

## Words That Empower

*Unconditional Love*

Feeling      Choice

**Exploration**

Awareness

*Playfulness*

Joyfulness      **Being**

*Embracing*

*Creativity*      Fairly

**Vibration**

*Intuition*      Listening

**Allowing**      *Flowing*

Trusting      **Experience**

**EXPANSION**

*Strategies for Wholeness*

*Alexandra Delis-Abrams, Ph.D.*

The Attitude Doc

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## Namaste

I honor the  
place within you  
where the entire  
universe resides.

I honor the  
place within you  
of love and  
light, of peace  
and truth.

I honor the  
place within you  
where,  
when you are in  
that place in you  
and I am in that  
place in me,  
we are One.

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## The Integrity of Friendship

*A Friend... (by Anonymous)*

*Accepts you as you are  
Believes in you  
Calls you just to say hello  
Doesn't give up on you  
Envisions the whole of you  
Forgives your mistakes  
Gives unconditionally  
Helps you  
Invites you over  
Just likes to "be" with you  
Keeps you close at heart  
Loves you for who you are  
Makes a difference in your life  
Never judges  
Offers support  
Picks you up  
Quiets your fears  
Raises your spirits  
Says nice things about you  
Tells you the truth  
Understands you  
Values you  
Walks beside you  
X-plains things you don't understand  
Yells when you don't listen and  
Zaps you back to reality*

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## Taking Responsibility



In Control  
Healthy  
Communicative  
Trusting  
Open-Minded  
Whole  
Complete with Self  
Balanced  
Aware  
Forgiving  
Unconditionally Loving

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## Love

*There is no difficulty  
that enough love will not conquer  
no disease that enough love  
will not heal;  
no door that enough love  
will not open,  
no gulf that enough love  
will not throw down;  
no sin that enough love  
will not redeem.*

*It makes no difference how  
deeply seated the trouble,  
How hopeless the outlook,  
How muddled the tangle,  
How great the mistake;  
A sufficient realization of love  
will resolve it all.*

*If only you could love enough,  
you could be the happiest and most  
powerful being in the world.*

*-Emmett Fox*

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## Yin - Yang

### Right Brain - Yin

**intuitive** imaginative  
flexible **artistic** images play  
**being** heart **creative**  
**sensitive** inner  
**wholistic** feminine  
process-oriented **space**  
abstract **silent**

### Left Brain - Yang

|                       |              |
|-----------------------|--------------|
| * doing               | * discipline |
| * logical             | * mind       |
| * linear              | * power      |
| * rational            | * words      |
| * reason              | * outward    |
| * concrete            | * deductive  |
| * structure           | reasoning    |
| * rigid               | * time       |
| * goal-oriented       | * work       |
| * scientific/clinical |              |

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