

What is alive in me?

The Essence
Of Being
Is Love

The Field
Of Infinite
Possibility

Egoic Thinking:

Blaming

Shaming

Demanding

Criticizing

Accusing

Judging

Evaluating

Analyzing

Labeling

Better than

Worse than

Dominating

Being a Victim

Right/Wrong

Me Vs. You

Clouds the Light
and Creates
Separation

Universal Needs and Values:

Joy

Love

Respect

Empathy

Gratitude

Compassion

Forgiveness

Gentleness

Reassurance

Acceptance

Understanding

Trustworthiness

Being Abundant

Cooperation

Win/Win

Bring Forth the Light:
Energy of Life
& Creates Peace

At the heart
of every behavior
is the desire to meet
a precious need.

It's All Love
Or A Call For Love

Feelings Are
The Way In To The Heart