

INTEGRITY IS MY WAY

THE 8 PRINCIPLES

I live with integrity.

I am honest with myself and others. I speak my truth and trust that others can integrate it. My communication is clear and honest, and free of projections, manipulations and the wish to create dependencies. I give up compromises and fear-based decisions in order to live honestly.

I am aware of that which works through me.

I am responsible for my intentions, emotions and actions. I nourish myself by fulfilling my life purpose. I don't satisfy my needs at the expense of others.

I live my Self.

I respect my true Self as the foundation for being an instrument of Creation, and fulfill my life purpose. I surround myself with people who give me the power to recognize and live my full potential.

I receive healing.

By clearing up unresolved issues, I experience healing on the deepest level. I recognize symptoms as signs to change my life. I honor my body as the vessel of my soul and keep it powerful, flexible and free.

I respect freedom.

I don't allow for dependencies. I decide what's best for me. I don't manipulate.

I'm grateful for all my experiences.

I forgive myself. I take everything that I experience as a gift; in this way, I gain insight.

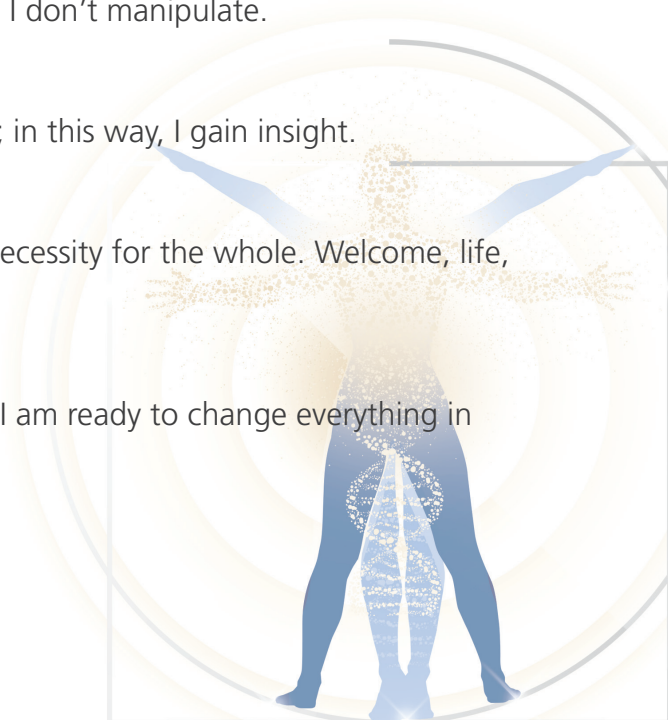
I love life.

I nourish life with joy. I orient myself on the need and the necessity for the whole. Welcome, life, with all that you have to offer.

I am authentic and live honestly.

I inspire. I love myself. I live my truth. I am self-responsible. I am ready to change everything in order to live a healthy and happy life again.

"Yes" (Date, Signature)



...is my way!