



*Love everything, with no exception,  
then everything will become part of you,  
you will become one with all things,  
all things will know you  
and you will know all things.*

*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.*

