

yourself? Does it make you feel more apart or less apart, for instance?

creative thinking

'Could you then move on to encouraging yourself to think creatively and intuitively about future situations? Imagine a pretend situation and build a model in your mind where you can predict a more positive outcome.'

Jean says that we have to forgive those we think cause the feelings of low self-esteem. That may seem impossible. Jean said it seemed impossible to her once. Don't forget to throw away comparisons. They are useless and in any event, we tend to pick out what we think are the 'best' bits in others. Then we compare ourselves to this image of 'best-ness' that we have created. Like unworthiness, it is just an illusion. Remember that an oak tree will never be an apple tree and that both are as beautiful and as sacred as each other.

make a vow

Resolve to establish a time for meditation every day and stick to it for 20 minutes if you can. See how you feel after a few days of daily practice - eg when the full moon arrives at the start of summer on June 1st.

There is a reason you are here, specially created for this existence, with your abundance of wonderful qualities. How often do you acknowledge and give thanks for those wonderful qualities in you? Write down ten of them. And another ten tomorrow!

*No matter what is going on
never give up.*

Develop the heart.

*Too much energy in your country
is spent developing the mind instead
of the heart.*

Develop the heart.

Be compassionate.

*Not just to your friends but
to everyone.*

Be compassionate.

Work for peace.

*In your heart
and in the world
work for peace.*

And I say it again:

Never give up

no matter what is happening

*no matter what is going on around
you.*

Never give up".

HH Dalai Lama

