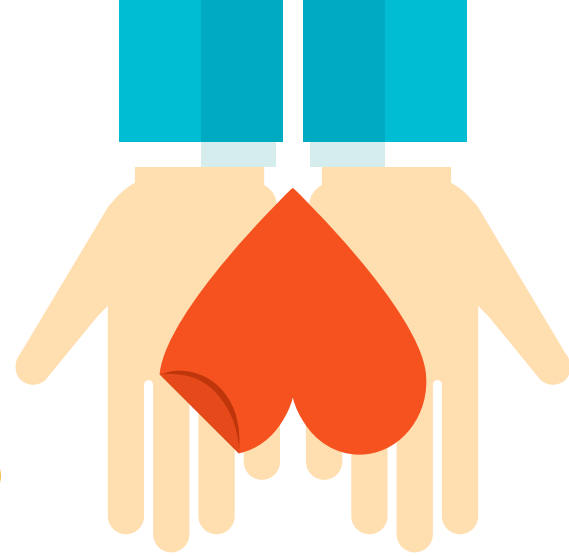


10 Letters to Live By

Alphabet of the Heart ©



Compassion:

Open your heart and be compassionate to yourself and others.

Dignity:

Recognize the dignity of every human being.

Equanimity:

While acknowledging the ups and downs, try to find an even keel.

Forgiveness:

Give forgiveness to those who have failed you or made you angry.

GratITUDE:

Keep in the front of your mind gratitude for all that you have.

Humility:

Remember that you are no better and no worse than others you encounter.

Integrity:

Value honesty and integrity and use it to guide your actions.

Justice:

Acknowledge your obligations to those who are most vulnerable.

Kindness:

Kindness does not require suffering, only the recognition of another's humanity.

Love:

And finally Love which contains and binds all. Let your heart be open to love yourself and give love freely to others.