

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.