlling me. I am a free man and I feel it through everything that I have at my disposal and that is allowed to me thanks to the beloved **Creator**. I impose nothing on others; I respect their free choice, too.”

