THE PRINCIPLES OF DEVELOPING A POSITIVE ATTITUDE

1) A basic truth in Developing a Positive Attitude is that the essence of our being is love.

2) Health is inner peace. Healing is letting go of fear.

3) Giving and receiving are the same.

4) We can let go of the past and of the future.

5) Now is the only time there is, and each day we work on developing and maintaining a Moral and Ethical character.

6) We can learn to love others and ourselves by forgiving rather than judging.

7) We can become love finders rather than fault finders.

8) We can choose and direct ourselves to be peaceful inside regardless of what is happening outside.

9) We are students and teachers to each other.

10) We can focus on the whole of life rather than the fragments.

11) Since love is eternal, death need not be viewed as fearful.

12) We can always perceive others as either extending love or giving a call of help for love.

When we develop a Positive Attitude, we affirm that we are responsible for our thoughts and whatever feelings we experience. Developing a Positive Attitude encourages us to re-examine our relationships, bringing them into the present by releasing past judgments and grievances.