



1. The Beautiful Vase

I am a beautiful vase. I have undeniable dignity, absolute worth, and inner beauty (DWB).



6. Remembering beauty

New Beginnings

I mediate upon the truth that I have undeniable dignity, absolute worth, and inner beauty. I am a beautiful vase created to do good and inspire the poetry of life.



2. Fear of Fragmentation

For whatever reason and perhaps for many reasons, I fear that my beautiful vase might be broken.



7. Remembering pain

While mediating upon my awesomeness, I recall my ugly urge to hurt back. I recall my sad belief that I have no DWB; I feel its darkness sapping my energy & my lost of hope.



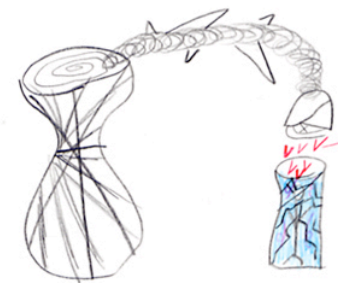
3. Beautiful Anger

I have undeniable dignity, absolute worth, and inner beauty (DWB) and no one may demean me in any way. You have hurt me and you must stop, but I will not hurt you back.



8. I feel the others pain.

You can't hurt another unless you are hurting inside and are blind to your own DWB. The pain I recalled is their inner real life; my heart goes out to them.



4. Ugly, Aggressive Anger

You demeaned me so I will demean you. I will get revenge. I do not truly believe that I have undeniable dignity, absolute worth, and inner beauty. I will stop you hurting me by hurting you.



9. My DWB guides me.

Recalling my own awesome DWB and their pain, blindness and depression, I act according to what my heart of DWB tells me to do for the other.



5. Ugly, Weak Anger

Those words hurt me. But that person might be right about me. I definitely don't have DWB. I should be demeaned. I will never be worth anything. I have lost hope; it's dark inside me. I have no energy; I despair.



10. Celebration

I have transformed anger into gentleness toward the offender. I have reached the highest goal in life: I am a beautiful vase even when under attack. I have great hope for the future.