



### 1. The Beautiful Vase

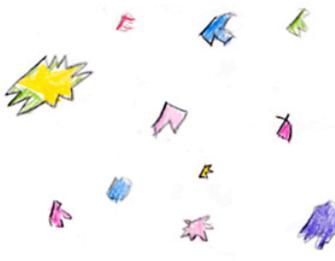
*I am a beautiful vase. I have undeniable dignity, absolute worth, and inner beauty (DWB).*



### 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.*



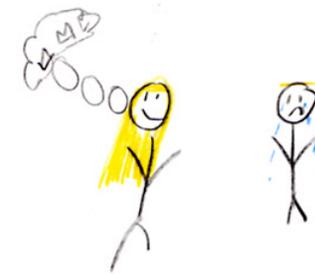
### 7. Remembering pain

*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.*



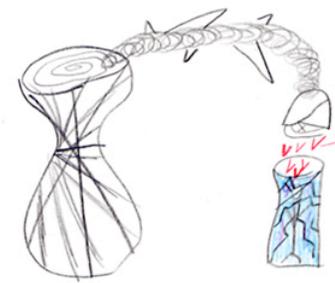
### 3. Beautiful Anger

*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.*



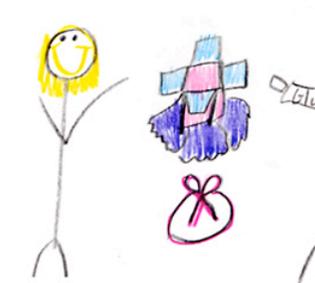
### 8. I feel the others pain.

*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.*