

Behind Your Mask



SELF-OBSERVATION

What's **HAPPENING**?

How am I **FEELING**?

What am I **BELIEVING**?

How does **GOD** see this?

HAVE

FAITH,

BELIEVE

in **GOD.**

“RIGHT SPEECH”

Is it **True** ?

Is it **kind** ?

Is it **Necessary** ?

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Why do you look at the speck of sawdust in your neighbor's eye and pay no attention to the board in your own eye? You hypocrite, first take the board out of your eye, and then you will see clearly to remove the speck from your neighbor's eye.

Luke 6.41-43

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The essence of spiritual practice is your attitude toward others. When you have pure, sincere motivation, then you have the right attitude toward others based on kindness, compassion, love and respect.

The Dalai Lama

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By becoming aware of how we communicate (or fail to communicate) as we do, we begin to see into the deeper layers of personal and cultural conditioning. As we become free from our conditioning, our relationship to our essential self, as well as to others, is transformed. When we communicate more consciously and compassionately with others, we will do so with ourselves. Love is not directional; it always flows inward and outward simultaneously. Compassionate communication is love in expression.

Robert Brumet – *Living Originally*

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**I use my words to
reveal my highest Self...
words that are true,
kind, and necessary.**