



# Feeling Good Program

for tweens & teens

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# Introduction

We all want to feel good and yet often when looking for ways to accomplish this we find solutions that make us feel bad, instead of great. We make momentary decisions for short term pleasures that lead us to a path of long lasting pain. We will always encounter problems from living in this world. Therefore, the most empowering thing we can do is develop the ability to deal with these problems in a constructive and intelligent way.

Being aware of our own good qualities is the first significant step to self empowerment. Most of the time we are not thinking of how wonderful we are. We tend to spend more time concentrating on our faults rather than our qualities; what is wrong with us instead of what is right. All of us dream of things being different, of manifesting more successes, such as having more joy, love and victories in our daily lives. The truth is these dreams are birthed from and dependent upon our ability to experience decisions that leave us feeling good about ourselves. When we live each day focusing on our good emotions, we end up feeling so much better. Our self-esteem rises and all of a sudden, we begin to know that, whether it happens or not, we deserve the very best of everything.

This program helps guide us to our goodness. It teaches us how to transform negative thought forms and feelings, be it about ourselves or another, into positive thought forms and feelings. The real empowerment is that as we change ourselves, we change the world.

We use the word Key to unlock and unblock.

# Transforming Negative Feelings

Feelings, when mismanaged, are the reason for most of the traumas in our individual and collective world. Our pain is caused from our wounds and is solved from our wellness. In order for us to transform our negative feelings, we must be able to name them so that we may tame them.

There is no shame in having negative, horrible feelings; it is what we do with them that counts. We need to use these feelings because they let us know when something is out of place. No one can escape the challenges of difficult feelings, therefore the sooner we train ourselves to deal with them, the better chance we have of manifesting the healthy, happy life we yearn for.

We are what we feel and we relate in the way we express. When we finish this program, we will have a better understanding of ourselves and our emotional triggers. We must remember that all of our mistakes are just an opportunity for us to grow. It is when we keep making the same mistake over and over again, that we must stop, listen and learn. From that knowledge and experience, we will transform what was previously our problem into our personal empowerment.

*Our motto:*

*Name the feelings – Claim the feelings – Tame the feelings – Aim the feelings.*



# Forgiving

## I feel forgiving

*Forgiving: merciful, charitable, compassionate, pardoning.*

Forgiveness is the manna for a peaceful life. It unlocks all doors to the subconscious and awakens us to our limitless potential. The most generous gift we can give to ourselves is our ability to forgive. It softens all hardness, whether that be in ourselves or another. The more we forgive, the safer we are. The happiest relationships are the union of two forgivers. When we forgive, we forego all heaviness so we are totally free to fly.

## ~ Transformed From ~

## I feel resentful

*Resentful: showing displeasure, showing indignation, feeling offended or abused.*

Resentment hardens the heart. Unfortunately, it births a selfishness and self-indulgence, which becomes the death of our happiness and joy. Resenting something or someone is a poison that must be cleaned out. We have a responsibility to ourselves not to be a carrier of this disease. To clean is to clear; therefore, the only way to heal resentment is through forgiveness. We then create an energy of “rising above” and “going beyond”. We come to believe that problems arise in our lives because we need their lessons.

**Remember:** As resentment is an earlier hell, forgiveness is an earlier heaven.

# Forgiving

Forgiveness is a freedom and an attribute of strength. Only the weak cannot forgive. When we get hurt over something, which we inevitably will, the wisest thing to do is strive to reach a point of forgiveness. Forgiving someone should not be rushed; otherwise our anger and resentment will rear its head again. Our thoughts and emotions need to be examined, considered and then cleared. When we do not have the need to be “right” about something, forgiveness comes more easily. All problems arrive with their gifts. From them, we grow, learn compassion and develop our wisdom.

There is another gift that comes from being able to forgive another easily. We begin to forgive ourselves more easily. We all make mistakes; it is unavoidable. These errors come as teachers, to show us better ways of handling life situations. A mistake is an opportunity for change and transformation. It is when we keep making the same mistakes over and over again that we need to stop and take a good look at ourselves or another.

Resentment comes with a big price. We end up behaving cold, mad and our hearts close down. This creates another problem, which in turn creates another problem and before we know it, *hate* becomes our way of life. Therefore, it stands to reason that when a difficulty arises, we need to think it out, clear it out and clean it out. This leads to a comfort, which leads to a joy, and before we know it, *love* becomes our way of life.

*To forgive too quickly is silly; but to not forgive is stifling.*

# Key F

1. What is the line from the lesson that meant the most for you?

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2. Make a list of the people you are angry with and you have not forgiven, including yourself.

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3. Create ways as to how to forgive those people, including yourself.

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4. Make a list of anyone who has not forgiven you, and think of ways to communicate with that person to better the situation. If they deserve an amends, make certain to give it.

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# Key F

5. Make a list of mistakes you have made that you commit to not making again.

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6. Who is in your life that you feel is a great example of forgiveness, and explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **forgiving** or how they were **resentful** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Embracing

## I feel embracing

*Embracing: to include, to avail oneself, to encompass, to hold.*

Our higher knowledge and intelligence is stimulated from our ability to embrace all walks of life. When we examine, when we are open, when we expand our awareness, we are in fact embracing all life's lessons and offerings. We then become one with the limitless opportunities that are sent from the great Universe.

## ~ Transformed From ~

## I feel rejecting

*Rejecting: not believed, cast off, passed over, discarded.*

Rejection feels like a knife wound to the heart. It leaves us feeling unwanted, disrespected, dishonored and unloved. However, we do have the choice to change our views. When we are not at the whim of what others think, we develop within ourselves a knowingness of our own self-respect and self-worth. There is so much competition on this earth plane. Competing is extremely challenging because there is always a loser, whereby someone is always rejected. Cooperation, on the other hand, creates a winning space for all, whereby everyone is honored for their unique role.

**Remember:** In truth, rejection can sometimes be a divine intervention because unbeknownst to us, we were on the wrong path.

# Embracing

Embracing something or someone is a statement of our courage. Opportunities come in all size packages and sometimes they are hidden beneath something else. Therefore the wisest things we can do, as long as it is not harmful, is to embrace people, places and things that are offered to us.

Rejecting something or someone before we know what it or they are about comes from a place of fear. It is this small voice within that keeps us from being open-minded and open-hearted. Being afraid inevitably gets us to stop caring and start criticizing.

Everyone who comes into our life comes in for a special reason. We will always learn something about our self through relationships. When someone does something harmful or difficult, the smartest things we can do is study it and try to understand it. Even if we decide that we want to remove ourselves from a person or situation, it is important to understand why we feel the way we do. Then our decisions become the road to funding our wisdom instead of feeding our wounds.

We, as a society need to establish better ways of caring. We have become too cold and critical. Judging and rejecting another has become so easy and loving another has become so hard. We are losing our innate ability to feel compassionate and empathetic. The faster we develop our ability to care about all our fellow travelers, the more quickly we will create a more loving world and a more serene life in which to co-exist.

*Embracing your life is facing your feelings, tracing your motives,  
erasing your judgments and chasing your dreams.*

# Key E

1. What is the line from the lesson that meant the most for you?

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2. Do you feel you embrace people and situations, if so, how?

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3. Do you feel you reject people and situations quite often, if so, why?

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4. Make a list of where you feel rejected and by whom. How do you handle rejection?

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# Key E

5. How do you show you care?

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6. Who is in your life that you feel is a great example of caring, and explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **embracing** or how they were **rejecting** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Enthusiastic

## I feel enthusiastic

*Enthusiastic: exalted, eager, excited, divine will.*

Enthusiasm is the fire that gives power to any endeavor. The word enthusiastic is derived from the Greek word “enthu”, which means “in God”. When we are enthusiastic, we are in a state of oneness with the Universe and all its limitless potential. We are released from all entrapments. We have activated our divine spark, our uniqueness, our individuality, our purpose, our reason for being. We are IN LOVE!

## ~ Transformed From ~

## I feel apathetic

*Apathetic: lack of interest, lack of emotion, listless, indifferent.*

If we don't stand for something, we stand for nothing. Most people believe that the problems are too big and that they are too small to make any difference. This is the root of apathy. It is true that we cannot change all situations. We certainly cannot change another person, but what we can do is change ourselves. We can no longer afford indifference. If everyone would put an intention on helping someone or something each day, we would eliminate hunger, spiritual poverty and war. A one hundred foot redwood tree starts with but a tiny seed. Know that we can be that seed. Sometimes, when we consider what tremendous successes come from little things, we realize that, in fact, there are no little things.

**Remember:** We must not let others invade our sense of purpose.



# Enthusiastic

Enthusiasm is the cheerleader for every situation. It is a fire that says, “I refuse to be extinguished.” When we feel enthusiastic about something, we lead the way for ourselves and others. When we feel defeated about something, yet stay enthusiastic, more often than not, triumph is right around the corner.

We carry the matchstick for the still undeveloped potential.

Today’s impossibilities become tomorrow’s reality when our efforts are fueled by enthusiasm and passion. We all have divine sparks within us that are waiting to be ignited. When we feel enthusiastic about something, we are, in fact, the match bringing that something to the light. In return, we receive the gift of feeling energized and excited. These feelings have the ability to carry us through all the potential difficulties of discontent and worry, or any other difficulties that may arise.

Feeling inspired and passionate are twin souls to feeling enthusiastic. Together they birth our creativity and productivity. When we realize that nothing has to go right for us to maintain our enthusiasm, it is then that we realize our enthusiasm is what will indeed make everything right. Our dull days are over and our depressed feelings are finished.

People do not realize that our enthusiasm is linked to our inner strength. It is a statement of our determination to keep something alive. When we love what we do, or who we are with, our dark feelings are extinguished by the light shining brightly from within us. When we feel inspired, we feel connected. When we feel passion, we feel alive. When we feel enthusiastic, we feel empowered. Our empowerment comes from our knowing that we have found the path for our heart’s desires and yearnings.

*Being enthusiastic comes from being inspired,  
passionately wired and definitely not tired.*

# Key E

1. What is the line from the lesson that meant the most for you?

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2. What do you feel the most enthusiastic about and why?

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3. Do you complain and whine a lot, if so, why and how can you transform it?

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4. When you feel depressed about something can you find something to feel enthusiastic about that will help the depression disappear, explain.

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# Key E

5. Make a list of what inspires you?

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6. Who is in your life that is a great example of enthusiasm, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **enthusiastic** or how they were **apathetic** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Loving

## I feel loving

**Loving:** *fondness, heartfelt regard, to delight in, to take pleasure in.*

Love is the yearning or outgoing of the soul towards something that is regarded as wonderful and wondrous. In its full sense, it denotes something deeply spiritual. Love is everything and without it we are nothing. One single act of love bears the imprint of heaven on earth. Stay loyal to love; it leaves an indelible mark of mastery on our life's record. Quite simply...be loving – be loved.

## ~ Transformed From ~

## I feel hateful

**Hateful:** *intense aversion, animosity, malignity, detesting.*

Whatever we put out, we will get back. So we must be careful about the feeling of hate because it surely will be returned to us. Don't denounce it, but don't announce it. This negative passion can certainly spur us on to making a difference. After all, there are many detestable things happening in this world, such as child abuse, animal abuse, planet abuse and government abuse. The holiest place is where a hatred becomes a love. Our hatred of something can become the catalyst for us creating something wonderfully loving.

**Remember:** Let's have our hate become the bait to change someone else's or our own horrible fate.

# Loving

*Love is an amazingly interesting thing  
If served up properly, it makes your heart sing.  
But somehow, it seems along the way  
We lost love's real meaning, how sad to say!*

*We forgot that love is an action – not a word  
To think otherwise is really absurd.  
We spend a lot of time not giving love a thought  
Too busy buying things, when love cannot be bought.*

*Love is simply kindness, truth, respect and purity  
Safety, enthusiasm, understanding and sincerity.  
Remember, we always have an inside mentor  
Because love is the core that lives in our center.*

The power of life is in the power of love. Love is the most important thing in the world and yet often it is the most challenging feeling to keep. Love is a word that is thrown and tossed around like a ship in troubled waters. So often people say they love each other and then treat each other with such disrespect, which causes hurt and harm. Love is the exact opposite of hurt, it is heart, it does not harm, it helps. Loving is compassion in action.

When we love ourselves we love others better and when we love others well, we love ourselves more. When we take the time to feel concerned for another's circumstances, instead of criticizing or resenting them, when we take the time to be aware of what another might be feeling, instead of being selfish and self-involved, when we take the energy to show another our caring, even when we do not feel like it; we can mightily say, "we know how to love." Many people are fearful of love because they are afraid of getting hurt. However, it is better to have loved and been hurt than not to love at all. Our vulnerability is our strength, not our weakness. There is nothing more rewarding than at the end of the day to be able to say...I have loved well because loving triumphs over everything.

# The Love Garden

## Feeling Generous

Love cannot seed without it.

## Feeling Grateful

Love cannot germinate without it.

## Feeling Loyal

Love cannot be rooted without it.

## Feeling Caring

Love cannot grow without it.

## Feeling Kindness

Love cannot blossom without it.

## Feeling Respectful

Love cannot be watered without it.

## Feeling Conscious

Love cannot be tended without it.

## Feeling Honest

Love cannot live without it.



*A life without love is like a garden without flowers.*

# Key L

1. What is the line from the lesson that meant the most for you?

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2. Write five things that love means to you.

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3. Write three difficulties that you have in feeling or expressing love.

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4. Which of the feelings in the Love Garden do you have the easiest time with and which do you have the hardest time with?

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# Key L

5. How do you plan to be more loving, with whom and how?

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6. Who is in your life that is a great example of love, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **loving** or how they were **hateful** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Imaginative

## I feel imaginative

*Imaginative: inspired, inventive, envisioning*

To feel inspired is our imagination meeting our purpose. It ignites our spark and infuses us with hope and happiness. Our imagination is our invitation to our universal connection. This is the awakening of the divine genes that live within us. Feeling inspired is the direct passage that bypasses the mind and kindles our creativity. When inspired...we never feel tired! Remember, life can be what we imagine it to be.

## ~ Transformed From ~

## I feel bored

*Bored: dull, uninteresting, weary, monotonous.*

Many times, when children feel depressed, they express it by saying they are bored. Similarly, when adults feel hopeless, they express it by saying they are bored. Boredom comes from despair. It is a statement of, “What’s the use? Why bother? Who cares anyway?” The negativity that is fed to us each day certainly does not help. The news media, films and television programs strip us of our vibrancy, our vitality and our vigor. Therefore, we truly need to shift the focus to ourselves and our own life. We ALL have gifts and it is our responsibility to bring those unique gifts to the world. It is of the utmost importance that we source our purpose for being here. We are privileged souls, lucky to be in the world at such an opportune time in history.

**Remember:** Be an eagle that is soaring, not a human that is boring.

# Imaginative

Dreams are birthed from imagination. Most successes were seeded from someone imagining it. There is nothing worse than the feeling of boredom. It leaves us feeling listless, confused, dull and drowning. Whenever we feel bored, we automatically need to think of something that will bring us happiness. It could be as simple as walking in nature or as complex as building an empire. Thomas Edison imagined the light bulb when he was young. It took many years and five thousand attempts before he succeeded. Joan of Arc was only 12 when she dreamed of saving France. She accomplished this by age 17. Most of what we have in the world today was imagined by one person at one time. Whatever we can conceive, we can achieve.

Our world does not encourage big imaginations because we are too attached to instant gratification. However, it is up to each and every one of us to push ourselves to be creative and imaginative. We must not curb ourselves. Our creative imagination can take form in art, our dress code, our room or anything else we can think to put our unique stamp on.

The possibility of failure should never stop us. Those who try and fail are far better off than those who fail to try. We need to be equally proud of what we do not do well as what we do well. When we learn to love things that we are not great at as much as things we are great at, we become a sterling example of enthusiastic involvement coupled with humbleness and humility. Who would have ever imagined fifty years ago that we would be walking on the moon or that we could fly across the world in 10 hours or that we would communicate through a computer or that we would have cell phones? To imagine is to give an image to a thought.

*Imagination is the one thing that will keep us from stagnation.*

# Key I

1. What is the line from the lesson that meant the most for you?

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2. Where do you use your imagination the most, explain?

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3. If you get bored, how will you better handle it?

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4. What is your biggest dream?

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# Key I

5. What do you think stops you from dreaming or imagining?

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6. Who is in your life that is a great example of imagination, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **imaginative** or how they were **bored** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Nice

## I feel nice

*Nice: kind, pleasant, agreeable*

“I shall pass through this world but once  
Therefore any good I can do or  
Any kindness that I can show  
Let me do it now  
Let me not defer it nor neglect it  
For I shall not pass this way again.”

*-Mahatma Gandhi*

## ~ Transformed From ~

## I feel mean

*Mean: rough to the senses, disagreeable, irritating, hard.*

Meanness is rough sandpaper to the soul. Feeling whole is when our personality and our soul walk hand in hand. The soul knows nothing of being mean and cruel. It stems from an entity outside of ourselves. This usually is triggered from the feeling of “being taken advantage of”. However, when we realize nothing has to go right for us to be okay, then no one can steal our harmony. We develop a power that knows no barriers and has no intimidating beliefs.

**Remember:** Better to leave mean words unspoken than to have to mend the hearts they have broken.



# Nice

Meanness is a character defect that we need to try and eliminate from our daily life. A wise master once said, “Cruel words once spoken cannot mend the heart they have broken.” When we are nice, it means we have chosen to take the “high” road. We all have wounds and we all have been injured and hurt. Therefore it is up to each one of us to assist another to heal and feel better. To quote Gandhi, “An eye for an eye will just make the whole world blind.” A complimentary word can transform a person’s viewpoint, whether it be about themselves, their life or the world we live in. As we help them, we help ourselves.

When we are mean, we hurt two people, the person we were mean to and ourselves. When we are cruel, more often than not, we end up not liking ourselves even more than we do not like the other person. Being nice to someone feeds our empowerment. We feel good, we then feel worthy.

It takes so little to make another happy. We all need this kind of boost. A universal belief is that whatever we put out, we get back. Therefore, the kinder we are to others, the more kindness will be returned to us.

There is never an excuse to be mean. That feeling is something we need to control. We all have our problems and we can never feel that it is acceptable to take it out on someone else. Every minute, whether we know it or not, we make an instant decision on how to react or respond to what is happening in our lives. The more we source our internal injuries and heal them, the easier it is for us to be kind, generous and nice. Our problems are then solved from a place of wisdom and centeredness.

*Being mean comes with a terrible price, so do yourself  
a favor and be wonderfully Nice.*

# Key N

1. What is the line from the lesson that meant the most for you?

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2. When have you been mean and how do you plan to prevent this from happening again?

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3. Where do you feel you have been nice and what have been the results?

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4. Are you a complimentary person, if not, why?

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# Key N

5. Do you make amends when you have been mean or cruel to someone, if not, why?

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6. Who is in your life that is a great example of niceness, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **nice** or how they were **mean** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Gentle

## I feel gentle

*Gentle: noble, considerate, generously inclined*

Being a steward of life is living gently. Gentleness is the one attribute that can diffuse any harsh situation. When in doubt or confusion, think gently, speak gently and behave gently. The gentle word, more often than not, turneth away anger. It is like water to a fire. In olden times a gentle knight was known as a chivalrous knight because his kindness was considered extremely noble. There is no accident that we are called....gentle-men and gentle-women.

## ~ Transformed From ~

## I feel harsh

*Harsh: rough to the senses, disagreeable, irritating, hard*

Harshness is rough sandpaper to the soul. Feeling whole is when our personality and our soul walk hand in hand. The soul knows nothing of being hard and cruel. It stems from an entity outside of ourselves. This usually is triggered from the feeling of “being taken advantage of”. However, when we realize nothing has to go right for us to be okay, then no one can steal our harmony. We develop a power that knows no barriers and has no intimidating beliefs. We awaken the gentle giant that lives within us.

**Remember:** Better to leave harsh words unspoken than to have to mend the hearts they have broken.

# Gentle

To be gentle is to be calm and calmness is transformative. Staying calm helps us avoid calamity. Most of the time, we meet anger with anger, resentment with resentment, which is like adding fuel to a fire. When these feelings come up, if we each would take a moment to settle ourselves and think things out, then we would be responsive instead of reactive. Gentleness comes from our heartfelt feelings. It demonstrates evolved thinking. This does not mean that anger does not have its rightful place. However, anger, when expressed calmly and gracefully, usually creates more successful results. The expression 'even-tempered' addresses this way of communicating.

A wise teacher said, "For those who are never angry are worth little, for those who lose their temper.....are worthless." Our reactive nature usually reveals itself harshly and crudely. As we develop our conflict resolution skills and better understand our feelings, this reactive nature can be tamed. Controlling and managing our difficult feelings caused by our problems, is a sign of developing the part of ourselves that is very intelligent. It comes with the knowledge that it is better not to be noticed than to be noticed negatively. We then begin to eliminate things and people who create chaos in our lives and we keep the things and people that bring us happiness and calmness.

Gentleness is associated with the lamb and the dove. Both of these species are extremely special because both are extremely caring to their mates and families. Doves spend hours grooming each other and once paired, commit for life. Let us live as lambs and fly like doves. This will assist the world in becoming a more loving and compassionate place in which to co-exist.

*It is no accident that we call ourselves Gentle-men and Gentle-women.*

# Key G

1. What is the line from the lesson that meant the most for you?

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2. Do you speak gently most of the time, if not, why?

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3. Do you find it easy to lose your temper, if so, why?

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4. Do you feel you can teach yourself to be calm; if so why, if not why?

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# Key G

5. Is there someone who you have been harsh with that you need to make amends to?

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6. Who is in your life that is a great example of gentleness, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **gentle** or how they were **harsh** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.





Generous

## I feel generous

**Generous:** *bountiful, chivalrous, free, magnanimous*

Beautifully, giving is its own reward. It is the acknowledgement of our enlightenment; our love put into action. In the life of the generous, funding is always available. Our childlike behavior is put away and our chivalry is awakened. Every time we care, we extinguish indifference. Generosity produces a wave of wellness, whereby our goodness is focused on the good for all.

## ~ Transformed From ~

## I feel selfish

**Selfish:** *caring for one's own interest only, self-indulgent, self-involved, narcissistic*

To be selfish is to be sinful. This is what has created our world of “haves” and “have nots”. With the incredible amount of abundance on this earth plane, there is no reasonable excuse for hunger of any sort. Blessings must be shared, not owned. To give unselfishly is to coat the world with a vibration of victory. The truly generous realize that we ensure our divine destiny by what we give, not by what we get.

**Remember:** Being selfish creates a sea of sorrow, where there is no solace.

# Generosity

Generosity is the one thing that can eliminate needless suffering. There is an imbalance in our world that needs to be addressed and no one is too young to address it. There is enough money in the world to end all senseless deaths from hunger and thirst. The reason we have these terrible events happening is because of selfishness and lack of generosity.

When we replace selfishness with generosity, everything comes out divinely right. Sharing is the solution that can solve all problems. Everyone needs to be an example of this kind of goodness. Selfishness convinces us that there is not enough for everyone and we come from a place of scarcity – “scarcity”. In fact, there is more than enough for everyone and everything. We live in a world of complete abundance.

Being generous is honorable and noble. It means we care about what is happening to another. We show our gratitude for what we have by sharing it with someone who is less fortunate and does not have enough. In truth, every time someone is in need, they are giving us an opportunity to be a better, kinder person. There is no greater feeling than to serve something that is greater than ourselves.

Having the chance to right a wrong is one of the best experiences that can happen in our lives. It means we are the seed of change and the tree of transformation. The reward of giving is the ability to give. When we give, we become the miracle that someone else was waiting for. This responsibility makes our life serene and sacred.

*Being generous is being someone else's good luck.*

# Key G

1. What is the line from the lesson that meant the most for you?

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2. Are you generous by nature, if not, why?

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3. How does your selfishness show up?

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4. Do you like to help someone else, if not, why, if yes, why?

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# Key G

5. What hurts you the most from the world's problems, explain?

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6. Who is in your life that is a great example of gentleness, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **generous** or how they were **selfish** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Outgoing

## I feel outgoing

**Outgoing:** *expansive, unreserved, demonstrative*

Most people think outgoing means extraverted, which can be the definition. However there is another meaning for outgoing. It can mean going out.... going out of our way to notice someone who needs our help, or something that needs to be addressed. We go out of our own comfort zone in order grow and transform, not only ourselves, but our world. When we are outgoing, we find our purpose and not far behind can be our happiness and fulfillment.

## ~ Transformed From ~

## I feel isolated

**Isolated:** *detached, separated, set apart from, alone*

It seems as if we are all in this together....separated. Each one of us has our own mission, purpose and destiny and yet if we do not join and intermingle, we will never find it. We must constantly search for ways to unite with our fellow man. One can go alone, but one cannot grow alone. Relationships are our greatest teachers. People are brought to us not to change us but to give us an opportunity to change. They are our education that takes us to a better understanding of who we are and why we are here.

**Remember:** To isolate is to not relate; to not relate seals a lonely fate!

# Outgoing

When we are outgoing, it usually means we are easy to get along with and love sharing activities and ideas. Outgoing people do not concern themselves with loss or gain; they are in it for the cooperation and connection. This kind of cooperation creates a multitude of opportunities because we blend our personality and gifts with others.

Competition was originally similar to cooperation. In fact, the word for competition in Latin is 'competere' which means: "to seek with." However, competition has a different meaning today and has become one of our biggest emotional problems. It creates isolation rather than intimacy. When we feel competitive with someone, it usually means we feel they are more or we are less. We believe that they either have something we want or are something we want to be. As a result of these feelings, we become arrogant and disconnected. We birth a rivalry rather than a reward.

We never need to compare ourselves to others. Each one of us is unique in our own way. We are meant to be different and then share our differences as a way to learn and evolve. To be outgoing means to go out of our way to mix and mingle with others. It is a statement of our wanting to feel connected.

This in turn, expands our horizons and helps us spread our wings.

Cooperation is a means whereby everyone feels honored for their particular gifts. When a group can get together in a cooperative spirit, it becomes an incredible connection. The me-in-we is so much stronger than the me-in-me.

*Going in means we go out of our way for our self.*

*Outgoing means we go out of our way for others.*



# Key O

1. What is the line from the lesson that meant the most for you?

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2. Do you feel you have a cooperative spirit, if not, why?

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3. Do you feel you are competitive, if so, with whom, where and why?

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4. Do you prefer to be connected or isolated, and why?

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# Key O

5. Is there any particular group that you feel connected to and why?

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6. Who is in your life that is a great example of cooperation, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **outgoing and connected** or how they were **isolated and competitive** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Open-minded

## I feel open-minded

**Open-minded:** *having a mind receptive to new ideas, unprejudiced, impartial*

To be open is to be one with the Universe and its unlimited potential. The mind is like a parachute, it only works when open. To be open to grow, one must be open to greet. What lies ahead of us is much more delightful than that which lies behind us. Everything exciting and exquisite comes from our willingness to expand. We must live each day as if it were our last.

## ~ Transformed From ~

## I feel closed-minded

**Closed-minded:** *not receptive to new or different ideas, not open to further analysis, exclusive, limited*

To be closed-minded is to be unteachable. To be closed is to be out of touch with ourselves. To be out of touch with ourselves is to be out of touch with others. The root of being closed is fear – fear of something different than we are used to. Never, never be afraid of change. Change happens whether we are comfortable with it or not. The real voyage of discovery consists not in seeking new landscapes but in having new eyes. Let us get ready to sacrifice what we are, for what we can become. The journey of a thousand miles begins with one step.

**Remember:** Nothing can enter through a closed door; likewise, nothing can be given to those who keep their arms crossed.

# Open-minded

To be open-minded is to be alive. It is an expression of our willingness to embrace life and all of its experiences. Openness is connected to our courage because it takes bravery to go into the unknown, the new and the unexplored. A wonderful teacher used to say, “Be bold and mighty forces will come to your aid.” This was, and is, an incredibly true teaching.

The more open we are, the more brave we become. The more closed-minded we are, the more blocked we become. If there is something in our heart that is calling to us, we need to call upon our lion-heartedness and take up our courage as we would take up our sword.

When we are open, we salute our mistakes. We see them as opportunities for our growth and do not let them stop us. Instead, we use them as stepping stones to our next adventure. We expand our minds and spread our wings, readying ourselves for anything new that is coming our way.

To go into another room, we must first open the door. How can we go anywhere if we leave the door closed? It is the same with our life. To grow and develop, we must be willing to open the doors. If we stay shut in – we will be shut out.

There are so many great words connected to the word “open”: open-hearted and open-handed to name a few. All of these words hold within them the ways to build a wonder-filled life for ourselves and all others involved on this journey with us.

*Being open-minded to new experiences transforms a dull life into a divine life.*

# Key O

1. What is the line from the lesson that meant the most for you?

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2. Are you more open or closed, explain in what ways?

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3. Are you more courageous or cautious, and explain in what ways?

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4. Are you open in your communication with those close to you, if not, why?

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# Key O

5. Are you open to new experiences, if not, why?

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6. Who is in your life that is a great example of openness, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more *open-minded* or how they were *closed-minded* and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.



Disciplined



## I feel disciplined

**Disciplined:** *trained, educated, obedient, honoring*

The most worthwhile intentions are worthless without discipline. It is the commitment to all that is worthy. Our discipline paves the way for us to reach our predestined goals and dreams. We follow the course of evaluation, education and elevation. We willingly take rebuke, then we quickly self-correct and become enthralled with what we have become.

## ~ Transformed From ~

## I feel undisciplined

**Undisciplined:** *to be untrained, disobedient, unruly*

Being undisciplined creates an atmosphere of chaos that prevents positive results from manifesting. It is a fast track to nowhere. Do not underestimate the power of discipline. Lack of it is the number one reason why we fail at things. We did not have the wherewithal to stay the course, ride the wave or keep the belief. Discipline is the vital force that activates transformation. Through it, we take the risk, we do what is right and we reap the rewards.

**Remember:** To be undisciplined is to be undeserving.

# Disciplined

All successes are built on the foundation of discipline. Discipline creates calmness, while the lack of it creates chaos. When things are chaotic, communication gets complicated, commitments get cut and clarity becomes confusion. Being undisciplined leads to a carelessness that can cause undue harm. On the other hand, when we are disciplined, we are careful, and when we are careful, we are automatically protected.

Discipline is the combination of many 'D' factors, such as discernment, devotion, dedication, direction, decisiveness and delivery. If we are to succeed in any walk of life, whether in relationships, jobs, school, sports or even volunteer work, we need to be committed to the discipline of making it happen.

Willpower is a very important part of being disciplined. It takes a willingness to sacrifice certain pleasures once we have chosen our path. Then it takes willpower to keep on that path. Strength does not come from physical capacity; it comes from our indomitable will. The more willing we are, the more fulfilling our life becomes. We develop self-responsibility which leads to self-respect, which then leads to self-worth, which ultimately leads to higher self-esteem.

Lack of discipline so often leaves us with these sad words: "It could have been" or "It should have been" or "It might have been". All of us have been unruly at one time or another. The gift is the lesson we learn from it. When we fall, we must get up and get going. We need to learn from our mistakes and use them as a warrior would use his sword. We strike to take it back and make it right. Our errors then become the teachings that make us smarter and sharper.

*Being disciplined is knowing it is never worth  
sacrificing something worthy or worthwhile.*

# Key D

1. What is the line from the lesson that meant the most for you?

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2. Do you have trouble with discipline, if so, why?

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3. Where do you feel the most undisciplined and how can you change it?

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4. Do you feel you have a lot of willpower, if not, why?

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# Key D

5. Is there anything that you are willing to give your all to, if so what and why?

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6. Who is in your life that is a great example of discipline, explain?

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**Suggestion for group:** at the end of the week, each person should document how they were more **disciplined** or how they were **undisciplined** and discuss how it felt. If the group is large, then break into pairs. If the group is small, then go around in a circle and each person should share their experiences. This way we all have a chance to learn from one another.

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