CARING, BELIEVING, SIMPLICITY EDUCATION, MISSION, PRAYER, HARMOATION, MISSION, PRAYER, HARMOATION, INSPIRATION, SELF-SUFFICIENCS ON TON SERVING BILITY, SELF-SUFFICIENCY ACCORDING TO THE COURAGE

COURAGE

OHOTATION

OHOTATION QUOTATION: "Courage is not the absence of fear, but rather the judgement that something else is more important than fear." ~ Ambrose Redmoon AFFIRMATION: Today I have the courage to live in accordance with my values: to speak from the heart, to treat people with compassion and kindness, to nonviolently take a stand for what is just. PRACTICE: Light a candle to symbolize your commitment to accept the courage to practice CHEATIVITY, HUMILITY, REVERENCE, CREATIVITY, HUMILITY, REVERENCE, ACKNOW, GARANTINE ON PEACE, COMMITMENT HONON (AND THINK AND THE SOLVE SOLVE OF PRAISING SOLVE SO 64 Ways of living nonviolently.



CARING, BELIEVING, SIMIPLICITY, EDUCATION, MISSION, PRAYER, HARMONATION, SPIRATION, MISSION, PRAYER, HARMONATION, SELF-SUFFICIENCY, ACCORDING HARMONAL SERVING AND ALLARDONAL SERVING HARMONAL SE QUOTATION: "It is vital that people "count their blessings:" to appreciate what they possess without having to undergo its actual loss." ~ Abraham Maslow AFFIRMATION: We've all heard the expression, "You don't know what you've got til it's gone." Why do we wait? Today I pause to appreciate, acknowledge, and express gratitude for all that I have... my life, my health, my home, my talents, my relationships, enough food and water..... PRACTICE: Write down ten things that you appreciate about yourself and your life. Tell at least one other person what you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them.

The down ten things that you appreciate about them. CREATIVITY, HUMILITY, REVERENCE, CORMITMENTONOM, HORIZANCE, COMMITMENTONOM, HORIZANCE, COMMITMENTONOM, HORIZANCE, COMMITMENTONOM, HORIZANCE, CAMMITMENTONOM, HORIZANCE, CAMMITMENTONOM,

CARING, BELIEVING, SIMPLICITY EDUCATION, MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMONATION, INSPIRATION, INSPIRATION, SELF-SUFFICIENCS, ON TON SIRILITY, SELF-SUFFICIENCY, ACCORDING TO SERVING CARING, BELIEVING, SIVIFLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, EDUCATION, INSPIRATION, MISSION, PRAYER, HARMONTON, OPENNESS, DIALOGUE, UNITY, OPENNESS, ON, ON, HARMONTON, SELF-SUFFICIENCY, ACC, APIN, HARMONTON, SEPUNDANA, CONTRACTOR OF THE PLANTS QUOTATION: "I feel the capacity to care is the thing which gives life its deepest significance." ~ Pablo Casals AFFIRMATION: Our lives are a sacred trust, therefore I tend to my body, mind, spirit, and all my relations with respect and love. Today I hold it as an honor and a privilege to take care of this life I have been given. PRACTICE: Make a list of at least five ways that you can take care of yourself, physically and/or mentally, and honor that list today through demonstration. MINITALESS, AMENDS, TRIBOUR LENCE, COMMITMENCE, PONDS, PERCE, COMMITMENCE, PONDS, PERCE, COMMITMENCE, PONDS, PRINCE, PONDS, P CHEATIVITY, REVERENCE, CARENCE, ACKOR, HONOWITH SOLING, PRAISING, PATIENCE, ACKNOW, GRANTINE ACKNOW, GRANTIN CREATIVITY, HUMILITY, REVERENCE, CREATIVITY, HUMILITY, REVERENCE, ACKNOW, GRATITION OF ACTIONS OF THE ACTION OF TH

DAY 5: FEBRUARY 3RD

BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, OPENWESS, ON SIBILITY, SELF-SUFFICIENCY, ACCORDANCE OF THE SECONDARY OF THE SECON CARING, BELIEVING, PRAYER, EDUCATION, MISSION, PRAYER, HARMOATION, ON INSPIRATION, SELF-SUFFICIENCY, ACCORDING TO SERVING AND QUOTATION: "To believe in something, and not to live it, is dishonest." ~ Mahatma Gandhi AFFIRMATION: If we believe that how we treat ourselves, each other, and the planet makes a difference, how must that belief inform our thoughts, our words, and our actions? Today I understand what it means to live my beliefs. PRACTICE: Write what you believe about nonviolence. Create an "I Believe in Nonviolence" t-shirt, bumper sticker, song, or art, and be aware of the simple demonstrations of peaceful responses. CHEATIVITY, REVERENCE, COMMITMENTONO, ONLY TO A CHOCK, HONDON, PEACE, COMMITMENTONO, ONLY TO A CHOCK, HONDON, FOR CHOCK, HONDON, HONDO CREATIVITY, HUMILITY, REVERENCE, CAMMITMENTON, HOLDING, PATIENCE, ACKNON, HOLDING, PRAISING, PATIENCE, ACKNON, HOLDING, PEACE, COMMITMENTON, HONON, ACKNON, CANDITORIO, PRAISING, PRAISING

DAY 6: FEBRUARY 4TH

SIMPLICITY

DAY 6: FEBRUARY 4TH QUOTATION: "The ability to simplify means to eliminate the unnecessary so that the necessary may speak." ~ Hans Hofmann AFFIRMATION: Our lives can become cluttered with stuff, with stimulation and activities that are at best enjoyable and at worst, distractions that push the essential from center to the periphery. Today I take steps to simplify my life. PRACTICE: Write down three ways you can simplify your life and ONE SENTIVITY, HUMILITY, REVERENCE, COMMITMENT HONOR AND SENTIMENT CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SPIRATION, SELF-SUFFICIENCY, OPENWESS ON TON SELF-SUFFICIENCY ACCOUNTY, SELF-SUFFICIE OUOTATION: "Establishing lasting peace is the work of education; all politics can do is keep us out of war." ~ Maria Montessori AFFIRMATION: One who has been educated well, has not only acquired knowledge and the ability to reason, but has learned to listen and to seek understanding, has learned that character matters. Today I know that education is peacebuilding by another name. PRACTICE: Learn about the power of nonviolence by educating yourself. Read an article, periodical or book; watch a video on a subject that relates to nonviolence. Learn about human rights, what you have learned with at least three other what you have learned with at least three other what you have learn too.

ON THE STANK WENT ECOLOGY, ACMON THE WANTER AND STANK STANK THE WANTER AND STAN diversity, ecology, history, politics, forgiveness, spirituality, CREATIVITY, HUMILITY, REVERENCE, COMMITMENT, BCOLOGY, ACKNOWN AND THE MENT BE A CHOCKE. DAY 8: FEBRUARY 6TH

HEALING

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SINSPERS, DIALOGUE, UNITY, OPENWESS ON ON TON SILVENCY. SCOOL MISSION DAY 8: FEBRUARY 6TH

HEALING QUOTATION: "I can be changed by what happens to me; I refuse to be reduced by it. " ~ Maya Angelou AFFIRMATION: Within every experience, there exists a gem... a lesson, a kernel of truth, a new perspective, an unforeseen alliance....Today I am willing to be healed by even the most unlikely circumstances. PRACTICE: Reflect on an incident in your life to find the "gift" it CREATIVITY, HUMILITY, REVERENCE ACKNOWN THE WAY OF THE WEST OF THE has brought you. Write down two ways you can use this THESS AMENDS, I MILENCE, ACKNOWN THE WORDS, I MILENCE, ACKNOWN THE WORDS, ACKNOWN THE WOR



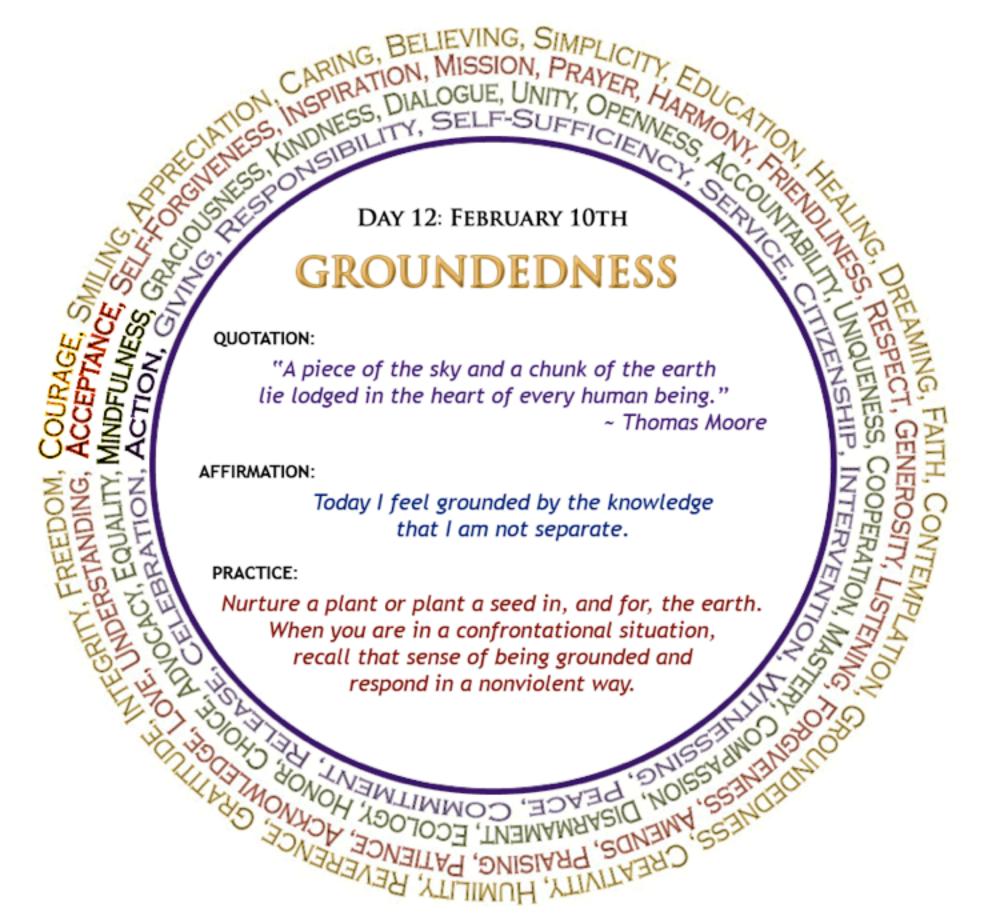
CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, FEDUCATION, MISSION, PRAYER, FEDUCATION, INSPIRATION, DIALOGUE, UNITY, OPENWESS ON TON SELF-SUFFICIENCY, SELF-SUFFI CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HEDUCATION, SPIRATION, MISSION, PRAYER, HARMOATION, SELF-SUFFICIENCS, ACTARIAN, HER SECONDARY, QUOTATION: "Faith is not belief without proof, but trust without reservation." ~ Elton Trueblood AFFIRMATION: Trust without reservation requires that we say, "Yes. Yes it is possible, yes I can, yes I will." Today I practice the art of having faith. PRACTICE: Say, "Yes, it is possible," to every obstacle you meet. Write down three things you are having a challenge with and with each one write "It is possible for me to overcome this obstacle and be successful.' CHEATIVITY, REVERENCE, CAMMITMENTON, HONDER, COMMITMENTON, HONOW, GARLING, PRAISING, PRAISING, PATIENCE, COMMITMENTON, HONOW, CANDER, CREATIVITY, HUMILITY, REVERENCE, ACKNOR, GRAINS, HOMONICE, HONOWICE, HONOWITHEN CENTRALITY

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, INSPIRATION, DIALOGUE, UNITY, OPENNESS ON ON SELF-SUFFICIENCY ACCORDING TO THE CONTEMPLATION

DAY 11: FEBRUARY 9TH

CONTEMPLATION

CONTEMPLATION CARING, BELIEVING, SINIFLICITY, EDUCATION, MISSION, PRAYER, HARMONATION, SELF-SUFFICIENCY, ACCORDINGLY, SECONDARY, SECOND QUOTATION: "What we plant in the soil of contemplation, we shall reap in the harvest of action." ~ Meister Eckhart AFFIRMATION: How much time do we spend on automatic pilot, not fully aware of the thoughts that have triggered our words and actions? Today I take all the time I need to become fully present to myself. PRACTICE: Take a moment to relax, breathe and let your mind be fed by what is good and beautiful. As you think, TONESS AMENDS, PRAISING, 1 ALIENCE, ACHOON HATTINGS, 1 ALIENCE, ACHOON HATTINGS, 1 ALIENCE, COMMITMENTONOM HATTINGS OF THE ACHOON HATTING so you are! Write down your thoughts and CHEATINITY, REVERENCE, COMMITMENTON ON ATTITUTE ON CREATIVITY, HUMILITY, MEVERENCE, ACKE, GRAINLING, PATIENCE, ACKNO, ACKNO, GRAINLING, PATIENCE, ACKNO, GRAINLING, HONO, CALLOCK, HONO, CALLOCK



CARING, BELIEVING, SIMIPLICITY, EDUCATION, MISSION, PRAYER, HAPMOATION OF SELF-SUFFICIENCY, ACCOUNTY, ON SELF-SUFFICIENCY, ACCOUNTY, ACCOUNTY, SECOUNTY, SEC CARING, BELIEVING, SIMPLICITY EDUCATION, MISSION, PRAYER, HAPUCATION, MISSION, PRAYER, HAPUCATION, SPIRATION, SELF-SUFFICIENCS, ACCORDING SELF-SUFFICIENCY, SECONDARY 13: FEBRUARY 11TH

DAY 13: FEBRUARY 11TH CREATIVITY QUOTATION: "I do believe it is possible to create, even without ever writing a word or painting a picture, by simply molding one's inner life." ~ Etty Hillesum AFFIRMATION: Gandhi said, "My life is my message." Today I contemplate the notion that my life is also my creative medium. PRACTICE: Reflect on what you are creating in your life today by identifying at least five ways in which you can express your creativity joyously. Create something that expresses your feelings about nonviolence. CHEATIVITY, REVERENCE, CORMITMENCE, ACKNOWN ATTENCE, COMMITMENT HONOWAY THE COLOGY, HONOWAY THE COLOGY, HONOWAY THE COLOGY, HONOWAY THE COMMITMENT HONOWAY THE COLOGY. CREATIVITY, HUMILITY, REVERENCE, CORMITMENT HONORY, HO

CARING, BELIEVING, DINITY, EDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOMPANY, ACCOUNTY, SECONDARY, SECON CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, SELF-SUFFICIENCY, SCOUNTS, SECONDARY, SELF-SUFFICIENCY, SECONDARY, SELF-SUFFICIENCY, SECONDARY, SELF-SUFFICIENCY, SECONDARY, SELF-SUFFICIENCY, SECONDARY, SELF-SUFFICIENCY, SECONDARY, SECONDARY DAY 14: FEBRUARY 12TH

HUMILITY

CHORUSTICAL

CHARLES CHARLES CONSTRUCT

CHARLES CONSTRUCT

CONSTRU QUOTATION: "Humility is the only true wisdom by which we prepare our minds for all the possible changes of life." ~ George Arliss AFFIRMATION: Over time we come to realize that the only thing that doesn't change is the fact that everything is going to change. Today I prepare for the certainty of uncertainty with humility, an open heart, and beginner's mind. PRACTICE: As you gaze up at the stars tonight, be aware of how small you are, how your life is but a fleeting moment in the vast scale of time and distances of the solar Set and the universe. One willing, acknowledge that you do now a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference.

Of humility, acknowledge that you do not have a difference. CREATIVITY, REVERENCE, COMMITMENT, REVERENCE, ACHOON ACKNOWN AND AND SHARM A CREATIVITY, HUMILITY, MEVERENCE, ACKNORING THINDS, PRAISING, PATIENCE, ACKNORING GRATITUDE, COMMITMENT HONOR CANCER CANCE

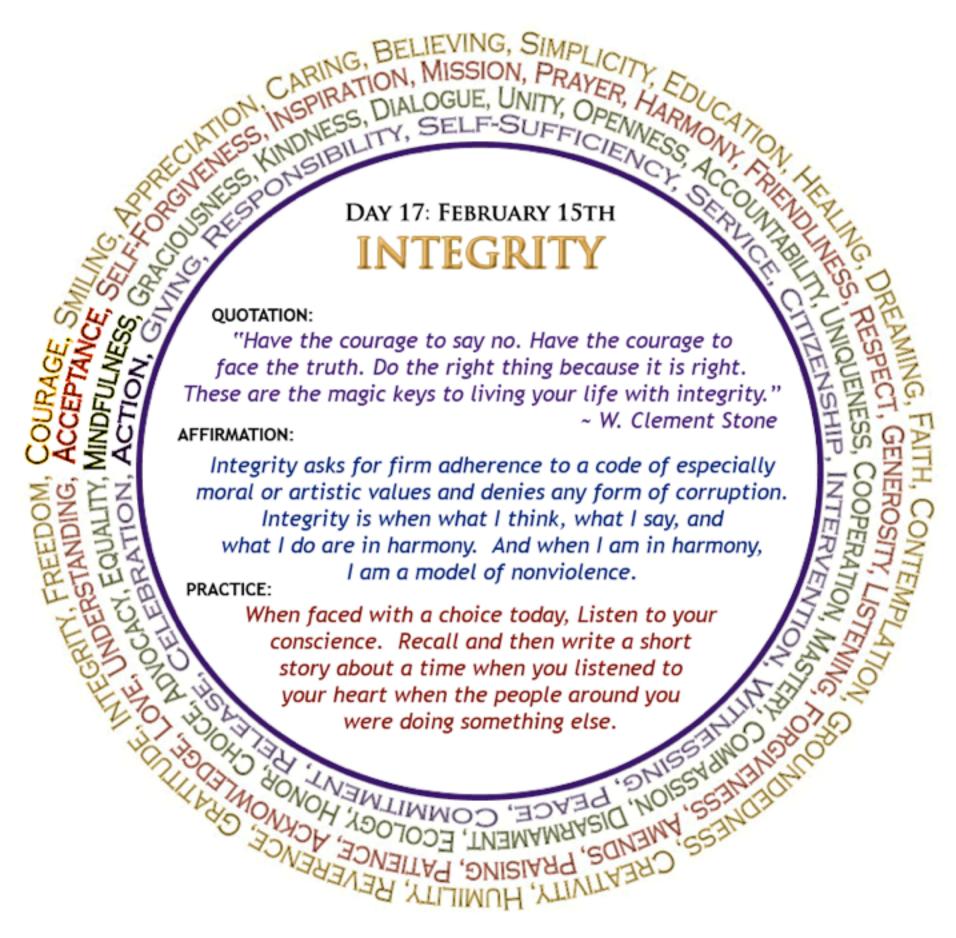
CARING, BELIEVING, DINITY, EDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOUNTY, ON SECONDARY, SE DAY 15: FEBRUARY 13TH

REVERENCE

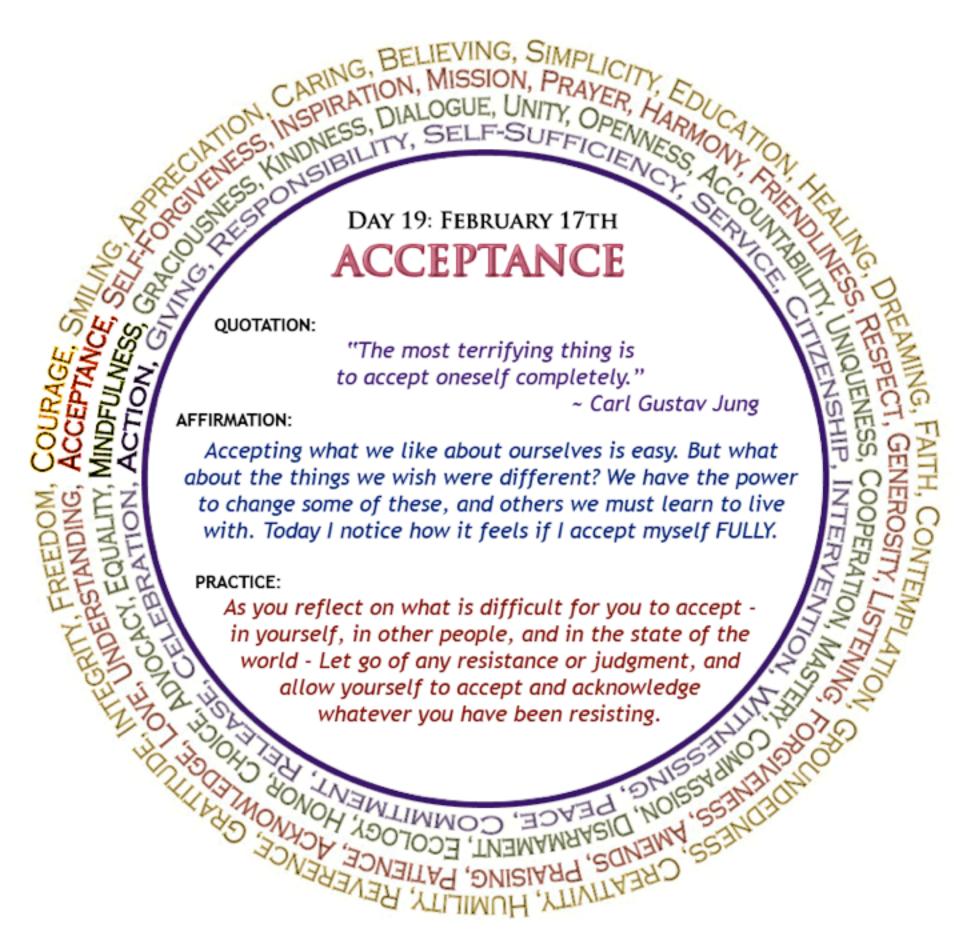
REVERENCE

CANCELLATION, MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMONATION, SELF-SUFFICIENCY, OPENWESS ON TON SERVE SELF-SUFFICIENCY, QUOTATION: "Let parents bequeath to their children not riches, but the spirit of reverence." ~ Plato AFFIRMATION: What greater gift we can give one another than to honor and respect the preciousness of life? As I open myself to a feeling of reverence today, I experience an extraordinary depth of connectedness. PRACTICE: Open yourself up to a feeling of reverence for all forms of life, especially each and every person that you meet during the day. Take a walk outside and experience the beauty that surrounds you as CHEATIVITY, HUMILITY, REVERENCE, COMMITTING, PATIENCE, ACKNOWITH SSING, PRAISING, PATIENCE, ACKNOWITHER SOLVE, HONDING, PATIENCE, COMMITTING ON ACKNOWITH SOLVE, HONDING, PATIENCE, COMMITTING ON ACKNOWITH SOLVE, HOMILITY, HUMILITY, HUMILITY, HUMILITY, HUMILITY, HUMILITY, HUMILITY, HUMILITY, HUMILITY, REVERENCE, COMMITTY, HUMILITY, HUMI you BE with the sky, the plants and animals,

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SPIRATION, INSPIRATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, SELF-SUFFICIENCY, SCOTHINGTON, SELF-SUFFICIENCY, SCOTHINGTON, MISSION, PRAYER, HARMONTON, MISSION, MISSION, PRAYER, HARMONTON, MISSION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, MISSION, QUOTATION: "We often take for granted the very things that most deserve our gratitude." ~ Cynthia Ozick AFFIRMATION: How much of our lives are we truly present for? How many moments or encounters do we not even notice? As I wake up to my life, I cannot help but feel grateful. PRACTICE: List five things for which you are grateful for and share these good things with another, then reflect on who and what made those experiences possible. Write a "thank-you" note to someone who would least expect you to thank them. Journal about CHEATING PRAISING, PATIENCE, COMMITMENT HONOR ACHOON ACHOO CREATIVITY, HUMILITY, REVERENCE, CORMITMENCE, ACKNOR, ACKNOR, HOLINGA, PRAISING, PATIENCE, ACKNOR, ACK











CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOUNTY, ON ACCOUNTY, SCOUNTY, ON ACCOUNTY, SCOUNTY, SCOUNTY, ACCOUNTY, SCOUNTY, ACCOUNTY, ACCOUN CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, OPENNESS, DIALOGUE, UNITY, OPENNESS ON TON SERVING S DAY 22: FEBRUARY 20TH

MISSION

OUOTATION:

ON INSPIRATION, INISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, SELF-SUFFICIENCY, SECONDARY

OUOTATION:

OUOTATION:

ON INSPIRATION, INISSION, PRAYER, EDUCATION, PRAYER, HARMONTON, SELF-SUFFICIENCY, SECONDARY

OUOTATION:

OUOTATION:

OUOTATION: QUOTATION: Here is the test to find whether your mission on earth is finished. If you're alive, it isn't. ~ Richard Bach AFFIRMATION: Why am I here and what am I here to do? What is my purpose? How do I make a difference? Today I consider that the answers to these questions are woven into the fabric of my nature, my values and beliefs, and what I am willing to take a stand for. PRACTICE: Write down what you stand for in your life. Note at least one way you can show, through action, that you stand for yourbeliefs. Develop a personal mission statement and draw a picture of yourself living yourmission. Share your mission with at least three other people. HAMESSING, PEACE, COMMITMENT HONGING OF STANDS, HAMON GARANT HONGING OF STANDS, CHARLES SING, PEACE, COMMITMENT HONGING OF STANDS OF STA CONGINE SOLVE DISARMAMENT, ECOLOGY, ACKNOWN ATTENDED TO SERVE OF SOLVE S CREATIVITY, HUMILITY, MEVERENCE, ACKE, GRAINING, PRAISING, PATIENCE, ACKNO, GRAINING, HONOW, ACKNO, CALLOCK, HONOW, GRAINING, HONOW, HONOW,

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SPIRATION, SELF-SUFFICIENCY, OPENWESS ON, ON SELF-SUFFICIENCY, SCOUNTRY, SELF-SUFFICIENCY, SECONDARY SELF-SUFFICIENCY, SECONDARY SERVING SER PRAYER QUOTATION: From people who merely pray we must become people who bless. ~ Friedrich Nietzsche AFFIRMATION: Today, my simple prayer and blessing: May we remember love and in so doing, hold each other as precious. PRACTICE: Begin and end the day with a prayer for peace. When you say goodbye to people, say "May Peace Prevail on Earth. Create a space in your home dedicated to prayer for nonviolence. TONESS AMENDS, PRAISING, PEACE, COMMITMENT HONOW AND THE SAME OF SAME CONGULTINESSING, PRAISING, PATIENCE, ACKNON, HONDITTENCE, COMMITMENTONO, MANATOR CALOGN, HONDITHESSING, PEACE, COMMITMENT, HONON, HOLDING, PATIENCE, COMMITMENT, HONON, HOLDING, HONON, HOLDING, HONON, HONO GROPHINESSING, PRAISING, PATIENCE, ACKNOWLITY, REVERENCE, ACKNOWLITY, HUMILITY, REVERENCE, ACKNOWLAND, GRANTINE NOON, HONOWLAND, GALLER ON ONE SING, PEACE, COMMITMENT HONOWLAND, GALLER ON ONE SING, PRAISING, PRAISING

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONY, OPENWESS, DIALOGUE, UNITY, OPENWESS ON TON SELF-SUFFICIENCES ON TON SELF-SUFFICIENCY ACCORDING TO THE PROPERTY OF THE PROP DAY 24: FEBRUARY 22ND

HARMONY

QUOTATION:

"A spirit remembers, when bitterness and self-interest seem to prevail, that we share a common destiny." ~ Barbara Jordan AFFIRMATION: If I feel justifiably hurt or angry or feel that I have been violated in some way, gossip, judgment, and retaliation can only make matters worse. As I fully understand the impact of our connectedness today, I make living in harmony my priority. PRACTICE: later discover where the criticism is coming from within you.

Coming from within you.

Complete Committee Spend the entil anyone; if you are tempted the criticism rather than speaking it, later discover where the criticism is coming from within you.

Spend the entil anyone; if you are tempted the criticism is coming from within you. CREATIVITY, HUMILITT, MEVERENCE, ACKNON, GRATITUDE, COMMITMENT, HONON, GRATITUDE, COMMITMENT, POP. CALOGRAPHICA, COMMITMENT, POP. CALOGRAPHICA, COMMITMENT, POP. CALOGRAPHICA, CALOGRAPHICA, COMMITMENT, POP. CALOGRAPHICA, CALOGRAPHICA, CALOGRAPHICA, CALOGRAPHICA, COMMITMENT, POP. CALOGRAPHICA, CAL



CARING, BELIEVING, PRAYER, F. EDUCATION, MISSION, PRAYER, HARMOATION, SELF-SUFFICIENCY, ACCOUNTING THE SECONDARY OF SECONDARY SECONDARY. CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HARMONTON, OPENNESS, DIALOGUE, UNITY, OPENNESS ON TON SELF-SUFFICIENCY, SCOTARING, SECONDARY 26: FEBRUARY 24TH

DECIDE OFF DAY 26: FEBRUARY 24TH

RESPECT

QUOTATION
MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, ACCORDING SELF-SUFFICIENCY, SELF-SUFFICIENCY, SELF-SUFFICIENCY, ACCORDING SELF-SUFFICIENCY, SELF-SUFFICIENCY, SELF-SUFFICIENCY, ACCORDING SELF-SUFFICIENCY, SELF-SUF QUOTATION: "If you have some respect for people as they are, you can be more effective in helping them become better than they are." ~ John W. Gardner AFFIRMATION: Today I understand that holding others in esteem as human beings is separate and distinct from liking or approving of their actions...that in fact, feeling worthy may be the missing precursor to a person behaving in more esteemable ways. PRACTICE: As you interact with and observe people during the day, be aware of ways in which you respect each person. Draw a picture of someone for whom you have a Standing, PRAISING, PRAISING, ACKNOWN AND SEARCE, COMMITTING ON SEARCH CANDING SANTAINESS ON SEARCH CAN great deal of respect, then frame the picture CREATIVITY HEVER CREATIVITY, REVENERAL COMMITTMENCE, ACKNOWN GARANTH CANDERS SING, PRAISING, PATIENCE, ACKNOWN AND CANDERS SING, PREACE, COMMITTMENT HONOWN CANDERS SING, PREACE, COMMITTMENT HONOWN AND CANDERS SING, PREACE, COMMITTMENT SING, PROPERTY SING, CHEATIVITY, HUMILITY, REVERENCE, CAMPINENCE, ACKNOSTILLINGS, PRAISING, PATIENCE, ACKNOSTILLINGS, PRAISING, PRAISING, PATIENCE, COMMITMENT HONON MATITITE OF CALLES, COMMITMENT HONON MATITITE OF CALLES, CALLES, CALLES, COMMITMENT HONON MATITITE OF CALLES, CALLES,

CARING, DELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMOATION, SELF-SUFFICIENCS, ON SELF-SUFFICIENCY, SELF-SUFFICIENCY, SCORBILITY, SELF-SUFFICIENCY, SELF-S CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, SPIRATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOUNTY, ON SELF-SUFFICIENCY, ACCOUNTY, SECOUNTY, SECOUNTY **QUOTATION:** No one is so generous as he who has nothing to give. ~ French Proverb AFFIRMATION: Have you ever noticed that a generous spirit always finds ways to give of itself, despite having limited resources? Today I take pleasure in finding creative ways to be generous. PRACTICE: Find three ways to give generously of yourtime, talent and resources to others. Create a 'Gift Certificate' for someone. CHEATIVITY, HUMILITY, REVERENCE, CORMITMENT HONOR CANCES, COMMITMENT HONOR CANCES, CANCES,



CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMOATION, SPIRATION, SELF-SUFFICIENCS, ACCORDANGE OF THE SECONDARY OF THE SECONDA CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HARMONATION, INSPIRATION, SELF-SUFFICIENCS, ONLONG, SELF-SUFFICIENCS, ACCORDED DAY 29: FEBRUARY 27TH

FORGIVE NIESS, ON SIEULITY, SELF-SUFFICIENCY, ACCORDED DAY 29: FEBRUARY 27TH QUOTATION: "It's hard to forget, but forgiveness is something you do for yourself. " ~ Azim Khamisa AFFIRMATION: Refusing to forgive keeps us stuck in the moment of the "assault." Today I forgive, knowing it is time to move on with my life. PRACTICE: Be willing to let go of the past, and forgive those who have hurt you, and towards whom you feel anger. Forgive yourself too. Today, write a letter of forgiveness to someone (you do not have to mail it). OUNDETONESSING, PRAISING, PATIENCE, ACHOON PEACE, COMMITMENTON PEACE, COMMITMENTON POR CANCE. CREATIVITY, HUMILITY, HEVERENCE, ACKNOR, GRANTING, GRANTING, HONOWILED COMMITMENTONOR STITLE

CARING, BELIEVING, SIMPLICITY
CARING, MISSION, PRAYER, F. EDUCATION, MISSION, PRAYER, HARMOATION, INSPIRATION, SELF-SUFFICIENCS, ON ON THE SELF-SUFFICIENCY OF SELF-SU CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, SELF-SUFFICIENCY, ACCORDING TO A STORY OF THE SECOND TON THE SECOND TO "It is the highest form of self-respectto admit our errors and mistakes and make amends for them." ~ Dale E. Turner AFFIRMATION: While I may feel ashamed of having said or done something, today it is clear to me that right relationship (with myself and others) is only possible to the extent that I am willing you recall each person's unique ways of your heart speak through words, actions, thoughts or prayers. Offer a sincere apology to someone you may have hurt.

The standard of t to feel remorse, take responsibility, and attempt to are ways, gently guide you, as you ...
expressing his or her joys, fears and power your heart speak through words, actions, thousand or prayers. Offer a sincere apology to someone you may have hurt.

The standard of the st

CARING, BELIEVING, DIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, SPIRATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOUNTY, ON SELF-SUFFICIENCY, ACCOUNTY, ACCOUNTY, SECOUNTY, SECOUNTY CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMOATION, MISSION, PRAYER, HARMOATION, INSPIRATION, SELF-SUFFICIENCS, ON TON SELF-SUFFICIENCY, SCOTHING, SIMPLICITY, SELF-SUFFICIENCY, ACCOUNTY, OF THE PRAISING

PRAISING

OHOTETON

OHO QUOTATION: "The more you praise and celebrate your life, the more there is in life to celebrate." ~ Oprah Winfrey AFFIRMATION: As trite as it may sound, what we appreciate, appreciates! I notice what grows and expands as a result of my feeling and expressing praise today. PRACTICE: Give sincere praise to at least three people today for their personal qualities, achievements, or helpful service, and then to yourself. Journal about the experience and feelings of each encounter. CHEATINE SON, DEACE, COMMITMENT OF CHOCK. CREATIVITY, HUMILITY, REVERENCE, ACKED GRATITUDE, COMMITTMENT HONOWLEDGY, HONO

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, ACTORISH SIBILITY, SELF-SUFFICIENCY, ACCOUNTY, OR SHEET ON STREET OF SELF-SUFFICIENCY, SECONDARY, SELF-SUFFICIENCY, SECONDARY, SECONDARY CARINATION, MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, PARAMONTON, SELF-SUFFICIENCS, ACCORDING SENDING SERVING SERV PATIENCE QUOTATION: "If you are patient in one moment of anger, you will escape a hundred days of sorrow." ~ Chinese Proverb AFFIRMATION: The desire for immediate relief or gratification can be compelling and seductive. However, today I remind myself that a moment of patience may forestall a lifetime of regret. PRACTICE: Look for opportunities to practice patience. In a situation where there is friction, rather than run away, move closer to the core of the conflict and look for a nonviolent solution. CREATIVITY, REVERENCE, COMMITMENCE, ACKNOSTITY, REVERENCE, ACKNOSTITY, RECOLOGY, HONOWATTITY HONOWATTITY OF CHOCK OF COMMITMENT HONOWATTITY OF CHOCK OF CHOC CREATIVITY, HUMILLIT, MEVERENCE, ACKNOS, GRAITING, PRAISING, PATIENCE, ACKNOS, GRAITINGS, HONOR CENTRAL COMMITMENTON GRAITING

CARING, BELIEVING, SIMPLICITY
CARING, MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMONTON, SPIRATION, SELF-SUFFICIENCS, ACCAPITAL DAY 33: MARCH 3RD

DAY 33: MARCH 3RD

ACKNOWLEDGEMENT

QUOTATION:
When CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HAPNOATION, MISSION, PRAYER, HAPNOATION, SELF-SUFFICIENCS, ACTOMINESS, NICHARISHILITY, SELF-SUFFICIENCY, ACCORDING TO A SECONDARY OF THE SECONDARY OF T When we acknowledge that all of life is sacred and that each act is an act of choice and therefore sacred, then life is a sacred dance lived consciously each moment. When we live at this level, we participate in the creation of a better world. ~ Scout Cloud Lee AFFIRMATION: When I acknowledge someone, how could I possibly do harm toward them? When I tell someone what a difference he or she has made in my life and acknowledge that person for being there for me, I am affirming our connectedness. PRACTICE: Take time today to acknowledge the realm of nature,
the community of life on Earth,
and the Earth itself.

A STANLING ON A STANL Take time to acknowledge each person you meet or see today-GLOREN CREATIVITY, HUMILITY, REVERENCE, COMMITTING OF THE COLOGY, HOW ATTENCE, COMMITTING OF THE COLOGY, HOW ATTENCE, COMMITTING OF THE COLOGY, HOW ATTENCE, CAN ATTENCE, CAN

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, INSPIRATION, SELF-SUFFICIENCS, ON TON SELF-SUFFICIENCY, ACCORDING TO THE SELF-SUFFICIENCY, AC QUOTATION: "Love is an awareness, an attitude, a context for understanding life." David Hawkins AFFIRMATION: Today I explore the notion that love is not so much a feeling as a lens through which we consider and interpret our experience. Today I return to lovingness as my state of being... again and again and again... PRACTICE: Focus on what you can find to love in the person you like the least. As you meet people during the day, reflect on how love can enhance the relationship. TOMPSSING, PEACE, COMMITMENT ACHORY

WHITESS, ION, DISARMAMENT, ECOLOGY, HONOW, GARANT

WHITESS, ION, HONOW, GA CHEATIVITY, HUMILITY, REVERENCE, CARENCE, PRIJENCE, ACKNOS, ACKNOS, ACKNOS, ACKNOS, HOMITALINE ACKNOS, HOMON, PEACE, COMMITMENT HONON, ACKNOS, HOLING, CANDING, PATIENCE, COMMITMENT HONON, ACKNOS, HOLING, CANDING, PATIENCE, COMMITMENT HONON, ACKNOS, HOLING, CANDING, PRINCES, COMMITMENT HONON, ACKNOS, HOLING, CANDING, PRINCES, COMMITMENT HONON, ACKNOS, HOLING, CANDING, PRINCES, COMMITMENT HONON, ACKNOS, HOLING, CANDING, PATIENCE, COMMITMENT HONON, ACKNOS, HOLING, ACKNOS, ACKN

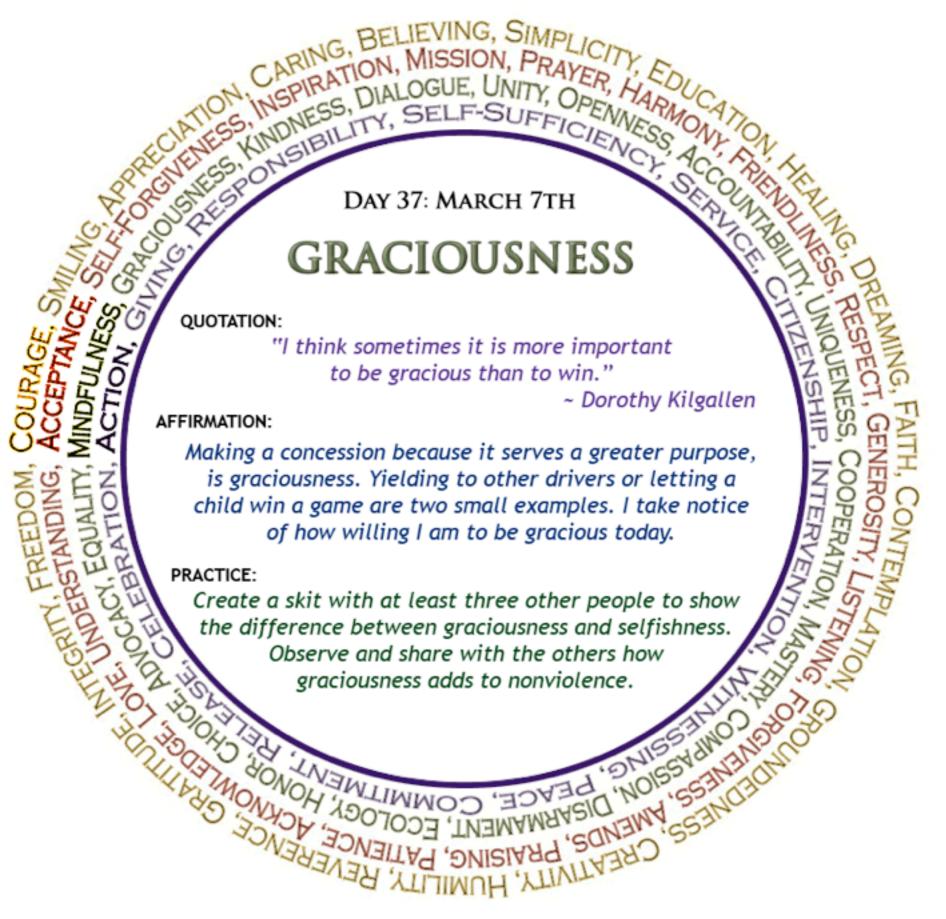
CARING, BELIEVING, SIMPLICITY EDUCATION, MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMONTON, OPENWESS, DIALOGUE, UNITY, OPENWESS ON TON SELF-SUFFICIENCY, SCOTHING, SELF-SUFFICIENCY, ACCORDING DAY 35: MARCH 5TH

UNDERSTANDING

QUOTATION: CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOUNTY, OPENNESS ON, ACCOUNTY, SECOUNTY, SECOUNT "Were we to fully understand the reasons for other people's behavior, it would all make sense." ~ Sigmund Freud AFFIRMATION: Even the most hard-to-fathom behavior can be explained by a constellation of beliefs, events, reactions, and circumstances. Today I seek this deeper level of understanding. PRACTICE: When you find yourself disagreeing with someone, focus compassionatery compassionatery compassionatery colors, and tell them what you under to be saying. With empathy, say clearly and quietly what you believe to be true.

The compassionatery com on understanding what they are saying- and why. Listen CHEATIVITY, PRAISING, PATIENCE, COMMITMENCE, ACKNOWN AND AND SHARE DISARMAMENT, ECOLOGY, HOW ON PRAISING, PATIENCE, COMMITMENCE, CARRIEDE, CA CREATIVITY, HUMILITY, REVERENCE, PRAISING, PATIENCE, ACKNOR, ACKNOR, GRATITIULIAN, HONOR, HONOR, HONOR, CANCERON, HONOR, CANCERO, HONOR, CANCERON, HONOR, CANCE





QUOTATION: "It is difficult to give away kindness. It keeps coming back to you." ~ Cort Flint AFFIRMATION: There is no place and no person for whom a little extra kindness would not be welcome. Today I practice random acts of kindness and delight in the boomerang effect. PRACTICE: Do something kind for someone for no reason other than to be kind. Bring beauty to a place where it may be needed without letting anyone know that you were the one who did it. Write about how it felt THE SENTENDS, PHAIDING, INTIMENTED SING, ACKNOWN THE ACTOR OF THE ACTO CHEATIVITY, HUMILITY, REVERENCE, ACKNOWNERS, PRAISING, PATIENCE, ACKNOWNERS, HONOWNERS, and then share this story with someone.

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMOATION, MISSION, PRAYER, HARMOATION, INSPIRATION, SELF-SUFFICIENCS, ON, ON, MESS, DIALOGUE, UNITY, OPENNESS ON, ON, MESS, WINDNESS, WINDNESS, DIALOGUE, UNITY, OPENNESS, ON, ON, MESS, WINDNESS, DIALOGUE, UNITY, OPENNESS, ON, ON, MESS, WINDNESS, DIALOGUE, UNITY, OPENNESS, ON, ON, MESS, WINDNESS, WINDS, WINDNESS, W DIALOGUE

CARING, BELIEVING, SIMPLICITY EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SPIRATION, SELF-SUFFICIENCS, ACCOUNTY, AC QUOTATION: "If you start a conversation with the assumption that you are right or that you must win, obviously it is difficult to talk." ~ Wendell Berry AFFIRMATION: If we think we are right, how open will we be to hearing someone else's point of view? How available for discussion can we be if we feel the need to defend a position? Today I release preconceived notions of right/wrong and win/lose so that dialogue becomes possible. PRACTICE:

Speak your truth quietry

into the spirit of argument. Listen

heart, with compassion, to the truth as

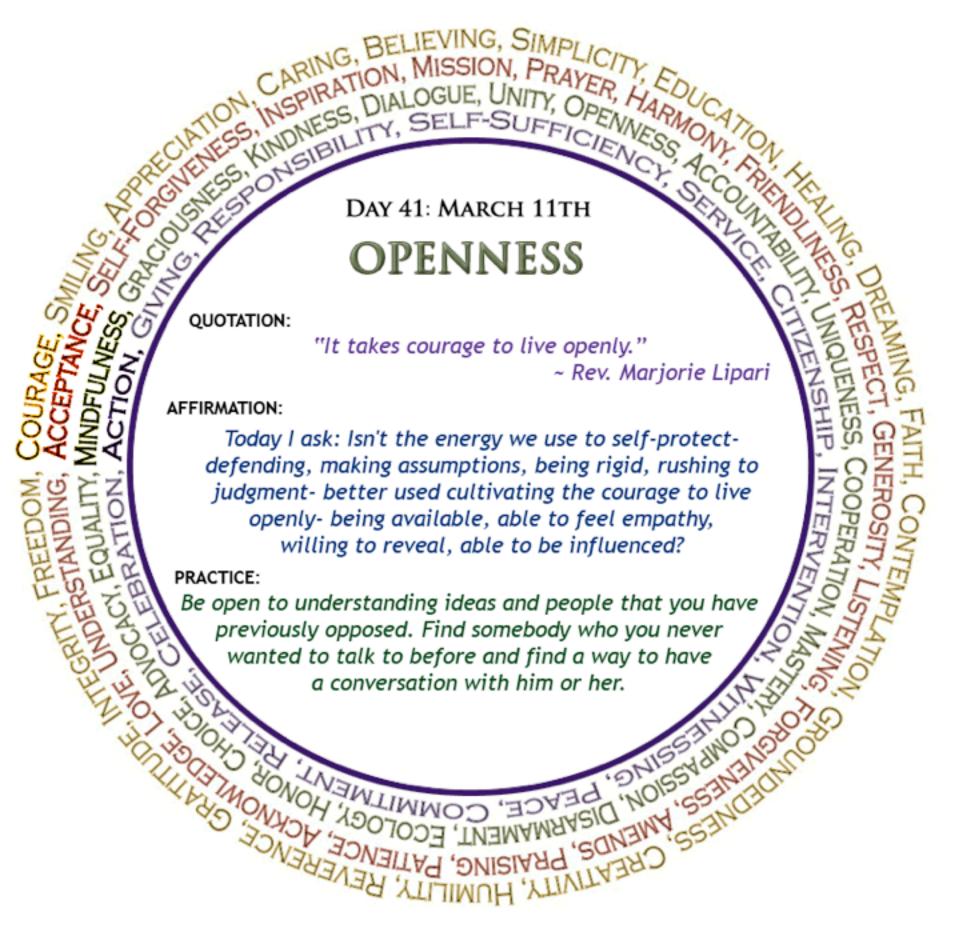
perceived by others.

perceived by others. beace, Patience, Commitment, Ecology, Achievaling, Salue, Oliver, Patience, Commitment, Policy, Charles, Commitment, Patience, Commi CREATIVITY, HUMILITY, REVERENCE, CAMMITMENT, PRINCE, COMMITMENT, HONOW, SANCE, CANCER, CANCER,

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMON, EDUCATION, SPIRATION, MISSION, PRAYER, HARMON, HARMON, SELF-SUFFICIENCY, ACCOUNTING, HARMON, HERWISS, SECOUNTING, HARMON, HERWISS, SECOUNTING, HARMON, SECOUNTI CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, ACCORDING SELF-SUFFICIENCY, ACCORDING SELF-SUFFICIENCY, SECONDARY OF THE SECO UNITY QUOTATION: "So powerful is the light of unity that it can illuminate the whole earth." ~ Bahá'u'lláh AFFIRMATION: The notion of unity does not imply lack of diversity. Rather, it speaks to the threads of connection running through all that is. In light of our differences, I focus on the brilliance of our common fabric today. PRACTICE: Look for three ways to see beyond outer differences in opinions, appearances, or goals. Seek out someone who looks different from you; looking beyond these outer differences you will see is inside and journal about what you have discovered.

You have discovered.

OUTHER SON DISARMAMENT, ECOLOGY, HONOR HANDLAND, HONOR CHEATIVITY, HUMILITY, REVERENCE, CAMMITHENCE, ACHOGING, PATIENCE, ACHOGING, PATIENCE, HONON, HONON,



CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOUNTY, ON ACCOUNTY, SECOUNTY, SECOU CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SPIRATION, SELF-SUFFICIENCS, ACCORDING BILLITY, SELF-SUFFICIENCS, ACCORDING BILLITY

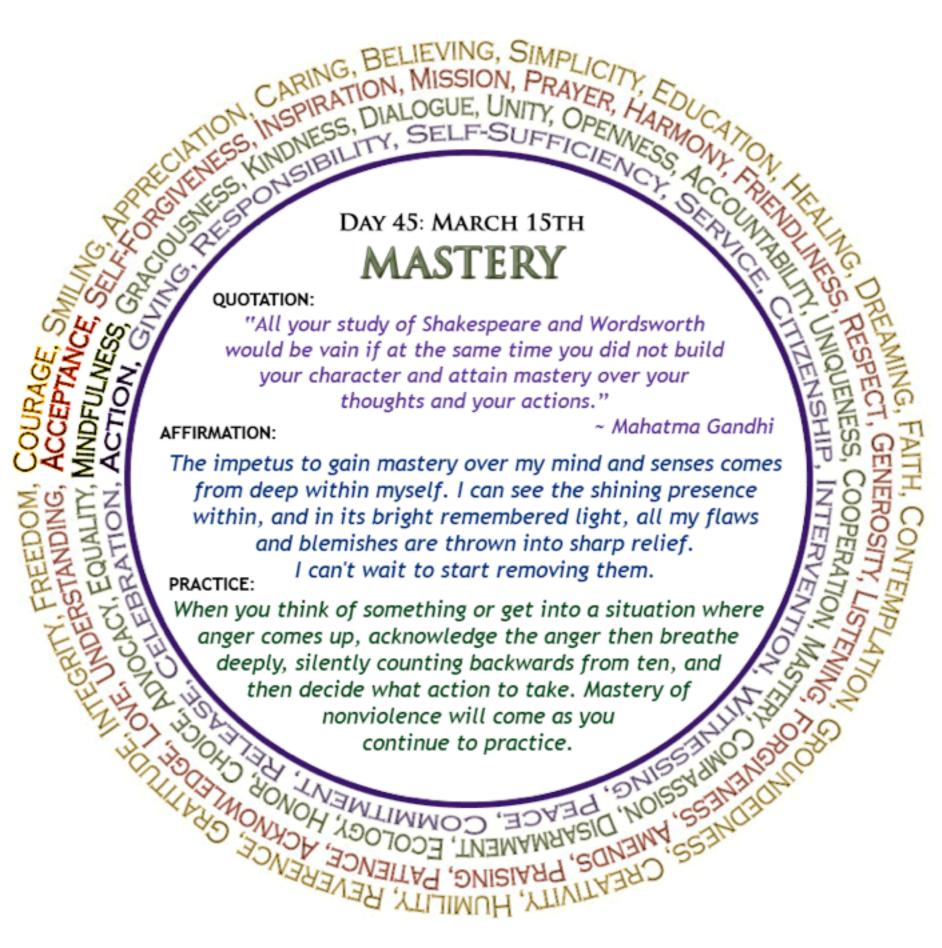
DAY 42: MARCH 12TH

ACCOLINTARILITY ACCOUNTABILITY OUOTATION: "It is not only what we do, but also what we do not do, for which we are accountable." ~ Moliere AFFIRMATION: As adults, we must take responsibility for what we say and do not say, what we do and do not do. It is for each of these choices that we will be held accountable. As I take responsibility for my choices, my words, and my actions today, I am willing to be held accountable. PRACTICE: Be accountable for yourwords today. Make a list of the thoughts you think and the words you speak that are A SOLUTION OF SEALUTION OF THILEMORY ACHORISMAN SOLUTION OF THE SOLUTI CREATIVITY, REVERENCE, COMMITMENT, ACNORATION (CANCE) ACHOON PRAISING, PATIENCE, ACMONITMENT, AC CREATIVITY, HUMILITY, REVERENCE, ACKER ACKERSON, PREASING, PATIENCE, ACKNOPMENT, ECOLOGY, HOMITHEN CANDAINTHEANT, HONOMANTHEN CANDAINTHEANT, PECOLOGY, HONOMANTHEN CANDAINTHEANT, PECOLOGY, HOMITHEN CANDAINTHEN C

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, SPIRATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCY, ACCOUNTY, OPENNESS ON, ACCOUNTY, SECONDARY, SECON CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, ACCORDING SELF-SUFFICIENCY, SECONDARY SELF-SUFFICIENCY, SELF-S UNIQUENESS QUOTATION: "Always remember that you are absolutely unique." Just like everyone else." ~ Margaret Mead AFFIRMATION: No two people have the same constellation of qualities, talents, ideas, feelings, perceptions, etc. Not even identical twins! Today I celebrate my uniqueness and finally stop comparing myself with others. PRACTICE: picture, sing a song, compliment or honor the uniqueness of some know and by doing so, notice the positive impact you make by recognizing their uniqueness.

NOS STANLING OF THE MENT OF T Do something that shows how unique you are. Draw a CHOPPINESS, SON, DEEACE, COMMITTINE NOW, PENERAL CHOCK, HOMILITY, REVERENCE, ACKNOWN, HONDING, PATIENCE, ACKNOWN, HONDING, HONDIN

CARING, BELIEVING, DIALOGUE, UNITY, EDUCATION, MISSION, PRAYER, HARMONTION, SELF-SUFFICIENCY, ACCOUNTY, OPENWESS ON, ACCOUNTY, SECOUNTY, CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, OPENNESS, DIALOGUE, UNITY, OPENNESS ON TON SELF-SUFFICIENCY, SCOOLING, SCOOLIN COPERATION, MISSION, PRAYER, EDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, HARMONTON, SELF-SUFFICIENCS, ACCORDING SOLUTION, SECURITIES CONTRACTOR OF THE SECURITIES OF THE SECURITY COOPERATION QUOTATION: "The only thing that will redeem mankind is cooperation." ~ Bertrand Russell AFFIRMATION: The only way we will make it through is together. Really. Let us cooperate with one another, collaborate with one another, be each other's support systems and cheerleaders today. PRACTICE: Find a very heavy object. Try to pick it up by yourself. Now ask 3 or 4 other people to assist. How did THE SENDEN PRAISING, I MILENCE, ACKNOWN HATTHEN CONDITIONS SUITAND ON THE NATURAL SOLVES AND THE NATURAL SOLVES AN working together with other people help make CHEATIVITY, HUMILITY, REVERENCE, CARENCE, ACKNOW, CANDIDATE SOLOGY, ACKNOW, CANDIDATE SOLOGY, ACKNOW, CANDIDATE SOLOGY, HOMITMENT HONOW, AND CHANDER OF CH





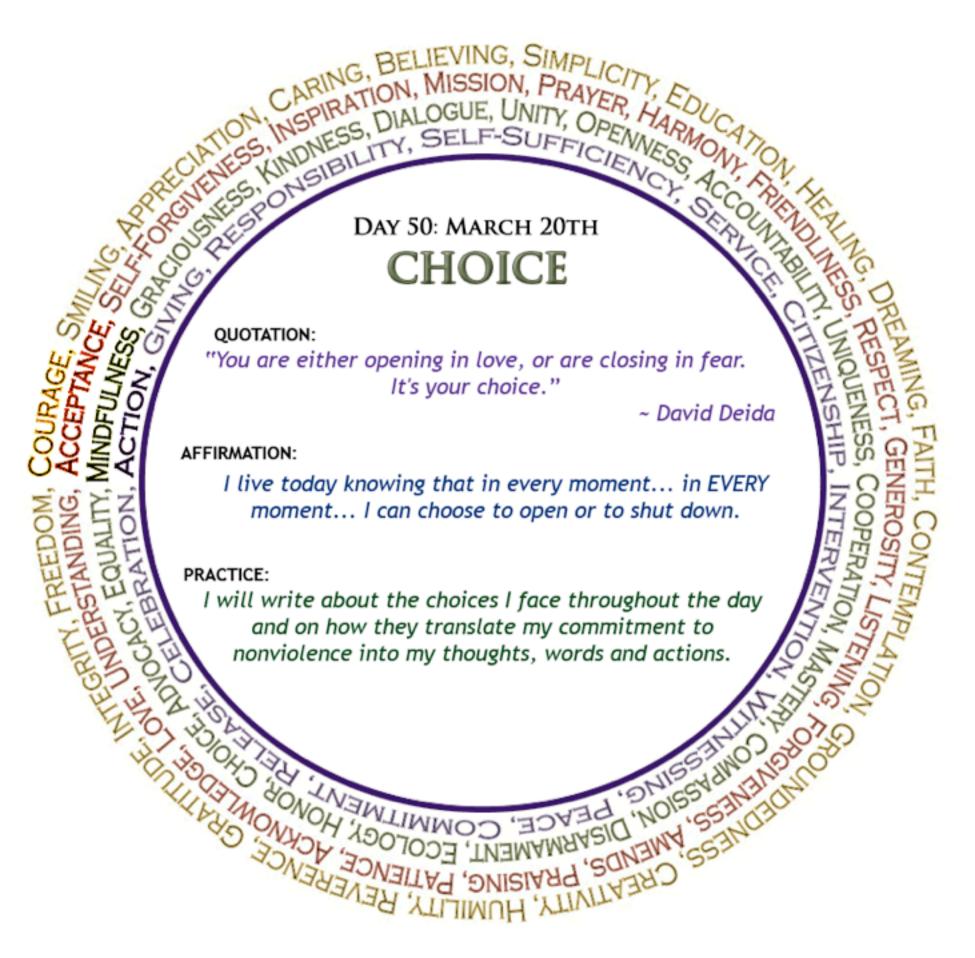
CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SPIRATION, SELF-SUFFICIENCS, ACCORDANGES, WINDNESS, WINDNE DAY 47: MARCH 17TH

DISARMAMENT

DISARMAMENT QUOTATION: "Without inner disarmament, it is very difficult to achieve genuine, lasting world peace." ~ His Holiness the Dalai Lama AFFIRMATION: We cannot achieve peace in our families, communities, countries, or the world unless we disarm from the inside out. Today I lay down my personal weapons of competitiveness, defensiveness, righteousness, sarcasm, negativity..... PRACTICE: Have a conversation with someone today about what the world would be like if there were no weapons, nor any need for them. Define new uses for SHORTH THESS NOW DISARMAMENT, ECOLOGY, HOMILITY, REVERENCE, COMMITTINE NOW WHITH THE SINGLE SINGLE SOLVE SINGLE SINGLE SOLVE SOLVE SINGLE SINGLE SOLVE SOLVE SINGLE SOLVE SOLV

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMON, EDUCATION, SPIRATION, MISSION, PRAYER, HARMON, HARMON, SELF-SUFFICIENCY, ACCORDANGED IN SECONDARY OF SECOND CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMONTON, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, ACCORDING SELF-SUFFICIENCY, SCOOTION, SELF-SUFFICIENCY, SELF-SUFFICIEN **ECOLOGY** QUOTATION: "The first law of ecology is that everything is related to everything else." ~ Barry Commoner AFFIRMATION: Our undeniable interdependence guides me to be mindful of the quality of and consequences for my interactions today. This extends not only to other people, but to animals, institutions, the earth, and the ecology of my own body, mind, and spirit. PRACTICE: Practice recycling by using at least one recycled product and by recycling a product. Reduce, THIRTIES AMENDS, PRAIDING, PEACE, COMMITTINE AND GRANT THE SOLOGY, HORIZING, PEACE, COMMITTING, HORIZING, HORIZING, PEACE, COMMITTING, HORIZING, HORIZING, PEACE, COMMITTING, HORIZING, CREATIVITY, REVERENCE, CREATIVITY, REVERENCE, PRAISING, PATIENCE, ACKNOR, HONDON, HOND GROMENS, PRAISING, PATIENCE, ACKNON, GALLER COMMITTINE NONOWING THE COLOGY, HONDITHE SAINE, PEACE, COMMITTINE NONOWING THE CALL OF CALLER CALL

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMOATION, MISSION, PRAYER, HARMOATION, SELF-SUFFICIENCY, SCONNING, SELF-SUFFICIENCY, SCONNING, HARMOATION, SELF-SUFFICIENCY, SCONNING, HARMOATION, MARCH 19TH CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMOATION, MISSION, PRAYER, HARMOATION, INSPIRATION, SELF-SUFFICIENCS ON ON THE PROPERTY OF THE PR QUOTATION: "It is not our purpose to become each other; it is to recognize each other, to learn to see the other and honor him for what he is." ~ Hermann Hesse AFFIRMATION: Today I contemplate the radical, yet simple idea that I can feel honored only insofar as I honor others. PRACTICE: A simple way to raise your awareness of honoring others is to do so at mealtime. Before each meal today, stop to think about all the people involved with the food you eat and silently say to them, "I honor you." Likewise, THATESS AMENDS, PRAISING, I SUID SSAID CENTRAL CONNERS SING, PEACE, COMMITMENT HONOWARD CANDER CONNERS SING, PEACE, COMMITMENT HONOWARD CANDER CONNERS SING, PEACE, COMMITMENT HONOWARD CANDER CONNERS SING, PRAISING, P bless and honor the earth for its abundance. CHEATINITY, REVERENCE, CARENCE, ACKE, CAMMITMENCE, ACKE, CAMMITMENCE, ACKE, CAMMITMENT, HONOW, ACKNOWN, ACKNOWN CREATIVITY, HUMILITY, MEVERENCE, ACKNOR, GRANTINIAN HONOLOGY, HONO



CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, F. EDUCATION, MISSION, PRAYER, HARMONTON, INSPIRATION, SELF-SUFFICIENCY, OPENWESS ON TON SELF-SUFFICIENCY, SCOTHING, SELF-SUFFICIENCY, SCOTHING, THE PROPERTY OF TH ADVOCACY QUOTATION: "Stand up for what is right even if you have to stand alone." ~ Anonymous AFFIRMATION: I take these words to heart. Today I advocate for what is right and just, even if it is inconvenient, unpopular, or risky to do so. PRACTICE: Be an ally. Without blaming or judging others, listen from your heart, and speak out with love for those who The opposition of the Control of the THE SENDEN PRAISING, I MILEINCE, ACKNOWN THE WOOD ON THE WAY OF THE WOOD ON THE WAY OF THE WAY OF THE WAY OF THE WAY OF THE WOOD ON THE WAY OF THE WOOD ON THE WAY OF THE WAY OF THE WAY OF THE WOOD ON THE WOOD CREATIVITY, HUMILITY, MEVERENCE, ACKER, GRANTINIAN HONOLOGY, HONOL



CARING, BELIEVING, SIMPLICITY
CARING, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HEDUCATION, SELF-SUFFICIENCS, ON TON SIGNATURE SENTING SELF-SUFFICIENCY ACCORDING TO THE SECONDARY OF THE SECONDAR QUOTATION: "Concern should drive us into action, not into a depression." ~ Karen Horney AFFIRMATION: I may not be able to solve world hunger, but I can help feed someone who is hungry in my community. What we are able to do is often a question of scale and proximity. Today I remind myself that small and local actions matter! PRACTICE: Explore actions from the heart you can take today to express your commitment to peace and nonviolence - in both your personal life and in the public domain. Find a way to make one small change that will CREATIVITY, HUMILITY, REVERENCE, CORMITMENCE, ACKNON, HONDILITY, REVERENCE, COMMITMENT, HONOR, HONOR contribute to the well being of your home,

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMOATION, MISSION, PRAYER, HARMOATION, SPIRATION, SELF-SUFFICIENCS, ONLOW, SELF-SUFFICIENCY, SCORRIGHT SELF-SUFFICIENCY, SELF-SUFFI **QUOTATION:** "Giving frees us from the familiar territory of our own needs by opening our mind to the unexplained worlds occupied by the needs of others." ~ Barbara Bush AFFIRMATION: Today I know that as I free myself from the tyranny of "I want," "What about me?" and "That's mine!" I am able to step into someone else's reality; I am able to feel what is needed and give what I have, whether it be time, treasure, or talent. PRACTICE: Clean one source; Chean one sources to a cause that supports and practices nonviolence.

Lecology, Achieva and bractices university of the support of the su CREATIVITY, HUMILITY, REVERENCE, CAMMITMENT HONOR CANDITURES, COMMITMENT HONOR CHOCK CHOCK

CARING, BELIEVING, SIMPLICITY EDUCATION, MISSION, PRAYER, HAPUCATION, MISSION, PRAYER, HARMOATION, INSPIRATION, SELF-SUFFICIENCS, ON SIBILITY, SELF-SUFFICIENCY, SCORIENTERS, ON SIBILITY

DAY 55: MARCH 25TH

RESPONSIBILITY RESPONSIBILITY QUOTATION: "We have the Bill of Rights. What we need is a Bill of Responsibilities." ~ Bill Maher AFFIRMATION: The quality of my community starts with me. Whatever I am today is the result of what I have thought, spoken, and done in all the previous moments before now. The responsibility for both present and future is in my own hands. PRACTICE: Pick up trash that is not your own, whether at home, at the office or on the street. If there is a conflict present in your life, take responsibility CHEATINESS CREATING, PRAISING, PATIENCE, ACKNOS GALLINGS, PRAISING, PATIENCE, ACKNOS GALLINGS, PRAISING, PRAISING, PATIENCE, ACKNOS GALLINGS, PRAISING, PRAI for your part in the conflict. CREATIVITY, HUMILITY, REVERENCE, ACKNOS, GRAITING, HOMMITMENOR, HONOR GRAITING, COMMITMENOR, HONOR CENTRALITY

CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HARMONTON, INSPIRATION, SELF-SUFFICIENCS, ON, ON, MESS, DIALOGUE, UNITY, OPENNESS ON, ON, MESS, WINDHESS, WINDHESS, WINDHESS, WINDHESS, WINDHAM, SECONDARY, SECONDARY CARING, BELIEVING, SIMPLICITY EDUCATION, MISSION, PRAYER, HEDUCATION, INSPIRATION, MISSION, PRAYER, HEDUCATION, INSPIRATION, SELF-SUFFICIENCS, ON TON SELF-SUFFICIENCS, ON TON SELF-SUFFICIENCY, QUOTATION: "Freedom is the greatest fruit of self-sufficiency." ~ Epicurus AFFIRMATION: Self-sufficiency is a prerequisite for freedom, both freedom from and freedom to. However, today I wonder if it may not also be a prerequisite for peace. PRACTICE: Discover the satisfaction of making something for yourself instead of buying something - and from spending time in self-sufficient quiet reflection or meditation. If you know someone who is looking for employment, offer to assist them with a resume, an Superior PRAISING, PATIENCE, COMMITMENCE, ACHOON SPATING, PATIENCE, COMMITMENCE, CO Superior of the Solve of the So CREATIVITY, HUMILITY, REVERENCE, COMMITTING OF CHOOSING, PRAISING, PATIENCE, ACKNOS, ACKNOS, HOMILITY, REVERENCE, COMMITTING OF CHOOSING, PRAISING, PRAISING

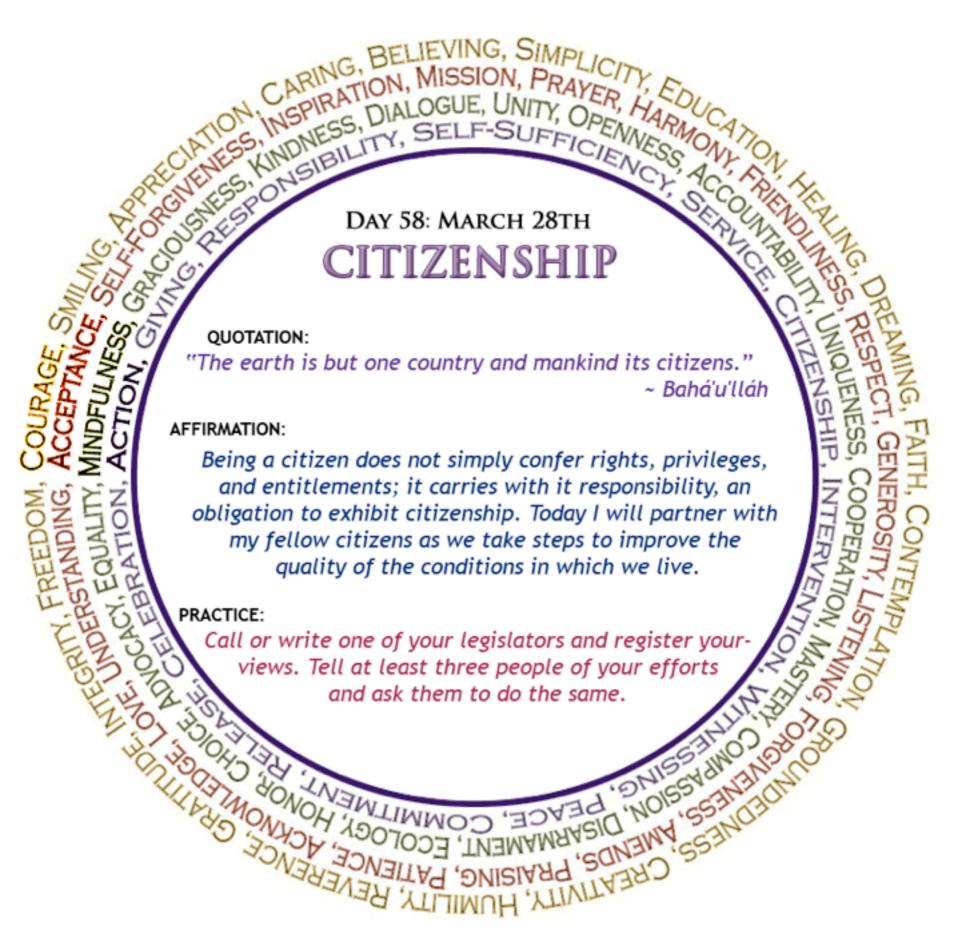
CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, F. EDUCATION, MISSION, PRAYER, HARMONTON, SELF-SUFFICIENCS, ONLOW, SELF-SUFFICIENCY, SCOTHING, SELF-SUFFICIENCY, SCOTHING, SERVICE

RECURSION OF THE SERVICE

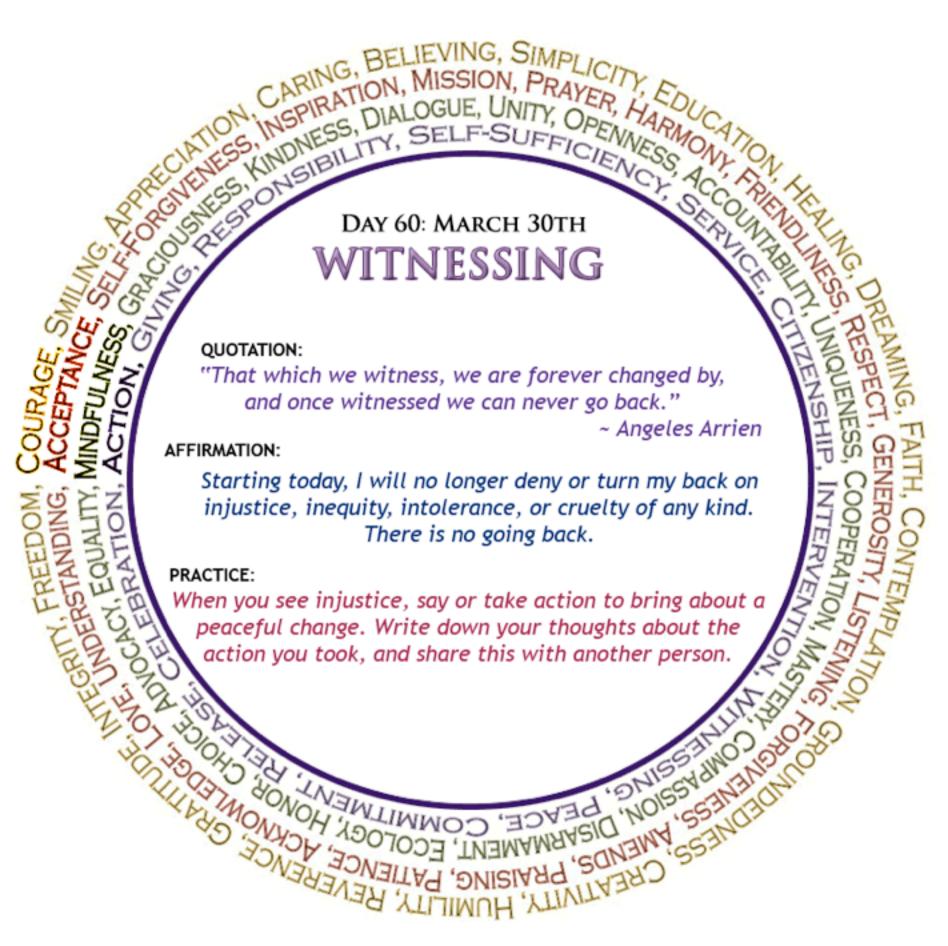
SERVICE

SERVICE SERVICE QUOTATION: "The only ones among you who will be really happy are those who will have sought and found how to serve." ~ Albert Schweitzer AFFIRMATION: Being useful to others without seeking anything in return is the essence of what is known as seva, or selfless service. Today I make myself happy by doing some form of seva. PRACTICE: Volunteer a minimum of two hours this week with an organization of your choice and share your commitment Separation one person. Do one thing today to help some some person. Do one thing today to help some work, or in your community, and then write a paragraph about the experience.

Separation of the person of the pe



CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HARMONTON, INSPIRATION, SELF-SUFFICIENCY, OPENNESS, NY, ON SELF-SUFFICIENCY, ACCOUNTY, OR SELF-SUFFICIENCY, SECONDARY, SE CARINON, MISSION, PRAYER, HEDUCATION, MISSION, PRAYER, HARMON TION, INSPIRATION, SELF-SUFFICIENCY, ACCOMPLY, ACCOM INTERVENTION QUOTATION: "I am a big believer in early intervention." ~ Temple Grandin AFFIRMATION: Today I prevent a situation from escalating or deteriorating by stepping in, taking a stand, and speaking the truth. PRACTICE: Have the courage to intervene in a caring way with someone who is using alcohol or drugs. Through your honest, straightforward, and nonviolent communication, Set sober and free from Spannon States, Committee, Achae, Cherry, PRAISING, 1 ALIENCE, ACHAE, School and Spannon States, Committee, CONGULTINESSING, PRAISING, PATIENCE, ACKE, COMMITMENTONO WITH A CONTRACT OF COMMITMENT HONO WITH A CONTRACT OF COMMITMENT HONO WITH A CONTRACT OF CONT CREATIVITY, HUMILITY, MEVERENCE, ACKER GRAINLY, HUMILITY, HONOW, GRAINLY, HONO



CARING, BELIEVING, SIMPLICITY, EDUCATION, MISSION, PRAYER, HARMOATION, MISSION, PRAYER, HARMOATION, INSPIRATION, SELF-SUFFICIENCS, ON SUPPLICITY, SELF-SUFFICIENCY, ACCORDING TO A SUPPLICITY OF THE SELF-SUFFICIENCY OF THE S QUOTATION: "Without peace within, peace in the world is an empty wish." ~ Paul Ferrini AFFIRMATION: For the sake of my family, my community... for the sake of peace in the world, today I make inner peace my highest priority. PRACTICE: Choose to meet each experience with an intention for peace. Be aware of any feelings of anger or irritation and CREATIVITY, HUMILITY, REVERENCE, COMMITTY, REVERENCE COMMITTY, HUMILITY, REVERENCE COMMITTY, HUMILITY, REVERENCE COMMITTY, HUMILITY, HUM replace the feeling with calm. Envision any areas of

COMMITMENT COMMITMENT QUOTATION: "Commitment is healthiest when it is not without doubt but in spite of doubt." ~ Rollo Mav AFFIRMATION: Our commitment is needed most in the face of what is difficult or risky or unpopular, situations that by their very nature, inspire doubt. Today I understand that my commitment actually means the most when I have doubts and commit anyway. PRACTICE: Identify what you are willing to do as a consequence of your commitment to nonviolence. Clarify and affirm REAL CHERS, PRAISING, TATIENCE, ACKER, ACKER your personal commitment to nonviolence by CHENTIVITY, HUMILITY, REVERENCE, CREATIVITY, HUMILITY, REVERENCE, PRAISING, PATIENCE, ACKNOWN GARAININESSING, PEACE, COMMITMENT HONOWITHEN GARAINING, CANDING, PRESING, PEACE, COMMITMENT HONOWN GARAINING, CANDING, PRAISING, PEACE, COMMITMENT HONOWN GARAINING, CANDING, PRAISING, PEACE, COMMITMENT HONOWN GARAINING, CANDING, PEACE, COMMITMENT HONOWN GARAINING, CANDING, PEACE, COMMITMENT, CANDING, CAN



