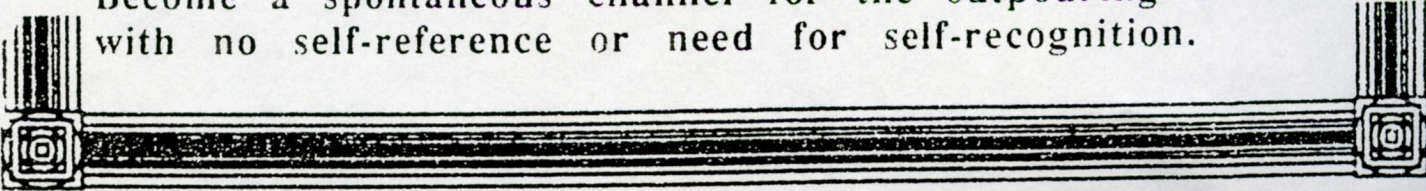
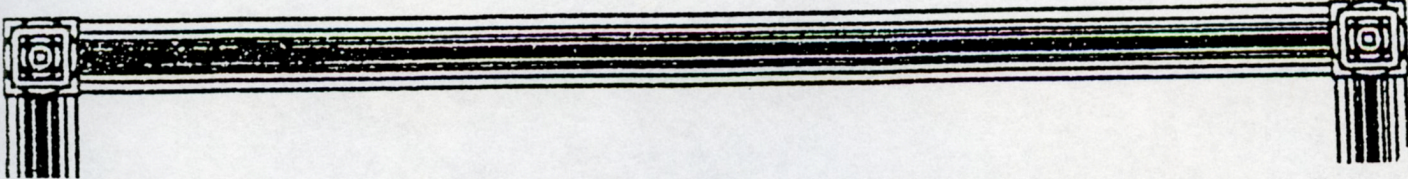


Twelve Be Attitudes

1. **Be** thankful when difficulties arise in your life. They are there to smooth the ragged edges of the personality and to teach greater compassion for others. They give strength and courage to endure any amount of inner and outer turmoil with a serene and loving heart.
 2. **Be** serene with whatever your duties or jobs in life may be. Inner serenity in all situations radiates to create an atmosphere of peace progressively leading to transformation and the fullness of your life's true mission.
 3. **Be** equanimous both in praise or blame where the opinions of others have no hold over your mind and emotions. This is attained through growing sensitivity to hearing the inner voice and the defenseless endeavor to dwell in the Higher Self.
 4. **Be** a witness in all that you do...of all that you are. Observe yourself and others with compassion and unattachment, knowing that you are the onlooker who sees all people and situations in the light of universal love while you work and walk beside them.
 5. **Be** free to allow others to live their own lives and to carry their own responsibilities knowing that each must find their own way. Give compassion and understanding as they travel their path. Living the fullness of your own life, leaves no time for infringement on the lives of others.
 6. **Be** vigilant of expectations for a desired outcome. Become a spontaneous channel for the outpouring of love with no self-reference or need for self-recognition.
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7. **B**e independent of possessions and possessiveness both material and non-material. Be willing to let go and give all, not out of resentment, but out of love. Only in the giving and releasing of things and people, will all things be given onto you.

8. **B**e willing to relinquish criticism knowing that the pain it causes another is also your own. Only when your words are free of criticism will they heal rather than wound the hearts of others.

9. **B**e free of self-pity. When your eyes are filled with your own tears, they cannot see the suffering of others. When caught in the pit of your own pains, you cannot extend your hand to another or experience your oneness with all humanity.

10. **B**e poised and centered in the midst of all situations, whether at home, in the workplace or on life's battlefield. With perfect steadiness of inner poise, do the work of the world with one hand while holding the remembrance of the Creator with the other.

11. **B**e the first to forgive, to smile and take the first step. In forgiving, you heal the conflicts within yourself and heal the Soul of nations and people. By forgiving, you become the master of your own fate, the fashioner of life, the doer of "Miracles".

12. **B**e the embodiment of the peace you would like to see within the world. Peace is a state of "being" as much as it is "doing". Find the quiet center of your own heart and you will find peace in the midst of personal and global conflict.

