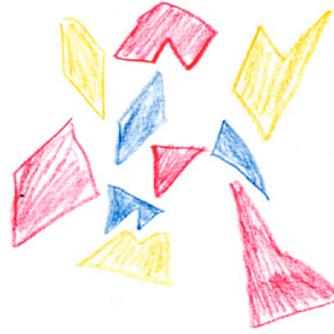




1. The beautiful vase

*I am a beautiful vase. I have undeniable dignity, absolute worth, and inner beauty. Without wavering, I believe every word as truth about me.*



2. Fragmentation Fear

*For whatever reason, and perhaps for many reasons, I fear deep in my heart that someone will attempt to break my beautiful vase.*



3. Beautiful Anger

*I have undeniable dignity, absolute worth, and inner beauty (DWB) and no one may ever demean me. You have hurt me. Stop! Even if you do not, I will not become ugly and hurt back. I have inner power.*



4. Ugly, Aggressive Anger

*You demeaned me so I will demean you. I will get revenge. I will stop you hurting me by hurting you. My hurting back shows that I have lost my inner power because I no longer truly believe in my DWB.*



5. Ugly, Weak Anger

*Those words hurt me. But you 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.*



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.*



7. Remembering the pain

*While mediating upon my awesomeness, I recall the pain of being demeaned and of not believing in my DWB. I feel an ugly force and a gloomy darkness trying to destroy my beautiful vase.*



8. I feel the others pain.

*I remember no one can hurt another unless they are hurting inside and are blind to their own DWB. The pain I recalled is their real inner life; my heart goes out to them.*



9. My DWB guides me.

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



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 hope for the future*