




Commitment To Myself



I promise to **TRUST** myself enough to be willing to hear and speak the Truth and treat myself **LOVINGLY**, Gently and with Respect. I will do this in my thoughts, words and actions, all the time.



In every interaction I will look for and acknowledge the Highest and Best in myself, as I surrender to **LOVE**, my true nature. Staying connected to my Source, Love, and nurturing that relationship is more important than any issue.



If anything unlike **LOVE** comes up, I will go to that quiet place within where Love dwells. I'll listen to, welcome and accept Love's guidance. I'll be teachable as I ask to be inclined toward healing and shown how to keep communication open in all relationships.

I'm willing to be **RESPONSE-ABLE** for my own realities and learn to keep **LOVE** Conscious, Active and Present as I **HEAL** and **CELEBRATE LIFE!**

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