



*Love everything, with no exception.*

*The universe is made up of many things,  
all are part of the one great life,  
all are part of its experience and expression,  
all are part of its evolution  
and all are extraordinary in their own right.*

*Accept the world for what it is,  
believe in the fundamental goodness of all humans,  
respect your unique and natural self,  
find easement in the simple fact of being,  
trust in that which gives you life  
and do no harm.*

