



Beliefs Worth Ingraining

- ★ The truth shall set you free—self-deception is the royal road to suffering.
- ★ Your unique, authentic, creative song must be sung. Conformity is spiritual death.
- ★ Nothing lasts. Life is dynamic, flowing; life *is* change. Embrace it.
- ★ You can be and do *anything*. Do not settle until you are deeply content.
- ★ Your attention is your most valuable asset—do not give it away mindlessly.
- ★ Focus attention on what you have control over (your actions, character, values).
- ★ Persistent joy is found in gratitude for the simple things.
- ★ You could get hit by a car today and die. Do not leave your words of love unsaid.
- ★ Nobody knows what is going on in this life—carry your beliefs lightly.
- ★ Freedom is won through confrontation with your suffering.
- ★ Power, image, status, and excessive wealth are false armor for the insecure.
- ★ Life passes like lightning—develop deep presence or miss it all.
- ★ There is nothing you *need* to achieve—your existence is inherently justified.
- ★ You discover your deepest Self by recognizing all that you are not.
- ★ You are the river of *Becoming*, the sea of *Being*. Accept yourself, knowing you will change.
- ★ To believe is to surrender your mind. Seek faith through *experience*.
- ★ Life is replete with linguistic paradox—learn to carry contradiction.
- ★ *Slow down* in all things that fill your heart, that ignite your soul.
- ★ Enlightenment is the transcendence of all techniques = *Unconditional Presence*.

