

# 'SELF' Express . . . . .

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*The fastest way to wholeness*

## I AM NOT MY THOUGHTS!

I am so much larger than my thoughts - My THOUGHTS ARE 'TOOLS' FOR ME TO USE.

I reside within my UNIVERSAL SELF, that part from which we are all created - SOURCE energy.

I Am the CHOICEMAKER - I am able to choose my thoughts moment by moment every day of my life.

We are all TOTALLY CONNECTED and EQUAL in this place.

UNITY can be experienced here

I choose to ALLOW this part of mySELF to take control - I choose SELF-ACCEPTANCE

I choose to LOVE this part of mySELF with acts of kindness - I choose SELF-RESPECT

I choose to RECOGNIZE this part of mySELF within everyone I meet - I choose SELF-AWARENESS

I CHOOSE TO PUT ASIDE MY THOUGHTS which reside in the past & future.

And come into the PRESENT MOMENT where my heart resides

So I can FEEL - So I can be TRULY OPEN - So I can

# LISTEN

With my WHOLE BODY

To everyone I meet!

Lets make a RIPPLE OF CHANGE by LISTENING to each other,  
NOT from our conditioned minds but from our open HEARTS.

We can do this SIMPLY and DELIGHTFULLY with the tools of

BREATH & ATTENTION

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