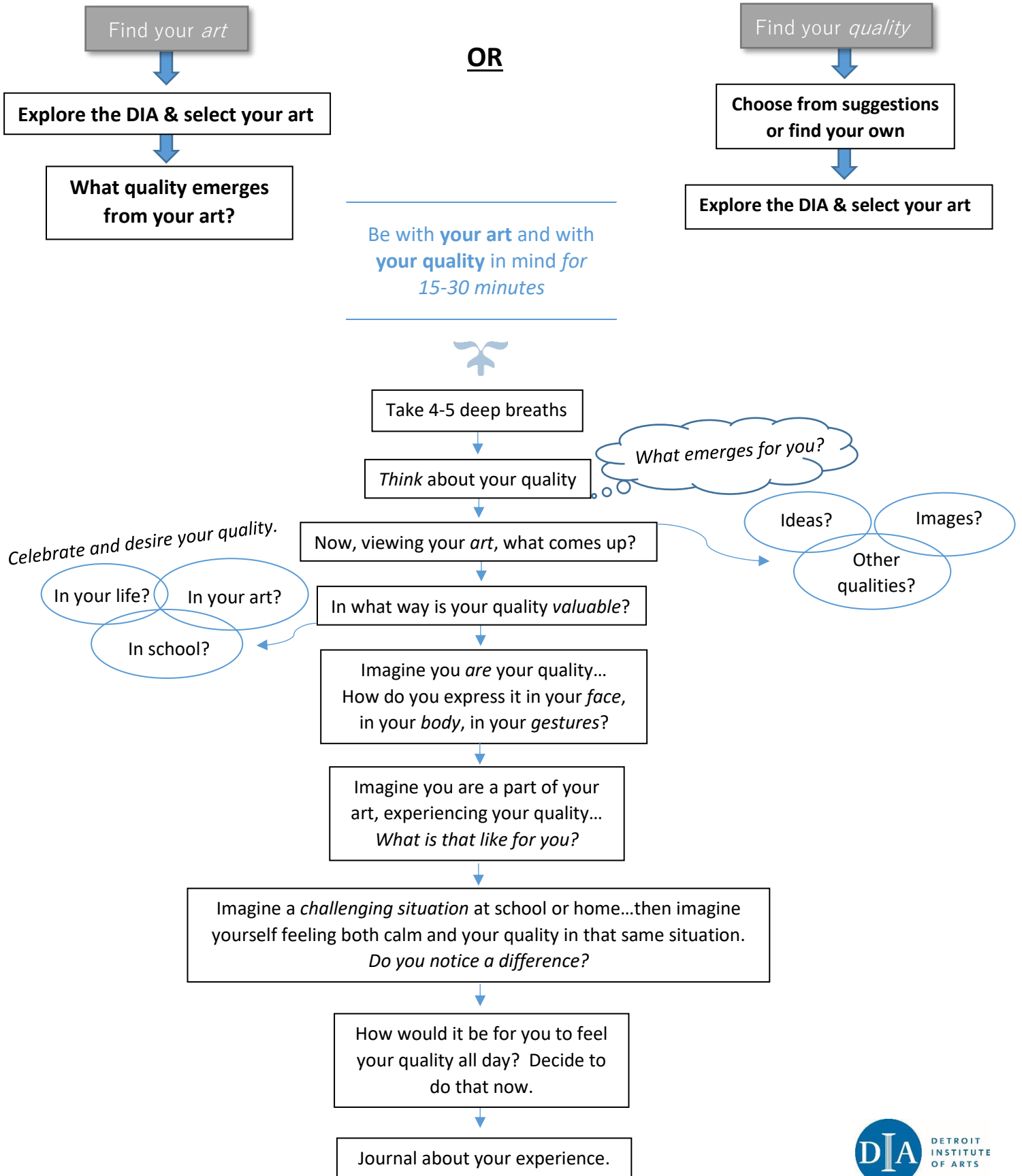


Choose how you want to start:



NOTE:

In a minority of cases, it is possible to experience a negative reaction to the exercise. If the negative reaction is strong, it is best to suspend the use of the exercise, and if comfortable, explore the negative feelings that emerged. After this process the exercise can be resumed, with the same or another quality.

Suggested qualities:

admiration	comprehension	enthusiasm	goodwill	joy	peace
appreciation	cooperation	eternity	gratitude	kindness	positivity
beauty	courage	faith	harmony	liberation	power
bliss	creativity	freedom	hope	light	quiet
unity	delight	friendship	humor	love	reality
calm	non-attachment	generosity	inclusiveness	order	renewal
compassion	energy	goodness	infinity	patience	safety
serenity	simplicity	synthesis	truth	vitality	wisdom
service	strength	bravery	understanding	wholeness	wonder
silence	support	trust	universality	will	connectedness