

**I am.**

**PIP Success Study and Practice  
Guide  
First Edition  
February 1, 2024**

**“At the center of your being you have the answer; you know who you are and you know what you want.”**

**Lao Tzu**

**6<sup>th</sup> Century BC**

**<https://plato.stanford.edu/entries/laozi/>**

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PIP Success Study and Practice Guide  
First Edition  
February 1, 2024  
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**The officers, directors, committee members, employees, and persons served by this corporation shall be selected entirely on a nondiscriminatory basis with respect to age, sex, race, religion, national origin, and sexual orientation. It is the policy of PIP SUCCESS not to discriminate on the basis of race, creed, ancestry, marital status, gender, sexual orientation, age, physical disability, veteran's status, political service or affiliation, color, religion, or national origin.**

**PIP SUCCESS further commits to non-discrimination by welcoming and protecting the unique contribution each person, in any capacity, brings to this organization by their education, opinions, culture, ethnicity, race, sex, gender identity and expression, nation of origin, age, languages spoken, skin tone, religion, disability, sexual orientation and beliefs.**

**PIP SUCCESS seeks unity in its diversity, in all aspects of the organization, and seeks increasing diversity in its unity.**



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## **Terms and Definitions**

**Terms, that may be unfamiliar to a reader, are used in this book. The definitions we give are ours. They may or may not be the same as one finds in a dictionary or scientific journal. They are ideas from various fields that have been the source of inspiration for what we are becoming. Our application of them meets the only standard we use in our activities as PIP Success. It works!**

## **The Principles**

**PIP Success is about helping each member find out who they are, and help each member discover the skills needed to succeed as who they are.**

**The thousands and maybe millions of hours of experience, strength and hope that are the predecessors of PIP Success distill down to some common threads.**

**Among the common threads are endless stories of persons who were born, did not have the support they needed to discover who they are, find and master the skills of being themselves, and finding success in every area of their lives, as themselves. They were destroying themselves trying to be someone they were not.**

**A common antidote, supported by programs we find useful in large numbers around the world, where many members are finding long term success, is the emphasis on the study and practice of positive success-oriented principles.**

**Principles that help us discover who we are, attain the skills to be ourselves and succeed as the person we are, in the unique way that only we can succeed.**

**In PIP Success we accomplish this by the daily study and practice of a set of positive, success oriented, principles found on page 27 of this book.**

**In summary, that list is the result of many years and decades of finding what positive success principles are common among recovery programs, belief systems, successful individuals, relationships, and enterprises, over the years, decades and sometimes millennia.**

**Most universal among them are honesty, open-mindedness, willingness, faith, hope and love. The term “unconditional love” was created in the mid 1950’s. It’s primacy among the principles has increased in practice and study every year since.**

**Finally, a common thread is the need to find balance in all areas of our lives. That brings us to homeostasis.**

**Homeostasis (pronounced hom-eeo-stas-is)**

**We believe the principles we study, and practice are aspects of homeostasis. We believe the principles are homeostasis. The study and practice of principles brings homeostasis. The principles are the result of homeostasis.**

**All that is constant is change. Homeostasis refers to any process that life forms use to maintain balance necessary for survival and success. Constantly changing while maintaining balance anew each moment.**

**My body and yours exquisitely maintains steady levels of vital conditions needed for survival and success in each of trillions of cells as one community. As Me. As You.**

**Similar processes maintain steady state conditions as planet earth. A neuron in my brain and the known universe have similar processes. Each year we find more similar patterns and processes. In micro and macro illustrations a neuron, and the known universe, have similar features.**

**Homeostasis is one of the primary ideas used in PIP Success. This moment, right now, right here, is where my whole life happens. Moments past are sources of infinite lessons and wisdom, but past and dead. Future moments are pure potential but not here yet. This present moment is new. All that is constant is change. Stress and conflict are as normal and necessary as breathing.**

**In PIP Success, homeostasis is the process I am constantly developing to survive and succeed, unconditionally, no matter what. Always changing while remaining me.**

**There are only learning opportunities and lessons to be learned and passed on. Failures no more. No more excuses. Each of us develops our own unique process of homeostasis. Our collective lessons learned and wisdom passed on is PIP Success.**

**Allostasis (pronounced all-o-stas-is)**

**Constant change is all that is constant anywhere in the known universe. Allostasis is the process by which homeostasis, balance, is being found sometimes at speeds that cannot be measured.**

**Stress and conflict are change happening. Resisting needed change is believed to take more energy than letting it happen. It is happening. It cannot be stopped.**

**In somewhat black and white terms, we manage change in two directions. I react negatively in unhealthy ways. Over time that can lead to increasing levels of disease, dysfunction, disease and premature death. Pathogenesis (pronounced path-o-gen-e-sis). Inevitable, controllable, not controlled, uncontrollable levels of decline.**

**Or I respond in healthy ways. The result is higher and higher levels of health and well-being. Salutogenesis (pronounced sal-u-to-gen-e-sis). Inevitable, controllable, not controlled, uncontrollable levels of health and wellness.**

**Pathogenesis (pronounced path-o-gen-e-sis), pathogenic (pronounced path-o-gen-ic), pathogens (pronounced path-o-gens)**

**Not doing what I need to do to stay healthy and improve my health, is to resist constant change, resist allostasis, prevent a health promoting level of homeostasis. My resistance to do what I need to do results in pathogenesis.**

**Homeostasis is always found. However, my attitudes and actions can make it more and more difficult and resource demanding. Eventually at the expense of the whole.**

**Pathogenesis is the origination and development of a disease. Any process that causes or results in disease, or increasing levels of unhealth and disease is pathogenic.**

**For our purposes we refer to, as pathogenic, any negative intentions, thoughts, words, actions or results in my life, your life, our life, the life of PIP Success, that result in a resistance to necessary and healthy change, results in increasing unhealthy stress, dis-ease, disease, and death.**

**A path that leads to more dysfunction of normal processes, more disease, and premature death. A pathogenic process because it results in increasing levels of disease.**

**The following is the definition, of what is commonly called addiction, that is used in PIP Success. It is an example of pathogenesis. It is a pathogenic process because it tends toward increasing levels of disease.**

**“Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory.”**

**Now, on to salutogenesis (pronounced sal-u-to-gen-e-is).**

**Salutogenesis (pronounced sal-u-to-gen-e-sis)), salutogenic (pronounced sal-u-to-gen-ic), salutogens (pronounced sal-u-to-gens)**

**The terms pathogenesis and pathogenic are used only to contrast them with Salutogenesis and salutogenic.**

**Pathogenesis is the origination and development of a disease. Any process that causes or results in disease, or increasing levels of unhealth and disease is pathogenic. The study of pathogens is the study of how disease results in more disease.**

**Salutogenesis is not the opposite of pathogenesis. The study of salutogens is the study of how I can start where I am at, no matter what, and achieve higher levels of health and well-being. I can improve the outcome of any situation by a positive attitude and positive health promoting intentions, thoughts, words, actions and results.**

**It is a completely separate approach to human health. It is about the origination, development and maintenance of health and well-being.**

**It is about the coping mechanisms which result in increasing levels of health no matter what the normal stressors of life bring to the person. By genetic disposition and evolutionary success, millions of years of success in each of our genes and cells, we have innate abilities to survive and succeed no matter what that means in my current situation.**

**There will be more on the origins of this theory later in the book. The term, salutogenesis, and its field of practice, study and research came out of studies of the survivors of Nazi Concentration Camps. Many people were able to keep a positive attitude no matter what, while in these prison camps, and succeeded exponentially during the rest of their lives. Despite the cruelty, trauma, diseases, and long term effects, they survived and succeeded. The worse it got, the more they succeeded.**

**For our purposes, positive intentions, thoughts, words, actions and results that lead to increasing levels of health and well-being in all areas of our lives are salutogenic. The essence of salutogenesis.**

**We believe the study, practice and mentoring of the principles is the process of salutogenesis, are salutogens, and the results are salutogenic.**

**In PIP Success we believe that, what is commonly called addiction, is preventable, manageable and predictable.**

**We believe all manifestations of addiction have one common symptom. Negative obsession. Without negative obsession, we believe there is no addiction. None of the addictive patterns that naturally follow from negative thought patterns would happen outside of those negative obsessive thought patterns. We act on what we believe is true.**

**The message of PIP Success is that any person with the condition commonly called addiction, in all of its manifestations, can stop the behaviors, quit negatively obsessing, find positive passions in life, and succeed in every area of their life.**

**The only requirements for full membership in PIP Success are the desire to stop negatively obsessing and the willingness to mentor others. PIP Success is not about recovery from addiction or restoration to our former selves.**

**We are about mentoring each other. I pass on what I am learning as the best way to find out who I am, gain the skills to succeed as me, help you find out who you are, as well as help you discover and develop the skills you need to succeed as you.**

**We take no stand on any matter related to addiction being this or that, or not this or that. We believe that no matter what its origins, the solutions are the same.**

**We believe that among “diseases” and “dependencies” addiction is unique. It is one of the only “diseases”, or related categories, that can be put into “remission” by simply “avoiding doing something”, and replacing it with positive passion and positive obsession as is helpful.**

**Avoid negative obsession, no matter what, and replace that need with positive passions and obsessions as needed to have a full and fulfilling life.**

**We recognize the absolute life and death nature of addictive patterns, how those patterns result in symptoms that need medical attention, psychiatric attention and we lament the lack of resources committed to the relief of these symptoms. These symptoms often disrupt homeostasis so much that it cannot be found and death results.**



**We completely support all efforts to help folks like us survive and succeed. PIP Success is just one more opportunity among many opportunities. Unity in diversity. Not uniformity.**

### **(Positive) Entropy (pronounced en-tro-py) and Pathogenesis**

**When I do not do what I know I need to do, I create chaos and I deteriorate in health and well being. Pathogenesis.**

**Traditionally, it has been thought, and taught, that the tendency of my body and life is towards a process of degradation or running down, or a trend to disorder.**

**The study of how disease becomes disease commonly accepts (positive) entropy as the norm. PIP Success is not opposed to that perspective. It is necessary in the medical and other settings to identify symptoms and help relieve symptoms.**

**We simply begin at a different starting point for our purposes. We are not medical or mental professionals. Our program is for persons who want help and are willing to do what it takes to succeed and find our program useful.**

**PIP Success is no more for every person than the Democratic or Republican party is for everyone.**

### **Negative entropy, negentropy (pronounced neg-en-tro-py)**

**We simplify here a lot. And apologize for that. One can go online and study these theories and the research behind them.**

**The creator of salutogenesis observed just the opposite of pathogenesis and (positive) entropy in the people he studied and set out to learn that every person has these innate, by genetics and evolutionary success, ability to accept where they find themselves.**

**Have a positive attitude towards whatever life brings them and survive. And find greater levels of health and well-being because of the conflict or stressor, no matter how traumatic and life threatening.**

Such people he found, in different ways, see life as a series of learning opportunities, failure as success happening, no more excuses for bad behavior and the glass is always at least half full.

A common thread in literature related to addiction, in all its manifestations, and recovery from it is the need, first and foremost, for acceptance. Self-acceptance. If I cannot accept where I am at, right now, right here, I will make no progress.

Self-acceptance is the key to all my problems. A common theme.

**Consilience (pronounced con-sil-i-ence)**

Consilience is the study of principles from different disciplines, perspectives and fields of human endeavor to find commonalities, differences, and to define unity in the diversity field.

PIP Success is the result of consilience. Many decades of “what works” from so many perspectives that could be applied to success over what is commonly referred to as addiction and the addictive process.

The study of what is commonly found to succeed in cultures, communities, programs of recovery of all types, the sciences and beyond in terms of the human relationships involved.

**Group Conscience**

Group conscience is sought whenever a concern is raised or a new idea is presented. In my relationship with me, you, us, and PIP Success. I do this in all my relationships as well.

The final decision of what becomes PIP Success comes from the group conscience of the members. Group conscience is sought when a new idea enters the room and is taken seriously. We dialogue with the goal of unanimity and as amazing as it sounds, we find it. The principles take us there.

Group conscience is just what it says. The conscience of the group. We believe group conscience is the principles. The process is the principles. The outcome is the principles. The principles are the goal and the process.

**Unanimity (pronounced u-na-nim-i-ty)**

**Unanimity does not necessarily mean that we all agree. That is the goal. It can also mean that someone can disagree with the consensus but still support the decision. Or a person has no interest or stake or opinion on the subject. A common standard is at least 2/3 in complete support as a minimum. And no one so opposed that they would fight it. If so, it is tabled and brought up again.**

**Anonymity (pronounced an-o-nym-i-ty)**

**In PIP Success it refers to our need to be equal in all matters and our commitment and vigilance concerning allowing each person to define themselves, and their needs for confidentiality and privacy.**

## **Introduction to A Guide for the Study, Practice and Application of the 36 Facets of Success**

**The 36 Facets of Success. Why do we refer to these as “facets” of success. Our use of the term comes from the ancient art of diamond cutting. The “fire”, “scintillation”, “brilliance”, of the diamond, as appreciated by the viewer, depends on the arrangement of its facets.**

**A “facet” refers to the flat surfaces of a diamond that are arranged in geometrical pattern. The more light that comes into the diamond, is internally reflected, in, around, and among the facets and back out, unimpeded and with maximum colors, to the enjoyment of the beholder, the more excellent the diamond is. The enjoyment of the viewer is completely dependent on the diamond cutters imagination, creativity, and craftsmanship. I am the diamond, and the diamond cutter.**

**Our 36 facets of success are aspects and approaches to success. Success is first and foremost a personal experience. My success. Your success. Groups do not succeed. I am an excellent diamond. I am an infinite and unknowable number of facets. My lifetime is not enough to discover them all.**

**The facets of love and unconditional love are each of the positive principles. The principles are each, a similar, but unique, approach to and result of love. Each person, each face, each facet of PIP Success is a similar, but unique, incarnation of PIP Success. The principles we speak of, we are, we study, and we practice are on page 27.**

**The first twelve facets are the foundation for personal success. The middle twelve are the foundation for personal unity, and success, in this organization. The final twelve are ground rules for communication. All are applicable to all my relationships.**



We apologize for starting our relationship with you by asking you to pronounce and understand two terms you may not be familiar with. Pathogenesis (path-o-gen-e-sis) and salutogenesis (sa-lut-o-gen-e-sis).

Pathogenesis (path-o-gen-e-sis) is the process by which a disorder, mental illness, dysfunction develops and progresses. How it is maintained or how it negatively affects the general health of the person. Pathogenesis has its roots in Greek words related to creation, suffering, and disease. Something that is considered pathogenic (path-o-gen-ic) is unhealthy, begins and increases the progress of dysfunction, dis-ease, disease and possibly death.

Salutogenesis (sa-lut-o-gen-e-sis), approaches disorder, mental illness, dysfunction and disease from a health and well-being perspective. This approach suggests you and I have, built into us by genetics and evolutionary success, the capacity to get healthier and healthier, because of, not despite, the challenges and stressors of life, at its best, brings us every day. Stressors which at times seem overwhelming and life threatening, and sometimes actually are.

Discomfort and stress, including any process that is tending towards more dis-ease, dysfunction, disease, are change happening. Constant change is all that is constant in life. Life, on its terms, gives me, and you, what life can handle, on its terms. Many belief systems refer to this idea.

What does not kill me, if I have a life purpose that is meaningful enough for me, will strengthen me. My attitude, my positive intentions, become positive thoughts, health-promoting words, affirming actions, and the results are positive progress. Salutogenesis as a theory was created in 1979. It is the study of how to generate higher levels of health, as opposed to the study of disease and its progression. Or how one finds only remission or greater levels of disease and the mindset that hastens the progression.

In PIP Success, we believe each of us, as professionals, researchers, and scientists only in our individual life experience and our collective success, are by nature salutogenic (sa-lut-o-gen-ic). As me, being me at my best, I tend towards greater levels of health. Every moment of my life, past, present, and future, is a learning opportunity. The principles we believe we are, the principles we practice and study, are our attitude of success. We are success. By genetics and evolutionary progress, we are designed for success. We are here to read this.

Pathogenic (path-o-gen-ic) relates to stimuli, internal or external, that lead to higher levels of disease. We believe we are, by genetics and evolutionary success, salutogenic tendencies that bring greater levels of health, well-being, and success to the best of our ability, one moment at a time. I have just this present moment that is passing. My best in this present moment is the best any

human has ever done. It is my progress. It is my perfection. My perfection is my progress. My progress is my perfection.

Salutogenesis and PIP Success, we humbly assert, are not new ideas. Nearly 3,000 years ago Lao Tzu is said to have written "At the center of your being you have the answer; you know who you are, and you know what you want." This guide to the study, practice, and application of principles (The 36 Facets of Success) is based, in part, on four ideas described in the Second Edition of the Handbook of Salutogenesis. Those ideas are coherence, comprehensibility, manageability, and meaningfulness.

Most simply, these 4 ideas can be summarized, in the words of PIP Success. I am success. My life is predictable, dependable, and manageable. I have the resources, or know how to find the resources, to know who I am and succeed as me, in all my relationships. My purpose gives me the motivation to succeed, no matter what. Unconditionally.

If you are new to PIP Success this may seem a fantasy. We promise you it is not, and our message is how we live and act.

Here are the same 4 ideas in the academic and scientific words of the professionals. We include these statements to help the public place us in the community of ideas, study, and research. To help you understand, we present three descriptions of the same process.

<https://link.springer.com/book/10.1007/978-3-030-79515-3>

"Beyond the specific stress factors that one might encounter in life, and beyond your perception and response to those events, what determines whether stress will cause you harm is whether or not the stress violates your sense of coherence."

In simpler terms, coherence means that no matter what life brings me, I can handle it. I have, or can get the resources needed to succeed. I have purpose in my life. The challenges are meaningful enough to make it worth the effort.

Aaron Antonovsky, who created the term Salutogenesis, defined Sense of Coherence as "a global orientation that expresses the extent to which one has a pervasive, enduring though dynamic feeling of confidence that (1) the stimuli deriving from one's internal and external environments in the course of living are structured, predictable and explicable; (2) the resources are available to one to meet the demands posed by these stimuli; and (3) these demands are challenges, worthy of investment and engagement."

**In his formulation, the sense of coherence has three components:**

**Comprehensibility:** a belief that things happen in an orderly and predictable fashion and a sense that you can understand events in your life and reasonably predict what will happen in the future.

**Manageability:** a belief that you have the skills or ability, the support, the help, or the resources necessary to take care of things, and that things are manageable and within your control.

**Meaningfulness:** a belief that things in life are interesting and a source of satisfaction, that things are worthwhile and that there is good reason or purpose to care about what happens.

**According to Antonovsky, the third element is the most important. If a person believes there is no reason to persist and survive and confront challenges, if they have no sense of meaning, then they will not be motivated to comprehend and manage events. His essential argument is that "salutogenesis" depends on experiencing a strong "sense of coherence". His research demonstrated that the sense of coherence predicts positive health outcomes."**

**In PIP Success we ask "What is the path for each of us to be our healthiest, most positive, and best in this present moment? Right now, and right here. With every past moment as an infinite source of positive lessons, every future moment pure potential, we do our best and that is always good enough. No one ever did better."**

**Life happens, all that is constant is change, change involves stress in different ways, and with varying levels of intensity. I can choose to develop a lifestyle of self-discovery based on principles that help me remain as healthy as possible no matter what life brings. What is healthy for each of my cells and trillions of neurons, my veins and blood, each organ, is healthy for my brain, my whole body, my life and all my relationships, and the universe as I understand it.**

**Positive intentions, thoughts, words, actions, and results are the key to my achieving higher and higher levels of health and well-being. As a lifelong lifestyle of success through self-discovery, and maximum service, I am success.**

**Negative intentions, thoughts, words, actions, and results are the key to achieving increasing dis-ease in well-being, dysfunction, and disease in my body mind. We believe this describes the symptoms of addiction.**

Life at its best presents stressors to which I respond. My response determines whether the long term effect will be neutral, pathogenic (lead to dis-ease, disease), or salutogenic (lead to higher levels of health).

Possibly the most common complaint of individuals seeking to replace the symptoms of addiction with more positive processes, is that change causes discomfort, anxiety, and just plain “sucks”. Sometimes “sucks” for brief periods. Sometimes for long periods. The solution is simple. I am self-acceptance. I embrace the “suck”! Success comes most easily and quickly to those who can handle increasing amounts of uncertainty. New learning, change, and growth makes energy demands on humans, fish, plants and planets as well. Part of that process “sucks”. I am acceptance. I embrace the “suck”! It is always darkest before the dawn. All of life is life at its best. Doing the best it can with what it has. We often say “It works. But first, it hurts!” A child awaits there two front teeth. Teething is change. It works. But first, it “sucks”. Massaging the gums can help. Teething rings are popular. The only way to the joy of those two front teeth is through. All change has a physicality to it because in change I am physically changing. The more radical the disturbance, the worse it hurts. The only ways to, are through, around, over, or under. Pain is inevitable. Suffering is optional. I am hope. I am strength. I am the hope that this too, like this morning’s breakfast, will pass. I am the strength to hold on until it passes. I am self-acceptance.

The human body has thousands, maybe millions or billions of years of experience mastering the stresses of life at its best. The thought patterns we are taught determine whether we know that, or believe it, and have the skills to let it be that exquisite stress management process it is. From the tips of our toenails to the hairs on our head.

Volumes have been written about people who gave up on a goal when it was almost in their grasp. One of the terms for this process is delayed gratification. Instant gratification is, for the most part, an illusion like control and powerlessness.

The life of negative obsession, and the behaviors that followed, involved mostly long periods of “suck”. We know this process very well. Our worst day practicing these principles will never “suck” as bad as our best day caught in the fake fantasies of negative obsession. I am patience. I am tolerance.

Negative obsession and the behaviors that follow are self-destructive, extreme instances of instant gratification. They give us the illusion of control. The powerlessness that follows demands ever more of the same to buffer the shock to the human body. Denial in such moments is a self-sabotaging thought pattern that fires up the process even more.



Change temporarily disrupts our balance and homeostasis. The agony of negative obsession disrupted our homeostasis much more than any period of learning, changing and growing while in our new life with PIP Success. Negative obsession required more negative obsession in the self-destructive process of seeking personal balance and physical homeostasis. A positive lifestyle simply encourages more positivity to gain and maintain the same balance and homeostasis.

Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory. In some individuals the chemicals in peanuts can lead to horrible consequences and death. We are all likely to be killed if we jump in front of a fast moving train.

We all have physical sensitivities and challenges in life, some lifelong, periodic, or that happen in a specific moment and relationship or situation. We can view them as learning opportunities, right now, right here, in specific ways unique to this situation, or evidence of character flaws and defects. No matter the source of our stress, in the present moment, where all of life happens, I can begin a new life. No present moment is a past moment. Resentments and trauma triggered, in the present moment, are not old resentments and trauma. They are new again. Right now, right here, I can choose to have a new intention, thoughts, words, actions and results regarding the resentment or trauma. First, I rename it as a learning opportunity. Second, I live out the redeemed story of that same experience. I seek the help of others for the duration.

We introduce more terms you may not be familiar with. Entropy, negative entropy, and negentropy (neg-en-tro-py). For our purposes, entropy is an old theory that says disease, illness, and decline into disorder are just how life goes.

After many years of studying groups of people that overcame incredible odds, by maintaining a great attitude during the trauma and were not held back in their lives by it, Aaron Antonovsky began to recognize an opposite potential that exists in each person.

All that is constant in life is change. Stressors and conflict are normal as breathing. Succeeding because of disease and trauma, not despite it or giving into it is the norm if a person accesses those potentials in themselves. The opposite of decline was, in his conclusions, the norm, though most people are unaware of the possibility. Entropy is decline. Negative entropy or negentropy is success and flourishing as a result of conflict, trauma, disease and any other sometimes life threatening circumstance. A negative attitude leads to more negative outcomes. A positive attitude leads to more positive outcomes.

**“The release of Health, Stress and Coping in 1979 was a culmination of 15 years of work, during which he came to understand that disease, illness, and entropy (decline into disorder) are the norm rather than the exception to a rule of otherwise self-regulated homeostatic processes occasionally being disturbed with resulting pathology. He found it to be a futile task to try to understand and control every single factor that might lead to this or that particular disease. A more fruitful approach would be to focus on what he found to be the overall problem of active adaptation to an environment in which stressors are omnipresent and inevitable. He presented the term negative entropy (Antonovsky, 1987, p. 9) in which the goal was to search for useful inputs to the sociocultural context, the physical environment, and into the organism down to the cellular level to counter the normal tendency of entropy. So, negative entropy, or negentropy as he also termed it, is actually something positive.”**

Page 29 <https://link.springer.com/book/10.1007/978-3-030-79515-3>

**The processing of stressors, in this present moment, is as normal and healthy a process as breathing in and out and in and out, without question or doubt, 23,000 times a day on average. All that is constant is change and stress is, at some level, part of that constant change. To fight change and avoid stress or conflict is as silly as refusing to breathe. Eventually I will breathe or die. Eventually I will embrace constant change and the stressors that come with it, or be dis-ease, disease, and death. The real question is how happy and healthy I want to be. Not in any past moment. Not in any future moment. Right now. Right here.**

**Each of us can think of our genetic challenges as disabilities or learning opportunities. Constitutionally we may view something we see in ourselves or about ourselves as unlovable, or as a learning opportunity. Our bodies go through all kinds of changes, and they are to be avoided, source of complaints and excuses for all sorts of nonsense or learned from. Biochemically we get hit. Ignore or find ways to be healthier in general. Our senses trigger awful responses. Our cognitive responses are not helpful or just plain destructive. Something that we see bothers us greatly and triggers memories at lightning speed. Our imagination goes negative suddenly and powerfully. Memories and reasoning seem unmanageable, and we act out. Instead of trusting our instincts and intuitions we mentally evaluate and judge, and everyone gets hurt. No one benefits. We sometimes “suck” at relational and interpersonal communication. Another opportunity for self-doubt and disrespect of another, or joyful practice of a positive principle. The news of the day, the state of the world as I choose to evaluate and judge it, the quality of leadership in our lives, send us into despair by noon, or we choose to become the change we want to see in the moment of our despair. At any of these moments I can, in the next moment, right then and there,**

begin a new life. Be hope to the hopeless. Be the change I want to see in the moment, in others, or the whole messed up world.

Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory.

I can see my personal hyper-sensitivities to the world around me as a reason to be overwhelmed and become overwhelmed and self-destruct. Or I can choose to have the experience. I can choose to learn the lesson. I can choose to gain the wisdom. I can choose to practice. I can choose to improve. I can choose to talk about it. I can choose to think about it. I can choose to write about it. I can choose to teach it to someone. Each step of the way my learning becomes deeper and more long term. Change and stress of change often “suck”. I am reality. I am self-acceptance. I embrace the “suck” that is part of all that is constant, change.

And I can realize that I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.

I can admit that I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.

I come to realize that I am Coherence. I am Comprehensibility. I am Manageability. I am Meaningfulness. I have always been these to some degree or I would not have imagined and created so many ingenious ways to survive long enough to get here and be reading this. I am success.

No matter what, I remained together as one, to get to this moment, against all odds. That is the power of survival, often a millisecond at a time, against all odds. A mighty tribute to the instincts and intuitions, imagination and creativity, my body is. Survival is the first success. I am success. To get here, to the best of my ability I have been coherence. I am comprehensibility. I am manageability. I am meaningfulness.

I survived it all and am still me. Coherence. I made enough sense of each moment to get here and still be me. Comprehensibility. I survived by managing what was in the present moment, sometimes a millisecond at a time, no matter what. Manageability. From time to time, I had moments of clarity and found a reason to go on. The rest of the time my magnificent survival instinct and brainpower, imagination and creativity, though often self-destructive negative obsession, had its own reasons for surviving. Meaningfulness.

The principles we study, practice, and apply here are a source of lifelong, progressively higher levels of coherence, unity, balance, homeostasis for each of my cells, body parts and processes, my life in all aspects, with infinite options and choices. I am coherence. I seek higher and higher levels of coherence to maximize the potentials that I am.

The principles are a lifetime lifestyle of self-discovery and an inexhaustible source of lessons to be learned and taught to others for the long-term success of all. I am consistency. I am dependability. I am predictability. I am comprehensibility.

The principles are the skills and tools I study, practice, and apply each moment. I come home to who I have always been. I relax into the serenity of my instincts and intuitions. My intentions, thoughts, words, actions, and the results are the language of my instincts and intuitions and the trillions of signals coming from every part of my body, environment, and the universe as I understand it. I am manageability. My body is designed to avoid an under-load of stressors, positive or negative, and the same for preventing and avoiding an over-load of any kind of stressors. My brain steps in and finds relief of stress load when needed, to protect the central nervous system and the core functions as well. I am in a car and the overload of stress from injuries leads to a coma. I have heart surgery and I am kept in a coma to allow the brain and body to go through the process and survive intact. It is the same with the behaviors that are symptoms of addiction. The brain seeks relief. We are grateful for that or none of us would be alive, most likely.

I learn with my whole body. I think with my whole body. I feel with my whole body. I speak with my whole body. I hear, smell, taste, touch, move with my whole body. I act with my whole body. I imagine with my whole body. My whole body is creativity. I see with my whole body. I create a primary purpose big enough for my life and the universe as I understand it to be. My brain, instead of being the source of my dis-ease and disease, the symptoms of addiction, is now just a part of my body and my life. I am the excitement of learning about myself. I achieve higher and higher levels of me as me as one body brain as a co-creator of this present moment. Being my increasing best, giving my increasing best, and being the eternal student and teacher that I am by design, gets me out of bed each day and I am never bored. I am meaningfulness.

There are estimates that my body has 7 trillion nerves transmitting information. In my brain about 100 billion neurons are transmitting 5-50 messages per second. 100's to 1000's of trillions of messages go out from the brain to parts of the body and arrive in milliseconds. All have the goal of maintaining balance in all parts and processes of my body while changing as needed to meet the challenges of the present moment. That balance we know as homeostasis. The process of attaining that balance is known as allostasis.

Each of the principles we study, exercise and practice are supportive of balance while constantly changing in every aspect of my body and all my relationships.

We believe that these principles help create balance, maintain balance in my body and all of my life, and improve balance, moment to moment. We believe that the principles are the who, what, when, where, how and why of homeostasis, balance and a successful life lived in health, well-being and of maximum service to each moment and relationship in our lives.

We believe our bodies are evolved to succeed. The principles each help us live as long and as healthy as each is capable. The principles are the who, what, when, where, how and why of our success.

I am success. The principles are success. The principles are homeostasis. I am success. I am homeostasis through allostasis. The principles are the who, what, where, when, how and why of allostasis.

In PIP Success our goal is to be of maximum service to each present moment and each person we encounter, the known universe, unknown universe and the unknowable universe.

*AMEN!*

*Acceptance Makes Everything Neutral!*

*Accountability Makes Everything Neutral!*

*Allostasis Makes Everything Neutral!*

*Anonymity Makes Everything Neutral!*

*Attentiveness Makes Everything Neutral!*

*Attraction Makes Everything Neutral!*

*Authenticity Makes Everything Neutral!*

*Autonomy Makes Everything Neutral!*

*Awareness Makes Everything Neutral!*

## 36 Facets of Success

**Success has many dimensions. It is a lifelong process of learning, changing and growing in all areas of life. In all relationships. In all environments. All that is constant is change. We never stay the same from moment to moment. There is no returning to sometime in the past.**

**Change unfocused is chaos. If I do not know who I am, or I do not know how to be me, the result is constant change that has no focus. We believe addiction may be one of the results.**

**We focus only on the ways in which each of us can be the change we want to see in our lives. Be the change we want to see by learning more about ourselves. Be the change through practice of positive principles to be our best in the present moment. Right now. Right here.**

**We explore 36 facets of success as a starting point. The first twelve are a foundation for personal success. I learn who I am and come home to who I always have been. The middle twelve are the foundation for my personal unity, and success, in this organization, in relationships, and in organizations beyond PIP Success. The final twelve concern the need for ground rules of communication in all relationships.**

**The principles at the basis of these 36 faces of success are applicable in all our relationships. We believe we are the principles and imbalance, dysfunction, dis-ease, and disease results from not being who we are and practicing the skills of being who we are.**

**In PIP Success, we focus on this core belief. Love creates. Love creates mutual and enjoyable relationships. My mutual and enjoyable relationship with my self is my freedom.**

- 1. We have symptoms of a condition commonly known as addiction. We believe addiction is preventable, manageable, and predictable.**
- 2. We believe the practice of principles, one present moment at a time, bring balance to our lives and homeostasis to our bodies, and bring us home to who we are.**
- 3. We decide to practice these principles in each moment and relationship.**
- 4. We create a new narrative about our lives, and each of our relationships. We discuss where we have been with each principle, where we are now and where we want to be.**

5. **We tell and retell our redeemed life story to our self, to a person we are coming to know and trust, and to our evolving relationship with the universe as we understand it. Our new way of life is well under way.**
6. **The principles are who we are in each of our genes, cells, tissues, and organs. Our body as a whole and our being. They are how we recognize, describe and be who we are. They are what we choose to do, moment to moment.**
7. **All that happens is in the present moment. Not in the moment just past or any before it. Not in any moment yet to come.**
8. **We love every person, unconditionally, no matter what. In each of our relationships, past present and future, we learn to go into our love. We stay there in our goals, motives, and actions.**
9. **The principles are who we are. The principles are who we have always been. We learn, change, and grow. We imagine and describe, loving and creative ways to confidently be of maximum service. In each moment and relationship. To serve is to love.**
10. **All that is constant in nature is change. We are excited to learn about ourselves. We seek and welcome inspiration. We learn, change, and grow, constantly evolving with purpose. We have become a self-motivating lifestyle.**
11. **Being a part of brings us home to who we are. Giving our best gives us a home. The infinite potential of the present moment is always enough.**
12. **Without obsession there is no addiction. Doing our best in the present moment is perfection for any person. By being welcoming, empathetic, unconditional love, and safety, in the present moment, we are the message.**
13. **Personal recovery depends on the unity within each person. We have a mutual interest and a responsibility to help ourselves, and each other, live a full and fulfilling life. The quality of our common life depends on the unity of each person involved.**
14. **Group conscience and consilience are our path, our process, and our new way of life together. These principles are who we are, how we choose to act, and what each chooses to do.**
15. **Addiction is not about recovery. Recovery is not about addiction. In PIP Success we become a lifestyle of self-discovery. The only requirements for full membership are the desire to find freedom from negative obsession and a willingness to mentor others. Participate in one on one and group mentoring of members. Mentoring is primarily the responsibility of the group.**

**16. The group exists to help every member to study and practice the principles. We apply them in every area of our lives.**

**17. We are completely autonomous in all our efforts. We affiliate with outside groups or individuals worldwide as needed. All these efforts are completely public and separate from the anonymous meeting setting. All laws regarding such efforts are followed.**

**18. We have these purposes. To find personal recovery. To provide mentorship for a new way of life, to our members, in complete anonymity. Share what we are learning with anyone interested while protecting the confidentiality of members. Our collective experience belongs to the world dialogue.**

**19. In our anonymous meetings we are self-supporting by member contributions.**

**20. We are not professional and are completely anonymous in our group meetings. Outside of the anonymous meeting setting, all our efforts are shared publicly with any interested party or organization. We seek to share with and learn from the worldwide community.**

**21. We create, outside of the completely anonymous meeting setting, whatever service bodies are needed to participate in the worldwide study of the issues we are concerned with. And advocate for efforts on our behalf and those we serve.**

**22. At the anonymous meeting level, we have no opinion on outside issues. In efforts outside the anonymous meetings, we do whatever is necessary to be responsible world citizens in areas of interest to us.**

**23. Our relations at the group level, and in attracting potential members, are based only on the principles, their study and practice. We educate our members on the standards of the professional community and the laws concerning what we have a right to know about any person and what is private by law or common practice. Beyond the law and common practice each person defines their needs for anonymity and personal safety.**

**24. We meet and exceed any standard concerning full acceptance of every person's right to define themselves in every area of their lives. We learn how each person wishes to be identified and respected. We educate our members accordingly. With zero tolerance for mistreatment, bullying or discrimination, at the group and service levels, we are community leaders in these areas.**

**25. We develop a service structure to meet the primary purpose of the group. And serve as a role model for healthy relationships based in love and service.**



26. The members of the anonymous group are the final authority in all areas of the organization's life.
27. Any authority delegated by the group still belongs to the anonymous groups.
28. The anonymous group members determine the standards for leadership, select the leaders and provide management and delegation as needed.
29. For each responsibility delegated a single person is designated by the anonymous group members as the point of accountability with clearly defined goals and methods.
30. Group conscience and consilience, based on the study and application of principles, is utilized for all dialogue and decision making. These processes are developed, as well, for use by members in all their relationships in daily life.
31. Each member is equally responsible for all activities of the group in its anonymous meetings and other activities and has an equal voice.
32. The quality of all the group and individual activities on behalf of the primary purpose are dependent on constant individual study, group study, and application of the principles.
33. Every point of view is essential and is sought out. Special efforts are made to include the minority opinion and the lone dissenter. Maximum diversity and unanimity are the method, and goal, in our constant evolution.
34. Any member can petition the group for the hearing on a disagreement and the hearing is convened. A matter that is important to one member is important to the group.
35. Only anonymous contributions during the meeting are used for that purpose. The anonymous group members decide how it wants to fund service efforts beyond the needs of the anonymous group setting. All laws and customs are followed.
36. In all efforts of the group, its anonymous meetings and service structure, the goals are twofold. To serve the primary purposes of the group. And give each member the skills to study, apply, and practice these principles in every aspect of their lives.

As we personalize our study and practice of the principles, an amazing awakening begins and continues from moment to moment. Each in our own way, we find the principles are who we are and always have been. We are designed for success. We are love and service. We are unconditional love. We are success. As individuals and as an organization we are committed to supporting every effort to

rid the world of unmanageable levels of addiction, in all its manifestations. To love is to serve.

\*\*\*\*\*

I am.

I know who I am.  
I know what I need.  
I know what I want.

I see a problem because I know the solution.

I see a problem because I am the solution.

Acceptance Makes Everything Neutral.

AMEN!

Accountability Makes Everything Neutral.

AMEN!

Allostasis Makes Everything Neutral.

AMEN!

Anonymity Makes Everything Neutral.

AMEN!

Attentiveness Makes Everything Neutral.

AMEN!

Attraction Makes Everything Neutral.

AMEN!

Authenticity Makes Everything Neutral.

AMEN!

Autonomy Makes Everything Neutral.

AMEN!

Awareness Makes Everything Neutral.

AMEN!

## The Principles

Feel free to add any principles to the following list. These are the principles we will use in the Guide. We recommend that each person start a journey with these principles by learning about them as words and their various uses, and if interested, their historical roots.

Honesty, open-mindedness, willingness, faith, hope, love, as examples, are necessary for the success of any healthy relationship. In any culture. No matter what the purpose of the relationship. And necessary for the success of any healthy group endeavor. So universal they could be said to be an innate or genetic part of our evolutionary success. The who, what, when, where, how and why of our continued existence and success as a human race.

**Acceptance**

**Commitment**

**Accountability**

**Communication**

**Allostasis**

**Compassion**

**Anonymity**

**Comprehensibility**

**Attentiveness**

**Confidence**

**Attraction**

**Connection**

**Authenticity**

**Conscience**

**Autonomy**

**Consilience**

**Awareness**

**Consistency**

**Balance**

**Constant change**

**Boundaries**

**Conviction**

**Caring**

**Cooperation**

**Caution**

**Courage**

**Coherence**

**Creativity**

**Collective guidance**

**Curiosity**

**Dependability**

**Dignity**

**Discernment**

**Discipline**

**Diversity**

**Empathy**

**Encouragement**

**Equality**

**Equanimity**

**Faith**

**Fidelity**

**Flexibility**

**Forgiveness**

**Future potential**

**Freedom**

**Gentleness**

**Generosity**

**Goodwill**

**Grace**

**Gratitude**

**Growth**

**Happiness**

**Harmony**

**Homeostasis**

**Honesty**

**Honor**

**Hope**

**Hospitality**

**Humor**

**Imagination**

**Inclusiveness**

**Independence**

**Individuality**

**Instinct**

**Integrity**

**Interdependence**

**Intimacy**

**Intuition**

**Joy**

**Kindness**

**Lessons of the past**

**Learning**

**Listening**

**Love**

<b>Loyalty</b>	<b>Respect</b>
<b>Manageability</b>	<b>Responsibility</b>
<b>Maturity</b>	<b>Restraint</b>
<b>Meaningfulness</b>	<b>Sacrifice</b>
<b>Nurture</b>	<b>Safety</b>
<b>Open mindedness</b>	<b>Security</b>
<b>Optimism</b>	<b>Self-honesty</b>
<b>Participation</b>	<b>Self-acceptance</b>
<b>Passion</b>	<b>Self-discipline</b>
<b>Patience</b>	<b>Self-discovery</b>
<b>Perseverance</b>	<b>Self-support</b>
<b>Powerlessness</b>	<b>Selfless</b>
<b>Practicality</b>	<b>Selfless service</b>
<b>Present moment</b>	<b>Selflessness</b>
<b>Principles</b>	<b>Serenity</b>
<b>Progress</b>	<b>Service</b>
<b>Promotion</b>	<b>Sharing</b>
<b>Prudence</b>	<b>Simplicity</b>
<b>Purpose</b>	<b>Sincerity</b>
<b>Quality</b>	<b>Solidarity</b>
<b>Reliability</b>	<b>Stability</b>
<b>Resilience</b>	<b>Steadfastness</b>

**Surrender**

**Zappy**

**Thoughtfulness**

**Zeal**

**Tolerance**

**Zest**

**Trust**

**Zoetic**

**36 facets of success**

**Unconditional love**

**Understanding**

**Unity**

**Vigilance**

**Vulnerability**

**We**

**Welcome**

**Willingness**

**Wisdom**

**Wonder**

**Xenia**

**Xenodochia**

**Xenophilia**

**Xo, xoxo**

**Yearn**

**Yes**

**Zany**

**I am success. I am PIP Success.**

**This guide is offered as just one way of applying the 36 facets of success to my life and relationships. Each moment happens all at once, involving all aspects covered in the facets. In PIP Success we believe these facets are part of our “genetic code”. Doing my best, right now, right here, means I am likely using all the facets in one way or another without even being aware of it. My life does not happen on my terms so I need to be free to study and apply whatever facet(s) may apply.**

**This process is just one more way of bringing me home to who I have always been. The more I use the principles as my intention for feeling my life, thinking about, talking about, and living my life, the more my excellent options and choices increase. My results equal and exceed my intentions each moment and each day.**

**I am excited about learning about myself. No matter what is going on, anywhere, anytime, by constantly learning about me, being the change I want to see everywhere, I am of maximum service to every person and moment I meet. I am of maximum service to all that come after I am no longer present. My learning process will help many generations have a better life than I could have imagined.**

**The facets are written in a certain order, but they are mine. I can study them in any order I see fit. I am free to apply them in any order and combination I need.**

**I promise to be available as a mentor. I am free to ask whomever I choose to be my primary mentor. The responsibility of mentorship, in PIP Success, is first the responsibility of everyone who is a member.**

**The first twelve facets are the foundation for my personal success. The middle twelve are the foundation for my personal unity, and success, in this organization. The final twelve are ground rules of communication. All are applicable to all my relationships.**

**In PIP Success we are encouraged, each moment, to have the experience. Learn the lesson. Gain the wisdom. Practice. Improve. Be a role model. Above all, be available to mentor anyone interested in our newfound skills.**

**Our commitment to, and belief in the power of mentoring, is so profound that we have made the willingness to mentor others a requirement for membership. We believe mentoring increases the chances for one’s success exponentially and of course greatly benefits the community.**

**We believe there is no reason to discuss any moment in our lives, as we study the principles, other than to make it a positive learning opportunity, and mentor others. Every moment of my life, whether positive or neutral or negative, is an infinite source of lifelong lessons.**



**Facet 1.**

**We have symptoms of a condition commonly known as addiction. We believe addiction is preventable, manageable, and predictable.**

**Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory.**

**The following are topics for personal meditation, dialogue or discussion in Facet 1. Definitions of terms are to be determined by each individual, to excite their imagination and creativity, and help each person participate in the constant change that PIP Success is. Each of us is PIP Success.**

**Addiction, review of our literature on the world consensus regarding “addiction”, summarized in PIP Success (pages 14-16)**

**Addiction as I understand it in my life, thought patterns and behavior patterns and/or chemical use/abuse**

**Symptoms of addiction in my life past, present, and future**

**Homeostasis**

**Allostasis**

**Intentions**

**Instincts**

**Intuitions**

**Imagination**

**Creativity**

**Thoughts**

**Words**

**Actions**

**Results**

**Highly sensitive, feeling deeply, often overwhelmed by sensory input, difficulty processing thoughts, feelings, instincts, intuitions**

**Negativity**

**Positivity**

**Salutogenesis, salutogenic**

**Pathogenesis, pathogenic**

**Entropy**

**Negative entropy or negentropy**

**Stress, management, and relief**

**My life and “I am statements” on the positive to neutral to negative continuum and their role in my health, dis-ease, disease**

**Instant gratification and delayed gratification**

**Consistency, predictability, dependability in my life**

**Coherence**

**Positive obsession and my life**

**Negative obsession and my life**

**Addiction is preventable, manageable, predictable.**

**Without negative obsession there is no addiction. PIP Success is my success.**

**I am gratitude.**

**I am honesty.**

**I am open-mindedness.**

**I am willingness.**

**I am faith.**

**I am hope.**

**I am love.**

**I am this present moment. Right now. Right here. All of life happens here.**

**All is a learning opportunity. I am a learning opportunity. This moment is a learning opportunity. Learning from the past. Learning to be the potential of future.**

**I am the positive lessons of all past moments.**

**I am my best in this present moment.**

**I am the potential of the future in this present moment.**

**I am success.**

**I am acceptance.**

**I am constant learning, growth, and change.**

**I am balance, homeostasis, allostasis.**

**Being good, as I understood what is healthiest and best for me, feels good because I am good.**

**I am humor.**

**Choose a principle to be my intention each day for the month. Practice it in my thoughts, words, actions, results, instincts, intuitions, imagination, creativity.**

**At the end of each day evaluate how the results, in each moment and relationship, and if the results matched the intention I began the day with. How can I better align my results, in specific moments and relationships, with my intentions, thoughts, words, actions, instincts, intuitions, imagination and creativity?**

**I do not know what I do not know.**

## Facet 2

We believe the practice of principles, one present moment at a time, bring balance to our lives and homeostasis to our bodies, and bring us home to who we are.

This present moment, right now, right here is where all of life happens. Life does not happen in the past or the future. Only right now, right here. We approach the past only as an infinite source of lessons, the future as pure potential, and the present where the lessons of the past and the potential of my imagined future, help me determine what my best is, right now, right here. Doing my best in the present, as I understand my best to be, based on my study and practice of the principles, is the best any person has ever, is now, or ever, will do. My best is progress. Progress is perfection for any person, right now, right here.

Read references to these terms in PIP Success. Many sources are free online regarding all these topics and their relationship to sanity, homeostasis, health, well-being, and success in all areas of my life. Discuss with mentor and others.

### Principles

Lessons from the past

Pure potential of the future

The present moment

Needs

Instincts

Intuitions

Feelings

Principles

Intentions

Thoughts

Words

Actions

Results

Balance

Homeostasis

Allostasis

At home with who I have always been

I do not know what I do not know

### **Facet 3.**

**We decide to practice these principles in each moment and relationship.**

**Begin by making a list of my current, most active relationships, in all areas of my life at this time. My name is first on the list. In Facet 4, I will make a longer list of all relationships, past and present for that process.**

**Your mentor will help you learn how these simple exercises work, and how they can help you understand where you have been in your relationship with your self, those close to you now, where you are with each now and where you want to be in each of those current relationships.**

**In PIP Success we only discuss our relationships as opportunities to learn how to be of maximum service to self and others. I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**In Facet 3 my goal is to get used to learning about and speaking about the skills each principle is, practicing and exercising those skills in my day-to-day life, right now, right here, in the present moment.**

**If my intentions are unhealthy or harmful for me or another person, my thoughts, words, actions, and results will follow accordingly. My intentions, thoughts, words, actions, and results are a reflection of me. No matter how healthy or unhealthy for me or for another. They are affirming of who I am or harmful to who I am as one person, one body brain.**

**I intend with my whole body, I think with my whole body, my words come from my whole body, my actions involve all of me and the results deeply affect all of me. I hear with my whole body. I smell with my whole body. I sing with my whole body. My emotions come from all of me. At no time is one part existing or experiencing in any way separate from any other.**

**I love you! I am love! I hate you! I am hate! Two very different intentions, thought patterns, word choices, actions and range of results. Both these extremes come from my whole body and affect my whole body. Affirming who I am or damaging who I am. At these extremes and all points in between and among. Affirming my body's constant striving to balance or homeostasis, while changing as needed, or preventing it, and all points in between and among.**

**Select one principle to work on at a time. Maybe pick a new one each day. Read the "I statements" related to it often during the day and evaluate whether the results I am getting match my intentions, thoughts, words, actions and so forth.**

**Change as needed in each moment. The old saying applies. If I have no plan, any plan will do.**

**Also, as you go through the day, each day, be aware of all thoughts, words, actions, and results. Every thought, word, action, and results are an “I statement” to myself of some kind. All thoughts, words, actions, and results are in some way an evaluation of me and my life. Consider what each is saying to me and about me in my relationship with I, my pip, the present moment, each relationship, and the universe as I understand it.**

**The human body is a learning, changing, growing, evolving organism in each of its smallest parts, and as a whole. Learning negatively in ways that self-harm, learning neutrally, learning in ways that affirm it as a whole. My thoughts, words, actions, and results are the teacher and the student. Always learning from my exciting but frightening ability to have thoughts and act on them. Free will some call it. Certainly, an important survival and success tool. Homeostasis is about constant learning to find balance and well-being in each moment, probably billions of times a day at all levels of my existence.**

**I enter this present moment in balance. This moment, life, happens. I find new balance. That balance can be positive, neutral, or negative depending on my intentions, thoughts, words, actions, the results of previous moments and my attitude towards the future.**

**I enter this present moment in homeostasis. This moment, life, happens. I process it to return to balance. That is allostasis. I find new homeostasis. That balance can be positive, neutral, negative depending on my intentions, thoughts, words, actions, and the results of previous moments and my attitude towards the future.**

**What changes it all is the attitude I come into this present moment with. For example, I enter this present moment in love. My intention, thoughts, words, actions are love. This moment, life, happens. I process the moment with love to find a new homeostasis. The process, each moment, of finding new balance, homeostasis, is allostasis. The new homeostasis is more love. The new homeostasis is positive. I am balance.**

**Let's go through this again. What changes it all is my attitude I come into this present moment with. If I enter this present moment in resentment my intentions, thoughts, words, actions are resentment. This moment, life, happens. I process the moment in resentment to find a new homeostasis. That process of finding the new balance, allostasis, always happens until it cannot. The new homeostasis is a deeper resentment. The new homeostasis is negative. I am out of balance.**

Finally, I enter this present moment in acceptance. My intention, thoughts, words, actions are acceptance. This moment, life, happens. I process the moment to find a new homeostasis. That is allostasis. The new homeostasis is a deeper acceptance. The new homeostasis is neutral. I am balance. But only for a bit. Life stays neutral only for a bit and then more change happens and a new balance is found. Trillions of times a day in my body, my body mind, my pip, my umwelt.

I am acceptance.  
 I have always been acceptance.  
 My intentions are acceptance.  
 My thoughts are acceptance.  
 My words are acceptance.  
 My actions are acceptance.  
 My results are acceptance.  
 My instincts are acceptance.  
 My intuitions are acceptance.  
 My imagination is acceptance.  
 My creativity is acceptance.  
 My positive obsession is acceptance.  
 My needs are acceptance.  
 My emotions are acceptance.  
 My balance is acceptance.  
 My allostasis is acceptance.  
 My homeostasis is acceptance.  
 I do not know what I do not know.

I am accountability.  
 I have always been accountability.  
 My intentions are accountability.  
 My thoughts are accountability.  
 My words are accountability.  
 My actions are accountability.  
 My results are accountability.  
 My instincts are accountability.  
 My intuitions are accountability.  
 My imagination is accountability.  
 My creativity is accountability.  
 My positive obsession is accountability.  
 My needs are accountability.  
 My emotions are accountability.  
 My balance is accountability.  
 My allostasis is accountability.

My homeostasis is accountability.  
 I do not know what I do not know.

I am allostasis.  
 I have always been allostasis.  
 My intentions are allostasis.  
 My thoughts are allostasis.  
 My words are allostasis.  
 My actions are allostasis.  
 My results are allostasis.  
 My instincts are allostasis.  
 My intuitions are allostasis.  
 My imagination is allostasis.  
 My creativity is allostasis.  
 My positive obsession is allostasis.  
 My needs are allostasis.  
 My emotions are allostasis.  
 My balance is allostasis.  
 My allostasis is allostasis.  
 My homeostasis is allostasis.  
 I do not know what I do not know.

I am anonymity.  
 I have always been anonymity.  
 My intentions are anonymity.  
 My thoughts are anonymity.  
 My words are anonymity.  
 My actions are anonymity.  
 My results are anonymity.  
 My instincts are anonymity.  
 My intuitions are anonymity.  
 My imagination is anonymity.  
 My creativity is anonymity.  
 My positive obsession is anonymity.  
 My needs are anonymity.  
 My emotions are anonymity.

My balance is anonymity.  
 My allostasis is anonymity.  
 My homeostasis is anonymity.  
 I do not know what I do not know.

I am attentiveness.  
 I have always been attentiveness.  
 My intentions are attentiveness.  
 My thoughts are attentiveness.  
 My words are attentiveness.  
 My actions are attentiveness.  
 My results are attentiveness.  
 My instincts are attentiveness.  
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 My positive obsession is attentiveness.  
 My needs are attentiveness.  
 My emotions are attentiveness.  
 My balance is attentiveness.  
 My allostasis is attentiveness.  
 My homeostasis is attentiveness.  
 I do not know what I do not know.

I am attraction.  
 I have always been attraction.  
 My intentions are attraction.  
 My thoughts are attraction.  
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 My positive obsession is attraction.  
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 My emotions are attraction.  
 My balance is attraction.  
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 My homeostasis is attraction.  
 I do not know what I do not know.

I am authenticity.  
 I have always been authenticity.  
 My intentions are authenticity.  
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 My positive obsession is authenticity.  
 My needs are authenticity.  
 My emotions are authenticity.  
 My balance is authenticity.  
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 My homeostasis is authenticity.  
 I do not know what I do not know.

I am autonomy.  
 I have always been autonomy.  
 My intentions are autonomy.  
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 My positive obsession is autonomy.  
 My needs are autonomy.  
 My emotions are autonomy.  
 My balance is autonomy.  
 My allostasis is autonomy.  
 My homeostasis is autonomy.  
 I do not know what I do not know.

I am awareness.  
 I have always been awareness.  
 My intentions are awareness.  
 My thoughts are awareness.  
 My words are awareness.  
 My actions are awareness.

**My results are awareness.**  
**My instincts are awareness.**  
**My intuitions are awareness.**  
**My imagination is awareness.**  
**My creativity is awareness.**  
**My positive obsession is awareness.**  
**My needs are awareness.**  
**My emotions are awareness.**  
**My balance is awareness.**  
**My allostasis is awareness.**  
**My homeostasis is awareness.**  
**I do not know what I do not know.**

**I am balance.**  
**I have always been balance.**  
**My intentions are balance.**  
**My thoughts are balance.**  
**My words are balance.**  
**My actions are balance.**  
**My results are balance.**  
**My instincts are balance.**  
**My intuitions are balance.**  
**My imagination is balance.**  
**My creativity is balance.**  
**My positive obsession is balance.**  
**My needs are balance.**  
**My emotions are balance.**  
**My balance is balance.**  
**My allostasis is balance.**  
**My homeostasis is balance.**  
**I do not know what I do not know.**

**I am boundaries.**  
**I have always been boundaries.**  
**My intentions are boundaries.**  
**My thoughts are boundaries.**  
**My words are boundaries.**  
**My actions are boundaries.**  
**My results are boundaries.**  
**My instincts are boundaries.**  
**My intuitions are boundaries.**  
**My imagination is boundaries.**  
**My creativity is boundaries.**  
**My positive obsession is boundaries.**

**My needs are boundaries.**  
**My emotions are boundaries.**  
**My balance is boundaries.**  
**My allostasis is boundaries.**  
**My homeostasis is boundaries.**  
**I do not know what I do not know.**

**I am caring.**  
**I have always been caring.**  
**My intentions are caring.**  
**My thoughts are caring.**  
**My words are caring.**  
**My actions are caring.**  
**My results are caring.**  
**My instincts are caring.**  
**My intuitions are caring.**  
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**My creativity is caring.**  
**My positive obsession is caring.**  
**My needs are caring.**  
**My emotions are caring.**  
**My balance is caring.**  
**My allostasis is caring.**  
**My homeostasis is caring.**  
**I do not know what I do not know.**

**I am caution.**  
**I have always been caution.**  
**My intentions are caution.**  
**My thoughts are caution.**  
**My words are caution.**  
**My actions are caution.**  
**My results are caution.**  
**My instincts are caution.**  
**My intuitions are caution.**  
**My imagination is caution.**  
**My creativity is caution.**  
**My positive obsession is caution.**  
**My needs are caution.**  
**My emotions are caution.**  
**My balance is caution.**  
**My allostasis is caution.**  
**My homeostasis is caution.**  
**I do not know what I do not know.**



**I am collective guidance.**  
**I have always been collective guidance.**  
**My intentions are collective guidance.**  
**My thoughts are collective guidance.**  
**My words are collective guidance.**  
**My actions are collective guidance.**  
**My results are collective guidance.**  
**My instincts are collective guidance.**  
**My intuitions are collective guidance.**  
**My imagination is collective guidance.**  
**My creativity is collective guidance.**  
**My positive obsession is collective guidance.**  
**My needs are collective guidance.**  
**My emotions are collective guidance.**  
**My balance is collective guidance.**  
**My allostasis is collective guidance.**  
**My homeostasis is collective guidance.**  
**I do not know what I do not know.**

**I am commitment.**  
**I have always been commitment.**  
**My intentions are commitment.**  
**My thoughts are commitment.**  
**My words are commitment.**  
**My actions are commitment.**  
**My results are commitment.**  
**My instincts are commitment.**  
**My intuitions are commitment.**  
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**My creativity is commitment.**  
**My positive obsession is commitment.**  
**My needs are commitment.**  
**My emotions are commitment.**  
**My balance is commitment.**  
**My allostasis is commitment.**  
**My homeostasis is commitment.**  
**I do not know what I do not know.**

**I am communication.**  
**I have always been communication.**  
**My intentions are communication.**  
**My thoughts are communication.**  
**My words are communication.**  
**My actions are communication.**  
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**My instincts are communication.**  
**My intuitions are communication.**  
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**My positive obsession is communication.**  
**My needs are communication.**  
**My emotions are communication.**  
**My balance is communication.**  
**My allostasis is communication.**  
**My homeostasis is communication.**  
**I do not know what I do not know.**

**I am compassion.**  
**I have always been compassion.**  
**My intentions are compassion.**  
**My thoughts are compassion.**  
**My words are compassion.**  
**My actions are compassion.**  
**My results are compassion.**  
**My instincts are compassion.**  
**My intuitions are compassion.**  
**My imagination is compassion.**  
**My creativity is compassion.**  
**My positive obsession is compassion.**  
**My needs are compassion.**  
**My emotions are compassion.**  
**My balance is compassion.**  
**My allostasis is compassion.**  
**My homeostasis is compassion.**  
**I do not know what I do not know.**

**I am confidence.**  
**I have always been confidence.**  
**My intentions are confidence.**

**My thoughts are confidence.**  
**My words are confidence.**  
**My actions are confidence.**  
**My results are confidence.**  
**My instincts are confidence.**  
**My intuitions are confidence.**  
**My imagination is confidence.**  
**My creativity is confidence.**  
**My positive obsession is confidence.**  
**My needs are confidence.**  
**My emotions are confidence.**  
**My balance is confidence.**  
**My allostasis is confidence.**  
**My homeostasis is confidence.**  
**I do not know what I do not know.**

**I am connection.**  
**I have always been connection.**  
**My intentions are connection.**  
**My thoughts are connection.**  
**My words are connection.**  
**My actions are connection.**  
**My results are connection.**  
**My instincts are connection.**  
**My intuitions are connection.**  
**My imagination is connection.**  
**My creativity is connection.**  
**My positive obsession is connection.**  
**My needs are connection.**  
**My emotions are connection.**  
**My balance is connection.**  
**My allostasis is connection.**  
**My homeostasis is connection.**  
**I do not know what I do not know.**

**I am conscience.**  
**I have always been conscience.**  
**My intentions are conscience.**  
**My thoughts are conscience.**  
**My words are conscience.**  
**My actions are conscience.**  
**My results are conscience.**  
**My instincts are conscience.**  
**My intuitions are conscience.**

**My imagination is conscience.**  
**My creativity is conscience.**  
**My positive obsession is conscience.**  
**My needs are conscience.**  
**My emotions are conscience.**  
**My balance is conscience.**  
**My allostasis is conscience.**  
**My homeostasis is conscience.**  
**I do not know what I do not know.**

**I am consilience.**  
**I have always been consilience.**  
**My intentions are consilience.**  
**My thoughts are consilience.**  
**My words are consilience.**  
**My actions are consilience.**  
**My results are consilience.**  
**My instincts are consilience.**  
**My intuitions are consilience.**  
**My imagination is consilience.**  
**My creativity is consilience.**  
**My positive obsession is consilience.**  
**My needs are consilience.**  
**My emotions are consilience.**  
**My balance is consilience.**  
**My allostasis is consilience.**  
**My homeostasis is consilience.**  
**I do not know what I do not know.**

**I am consistency.**  
**I have always been consistency.**  
**My intentions are consistency.**  
**My thoughts are consistency.**  
**My words are consistency.**  
**My actions are consistency.**  
**My results are consistency.**  
**My instincts are consistency.**  
**My intuitions are consistency.**  
**My imagination is consistency.**  
**My creativity is consistency.**  
**My positive obsession is consistency.**  
**My needs are consistency.**  
**My emotions are consistency.**  
**My balance is consistency.**

**My allostasis is consistency.  
My homeostasis is consistency.  
I do not know what I do not know.**

**I am constant change.  
I have always been constant change.  
My intentions are constant change.  
My thoughts are constant change.  
My words are constant change.  
My actions are constant change.  
My results are constant change.  
My instincts are constant change.  
My intuitions are constant change.  
My imagination is constant change.  
My creativity is constant change.  
My positive obsession is constant change.  
My needs are constant change.  
My emotions are constant change.  
My balance is constant change.  
My allostasis is constant change.  
My homeostasis is constant change.  
I do not know what I do not know.**

**I am conviction.  
I have always been conviction.  
My intentions are conviction.  
My thoughts are conviction.  
My words are conviction.  
My actions are conviction.  
My results are conviction.  
My instincts are conviction.  
My intuitions are conviction.  
My imagination is conviction.  
My creativity is conviction.  
My positive obsession is conviction.  
My needs are conviction.  
My emotions are conviction.  
My balance is conviction.  
My allostasis is conviction.  
My homeostasis is conviction.  
I do not know what I do not know.**

**I am cooperation.**

**I have always been cooperation.  
My intentions are cooperation.  
My thoughts are cooperation.  
My words are cooperation.  
My actions are cooperation.  
My results are cooperation.  
My instincts are cooperation.  
My intuitions are cooperation.  
My imagination is cooperation.  
My creativity is cooperation.  
My positive obsession is cooperation.  
My needs are cooperation.  
My emotions are cooperation.  
My balance is cooperation.  
My allostasis is cooperation.  
My homeostasis is cooperation.  
I do not know what I do not know.**

**I am courage.  
I have always been courage.  
My intentions are courage.  
My thoughts are courage.  
My words are courage.  
My actions are courage.  
My results are courage.  
My instincts are courage.  
My intuitions are courage.  
My imagination is courage.  
My creativity is courage.  
My positive obsession is courage.  
My needs are courage.  
My emotions are courage.  
My balance is courage.  
My allostasis is courage.  
My homeostasis is courage.  
I do not know what I do not know.**

**I am creativity.  
I have always been creativity.  
My intentions are creativity.  
My thoughts are creativity.  
My words are creativity.  
My actions are creativity.  
My results are creativity.**

**My instincts are creativity.**  
**My intuitions are creativity.**  
**My imagination is creativity.**  
**My creativity is creativity.**  
**My positive obsession is creativity.**  
**My needs are creativity.**  
**My emotions are creativity.**  
**My balance is creativity.**  
**My allostasis is creativity.**  
**My homeostasis is creativity.**  
**I do not know what I do not know.**

**I am curiosity.**  
**I have always been curiosity.**  
**My intentions are curiosity.**  
**My thoughts are curiosity.**  
**My words are curiosity.**  
**My actions are curiosity.**  
**My results are curiosity.**  
**My instincts are curiosity.**  
**My intuitions are curiosity.**  
**My imagination is curiosity.**  
**My creativity is curiosity.**  
**My positive obsession is curiosity.**  
**My needs are curiosity.**  
**My emotions are curiosity.**  
**My balance is curiosity.**  
**My allostasis is curiosity.**  
**My homeostasis is curiosity.**  
**I do not know what I do not know.**

**I am dependability.**  
**I have always been dependability.**  
**My intentions are dependability.**  
**My thoughts are dependability.**  
**My words are dependability.**  
**My actions are dependability.**  
**My results are dependability.**  
**My instincts are dependability.**  
**My intuitions are dependability.**  
**My imagination is dependability.**  
**My creativity is dependability.**  
**My positive obsession is dependability.**

**My needs are dependability.**  
**My emotions are dependability.**  
**My balance is dependability.**  
**My allostasis is dependability.**  
**My homeostasis is dependability.**  
**I do not know what I do not know.**

**I am dignity.**  
**I have always been dignity.**  
**My intentions are dignity.**  
**My thoughts are dignity.**  
**My words are dignity.**  
**My actions are dignity.**  
**My results are dignity.**  
**My instincts are dignity.**  
**My intuitions are dignity.**  
**My imagination is dignity.**  
**My creativity is dignity.**  
**My positive obsession is dignity.**  
**My needs are dignity.**  
**My emotions are dignity.**  
**My balance is dignity.**  
**My allostasis is dignity.**  
**My homeostasis is dignity.**  
**I do not know what I do not know.**

**I am discernment.**  
**I have always been discernment.**  
**My intentions are discernment.**  
**My thoughts are discernment.**  
**My words are discernment.**  
**My actions are discernment.**  
**My results are discernment.**  
**My instincts are discernment.**  
**My intuitions are discernment.**  
**My imagination is discernment.**  
**My creativity is discernment.**  
**My positive obsession is discernment.**  
**My needs are discernment.**  
**My emotions are discernment.**  
**My balance is discernment.**  
**My allostasis is discernment.**  
**My homeostasis is discernment.**

**I do not know what I do not know.**

**I am discipline.**

**I have always been discipline.**

**My intentions are discipline.**

**My thoughts are discipline.**

**My words are discipline.**

**My actions are discipline.**

**My results are discipline.**

**My instincts are discipline.**

**My intuitions are discipline.**

**My imagination is discipline.**

**My creativity is discipline.**

**My positive obsession is discipline.**

**My needs are discipline.**

**My emotions are discipline.**

**My balance is discipline.**

**My allostasis is discipline.**

**My homeostasis is discipline.**

**I do not know what I do not know.**

**I am diversity.**

**I have always been diversity.**

**My intentions are diversity.**

**My thoughts are diversity.**

**My words are diversity.**

**My actions are diversity.**

**My results are diversity.**

**My instincts are diversity.**

**My intuitions are diversity.**

**My imagination is diversity.**

**My creativity is diversity.**

**My positive obsession is diversity.**

**My needs are diversity.**

**My emotions are diversity.**

**My balance is diversity.**

**My allostasis is diversity.**

**My homeostasis is diversity.**

**I do not know what I do not know.**

**I am empathy.**

**I have always been empathy.**

**My intentions are empathy.**

**My thoughts are empathy.**

**My words are empathy.**

**My actions are empathy.**

**My results are empathy.**

**My instincts are empathy.**

**My intuitions are empathy.**

**My imagination is empathy.**

**My creativity is empathy.**

**My positive obsession is empathy.**

**My needs are empathy.**

**My emotions are empathy.**

**My balance is empathy.**

**My allostasis is empathy.**

**My homeostasis is empathy.**

**I do not know what I do not know.**

**I am empathy.**

**I have always been empathy.**

**My intentions are empathy.**

**My thoughts are empathy.**

**My words are empathy.**

**My actions are empathy.**

**My results are empathy.**

**My instincts are empathy.**

**My intuitions are empathy.**

**My imagination is empathy.**

**My creativity is empathy.**

**My positive obsession is empathy.**

**My needs are empathy.**

**My emotions are empathy.**

**My balance is empathy.**

**My allostasis is empathy.**

**My homeostasis is empathy.**

**I do not know what I do not know.**

**I am encouragement.**

**I have always been encouragement.**

**My intentions are encouragement.**

**My thoughts are encouragement.**

**My words are encouragement.**

**My actions are encouragement.**

**My results are encouragement.**

**My instincts are encouragement.**

**My intuitions are encouragement.**

**My imagination is encouragement.**

**My creativity is encouragement.**  
**My positive obsession is encouragement.**  
**My needs are encouragement.**  
**My emotions are encouragement.**  
**My balance is encouragement.**  
**My allostasis is encouragement.**  
**My homeostasis is encouragement.**  
**I do not know what I do not know.**

**I am equality.**  
**I have always been equality.**  
**My intentions are equality.**  
**My thoughts are equality.**  
**My words are equality.**  
**My actions are equality.**  
**My results are equality.**  
**My instincts are equality.**  
**My intuitions are equality.**  
**My imagination is equality.**  
**My creativity is equality.**  
**My positive obsession is equality.**  
**My needs are equality.**  
**My emotions are equality.**  
**My balance is equality.**  
**My allostasis is equality.**  
**My homeostasis is equality.**  
**I do not know what I do not know.**

**I am equanimity.**  
**I have always been equanimity.**  
**My intentions are equanimity.**  
**My thoughts are equanimity.**  
**My words are equanimity.**  
**My actions are equanimity.**  
**My results are equanimity.**  
**My instincts are equanimity.**  
**My intuitions are equanimity.**  
**My imagination is equanimity.**  
**My creativity is equanimity.**  
**My positive obsession is equanimity.**  
**My needs are equanimity.**  
**My emotions are equanimity.**  
**My balance is equanimity.**

**My allostasis is equanimity.**  
**My homeostasis is equanimity.**  
**I do not know what I do not know.**

**I am faith.**  
**I have always been faith.**  
**My intentions are faith.**  
**My thoughts are faith.**  
**My words are faith.**  
**My actions are faith.**  
**My results are faith.**  
**My instincts are faith.**  
**My intuitions are faith.**  
**My imagination is faith.**  
**My creativity is faith.**  
**My positive obsession is faith.**  
**My needs are faith.**  
**My emotions are faith.**  
**My balance is faith.**  
**My allostasis is faith.**  
**My homeostasis is faith.**  
**I do not know what I do not know.**

**I am fidelity.**  
**I have always been fidelity.**  
**My intentions are fidelity.**  
**My thoughts are fidelity.**  
**My words are fidelity.**  
**My actions are fidelity.**  
**My results are fidelity.**  
**My instincts are fidelity.**  
**My intuitions are fidelity.**  
**My imagination is fidelity.**  
**My creativity is fidelity.**  
**My positive obsession is fidelity.**  
**My needs are fidelity.**  
**My emotions are fidelity.**  
**My balance is fidelity.**  
**My allostasis is fidelity.**  
**My homeostasis is fidelity.**  
**I do not know what I do not know.**

**I am flexibility.**  
**I have always been flexibility.**

**My intentions are flexibility.**  
**My thoughts are flexibility.**  
**My words are flexibility.**  
**My actions are flexibility.**  
**My results are flexibility.**  
**My instincts are flexibility.**  
**My intuitions are flexibility.**  
**My imagination is flexibility.**  
**My creativity is flexibility.**  
**My positive obsession is flexibility.**  
**My needs are flexibility.**  
**My emotions are flexibility.**  
**My balance is flexibility.**  
**My allostasis is flexibility.**  
**My homeostasis is flexibility.**  
**I do not know what I do not know.**

**I am forgiveness.**  
**I have always been forgiveness.**  
**My intentions are forgiveness.**  
**My thoughts are forgiveness.**  
**My words are forgiveness.**  
**My actions are forgiveness.**  
**My results are forgiveness.**  
**My instincts are forgiveness.**  
**My intuitions are forgiveness.**  
**My imagination is forgiveness.**  
**My creativity is forgiveness.**  
**My positive obsession is forgiveness.**  
**My needs are forgiveness.**  
**My emotions are forgiveness.**  
**My balance is forgiveness.**  
**My allostasis is forgiveness.**  
**My homeostasis is forgiveness.**  
**I do not know what I do not know.**

**I am future potential.**  
**I have always been future potential.**  
**My intentions are future potential.**  
**My thoughts are future potential.**  
**My words are future potential.**  
**My actions are future potential.**  
**My results are future potential.**  
**My instincts are future potential.**

**My intuitions are future potential.**  
**My imagination is future potential.**  
**My creativity is future potential.**  
**My positive obsession is future potential.**  
**My needs are future potential.**  
**My emotions are future potential.**  
**My balance is future potential.**  
**My allostasis is future potential.**  
**My homeostasis is future potential.**  
**I do not know what I do not know.**

**I am freedom.**  
**I have always been freedom.**  
**My intentions are freedom.**  
**My thoughts are freedom.**  
**My words are freedom.**  
**My actions are freedom.**  
**My results are freedom.**  
**My instincts are freedom.**  
**My intuitions are freedom.**  
**My imagination is freedom.**  
**My creativity is freedom.**  
**My positive obsession is freedom.**  
**My needs are freedom.**  
**My emotions are freedom.**  
**My balance is freedom.**  
**My allostasis is freedom.**  
**My homeostasis is freedom.**  
**I do not know what I do not know.**

**I am generosity.**  
**I have always been generosity.**  
**My intentions are generosity.**  
**My thoughts are generosity.**  
**My words are generosity.**  
**My actions are generosity.**  
**My results are generosity.**  
**My instincts are generosity.**  
**My intuitions are generosity.**  
**My imagination is generosity.**  
**My creativity is generosity.**  
**My positive obsession is generosity.**  
**My needs are generosity.**

**My emotions are generosity.**  
**My balance is generosity.**  
**My allostasis is generosity.**  
**My homeostasis is generosity.**  
**I do not know what I do not know.**

**I am goodwill.**  
**I have always been goodwill.**  
**My intentions are goodwill.**  
**My thoughts are goodwill.**  
**My words are goodwill.**  
**My actions are goodwill.**  
**My results are goodwill.**  
**My instincts are goodwill.**  
**My intuitions are goodwill.**  
**My imagination is goodwill.**  
**My creativity is goodwill.**  
**My positive obsession is goodwill.**  
**My needs are goodwill.**  
**My emotions are goodwill.**  
**My balance is goodwill.**  
**My allostasis is goodwill.**  
**My homeostasis is goodwill.**  
**I do not know what I do not know.**

**I am gratitude.**  
**I have always been gratitude.**  
**My intentions are gratitude.**  
**My thoughts are gratitude.**  
**My words are gratitude.**  
**My actions are gratitude.**  
**My results are gratitude.**  
**My instincts are gratitude.**  
**My intuitions are gratitude.**  
**My imagination is gratitude.**  
**My creativity is gratitude.**  
**My positive obsession is gratitude.**  
**My needs are gratitude.**  
**My emotions are gratitude.**  
**My balance is gratitude.**  
**My allostasis is gratitude.**  
**My homeostasis is gratitude.**  
**I do not know what I do not know.**

**I am growth.**  
**I have always been growth.**  
**My intentions are growth.**  
**My thoughts are growth.**  
**My words are growth.**  
**My actions are growth.**  
**My results are growth.**  
**My instincts are growth.**  
**My intuitions are growth.**  
**My imagination is growth.**  
**My creativity is growth.**  
**My positive obsession is growth.**  
**My needs are growth.**  
**My emotions are growth.**  
**My balance is growth.**  
**My allostasis is growth.**  
**My homeostasis is growth.**  
**I do not know what I do not know.**

**I am happiness.**  
**I have always been happiness.**  
**My intentions are happiness.**  
**My thoughts are happiness.**  
**My words are happiness.**  
**My actions are happiness.**  
**My results are happiness.**  
**My instincts are happiness.**  
**My intuitions are happiness.**  
**My imagination is happiness.**  
**My creativity is happiness.**  
**My positive obsession is happiness.**  
**My needs are happiness.**  
**My emotions are happiness.**  
**My balance is happiness.**  
**My allostasis is happiness.**  
**My homeostasis is happiness.**  
**I do not know what I do not know.**

**I am harmony.**  
**I have always been harmony.**  
**My intentions are harmony.**  
**My thoughts are harmony.**  
**My words are harmony.**  
**My actions are harmony.**



**My results are harmony.**  
**My instincts are harmony.**  
**My intuitions are harmony.**  
**My imagination is harmony.**  
**My creativity is harmony.**  
**My positive obsession is harmony.**  
**My needs are harmony.**  
**My emotions are harmony.**  
**My balance is harmony.**  
**My allostasis is harmony.**  
**My homeostasis is harmony.**  
**I do not know what I do not know.**

**I am homeostasis.**  
**I have always been homeostasis.**  
**My intentions are homeostasis.**  
**My thoughts are homeostasis.**  
**My words are homeostasis.**  
**My actions are homeostasis.**  
**My results are homeostasis.**  
**My instincts are homeostasis.**  
**My intuitions are homeostasis.**  
**My imagination is homeostasis.**  
**My creativity is homeostasis.**  
**My positive obsession is homeostasis.**  
**My needs are homeostasis.**  
**My emotions are homeostasis.**  
**My balance is homeostasis.**  
**My allostasis is homeostasis.**  
**My homeostasis is homeostasis.**  
**I do not know what I do not know.**

**I am honesty.**  
**I have always been honesty.**  
**My intentions are honesty.**  
**My thoughts are honesty.**  
**My words are honesty.**  
**My actions are honesty.**  
**My results are honesty.**  
**My instincts are honesty.**  
**My intuitions are honesty.**  
**My imagination is honesty.**  
**My creativity is honesty.**

**My positive obsession is honesty.**  
**My needs are honesty.**  
**My emotions are honesty.**  
**My balance is honesty.**  
**My allostasis is honesty.**  
**My homeostasis is honesty.**  
**I do not know what I do not know.**

**I am honor.**  
**I have always been honor.**  
**My intentions are honor.**  
**My thoughts are honor.**  
**My words are honor.**  
**My actions are honor.**  
**My results are honor.**  
**My instincts are honor.**  
**My intuitions are honor.**  
**My imagination is honor.**  
**My creativity is honor.**  
**My positive obsession is honor.**  
**My needs are honor.**  
**My emotions are honor.**  
**My balance is honor.**  
**My allostasis is honor.**  
**My homeostasis is honor.**  
**I do not know what I do not know.**

**I am hope.**  
**I have always been hope.**  
**My intentions are hope.**  
**My thoughts are hope.**  
**My words are hope.**  
**My actions are hope.**  
**My results are hope.**  
**My instincts are hope.**  
**My intuitions are hope.**  
**My imagination is hope.**  
**My creativity is hope.**  
**My positive obsession is hope.**  
**My needs are hope.**  
**My emotions are hope.**  
**My balance is hope.**  
**My allostasis is hope.**  
**My homeostasis is hope.**

**I do not know what I do not know.**

**I am hospitality.**

**I have always been hospitality.**

**My intentions are hospitality.**

**My thoughts are hospitality.**

**My words are hospitality.**

**My actions are hospitality.**

**My results are hospitality.**

**My instincts are hospitality.**

**My intuitions are hospitality.**

**My imagination is hospitality.**

**My creativity is hospitality.**

**My positive obsession is hospitality.**

**My needs are hospitality.**

**My emotions are hospitality.**

**My balance is hospitality.**

**My allostasis is hospitality.**

**My homeostasis is hospitality.**

**I do not know what I do not know.**

**I am humility.**

**I have always been humility.**

**My intentions are humility.**

**My thoughts are humility.**

**My words are humility.**

**My actions are humility.**

**My results are humility.**

**My instincts are humility.**

**My intuitions are humility.**

**My imagination is humility.**

**My creativity is humility.**

**My positive obsession is humility.**

**My needs are humility.**

**My emotions are humility.**

**My balance is humility.**

**My allostasis is humility.**

**My homeostasis is humility.**

**I do not know what I do not know.**

**I am humor.**

**I have always been humor.**

**My intentions are humor.**

**My thoughts are humor.**

**My words are humor.**

**My actions are humor.**

**My results are humor.**

**My instincts are humor.**

**My intuitions are humor.**

**My imagination is humor.**

**My creativity is humor.**

**My positive obsession is humor.**

**My needs are humor.**

**My emotions are humor.**

**My balance is humor.**

**My allostasis is humor.**

**My homeostasis is humor.**

**I do not know what I do not know.**

**I am imagination.**

**I have always been imagination.**

**My intentions are imagination.**

**My thoughts are imagination.**

**My words are imagination.**

**My actions are imagination.**

**My results are imagination.**

**My instincts are imagination.**

**My intuitions are imagination.**

**My imagination is imagination.**

**My creativity is imagination.**

**My positive obsession is imagination.**

**My needs are imagination.**

**My emotions are imagination.**

**My balance is imagination.**

**My allostasis is imagination.**

**My homeostasis is imagination.**

**I do not know what I do not know.**

**I am inclusiveness.**

**I have always been inclusiveness.**

**My intentions are inclusiveness.**

**My thoughts are inclusiveness.**

**My words are inclusiveness.**

**My actions are inclusiveness.**

**My results are inclusiveness.**

**My instincts are inclusiveness.**

**My intuitions are inclusiveness.**

**My imagination is inclusiveness.**  
**My creativity is inclusiveness.**  
**My positive obsession is inclusiveness.**  
**My needs are inclusiveness.**  
**My emotions are inclusiveness.**  
**My balance is inclusiveness.**  
**My allostasis is inclusiveness.**  
**My homeostasis is inclusiveness.**  
**I do not know what I do not know.**

**I am independence.**  
**I have always been independence.**  
**My intentions are independence.**  
**My thoughts are independence.**  
**My words are independence.**  
**My actions are independence.**  
**My results are independence.**  
**My instincts are independence.**  
**My intuitions are independence.**  
**My imagination is independence.**  
**My creativity is independence.**  
**My positive obsession is independence.**  
**My needs are independence.**  
**My emotions are independence.**  
**My balance is independence.**  
**My allostasis is independence.**  
**My homeostasis is independence.**  
**I do not know what I do not know.**

**I am individuality.**  
**I have always been individuality.**  
**My intentions are individuality.**  
**My thoughts are individuality.**  
**My words are individuality.**  
**My actions are individuality.**  
**My results are individuality.**  
**My instincts are individuality.**  
**My intuitions are individuality.**  
**My imagination is individuality.**  
**My creativity is individuality.**  
**My positive obsession is individuality.**  
**My needs are individuality.**

**My emotions are individuality.**  
**My balance is individuality.**  
**My allostasis is individuality.**  
**My homeostasis is individuality.**  
**I do not know what I do not know.**

**I am instinct.**  
**I have always been instinct.**  
**My intentions are instinct.**  
**My thoughts are instinct.**  
**My words are instinct.**  
**My actions are instinct.**  
**My results are instinct.**  
**My instincts are instinct.**  
**My intuitions are instinct.**  
**My imagination is instinct.**  
**My creativity is instinct.**  
**My positive obsession is instinct.**  
**My needs are instinct.**  
**My emotions are instinct.**  
**My balance is instinct.**  
**My allostasis is instinct.**  
**My homeostasis is instinct.**  
**I do not know what I do not know.**

**I am integrity.**  
**I have always been integrity.**  
**My intentions are integrity.**  
**My thoughts are integrity.**  
**My words are integrity.**  
**My actions are integrity.**  
**My results are integrity.**  
**My instincts are integrity.**  
**My intuitions are integrity.**  
**My imagination is integrity.**  
**My creativity is integrity.**  
**My positive obsession is integrity.**  
**My needs are integrity.**  
**My emotions are integrity.**  
**My balance is integrity.**  
**My allostasis is integrity.**  
**My homeostasis is integrity.**  
**I do not know what I do not know.**

**I am interdependence.**  
**I have always been interdependence.**  
**My intentions are interdependence.**  
**My thoughts are interdependence.**  
**My words are interdependence.**  
**My actions are interdependence.**  
**My results are interdependence.**  
**My instincts are interdependence.**  
**My intuitions are interdependence.**  
**My imagination is interdependence.**  
**My creativity is interdependence.**  
**My positive obsession is interdependence.**  
**My needs are interdependence.**  
**My emotions are interdependence.**  
**My balance is interdependence.**  
**My allostasis is interdependence.**  
**My homeostasis is interdependence.**  
**I do not know what I do not know.**

**I am intimacy.**  
**I have always been intimacy.**  
**My intentions are intimacy.**  
**My thoughts are intimacy.**  
**My words are intimacy.**  
**My actions are intimacy.**  
**My results are intimacy.**  
**My instincts are intimacy.**  
**My intuitions are intimacy.**  
**My imagination is intimacy.**  
**My creativity is intimacy.**  
**My positive obsession is intimacy.**  
**My needs are intimacy.**  
**My emotions are intimacy.**  
**My balance is intimacy.**  
**My allostasis is intimacy.**  
**My homeostasis is intimacy.**  
**I do not know what I do not know.**

**I am intuition.**  
**I have always been intuition.**  
**My intentions are intuition.**  
**My thoughts are intuition.**  
**My words are intuition.**

**My actions are intuition.**  
**My results are intuition.**  
**My instincts are intuition.**  
**My intuitions are intuition.**  
**My imagination is intuition.**  
**My creativity is intuition.**  
**My positive obsession is intuition.**  
**My needs are intuition.**  
**My emotions are intuition.**  
**My balance is intuition.**  
**My allostasis is intuition.**  
**My homeostasis is intuition.**  
**I do not know what I do not know.**

**I am joy.**  
**I have always been joy.**  
**My intentions are joy.**  
**My thoughts are joy.**  
**My words are joy.**  
**My actions are joy.**  
**My results are joy.**  
**My instincts are joy.**  
**My intuitions are joy.**  
**My imagination is joy.**  
**My creativity is joy.**  
**My positive obsession is joy.**  
**My needs are joy.**  
**My emotions are joy.**  
**My balance is joy.**  
**My allostasis is joy.**  
**My homeostasis is joy.**  
**I do not know what I do not know.**

**I am kindness.**  
**I have always been kindness.**  
**My intentions are kindness.**  
**My thoughts are kindness.**  
**My words are kindness.**  
**My actions are kindness.**  
**My results are kindness.**  
**My instincts are kindness.**  
**My intuitions are kindness.**  
**My imagination is kindness.**  
**My creativity is kindness.**

**My positive obsession is kindness.**  
**My needs are kindness.**  
**My emotions are kindness.**  
**My balance is kindness.**  
**My allostasis is kindness.**  
**My homeostasis is kindness.**  
**I do not know what I do not know.**

**I am the lessons of the past.**  
**I have always been the lessons of the past.**  
**My intentions are the lessons of the past.**  
**My thoughts are the lessons of the past.**  
**My words are the lessons of the past.**  
**My actions are the lessons of the past.**  
**My results are the lessons of the past.**  
**My instincts are the lessons of the past.**  
**My intuitions are the lessons of the past.**  
**My imagination is the lessons of the past.**  
**My creativity is the lessons of the past.**  
**My positive obsession is the lessons of the past.**  
**My needs are the lessons of the past.**  
**My emotions are the lessons of the past.**  
**My balance is the lessons of the past.**  
**My allostasis is the lessons of the past.**  
**My homeostasis is the lessons of the past.**  
**I do not know what I do not know.**

**I am learning.**  
**I have always been learning.**  
**My intentions are learning.**  
**My thoughts are learning.**

**My words are learning.**  
**My actions are learning.**  
**My results are learning.**  
**My instincts are learning.**  
**My intuitions are learning.**  
**My imagination is learning.**  
**My creativity is learning.**  
**My positive obsession is learning.**  
**My needs are learning.**  
**My emotions are learning.**  
**My balance is learning.**  
**My allostasis is learning.**  
**My homeostasis is learning.**  
**I do not know what I do not know.**

**I am listening.**  
**I have always been listening.**  
**My intentions are listening.**  
**My thoughts are listening.**  
**My words are listening.**  
**My actions are listening.**  
**My results are listening.**  
**My instincts are listening.**  
**My intuitions are listening.**  
**My imagination is listening.**  
**My creativity is listening.**  
**My positive obsession is listening.**  
**My needs are listening.**  
**My emotions are listening.**  
**My balance is listening.**  
**My allostasis is listening.**  
**My homeostasis is listening.**  
**I do not know what I do not know.**

**I am loyalty.**  
**I have always been loyalty.**  
**My intentions are loyalty.**  
**My thoughts are loyalty.**  
**My words are loyalty.**  
**My actions are loyalty.**  
**My results are loyalty.**  
**My instincts are loyalty.**  
**My intuitions are loyalty.**  
**My imagination is loyalty.**

**My creativity is loyalty.**  
**My positive obsession is loyalty.**  
**My needs are loyalty.**  
**My emotions are loyalty.**  
**My balance is loyalty.**  
**My allostasis is loyalty.**  
**My homeostasis is loyalty.**  
**I do not know what I do not know.**

**I am maturity.**  
**I have always been maturity.**  
**My intentions are maturity.**  
**My thoughts are maturity.**  
**My words are maturity.**  
**My actions are maturity.**  
**My results are maturity.**  
**My instincts are maturity.**  
**My intuitions are maturity.**  
**My imagination is maturity.**  
**My creativity is maturity.**  
**My positive obsession is maturity.**  
**My needs are maturity.**  
**My emotions are maturity.**  
**My balance is maturity.**  
**My allostasis is maturity.**  
**My homeostasis is maturity.**  
**I do not know what I do not know.**

**I am open-mindedness.**  
**I have always been open-mindedness.**  
**My intentions are open-mindedness.**  
**My thoughts are open-mindedness.**  
**My words are open-mindedness.**  
**My actions are open-mindedness.**  
**My results are open-mindedness.**  
**My instincts are open-mindedness.**  
**My intuitions are open-mindedness.**  
**My imagination is open-mindedness.**  
**My creativity is open-mindedness.**  
**My positive obsession is open-mindedness.**  
**My needs are open-mindedness.**  
**My emotions are open-mindedness.**

**My balance is open-mindedness.**  
**My allostasis is open-mindedness.**  
**My homeostasis is open-mindedness.**  
**I do not know what I do not know.**

**I am optimism.**  
**I have always been optimism.**  
**My intentions are optimism.**  
**My thoughts are optimism.**  
**My words are optimism.**  
**My actions are optimism.**  
**My results are optimism.**  
**My instincts are optimism.**  
**My intuitions are optimism.**  
**My imagination is optimism.**  
**My creativity is optimism.**  
**My positive obsession is optimism.**  
**My needs are optimism.**  
**My emotions are optimism.**  
**My balance is optimism.**  
**My allostasis is optimism.**  
**My homeostasis is optimism.**  
**I do not know what I do not know.**

**I am participation.**  
**I have always been participation.**  
**My intentions are participation.**  
**My thoughts are participation.**  
**My words are participation.**  
**My actions are participation.**  
**My results are participation.**  
**My instincts are participation.**  
**My intuitions are participation.**  
**My imagination is participation.**  
**My creativity is participation.**  
**My positive obsession is participation.**  
**My needs are participation.**  
**My emotions are participation.**  
**My balance is participation.**  
**My allostasis is participation.**  
**My homeostasis is participation.**  
**I do not know what I do not know.**

**I am passion.**  
**I have always been passion.**  
**My intentions are passion.**  
**My thoughts are passion.**  
**My words are passion.**  
**My actions are passion.**  
**My results are passion.**  
**My instincts are passion.**  
**My intuitions are passion.**  
**My imagination is passion.**  
**My creativity is passion.**  
**My positive obsession is passion.**  
**My needs are passion.**  
**My emotions are passion.**  
**My balance is passion.**  
**My allostasis is passion.**  
**My homeostasis is passion.**  
**I do not know what I do not know.**

**I am patience.**  
**I have always been patience.**  
**My intentions are patience.**  
**My thoughts are patience.**  
**My words are patience.**  
**My actions are patience.**  
**My results are patience.**  
**My instincts are patience.**  
**My intuitions are patience.**  
**My imagination is patience.**  
**My creativity is patience.**  
**My positive obsession is patience.**  
**My needs are patience.**  
**My emotions are patience.**  
**My balance is patience.**  
**My allostasis is patience.**  
**My homeostasis is patience.**  
**I do not know what I do not know.**

**I am perseverance.**  
**I have always been perseverance.**  
**My intentions are perseverance.**  
**My thoughts are perseverance.**  
**My words are perseverance.**

**My actions are perseverance.**  
**My results are perseverance.**  
**My instincts are perseverance.**  
**My intuitions are perseverance.**  
**My imagination is perseverance.**  
**My creativity is perseverance.**  
**My positive obsession is**  
**perseverance.**  
**My needs are perseverance.**  
**My emotions are perseverance.**  
**My balance is perseverance.**  
**My allostasis is perseverance.**  
**My homeostasis is perseverance.**  
**I do not know what I do not know.**

**I am powerlessness.**  
**I have always been powerlessness.**  
**My intentions are powerlessness.**  
**My thoughts are powerlessness.**  
**My words are powerlessness.**  
**My actions are powerlessness.**  
**My results are powerlessness.**  
**My instincts are powerlessness.**  
**My intuitions are powerlessness.**  
**My imagination is powerlessness.**  
**My creativity is powerlessness.**  
**My positive obsession is**  
**powerlessness.**  
**My needs are powerlessness.**  
**My emotions are powerlessness.**  
**My balance is powerlessness.**  
**My allostasis is powerlessness.**  
**My homeostasis is powerlessness.**  
**I do not know what I do not know.**

**I am practicality.**  
**I have always been practicality.**  
**My intentions are practicality.**  
**My thoughts are practicality.**  
**My words are practicality.**  
**My actions are practicality.**  
**My results are practicality.**  
**My instincts are practicality.**  
**My intuitions are practicality.**

**My imagination is practicality.**  
**My creativity is practicality.**  
**My positive obsession is practicality.**  
**My needs are practicality.**  
**My emotions are practicality.**  
**My balance is practicality.**  
**My allostasis is practicality.**  
**My homeostasis is practicality.**  
**I do not know what I do not know.**

**I am the present moment.**  
**I have always been the present moment.**  
**My intentions are the present moment.**  
**My thoughts are the present moment.**  
**My words are the present moment.**  
**My actions are the present moment.**  
**My results are the present moment.**  
**My instincts are the present moment.**  
**My intuitions are the present moment.**  
**My imagination is the present moment.**  
**My creativity is the present moment.**  
**My positive obsession is the present moment.**  
**My needs are the present moment.**  
**My emotions are the present moment.**  
**My balance is the present moment.**  
**My allostasis is the present moment.**  
**My homeostasis is the present moment.**  
**I do not know what I do not know.**

**I am the principles.**  
**I have always been the principles.**  
**My intentions are the principles.**  
**My thoughts are the principles.**  
**My words are the principles.**  
**My actions are the principles.**  
**My results are the principles.**  
**My instincts are the principles.**

**My intuitions are the principles.**  
**My imagination is the principles.**  
**My creativity is the principles.**  
**My positive obsession is the principles.**  
**My needs are the principles.**  
**My emotions are the principles.**  
**My balance is the principles.**  
**My allostasis is the principles.**  
**My homeostasis is the principles.**  
**I do not know what I do not know.**

**I am progress.**  
**I have always been progress.**  
**My intentions are progress.**  
**My thoughts are progress.**  
**My words are progress.**  
**My actions are progress.**  
**My results are progress.**  
**My instincts are progress.**  
**My intuitions are progress.**  
**My imagination is progress.**  
**My creativity is progress.**  
**My positive obsession is progress.**  
**My needs are progress.**  
**My emotions are progress.**  
**My balance is progress.**  
**My allostasis is progress.**  
**My homeostasis is progress.**  
**I do not know what I do not know.**

**I am promotion.**  
**I have always been promotion.**  
**My intentions are promotion.**  
**My thoughts are promotion.**  
**My words are promotion.**  
**My actions are promotion.**  
**My results are promotion.**  
**My instincts are promotion.**  
**My intuitions are promotion.**  
**My imagination is promotion.**  
**My creativity is promotion.**  
**My positive obsession is promotion.**  
**My needs are promotion.**



**My emotions are promotion.**  
**My balance is promotion.**  
**My allostasis is promotion.**  
**My homeostasis is promotion.**  
**I do not know what I do not know.**

**I am prudence.**  
**I have always been prudence.**  
**My intentions are prudence.**  
**My thoughts are prudence.**  
**My words are prudence.**  
**My actions are prudence.**  
**My results are prudence.**  
**My instincts are prudence.**  
**My intuitions are prudence.**  
**My imagination is prudence.**  
**My creativity is prudence.**  
**My positive obsession is prudence.**  
**My needs are prudence.**  
**My emotions are prudence.**  
**My balance is prudence.**  
**My allostasis is prudence.**  
**My homeostasis is prudence.**  
**I do not know what I do not know.**

**I am purpose.**  
**I have always been purpose.**  
**My intentions are purpose.**  
**My thoughts are purpose.**  
**My words are purpose.**  
**My actions are purpose.**  
**My results are purpose.**  
**My instincts are purpose.**  
**My intuitions are purpose.**  
**My imagination is purpose.**  
**My creativity is purpose.**  
**My positive obsession is purpose.**  
**My needs are purpose.**  
**My emotions are purpose.**  
**My balance is purpose.**  
**My allostasis is purpose.**  
**My homeostasis is purpose.**  
**I do not know what I do not know.**

**I am reliability.**  
**I have always been reliability.**  
**My intentions are reliability.**  
**My thoughts are reliability.**  
**My words are reliability.**  
**My actions are reliability.**  
**My results are reliability.**  
**My instincts are reliability.**  
**My intuitions are reliability.**  
**My imagination is reliability.**  
**My creativity is reliability.**  
**My positive obsession is reliability.**  
**My needs are reliability.**  
**My emotions are reliability.**  
**My balance is reliability.**  
**My allostasis is reliability.**  
**My homeostasis is reliability.**  
**I do not know what I do not know.**

**I am resilience.**  
**I have always been resilience.**  
**My intentions are resilience.**  
**My thoughts are resilience.**  
**My words are resilience.**  
**My actions are resilience.**  
**My results are resilience.**  
**My instincts are resilience.**  
**My intuitions are resilience.**  
**My imagination is resilience.**  
**My creativity is resilience.**  
**My positive obsession is resilience.**  
**My needs are resilience.**  
**My emotions are resilience.**  
**My balance is resilience.**  
**My allostasis is resilience.**  
**My homeostasis is resilience.**  
**I do not know what I do not know.**

**I am respect.**  
**I have always been respect.**  
**My intentions are respect.**  
**My thoughts are respect.**  
**My words are respect.**  
**My actions are respect.**

**My results are respect.**  
**My instincts are respect.**  
**My intuitions are respect.**  
**My imagination is respect.**  
**My creativity is respect.**  
**My positive obsession is respect.**  
**My needs are respect.**  
**My emotions are respect.**  
**My balance is respect.**  
**My allostasis is respect.**  
**My homeostasis is respect.**  
**I do not know what I do not know.**

**I am responsibility.**  
**I have always been responsibility.**  
**My intentions are responsibility.**  
**My thoughts are responsibility.**  
**My words are responsibility.**  
**My actions are responsibility.**  
**My results are responsibility.**  
**My instincts are responsibility.**  
**My intuitions are responsibility.**  
**My imagination is responsibility.**  
**My creativity is responsibility.**  
**My positive obsession is responsibility.**  
**My needs are responsibility.**  
**My emotions are responsibility.**  
**My balance is responsibility.**  
**My allostasis is responsibility.**  
**My homeostasis is responsibility.**  
**I do not know what I do not know.**

**I am restraint.**  
**I have always been restraint.**  
**My intentions are restraint.**  
**My thoughts are restraint.**  
**My words are restraint.**  
**My actions are restraint.**  
**My results are restraint.**  
**My instincts are restraint.**  
**My intuitions are restraint.**  
**My imagination is restraint.**  
**My creativity is restraint.**

**My positive obsession is restraint.**  
**My needs are restraint.**  
**My emotions are restraint.**  
**My balance is restraint.**  
**My allostasis is restraint.**  
**My homeostasis is restraint.**  
**I do not know what I do not know.**

**I am sacrifice.**  
**I have always been sacrifice.**  
**My intentions are sacrifice.**  
**My thoughts are sacrifice.**  
**My words are sacrifice.**  
**My actions are sacrifice.**  
**My results are sacrifice.**  
**My instincts are sacrifice.**  
**My intuitions are sacrifice.**  
**My imagination is sacrifice.**  
**My creativity is sacrifice.**  
**My positive obsession is sacrifice.**  
**My needs are sacrifice.**  
**My emotions are sacrifice.**  
**My balance is sacrifice.**  
**My allostasis is sacrifice.**  
**My homeostasis is sacrifice.**  
**I do not know what I do not know.**

**I am safety.**  
**I have always been safety.**  
**My intentions are safety.**  
**My thoughts are safety.**  
**My words are safety.**  
**My actions are safety.**  
**My results are safety.**  
**My instincts are safety.**  
**My intuitions are safety.**  
**My imagination is safety.**  
**My creativity is safety.**  
**My positive obsession is safety.**  
**My needs are safety.**  
**My emotions are safety.**  
**My balance is safety.**  
**My allostasis is safety.**  
**My homeostasis is safety.**

**I do not know what I do not know.**

**I am security.**

**I have always been security.**

**My intentions are security.**

**My thoughts are security.**

**My words are security.**

**My actions are security.**

**My results are security.**

**My instincts are security.**

**My intuitions are security.**

**My imagination is security.**

**My creativity is security.**

**My positive obsession is security.**

**My needs are security.**

**My emotions are security.**

**My balance is security.**

**My allostasis is security.**

**My homeostasis is security.**

**I do not know what I do not know.**

**I am self-honesty.**

**I have always been self-honesty.**

**My intentions are self-honesty.**

**My thoughts are self-honesty.**

**My words are self-honesty.**

**My actions are self-honesty.**

**My results are self-honesty.**

**My instincts are self-honesty.**

**My intuitions are self-honesty.**

**My imagination is self-honesty.**

**My creativity is self-honesty.**

**My positive obsession is self-honesty.**

**My needs are self-honesty.**

**My emotions are self-honesty.**

**My balance is self-honesty.**

**My allostasis is self-honesty.**

**My homeostasis is self-honesty.**

**I do not know what I do not know.**

**I am self-acceptance.**

**I have always been self-acceptance.**

**My intentions are self-acceptance.**

**My thoughts are self-acceptance.**

**My words are self-acceptance.**

**My actions are self-acceptance.**

**My results are self-acceptance.**

**My instincts are self-acceptance.**

**My intuitions are self-acceptance.**

**My imagination is self-acceptance.**

**My creativity is self-acceptance.**

**My positive obsession is self-acceptance.**

**My needs are self-acceptance.**

**My emotions are self-acceptance.**

**My balance is self-acceptance.**

**My allostasis is self-acceptance.**

**My homeostasis is self-acceptance.**

**I do not know what I do not know.**

**I am self-discipline.**

**I have always been self-discipline.**

**My intentions are self-discipline.**

**My thoughts are self-discipline.**

**My words are self-discipline.**

**My actions are self-discipline.**

**My results are self-discipline.**

**My instincts are self-discipline.**

**My intuitions are self-discipline.**

**My imagination is self-discipline.**

**My creativity is self-discipline.**

**My positive obsession is self-discipline.**

**My needs are self-discipline.**

**My emotions are self-discipline.**

**My balance is self-discipline.**

**My allostasis is self-discipline.**

**My homeostasis is self-discipline.**

**I do not know what I do not know.**

**I am self-discovery.**

**I have always been self-discovery.**

**My intentions are self-discovery.**

**My thoughts are self-discovery.**

**My words are self-discovery.**

**My actions are self-discovery.**

**My results are self-discovery.**

**My instincts are self-discovery.**  
**My intuitions are self-discovery.**  
**My imagination is self-discovery.**  
**My creativity is self-discovery.**  
**My positive obsession is self-discovery.**  
**My needs are self-discovery.**  
**My emotions are self-discovery.**  
**My balance is self-discovery.**  
**My allostasis is self-discovery.**  
**My homeostasis is self-discovery.**  
**I do not know what I do not know.**

**I am self-support.**  
**I have always been self-support.**  
**My intentions are self-support.**  
**My thoughts are self-support.**  
**My words are self-support.**  
**My actions are self-support.**  
**My results are self-support.**  
**My instincts are self-support.**  
**My intuitions are self-support.**  
**My imagination is self-support.**  
**My creativity is self-support.**  
**My positive obsession is self-support.**  
**My needs are self-support.**  
**My emotions are self-support.**  
**My balance is self-support.**  
**My allostasis is self-support.**  
**My homeostasis is self-support.**  
**I do not know what I do not know.**

**I am selfless.**  
**I have always been selfless.**  
**My intentions are selfless.**  
**My thoughts are selfless.**  
**My words are selfless.**  
**My actions are selfless.**  
**My results are selfless.**  
**My instincts are selfless.**  
**My intuitions are selfless.**  
**My imagination is selfless.**  
**My creativity is selfless.**

**My positive obsession is selfless.**  
**My needs are selfless.**  
**My emotions are selfless.**  
**My balance is selfless.**  
**My allostasis is selfless.**  
**My homeostasis is selfless.**  
**I do not know what I do not know.**

**I am selfless service.**  
**I have always been selfless service.**  
**My intentions are selfless service.**  
**My thoughts are selfless service.**  
**My words are selfless service.**  
**My actions are selfless service.**  
**My results are selfless service.**  
**My instincts are selfless service.**  
**My intuitions are selfless service.**  
**My imagination is selfless service.**  
**My creativity is selfless service.**  
**My positive obsession is selfless service.**  
**My needs are selfless service.**  
**My emotions are selfless service.**  
**My balance is selfless service.**  
**My allostasis is selfless service.**  
**My homeostasis is selfless service.**  
**I do not know what I do not know.**

**I am selflessness.**  
**I have always been selflessness.**  
**My intentions are selflessness.**  
**My thoughts are selflessness.**  
**My words are selflessness.**  
**My actions are selflessness.**  
**My results are selflessness.**  
**My instincts are selflessness.**  
**My intuitions are selflessness.**  
**My imagination is selflessness.**  
**My creativity is selflessness.**  
**My positive obsession is selflessness.**  
**My needs are selflessness.**  
**My emotions are selflessness.**  
**My balance is selflessness.**

**My allostasis is selflessness.  
My homeostasis is selflessness.  
I do not know what I do not know.**

**I am serenity.  
I have always been serenity.  
My intentions are serenity.  
My thoughts are serenity.  
My words are serenity.  
My actions are serenity.  
My results are serenity.  
My instincts are serenity.  
My intuitions are serenity.  
My imagination is serenity.  
My creativity is serenity.  
My positive obsession is serenity.  
My needs are serenity.  
My emotions are serenity.  
My balance is serenity.  
My allostasis is serenity.  
My homeostasis is serenity.  
I do not know what I do not know.**

**I am service.  
I have always been service.  
My intentions are service.  
My thoughts are service.  
My words are service.  
My actions are service.  
My results are service.  
My instincts are service.  
My intuitions are service.  
My imagination is service.  
My creativity is service.  
My positive obsession is service.  
My needs are service.  
My emotions are service.  
My balance is service.  
My allostasis is service.  
My homeostasis is service.  
I do not know what I do not know.**

**I am sharing.  
I have always been sharing.**

**My intentions are sharing.  
My thoughts are sharing.  
My words are sharing.  
My actions are sharing.  
My results are sharing.  
My instincts are sharing.  
My intuitions are sharing.  
My imagination is sharing.  
My creativity is sharing.  
My positive obsession is sharing.  
My needs are sharing.  
My emotions are sharing.  
My balance is sharing.  
My allostasis is sharing.  
My homeostasis is sharing.  
I do not know what I do not know.**

**I am simplicity.  
I have always been simplicity.  
My intentions are simplicity.  
My thoughts are simplicity.  
My words are simplicity.  
My actions are simplicity.  
My results are simplicity.  
My instincts are simplicity.  
My intuitions are simplicity.  
My imagination is simplicity.  
My creativity is simplicity.  
My positive obsession is simplicity.  
My needs are simplicity.  
My emotions are simplicity.  
My balance is simplicity.  
My allostasis is simplicity.  
My homeostasis is simplicity.  
I do not know what I do not know.**

**I am sincerity.  
I have always been sincerity.  
My intentions are sincerity.  
My thoughts are sincerity.  
My words are sincerity.  
My actions are sincerity.  
My results are sincerity.  
My instincts are sincerity.**

**My intuitions are sincerity.**  
**My imagination is sincerity.**  
**My creativity is sincerity.**  
**My positive obsession is sincerity.**  
**My needs are sincerity.**  
**My emotions are sincerity.**  
**My balance is sincerity.**  
**My allostasis is sincerity.**  
**My homeostasis is sincerity.**  
**I do not know what I do not know.**

**I am solidarity.**  
**I have always been solidarity.**  
**My intentions are solidarity.**  
**My thoughts are solidarity.**  
**My words are solidarity.**  
**My actions are solidarity.**  
**My results are solidarity.**  
**My instincts are solidarity.**  
**My intuitions are solidarity.**  
**My imagination is solidarity.**  
**My creativity is solidarity.**  
**My positive obsession is solidarity.**  
**My needs are solidarity.**  
**My emotions are solidarity.**  
**My balance is solidarity.**  
**My allostasis is solidarity.**  
**My homeostasis is solidarity.**  
**I do not know what I do not know.**

**I am stability.**  
**I have always been stability.**  
**My intentions are stability.**  
**My thoughts are stability.**  
**My words are stability.**  
**My actions are stability.**  
**My results are stability.**  
**My instincts are stability.**  
**My intuitions are stability.**  
**My imagination is stability.**  
**My creativity is stability.**  
**My positive obsession is stability.**  
**My needs are stability.**  
**My emotions are stability.**

**My balance is stability.**  
**My allostasis is stability.**  
**My homeostasis is stability.**  
**I do not know what I do not know.**

**I am steadfastness.**  
**I have always been steadfastness.**  
**My intentions are steadfastness.**  
**My thoughts are steadfastness.**  
**My words are steadfastness.**  
**My actions are steadfastness.**  
**My results are steadfastness.**  
**My instincts are steadfastness.**  
**My intuitions are steadfastness.**  
**My imagination is steadfastness.**  
**My creativity is steadfastness.**  
**My positive obsession is steadfastness.**  
**My needs are steadfastness.**  
**My emotions are steadfastness.**  
**My balance is steadfastness.**  
**My allostasis is steadfastness.**  
**My homeostasis is steadfastness.**  
**I do not know what I do not know.**

**I am surrender.**  
**I have always been surrender.**  
**My intentions are surrender.**  
**My thoughts are surrender.**  
**My words are surrender.**  
**My actions are surrender.**  
**My results are surrender.**  
**My instincts are surrender.**  
**My intuitions are surrender.**  
**My imagination is surrender.**  
**My creativity is surrender.**  
**My positive obsession is surrender.**  
**My needs are surrender.**  
**My emotions are surrender.**  
**My balance is surrender.**  
**My allostasis is surrender.**  
**My homeostasis is surrender.**  
**I do not know what I do not know.**

**I am thoughtfulness.**  
**I have always been thoughtfulness.**  
**My intentions are thoughtfulness.**  
**My thoughts are thoughtfulness.**  
**My words are thoughtfulness.**  
**My actions are thoughtfulness.**  
**My results are thoughtfulness.**  
**My instincts are thoughtfulness.**  
**My intuitions are thoughtfulness.**  
**My imagination is thoughtfulness.**  
**My creativity is thoughtfulness.**  
**My positive obsession is thoughtfulness.**  
**My needs are thoughtfulness.**  
**My emotions are thoughtfulness.**  
**My balance is thoughtfulness.**  
**My allostasis is thoughtfulness.**  
**My homeostasis is thoughtfulness.**  
**I do not know what I do not know.**

**I am tolerance.**  
**I have always been tolerance.**  
**My intentions are tolerance.**  
**My thoughts are tolerance.**  
**My words are tolerance.**  
**My actions are tolerance.**  
**My results are tolerance.**  
**My instincts are tolerance.**  
**My intuitions are tolerance.**  
**My imagination is tolerance.**  
**My creativity is tolerance.**  
**My positive obsession is tolerance.**  
**My needs are tolerance.**  
**My emotions are tolerance.**  
**My balance is tolerance.**  
**My allostasis is tolerance.**  
**My homeostasis is tolerance.**  
**I do not know what I do not know.**

**I am trust.**  
**I have always been trust.**  
**My intentions are trust.**  
**My thoughts are trust.**  
**My words are trust.**

**My actions are trust.**  
**My results are trust.**  
**My instincts are trust.**  
**My intuitions are trust.**  
**My imagination is trust.**  
**My creativity is trust.**  
**My positive obsession is trust.**  
**My needs are trust.**  
**My emotions are trust.**  
**My balance is trust.**  
**My allostasis is trust.**  
**My homeostasis is trust.**  
**I do not know what I do not know.**

**I am the 36 facets of success.**  
**I have always been the 36 facets of success.**  
**My intentions are the 36 facets of success.**  
**My thoughts are the 36 facets of success.**  
**My words are the 36 facets of success.**  
**My actions are the 36 facets of success.**  
**My results are the 36 facets of success.**  
**My instincts are the 36 facets of success.**  
**My intuitions are the 36 facets of success.**  
**My imagination is the 36 facets of success.**  
**My creativity is the 36 facets of success.**  
**My positive obsession is the 36 facets of success.**  
**My needs are the 36 facets of success.**  
**My emotions are the 36 facets of success.**  
**My balance is the 36 facets of success.**

**My allostasis is the 36 facets of success.**

**My homeostasis is the 36 facets of success.**

**I do not know what I do not know.**

**I am unconditional love.**

**I have always been unconditional love.**

**My intentions are unconditional love.**

**My thoughts are unconditional love.**

**My words are unconditional love.**

**My actions are unconditional love.**

**My results are unconditional love.**

**My instincts are unconditional love.**

**My intuitions are unconditional love.**

**My imagination is unconditional love.**

**My creativity is unconditional love.**

**My positive obsession is unconditional love.**

**My needs are unconditional love.**

**My emotions are unconditional love.**

**My balance is unconditional love.**

**My allostasis is unconditional love.**

**My homeostasis is unconditional love.**

**I do not know what I do not know.**

**I do not know what I do not know.**

**I am understanding.**

**I have always been understanding.**

**My intentions are understanding.**

**My thoughts are understanding.**

**My words are understanding.**

**My actions are understanding.**

**My results are understanding.**

**My instincts are understanding.**

**My intuitions are understanding.**

**My imagination is understanding.**

**My creativity is understanding.**

**My positive obsession is understanding.**

**My needs are understanding.**

**My emotions are understanding.**

**My balance is understanding.**

**My allostasis is understanding.**

**My homeostasis is understanding.**

**I do not know what I do not know.**

**I am unity.**

**I have always been unity.**

**My intentions are unity.**

**My thoughts are unity.**

**My words are unity.**

**My actions are unity.**

**My results are unity.**

**My instincts are unity.**

**My intuitions are unity.**

**My imagination is unity.**

**My creativity is unity.**

**My positive obsession is unity.**

**My needs are unity.**

**My emotions are unity.**

**My balance is unity.**

**My allostasis is unity.**

**My homeostasis is unity.**

**I do not know what I do not know.**

**I am vigilance.**

**I have always been vigilance.**

**My intentions are vigilance.**

**My thoughts are vigilance.**

**My words are vigilance.**

**My actions are vigilance.**

**My results are vigilance.**

**My instincts are vigilance.**

**My intuitions are vigilance.**

**My imagination is vigilance.**

**My creativity is vigilance.**

**My positive obsession is vigilance.**

**My needs are vigilance.**

**My emotions are vigilance.**

**My balance is vigilance.**

**My allostasis is vigilance.**

**My homeostasis is vigilance.**

**I do not know what I do not know.**

**I am vulnerability.**

**I have always been vulnerability.**



**My intentions are vulnerability.**  
**My thoughts are vulnerability.**  
**My words are vulnerability.**  
**My actions are vulnerability.**  
**My results are vulnerability.**  
**My instincts are vulnerability.**  
**My intuitions are vulnerability.**  
**My imagination is vulnerability.**  
**My creativity is vulnerability.**  
**My positive obsession is vulnerability.**  
**My needs are vulnerability.**  
**My emotions are vulnerability.**  
**My balance is vulnerability.**  
**My allostasis is vulnerability.**  
**My homeostasis is vulnerability.**  
**I do not know what I do not know.**

**I am we.**  
**I have always been we.**  
**My intentions are we.**  
**My thoughts are we.**  
**My words are we.**  
**My actions are we.**  
**My results are we.**  
**My instincts are we.**  
**My intuitions are we.**  
**My imagination is we.**  
**My creativity is we.**  
**My positive obsession is we.**  
**My needs are we.**  
**My emotions are we.**  
**My balance is we.**  
**My allostasis is we.**  
**My homeostasis is we.**  
**I do not know what I do not know.**

**I am welcome.**  
**I have always been welcome.**  
**My intentions are welcome.**  
**My thoughts are welcome.**  
**My words are welcome.**  
**My actions are welcome.**  
**My results are welcome.**  
**My instincts are welcome.**

**My intuitions are welcome.**  
**My imagination is welcome.**  
**My creativity is welcome.**  
**My positive obsession is welcome.**  
**My needs are welcome.**  
**My emotions are welcome.**  
**My balance is welcome.**  
**My allostasis is welcome.**  
**My homeostasis is welcome.**  
**I do not know what I do not know.**

**I am willingness.**  
**I have always been willingness.**  
**My intentions are willingness.**  
**My thoughts are willingness.**  
**My words are willingness.**  
**My actions are willingness.**  
**My results are willingness.**  
**My instincts are willingness.**  
**My intuitions are willingness.**  
**My imagination is willingness.**  
**My creativity is willingness.**  
**My positive obsession is willingness.**  
**My needs are willingness.**  
**My emotions are willingness.**  
**My balance is willingness.**  
**My allostasis is willingness.**  
**My homeostasis is willingness.**  
**I do not know what I do not know.**

**I am wisdom.**  
**I have always been wisdom.**  
**My intentions are wisdom.**  
**My thoughts are wisdom.**  
**My words are wisdom.**  
**My actions are wisdom.**  
**My results are wisdom.**  
**My instincts are wisdom.**  
**My intuitions are wisdom.**  
**My imagination is wisdom.**  
**My creativity is wisdom.**  
**My positive obsession is wisdom.**  
**My needs are wisdom.**  
**My emotions are wisdom.**

**My balance is wisdom.  
My allostasis is wisdom.  
My homeostasis is wisdom.  
I do not know what I do not know.**

**I am wonder.  
I have always been wonder.  
My intentions are wonder.  
My thoughts are wonder.  
My words are wonder.  
My actions are wonder.  
My results are wonder.  
My instincts are wonder.  
My intuitions are wonder.  
My imagination is wonder.**

**My creativity is wonder.  
My positive obsession is wonder.  
My needs are wonder.  
My emotions are wonder.  
My balance is wonder.  
My allostasis is wonder.  
My homeostasis is wonder.  
I do not know what I do not know.**

**Facet 4.**

**We create a new narrative about our lives, and each of our relationships. We discuss where we have been with each principle, where we are now and where we want to be.**

**The reality of my being will be enhanced by the love lessons of each past moment, unconditional love for the home I am this present moment, and the pregnancy each future moment is.**

**I am the principles. The principles are the reality of my being. They are my balance. My homeostasis. My allostasis. My constant change while remaining the same. From my tiniest molecule to the known, unknown, and unknowable universe as I understand it.**

**I am perfection as lessons learned, lessons that are progress in this moment, lessons that I teach to another. What works for me will immediately work for thousands of others. This present moment at my best is a new quality of life for at least three generations. Mentoring is my success.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**Write a personal “I am....” list of each principle and visually imagine and meditate on each while writing. What am I as that principle?**

**Make an exhaustive list of every person, event and/or institution that has been significant in my entire life. My name is first.**

**The past is where I had the experience. The present is where I learn the lesson, and create a better future for all based on it.**

**Use the same exercise as in Facet 3 to tell stories about my past to learn the lessons, as I move through this process with my mentor. Start with the intention of learning, stay with the intention of learning, and continue dialogue until positive lessons are the result.**

**Go over where I have been in each of my relationships, starting with my relationship with myself, where I am now, and where I want to be, with enough of the principles to redeem the story and “rewrite my story”. Rewrite my story based on who I really have always been, am now, and want to be in the future.**

**I remained me through all the experiences of my past. I am here despite all that. As I redeem the stories of the past moments based on who I really was, and still am, I will find I have a mighty set of survival and success skills. I give myself the benefit of**

**the doubt. I did the best I could with what I had. That was enough to get me here. That is my courage and my wisdom of all that is past in all pasts. The power of my imagination and moment to moment creativity even in the worst moments of my self-destruction resulted in my being here. And in being excited about learning as a lifestyle of lifelong self-discovery.**

**Traumatizing experiences and all varieties of trauma, in our experience, are part of members stories. Many of us report being hypersensitive from our earliest memories.**

**We do not claim to be professionals in any way. We encourage each member to seek professional help where needed. Our love, support and commitment will be with you during those times.**

**We are here to share our stories with you and encourage you to use the principles to return home to you. You have never left. Life challenges only seemed to take you away. You were still you and your suffering has come from thinking you were not good and complete. The good news is that you did not lose you. Our suffering comes from not knowing or remembering that we have been home and complete all along. We have always been whole and good but developed false belief systems about ourselves and the universe as we understand it.**

**Continue to share stories with your mentor until you can confidently say you are ready to go on to the 5<sup>th</sup> Facet of our success. You are ready to tell your redeemed life story as the set of exquisite and infinite source of lessons, based on your being as the principles. A rebirth only to find that is who you have always been. Your suffering has been not being in touch with the wonder of you.**

**Finally read through, with your mentor, the passages under “past” in the PIP Success book index.**

## Facet 5.

**We tell and retell our redeemed life story to our self, to a person we are coming to know and trust, and to our evolving relationship with the universe as we understand it. Our new way of life is well under way.**

**Study these principles, and statements, to discover how they enable you to tell your redeemed life story as one positive lesson after another. Discuss them as your new intentions regarding all that comes before this moment and how it benefits your future options and choices. And then tell your redeemed life story in that context. It is now your new story.**

**I am connection.**

**I am humility.**

**I am purpose.**

**I am gratitude.**

**I am unconditional love.**

**I am one as one in unity.**

**I am confidence.**

**I am connection.**

**I am self-acceptance.**

**I am humility,**

**I am trust.**

**I am understanding.**

**I am vulnerability.**

**I am listening.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**I am the principles.**

**The principles are who I am, what I am, where I am, when I am, and why I am.**

**The principles are my task.**

**The principles are my intuition.**

**The principles are my intention.**

**The principles are my instinct.**

**My thoughts are the principles.**

**My imagination is the principles.**

**The principles are my creativity.**  
**The principles are my foundation.**  
**I practice the principles.**  
**I exercise the principles.**  
**The principles are my homeostasis.**  
**The principles are universal in its unity.**  
**The principles are my love. The principles are loving and caring. I am Unconditional Love.**  
**I choose to be the principles, in this present moment. I am the principles.**  
**The principles are my hobby.**  
**My wants are the principles.**  
**My process is the principles.**  
**The principles determine my needs.**  
**The principles are my evolution instinct.**  
**Right here, right now, this present moment, is the principles.**  
**My actions, and the results, are the principles.**  
**The principles help me feel my emotions.**  
**The principles are my way of life.**  
**My needs are the principles.**  
**The principles help me understand my feelings.**  
**My goals are the principles.**  
**The principles are my salvation.**  
**The principles help me identify and describe my emotions and feelings.**  
**My actions are the principles.**  
**The principles help me process my emotions, and feelings.**  
**My interest is the principles.**  
**The principles help me learn from the past.**  
**My thoughts are the principles.**  
**The principles are my success instinct.**  
**The principles are my survival instinct.**  
**The principles help me accept my feelings.**  
**The principles are my path.**  
**The principles are my homeostasis instinct. In each gene and cell of my body. I am homeostasis.**  
**The principles are my allostasis.**  
**The principles are my consilience.**  
**The principles are my unity in diversity.**  
**My fixation is the principles.**  
**The principles are my balance. In my being. In my doing. In this present moment.**  
**The principles guide my thoughts.**  
**The principles help me choose my emotions.**  
**The principles help me describe the past.**  
**The principles determine my wants.**

**The principles help me regulate my emotions.**

**The principles are my strategy.**

**The principles are my preoccupation.**

**The principles are my positive obsession.**

**The principles are my homeostasis. The principles are my perfection.**

**The principles are my inexhaustible self-discovery process.**

## Facet 6.

The principles are who we are in each of our genes, cells, tissues, and organs. Our body as a whole and our being. They are how we recognize, describe and be who we are. They are what we choose to do, moment to moment.

**My life is a self-made story.**

**PIP Success is about learning to let our body, our pip, send messages to our brain and learn to let those messages speak in words through our mouths. Much of our thought patterns have been created, for all kinds of reasons in our lifetime, in our brain, sending self-sabotaging and self-destructive messages to our body. Thought patterns that are often the opposite of what any part of our body, or brain, want, need, or can even tolerate.**

**Self-sabotage means just that. I am creating thought patterns that fight against who I am. Self-destructive thought patterns mean just that. Thought patterns created in actual opposition and destructive to self. Who I am and what I am designed for.**

**I am consistency.**

**I am security.**

**I am self-support.**

**I am gratitude.**

**I am joy.**

**I am humor.**

**I do not know what I do not know.**

**I am homeostasis.**

**I am balance.**

**I am allostasis.**

**I am constant change.**

**I am autonomy.**

**I am umwelt.**

**I am curiosity.**

**I am creativity.**

**I am intuition.**

**I am instinct.**

**I am unity.**

**I am the principles. The principles are who I am in each of my genes, cells, tissues, and organs. My body as a whole and my being. They are how I recognize, describe and be who I am. They are what I choose to do, moment to moment.**



Each of my genes, cells, tissues, and organs is the principles. My body as a whole and my being are the principles.

I am never less than my whole perceiving as one.

I am my whole body perceiving

My whole body perceiving is who I am, what I am, where I am, when I am, and why I am.

My whole body perceiving is my task.

My whole body perceiving is my intuition.

My whole body perceiving is my intention.

My whole body perceiving is my instinct.

My thoughts are my whole body perceiving

My imagination is my whole body perceiving

My whole body perceiving is my creativity.

My whole body perceiving is my foundation.

I practice my whole body perceiving.

I exercise my whole body perceiving.

My whole body perceiving is my homeostasis.

My whole body perceiving is universal in its unity.

My whole body perceiving is my love. My whole body perceiving is loving and caring. I am Unconditional Love.

I choose to be my whole body perceiving, in this present moment. I am my whole body perceiving.

My whole body perceiving is my hobby.

My wants are my whole body perceiving.

My process is my whole body perceiving.

My whole body perceiving determines my needs.

My whole body perceiving is my evolution instinct.

Right here, right now, this present moment, is my whole body perceiving.

My actions, and the results, are my whole body perceiving.

My whole body perceiving helps me feel my emotions.

My whole body perceiving is my way of life.

My needs are my whole body perceiving.

My whole body perceiving helps me understand my feelings.

My goals are my whole body perceiving.

My whole body perceiving is my salvation.

My whole body perceiving helps me identify and describe my emotions and feelings.

My actions are my whole body perceiving.

My whole body perceiving helps me process my emotions, and feelings.

My interest is my whole body perceiving.

My whole body perceiving helps me learn from the past.

My thoughts are my whole body perceiving.

**My whole body perceiving is my success instinct.**  
**My whole body perceiving is my survival instinct.**  
**My whole body perceiving helps me accept my feelings.**  
**My whole body perceiving is my path.**  
**My whole body perceiving is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.**  
**My whole body perceiving is my allostasis.**  
**My whole body perceiving is my consilience.**  
**My whole body perceiving is my unity in diversity.**  
**My fixation is my whole body perceiving.**  
**My whole body perceiving is my balance. In my being. In my doing. In this present moment.**  
**My whole body perceiving guides my thoughts.**  
**My whole body perceiving helps me choose my emotions.**  
**My whole body perceiving helps me describe the past.**  
**My whole body perceiving determines my wants.**  
**My whole body perceiving helps me regulate my emotions.**  
**My whole body perceiving is my strategy.**  
**My whole body perceiving is my preoccupation.**  
**My whole body perceiving is my positive obsession.**  
**My whole body perceiving is my homeostasis. My whole body perceiving is my perfection.**  
**My whole body perceiving is my inexhaustible self-discovery process.**

**Facet 7.**

**All that happens is in the present moment. Not in the moment just past or any before it. Not in any moment yet to come.**

**Alone, and/or with your mentor, read through the passages in PIP Success on “present”, “moment”, “moments”, “present moments”, and discuss.**

**I am freedom.**

**I am harmony.**

**I am simplicity.**

**I am the present moment.**

**I am the lessons of the past.**

**I am the future.**

**I am constant change.**

**I am optimism.**

**I am participation.**

**Right here. Right now. In this present moment, I am my principles.**

**Right here. Right now. In this present moment, my principles are who I am, what I am, where I am, when I am, and why I am.**

**Right here. Right now. In this present moment, my principles are my task.**

**Right here. Right now. In this present moment, my principles are my intuition.**

**Right here. Right now. In this present moment, my principles are my intention.**

**Right here. Right now. In this present moment, my principles are my instinct.**

**Right here. Right now. In this present moment, my thoughts are my principles.**

**Right here. Right now. In this present moment, my imagination is my principles.**

**Right here. Right now. In this present moment, my principles are my creativity.**

**Right here. Right now. In this present moment, my principles are my foundation.**

**Right here. Right now. In this present moment, I practice my principles.**

**Right here. Right now. In this present moment, I exercise my principles.**

**Right here. Right now. In this present moment, my principles are my homeostasis.**

**Right here. Right now. In this present moment, my principles are universal in its unity.**

**Right here. Right now. In this present moment, my principles are my love. The principles are loving and caring. I am Unconditional Love.**

**Right here. Right now. In this present moment, I choose to be my principles. I am my principles.**

**Right here. Right now. In this present moment, my principles are my hobby.**

**Right here. Right now. In this present moment, my wants are my principles.**

**Right here. Right now. In this present moment, my process is my principles.**

**Right here. Right now. In this present moment, my principles determine my needs.**

**Right here. Right now. In this present moment, my principles are my evolution instinct.**

**Right here. Right now. This present moment is my principles.**

**Right here. Right now. In this present moment, my actions, and the results, are my principles.**

**Right here. Right now. In this present moment, my principles help me feel my emotions.**

**Right here. Right now. In this present moment, my principles are my way of life.**

**Right here. Right now. In this present moment, my needs are my principles.**

**Right here. Right now. In this present moment, my principles help me understand my feelings.**

**Right here. Right now. In this present moment, my goals are my principles.**

**Right here. Right now. In this present moment, my principles are my salvation.**

**Right here. Right now. In this present moment, my principles help me identify and describe my emotions and feelings.**

**Right here. Right now. In this present moment, my actions are my principles.**

**Right here. Right now. In this present moment, my principles help me process my emotions, and feelings.**

**Right here. Right now. In this present moment, my interest is my principles.**

**Right here. Right now. In this present moment, my principles help me learn from the past.**

**Right here. Right now. In this present moment, my thoughts are my principles.**

**Right here. Right now. In this present moment, my principles are my success instinct.**

**Right here. Right now. In this present moment, my principles are my survival instinct.**

**Right here. Right now. In this present moment, my principles help me accept my feelings.**

**Right here. Right now. In this present moment, my principles are my path.**

**Right here. Right now. In this present moment, my principles are my homeostasis instinct. In each gene and cell of my body. I am homeostasis.**

**Right here. Right now. In this present moment, my principles are my allostasis.**

**Right here. Right now. In this present moment, my principles are my consilience.**

**Right here. Right now. In this present moment, my principles are my unity in diversity.**

**Right here. Right now. In this present moment, my fixation is my principles.**

**Right here. Right now. In this present moment, my principles are my balance. In my being. In my doing. In this present moment.**

**Right here. Right now. In this present moment, my principles guide my thoughts.**

**Right here. Right now. In this present moment, my principles help me choose my emotions.**

**Right here. Right now. In this present moment, my principles help me describe the past.**

**Right here. Right now. In this present moment, my principles determine my wants.**

**Right here. Right now. In this present moment, my principles help me regulate my emotions.**

**Right here. Right now. In this present moment, my principles are my strategy.**

**Right here. Right now. In this present moment, my principles are my preoccupation.**

**Right here. Right now. In this present moment, my principles are my positive obsession.**

**Right here. Right now. In this present moment, my principles are my homeostasis.**

**Right here. Right now. In this present moment, my principles are my perfection.**

**Right here. Right now. In this present moment, my principles are my inexhaustible self-discovery process.**

**Facet 8.**

**We love every person, unconditionally, no matter what. In each of our relationships, past, present, and future, we learn to go into our love. We stay there in our goals, motives, and actions.**

**Unconditional love is described in different ways. A desire. A motivation. A connection. An emotion. An attraction. A relationship with all that is. Acceptance of all that is just as it is. It is more than maternal love or romantic love. All encompassing. It involves the parts of the brain related to maternal and romantic love but much more. Some research shows it uses as many as 7 parts of the brain. A powerful life force. Non-erotic.**

**It is always present. We access it but do not create it. It is not the same as awareness, awakening, happiness, enlightenment. It is always present and has no boundaries and is without limits. It is always present and has no boundaries but encourages us to have in, and stay in healthy boundaries.**

**One just goes there, and it is always there. Unconditional love may be the most powerful change agent known or experienced. It allows and inspires healthy boundaries, mutual and beneficial interactions. It is joyful in expression. It is our connectedness to all that is and all that is with us. It is genetic. Biologically built into all.**

**We encourage you to find your own words to describe this universally described and experienced principle.**

**I am love.**

**I am safety.**

**I am attraction.**

**I am compassion.**

**I am sincerity.**

**I am sacrifice.**

**I am cooperation.**

**I am harmony.**

**I am serenity.**

**I am unconditional love.**

**Unconditional love is who I am, what I am, where I am, when I am, and why I am.**

**The lessons from my past are unconditional love.**

**This present moment, right here, right now is unconditional love.**

**The pure potential of all future moments is from my best, unconditional love, right now, right here, and the lessons of all past moments.**

**My goals are unconditional love.**

**My motives are unconditional love.**  
**My actions are unconditional love.**  
**My hopes and dreams are unconditional love.**  
**My results are unconditional love.**  
**My imagination is unconditional love.**  
**My creativity is unconditional love.**  
**My perceptions are unconditional love.**  
**My emotions are unconditional love.**  
**My intuitions are unconditional love.**  
**My interoceptions are unconditional love.**  
**My introspections are unconditional love.**  
**My principal positive is unconditional love.**  
**My unconditional love is universal in its unity.**  
**Unconditional love is my unconditional love. My unconditional love is loving and caring. I am unconditional love.**  
**I choose to be unconditional love, in this present moment. I am unconditional love.**  
**Unconditional love is my hobby.**  
**My wants are unconditional love.**  
**My process is unconditional love.**  
**Unconditional love determines my needs.**  
**Unconditional love is my evolution instinct.**  
**Right now, right here, this present moment, is unconditional love.**  
**My actions, and the results, are unconditional love.**  
**Unconditional love helps me feel my emotions.**  
**Unconditional love is my way of life.**  
**My needs are unconditional love.**  
**Unconditional love helps me understand my feelings.**  
**My goals are unconditional love.**  
**Unconditional love is my salvation.**  
**Unconditional love helps me identify and describe my emotions and feelings.**  
**My actions are unconditional love.**  
**Unconditional love helps me process my emotions, and feelings.**  
**My interest is unconditional love.**  
**Unconditional love helps me learn from the past.**  
**My thoughts are unconditional love.**  
**Unconditional love is my success instinct.**  
**Unconditional love is my survival instinct.**  
**Unconditional love helps me accept my feelings.**  
**Unconditional love is my path.**  
**Unconditional love is my homeostasis instinct. In each gene and cell of my body. I am homeostasis.**  
**My fixation is unconditional love.**



**Unconditional love is my balance. In my being. In my doing. In this present moment.**

**Unconditional love guides my thoughts.**

**Unconditional love helps me choose my emotions.**

**Unconditional love helps me describe the past.**

**Unconditional love determines my wants.**

**Unconditional love helps me regulate my emotions.**

**Unconditional love is my strategy**

**Unconditional love is my preoccupation.**

**Unconditional love is my positive obsession.**

**Unconditional love is my inexhaustible self-discovery process.**

## Facet 9.

The principles are who we are. The principles are who we have always been. We learn, change, and grow. We imagine and discover, loving and creative ways to confidently be of maximum service. In each moment and relationship. To serve is to love.

Pip, as a word, has an interesting and varied history. Over many centuries it came to have many meanings. Someone said or thought the word and wrote this word for the first time and gave it a meaning to describe what was going on at the time. Studies show that individuals or groups create new words and meanings for many reasons. One reason is that no word is available to say exactly what they are trying to communicate.

<https://www.oed.com/search/dictionary/?scope=Entries&q=pip&tl=true>

We chose pip, first, because it is an abbreviation for “perfection is progress”. Then we found that it is an actual word. As we researched the word we found, among its many varied definitions, and forms, over the centuries, the following.

“One extraordinary of its kind.”

“Small and hard seeds of fleshy fruits.”

“A chick picking its way out of the egg.”

“To toot or beep the horn of a vehicle.”

“To chirp.”

“To convey through or by means of pipes.”

“A large container of definite capacity for storing solids or liquids.”

Each of the above definitions, humorously and poetically, seemed to fit what we wanted this budding organization to be and do. Now we are going to add another definition for this word.

Imagination, discovery, creative, creativity, creation, cocreation, are important concepts in PIP Success.

Creativity, as a word and concept, was created by Alfred North Whitehead and first appears in print in 1926/27. The year before he coined the word creativeness.

Creativeness is not commonly used. As a noun it means the skill and imagination to create new things. Synonyms include creativity, imagination, innovativeness, imaginativeness, talent, ingenuity, inventiveness, originality, ingeniousness, productivity, productiveness, cleverness, invention, resourcefulness, capableness, fruitfulness, and fecundity. Fertility, prolificness, prolificacy, prolificity, giftedness, inspiration, genius, muse, fire.

**Creativity is commonly used, as a noun, and means the ability to create, the quality of being creative. The synonyms are the same as creativeness.**

**In researching the history of the word “creativity” we learned that Whitehead had something very simple in mind. His writings are often very difficult to understand because he coins several new words, creates definitions for other words, and uses them in mysterious ways. He created new words and definitions because none fit some of his thoughts and ideas.**

**Most of us today believe creativity is specific to some individuals and some circumstances. Not something that every individual is involved in whether they know it or not. Whether they like it or not or choose to participate in or avoid. The synonyms for creativeness and creativity above include those common understandings.**

**There seems to be agreement that Whitehead did not give creativity a special status, in special people and circumstances, or describe it as talent only available to certain people. He said it is fundamental to all existence.**

**Creation is constant and unavoidable. Whether one likes it or not. It cannot be denied, avoided, or halted. It goes on relentlessly. Nothing is static. All is dynamic. Constant change of some kind, constant learning of some kind, constant growth of some kind. A constant state of becoming. Each moment, where all happens, is new. Each moment in my life is a new creation. This moment with its content has never been before.**

**I come into this present moment with what I have. This moment becomes what I make of it. I consider options and make choices. This moment is a creation. I am a creation. I am creation. My involvement in this moment is creation. My process is constant creation. The result is constant creation. All of existence is occurring right now, right here and each moment is a new creation. Each moment is the creation of a new creation. A novel bringing together. The creative process is reality in all aspects of my existence.**

**His point is that we are all constant creators, cocreators, the process of creation, and as the moment passes and becomes history we learn from it, negatively, neutrally, or positively. We always learn. We are always growing. Negatively, neutrally, positively or some variation. We are always changing. Negatively, neutrally, positively and sometimes all of the above.**

**“The creativity of the world is the throbbing emotion of the past hurling itself into a new transcendent fact. It is the flying dart of which Lucretius speaks, hurled beyond the bounds of the world.” Alfred North Whitehead**

**In PIP Success, we say “The present moment is the throbbing emotion of the past hurling itself into a new transcendent fact. It is the flying dart of principles, the flying dart I am, hurled beyond the bounds of this present moment.”**

**Creativity is all there is. Just do it. Just be me. I am the principles. Let creation be what it can be. It is largely a passive process at the start. I was born the principles. I am the principles. I am creativity. I am creation. Let them flow from my existence. My hands. My lips. My eyes. My feet. My body. My existence.**

**The process of constant change, growth, learning, in the present moment is reality. Nothing is static. Nothing stays the same. All is dynamic. All the fantasies of avoiding learning, growth and constant change or conflict are useless and self-destructive at the extremes. Constant creativity and creation is all there is. Each moment is new in history.**

**We are all cocreators each moment because that is the nature of nature. Life goes on, on its terms, whether I like or not. The quality of my next moment is determined in great part by the quality of my participation in the quality of this moment. Creativity is the start, the process, and the ongoing beginning. Becoming. No endings. Just a process continuing in the only reality there is that we know of. This present moment. Right now. Right here.**

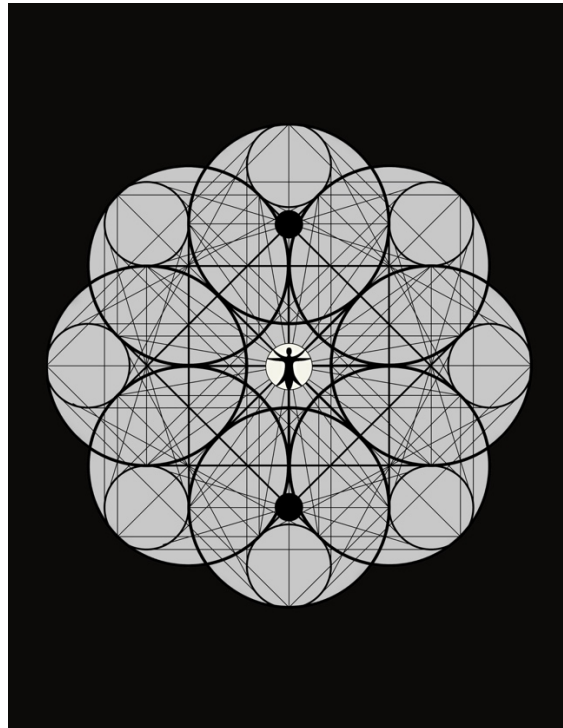
**The definition we want to add for the word pip is illustrated here.**



Research, though varying in some cultures, shows that each person needs 3-4 feet of space, generally the distance of arms outstretched all around, to be safe and comfortable in most situations. Especially in difficult situations where issues are being resolved.

We define pip as the personal bubble that surrounds a person and all that is within that bubble in the present moment. One's body and the space that connects the person to the rest of the universe. The size of that bubble is determined by each person and is respected by others.

My pip is, in a sense, the center of my universe. I am connected to all the unknowable, unknown, known universe with my pip. My pip is at once my best self, my selfish best, and my selfless best. My pip is my present moment as experienced by me. Experienced by my pip as me. New, and creation, each moment.



I am my pip. I am PIP Success. PIP Success is the principles. I am the principles. My pip is the principles. My pip is me in this present moment. I am constantly learning, changing, and growing.

Positively, neutrally, negatively, but always learning, growing, changing. No amount of denial, fantasy, negative obsession, or rebellious act will change the process of reality.

**I am creativity.**

**The World Health Organization states:**

**“...health involves a sense of fulfillment and satisfaction with our own lives, system of values, self-confidence and self-esteem, self-awareness and presence, peacefulness and tranquility with dynamic emotional balance, both internal and toward the environment, morality and truthfulness, selflessness, positive emotions, compassion and willingness to help and support others, responsibility and contribution to the common good, and successful management of everyday life problems and demands as well as social stress.”**

**<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5778676/#R17>**

**PIP Success is about the process of being my best in the present moment. One can go online and enter “the science of \_\_\_\_\_” and name any one of the principles and practices we study and exercise. Hundreds and sometimes many thousands of references can be found suggesting that maybe, just maybe, we are the principles. The simplest arguments are that we are our best in the present moment when we naturally practice the principles so often it seems we are them. Some individuals are going there and saying, for instance, “I am love.” “I am acceptance”.**

**There are hundreds of research papers on the power of self-talk. How every word and statement I have or make in thought and/or word is an “I statement”. Positive, neutral, negative. Sometimes all of the above.**

**In PIP Success we just go there and say it. I am love. I am faith. I am honesty. I am open-mindedness. I am success.**

**One of the reasons most folks would not make such statements is because they are faulty grammar.**

**Acceptance, for example, is a noun. An abstract noun. “Acceptance is good.” That is a proper sentence because acceptance is an abstract idea.**

**“I am acceptance”. Acceptance in that statement is a concrete noun. It is saying acceptance is something concrete like a chair or a cloud or body part.**

**Research hints that “Maybe I am acceptance.” We take the extra step. We declare acceptance a real thing. Who I am. What I am. Where I am. When I am. How I am. Why I am. My pip is acceptance.**

**In summary, in PIP Success, we are taking three leaps of language and grammar. First, we have created a new definition for pip. “A pip is the personal bubble that surrounds a person and all that is within that bubble, in the present moment. One’s body and the space that connects the person to the rest of the universe. The size of that bubble is determined by each person and is respected by others.”**

**Second, we have declared acceptance, and all the other principles, which under current grammar rules, are abstract nouns only, to also be concrete nouns.**

**Finally, for our purposes, “I”, “I am”, “My pip.”, “I am my pip.”, “I am one with the ... universe.” refer to my pip as being the personal space around me, my body as one with it, and all that is in and goes on in that personal space. At no time is any part of me separate from the whole in being my best in this present moment. We could not find a word or term that is what we are describing here. The “who, what, where, how, and why” of me, I, my pip, that is one process happening all at once and constantly learning, changing, and growing in the present moment. Right now. Right here.**

**We imagine and discover, loving and creative ways to confidently be of maximum service. In each moment and relationship. To serve is to love.**

**I am my pip. My pip is the principles. My brain is one with my pip and is of maximum service to my pip and the universe near and far, the universe within and without. I practice letting me be me. As I practice letting me, the principles, be my intentions, thoughts, words, actions, the results are love and service. Maximum service to this moment and all in it. I relax into the creative process that I am. My reality is that process.**

**I.**

**I am.**

**I am my pip.**

**My pip, I, am one with the known, unknown, unknowable universe.**

**My pip, I, is Acceptance.**

**My pip, I, is Accountability.**

**My pip, I, is Allostasis.**

**My pip, I, is Anonymity.**

**My pip, I, is Attentiveness.**

**My pip, I, is Attraction.**

**My pip, I, is Authenticity.**

**My pip, I, is Autonomy.**

**My pip, I, is Awareness.**

**My pip, I, is Balance.**

**My pip, I, is Boundaries.**

**My pip, I, is Caring.**

**My pip, I, is Caution.**  
**My pip, I, is Collective Guidance.**  
**My pip, I, is Commitment.**  
**My pip, I, is Communication.**  
**My pip, I, is Compassion.**  
**My pip, I, is Confidence.**  
**My pip, I, is Connection.**  
**My pip, I, is Conscience.**  
**My pip, I, is Consilience.**  
**My pip, I, is Consistency.**  
**My pip, I, is Constant Change.**  
**My pip, I, is Conviction.**  
**My pip, I, is Cooperation.**  
**My pip, I, is Courage.**  
**My pip, I, is Creativity.**  
**My pip, I, is Curiosity.**  
**My pip, I, is Dependability.**  
**My pip, I, is Dignity.**  
**My pip, I, is Discernment.**  
**My pip, I, is Discipline.**  
**My pip, I, is Diversity.**  
**My pip, I, is Empathy.**  
**My pip, I, is Encouragement.**  
**My pip, I, is Equality.**  
**My pip, I, Equanimity.**  
**My pip, I, is Faith.**  
**My pip, I, is Fidelity.**  
**My pip, I, is Flexibility.**  
**My pip, I, is Forgiveness.**  
**My pip, I, is Future Potential.**  
**My pip, I, is Freedom.**  
**My pip, I, is Gentleness.**  
**My pip, I, is Generosity.**  
**My pip, I, is Goodwill.**  
**My pip, I, is Grace.**  
**My pip, I, is Gratitude.**  
**My pip, I, is Growth.**  
**My pip, I, is Happiness.**  
**My pip, I, is Harmony.**  
**My pip, I, is Homeostasis.**  
**My pip, I, is Honesty.**  
**My pip, I, is Honor.**  
**My pip, I, is Hope.**  
**My pip, I, is Hospitality.**



**My pip, I, is Humor.**  
**My pip, I, is Imagination.**  
**My pip, I, is Inclusiveness.**  
**My pip, I, is Independence.**  
**My pip, I, is Individuality.**  
**My pip, I, is Instinct.**  
**My pip, I, is Integrity.**  
**My pip, I, is Interdependence.**  
**My pip, I, is Intimacy.**  
**My pip, I, is Intuition.**  
**My pip, I, is Joy.**  
**My pip, I, is Kindness.**  
**My pip, I, is the Lessons of the Past.**  
**My pip, I, is Learning.**  
**My pip, I, is Listening.**  
**My pip, I, is Love.**  
**My pip, I, is Loyalty.**  
**My pip, I, is Maturity.**  
**My pip, I, is Open-mindedness.**  
**My pip, I, Optimism.**  
**My pip, I, is Participation.**  
**My pip, I, is Passion.**  
**My pip, I, is Patience.**  
**My pip, I, is Perseverance.**  
**My pip, I, is Powerlessness.**  
**My pip, I, is Practicality.**  
**My pip, I, is the Present Moment.**  
**My pip, I, is the Principles.**  
**My pip, I, is Progress.**  
**My pip, I, is Promotion.**  
**My pip, I, is Prudence.**  
**My pip, I, is Purpose.**  
**My pip, I, is Reliability.**  
**My pip, I, is Resilience.**  
**My pip, I, is Respect.**  
**My pip, I, is Responsibility.**  
**My pip, I, is Restraint.**  
**My pip, I, is Sacrifice.**  
**My pip, I, is Safety.**  
**My pip, I, is Security.**  
**My pip, I, is Self-honesty.**  
**My pip, I, is Self-acceptance.**  
**My pip, I, is Self-discipline.**  
**My pip, I, is Self-discovery.**

**My pip, I, is Self-support.**  
**My pip, I, is Selfless.**  
**My pip, I, is Selfless Service.**  
**My pip, I, is Selflessness.**  
**My pip, I, is Serenity.**  
**My pip, I, is Service.**  
**My pip, I, is Sharing.**  
**My pip, I, is Simplicity.**  
**My pip, I, is Sincerity.**  
**My pip, I, is Solidarity.**  
**My pip, I, is Stability.**  
**My pip, I, is Steadfastness.**  
**My pip, I, is Surrender.**  
**My pip, I, is Thoughtfulness.**  
**My pip, I, is the 36 Facets of Success.**  
**My pip, I, is Unconditional Love.**  
**My pip, I, is Understanding.**  
**My pip, I, is Unity.**  
**My pip, I, is Vigilance.**  
**My pip, I, is Vulnerability.**  
**My pip, I, is We.**  
**My pip, I, is Welcome.**  
**My pip, I, is Willingness.**  
**My pip, I, is Wisdom.**  
**My pip, I, is Wonder.**

**Facet 10.**

**All that is constant in nature is change. We are excited to learn about ourselves. We seek and welcome inspiration. We learn, change, and grow, constantly evolving with purpose. We have become a self-motivating lifestyle.**

**Many fine resources, online, cover the importance of, and practical insights on each of the topics covered in this facet. Please utilize those that fit your personality and needs.**

**Many of us have learned that we sought out negative and self-sabotaging thought patterns, chemicals, and behaviors to manage the stress that came from not knowing who we are, and how to succeed at being who we are. Who we came to believe we were, we now know, are false belief systems about ourselves and the universe as we understand it.**

**As members of PIP Success, we have these purposes. To find personal recovery. To provide mentorship for a new way of life, to our members, in complete anonymity. Share what we are learning with anyone interested while protecting the confidentiality of members. Our collective experience belongs to the world dialogue.**

**PIP's goals are to help each member develop a self-motivating lifestyle as a way of life. And help each member develop a self-motivating lifestyle of doing their best in the present moment.**

**If I do not have goals in every area of my life, I still have goals in every area of my life. Not having goals is having goals. Life goes on, on its terms, with or without my cooperation. Without goals that are me, I am chaos, part of the problem, and I am keeping the solution, that I am, from thousands of others over time. Each moment is a learning opportunity, whether I like that or not, and I risk my learning will be negative.**

**If I do not choose a primary purpose or mission for my life that is me, I will still be me. The world will experience the chaos of "not me". The world will not know who I am. The patterns of my intentions, thoughts, words, actions and results will tell the world what my primary purpose and mission are. In moments of clarity I will know they are not me. The rest of the world takes me at my words and actions. In most moments that is the best most humans can do. We tell them who we want them to think we are by our words, actions, results and they believe us.**

**Minus a mission that is me, I am chaos, increasing amounts of negative stress, dis-ease, disease and often death prematurely. Only those who love me**

unconditionally will have the time of day for me over the long haul. Only those who love me, or love unconditionally, will see who I really am and love me no matter what. Others will not feel safe doing so and I will blame them for my sadness and depression. I blame them for the results of my self-sabotaging and abusive relationship I have with me, I, my pip.

I am always learning, changing, and growing, whether I like that or not. Whether I participate or not. What I learn, how I change, and my growth will be negative.

**My goals, as a member of PIP, are to:**

**My primary purpose, my life's mission, is to:**

**My primary intention, in each present moment, is to:**

**My primary thought process, in each present moment, is to:**

**My primary words, in each present moment, are to:**

**My primary actions, in each present moment, are to:**

**The primary results I seek, in each present moment, are to:**

If I do not choose a reputation that is me, I will still have a reputation. It will be inconsistent, unpredictable and undependable as life goes on at its own pace and in its own ways. I will be inconsistent, unpredictable and undependable.

**My reputation, in this present moment, is:**

**When I die, I want folks to describe my reputation as:**

If I do not choose goals that are me, I will still have goals that are not me. Life at its best presents itself, for my participation each moment, right now, right here, and I am unable to participate with honesty, open-mindedness, willingness, faith, hope and love.

**In 5 years my goals are to:**

**In 10 years my goals are to:**

**In 15 years my goals are to:**

**In 20 years my goals are to:**

**In 30 years my goals are to:**

**In 40 years my goals are to:**

**In 50 years my goals are to:**

**In 60 years my goals are to:**

**In 70 years my goals are to:**

**In 80 years my goals are to:**

**In 90 years my goals are to:**

**In 100 years my goals are to:**

**If I do not choose a lifestyle that is who I am, or I have a lifestyle that is not me, my future will be one of increasing negative stress, negative intentions, self-destructive intentions, negative thought patterns, negative words, negative actions, self and other destructive results. But I will have a lifestyle.**

**As in all areas of my life, not making choices and decisions, is still making choices and decisions. Life on its terms happens with or without my cooperation. Avoiding conflict is conflict. Control is an illusion and leads to being controlled against my will. Dis-ease, disease and death by a thousand wounds.**

**Denial of life on its terms is the most powerful and negative obsession. Powerlessness is an illusion and is not victimhood. It is unmanageable levels of negative stress, dis-ease, disease and death by a thousand cries and demands for pity.**

**I am the principles. I am a lifestyle of lifelong self-discovery. I am love and service.**

**Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory. Among the hundreds of theories about what “addiction is or is not”, this idea seems to be held in common.**

**In PIP Success we simply believe that without negative obsession, there is no addiction. When the regions of the brain hijacked by negative obsession and the self-sabotaging lifestyle that follow are functioning as designed, all the symptoms of what “addiction is or is not” can be replaced with brain affirming intentions, thoughts, words, actions, results. I am the principles.**

**It does not matter what our personal beliefs are about what the condition commonly called addiction in all its manifestations is, or is not. The antidote is the same. It is the choice of, and creation of a personal lifestyle that is inspirational, love and service, self-motivated, and an inexhaustible source of self-discovery for a lifetime and benefits the generations beyond us.**

**Welcome to the adventure that will allow you to be of love, and maximum service each present moment for the rest of your life, and beyond, to make everyone’s life better. The adventure of understanding what your lifestyle has been, what you want it to be, and the excitement of becoming that. I am excited about learning about myself, as a way of life. I am the self-motivating lifestyle of self-discovery. A simple, pure, loving purpose filled life, as me, at my best.**

**Below is a list of ideas for you to consider in becoming your own lifestyle coach, with the support of your primary mentor, and all PIP members. This is the real**

**antidote to the condition commonly called addiction. Break the cycles for yourself and then finish the process. We believe addiction is preventable, manageable and predictable.**

**Your next generation, whatever that means for you, does not have to ever use thought processes, chemicals and/or behaviors to manage the horrible chaos of not knowing who they are and how to succeed as themselves. You will become a lifestyle coach for other members and all you know, love, and meet. One present moment at a time. Beginning right now. Right here.**

**The list is not written, necessarily, in any special order of importance. Enjoy!**

**Meditate on, if you want write on, where you are, want to be, and ideas on how to get where you want to be in each area. This is only a start. Work with your mentor to complete a more formal plan. My inspirational, loving, serving, self-motivated, inexhaustible lifestyle of self-discovery includes the following:**

**Me, as my pip in this present moment...**

**Me, as my principles...**

**Me, as my best, for the most, with the least, for the least...**

**Me, as my best, for the most, with the least, for the least, in this present moment...**

**My primary purpose or mission statement...**

**My attitude...**

**My intentions...**

**My thoughts...**

**My words...**

**My actions...**

**My results...**

**My reputation...**

**My sleep pattern(s) ...**

**My stress management...**

**My balanced nutrition habits that fit my specific needs...**

**My hydration habits...**

**My exercise habits...**

**My realistic and achievable goals immediate, short term, long term, bigger than my life goals...**

**My daily structured activities related to my goals...**

**My habits that are healthy and can be maintained...**

**My habits I have learned from successful people...**

**My ability to adopt habits slowly and build on success...**

**My progress tracking disciplines...**

**My lifestyle buddies...**

**My family and relationship patterns...**

**My Financial accountability and prosperity...**  
**My service structure in all areas of my life...**  
**My ability to add a behavior, maintain it, add another, ad infinitum...**  
**My culture...**  
**My norms...**  
**My peak experiences...**  
**My intuition...**  
**My imagination...**  
**My creativity...**  
**My hobbies...**  
**My escapism activities...**  
**My needs getting met...**  
**My wants getting met...**  
**My self-motivation...**  
**My motivation maintenance...**  
**My ability to refocus when change happens...**  
**My ability to be a badass as me...**  
**My ability to eliminate the unnecessary...**  
**My positive passion(s) ...**  
**My positive obsession(s)...**  
**My ability to avoid unhealthy boredom...**  
**My ability to handle healthy boredom...**  
**My ability to make my hobbies, passions, positive obsessions, interests my career...**  
**My healthy work balance...**  
**My travels fantasies, dreams, plans...**  
**My brand...**  
**My brand marketing, attraction program...**

**I, my pip, as acceptance, am one with the known, unknown, unknowable universe. As acceptance I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as accountability, am one with the known, unknown, unknowable universe. As accountability I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as allostasis, am one with the known, unknown, unknowable universe. As allostasis I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as anonymity, am one with the known, unknown, unknowable universe. As anonymity I am an inexhaustible lifelong lifestyle of self-discovery because:**

**I, my pip, as attentiveness, am one with the known, unknown, unknowable universe. As attentiveness I am an inexhaustible lifelong lifestyle of self-discovery because:**

**I, my pip, as attraction, am one with the known, unknown, unknowable universe. As attraction I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as authenticity, am one with the known, unknown, unknowable universe. As authenticity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as autonomy, am one with the known, unknown, unknowable universe. As autonomy I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as awareness, am one with the known, unknown, unknowable universe. As awareness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as balance, am one with the known, unknown, unknowable universe. As balance I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as boundaries, am one with the known, unknown, unknowable universe. As boundaries I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as caring, am one with the known, unknown, unknowable universe. As caring I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as caution, am one with the known, unknown, unknowable universe. As caution I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as collective guidance, am one with the known, unknown, unknowable universe. As collective guidance I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as commitment, am one with the known, unknown, unknowable universe. As commitment I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as communication, am one with the known, unknown, unknowable universe. As communication I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as compassion, am one with the known, unknown, unknowable universe. As compassion I am an inexhaustible lifelong lifestyle of self-discovery...**



**I, my pip, as confidence, am one with the known, unknown, unknowable universe. As confidence I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as connection, am one with the known, unknown, unknowable universe. As connection I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as conscience, am one with the known, unknown, unknowable universe. As conscience I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as consilience, am one with the known, unknown, unknowable universe. As consilience I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as consistency, am one with the known, unknown, unknowable universe. As consistency I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as constant change, am one with the known, unknown, unknowable universe. As constant change I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as conviction, am one with the known, unknown, unknowable universe. As conviction I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as cooperation, am one with the known, unknown, unknowable universe. As cooperation I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as courage, am one with the known, unknown, unknowable universe. As courage I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as creativity, am one with the known, unknown, unknowable universe. As creativity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as curiosity, am one with the known, unknown, unknowable universe. As curiosity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as dependability, am one with the known, unknown, unknowable universe. As dependability I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as dignity, am one with the known, unknown, unknowable universe. As dignity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as discernment, am one with the known, unknown, unknowable universe. As discernment I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as discipline, am one with the known, unknown, unknowable universe. As discipline I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as diversity, am one with the known, unknown, unknowable universe. As diversity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as empathy, am one with the known, unknown, unknowable universe. As empathy I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as encouragement, am one with the known, unknown, unknowable universe. As encouragement I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as equality, am one with the known, unknown, unknowable universe. As equality I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as equanimity, am one with the known, unknown, unknowable universe. As equanimity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as faith, am one with the known, unknown, unknowable universe. As faith I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as fidelity, am one with the known, unknown, unknowable universe. As fidelity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as flexibility, am one with the known, unknown, unknowable universe. As flexibility I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as forgiveness, am one with the known, unknown, unknowable universe. As forgiveness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as future potential, am one with the known, unknown, unknowable universe. As future potential I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as freedom, am one with the known, unknown, unknowable universe. As freedom I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as gentleness, am one with the known, unknown, unknowable universe. As gentleness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as generosity, am one with the known, unknown, unknowable universe. As generosity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as goodwill, am one with the known, unknown, unknowable universe. As goodwill I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as grace, am one with the known, unknown, unknowable universe. As grace I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as gratitude, am one with the known, unknown, unknowable universe. As gratitude I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as growth, am one with the known, unknown, unknowable universe. As growth I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as happiness, am one with the known, unknown, unknowable universe. As happiness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as harmony, am one with the known, unknown, unknowable universe. As harmony I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as homeostasis, am one with the known, unknown, unknowable universe. As homeostasis I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as honesty, am one with the known, unknown, unknowable universe. As honesty I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as honor, am one with the known, unknown, unknowable universe. As honor I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as hope, am one with the known, unknown, unknowable universe. As hope I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as hospitality, am one with the known, unknown, unknowable universe. As hospitality I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as humor, am one with the known, unknown, unknowable universe. As humor I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as imagination, am one with the known, unknown, unknowable universe. As imagination I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as inclusiveness, am one with the known, unknown, unknowable universe. As inclusiveness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as independence, am one with the known, unknown, unknowable universe. As independence I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as individuality, am one with the known, unknown, unknowable universe. As individuality I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as instinct, am one with the known, unknown, unknowable universe. As instinct I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as integrity, am one with the known, unknown, unknowable universe. As integrity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as interdependence, am one with the known, unknown, unknowable universe. As interdependence I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as intimacy, am one with the known, unknown, unknowable universe. As intimacy I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as intuition, am one with the known, unknown, unknowable universe. As intuition I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as joy, am one with the known, unknown, unknowable universe. As joy I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as kindness, am one with the known, unknown, unknowable universe. As kindness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as lessons of the past, am one with the known, unknown, unknowable universe. As lessons of the past I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as learning, am one with the known, unknown, unknowable universe. As learning I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as listening, am one with the known, unknown, unknowable universe. As listening I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as love, am one with the known, unknown, unknowable universe. As love I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as loyalty, am one with the known, unknown, unknowable universe. As loyalty I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as maturity, am one with the known, unknown, unknowable universe. As maturity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as open mindedness, am one with the known, unknown, unknowable universe. As open mindedness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as optimism, am one with the known, unknown, unknowable universe. As optimism I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as participation, am one with the known, unknown, unknowable universe. As participation I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as passion, am one with the known, unknown, unknowable universe. As passion I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as patience, am one with the known, unknown, unknowable universe. As patience I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as perseverance, am one with the known, unknown, unknowable universe. As perseverance I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as powerlessness, am one with the known, unknown, unknowable universe. As powerlessness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as practicality, am one with the known, unknown, unknowable universe. As practicality I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as the present moment, am one with the known, unknown, unknowable universe. As the present moment I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as the principles, am one with the known, unknown, unknowable universe. As the principles I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as progress, am one with the known, unknown, unknowable universe. As progress I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as promotion, am one with the known, unknown, unknowable universe. As promotion I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as prudence, am one with the known, unknown, unknowable universe. As prudence I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as purpose, am one with the known, unknown, unknowable universe. As purpose I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as reliability, am one with the known, unknown, unknowable universe. As reliability I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as resilience, am one with the known, unknown, unknowable universe. As resilience I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as respect, am one with the known, unknown, unknowable universe. As respect I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as responsibility, am one with the known, unknown, unknowable universe. As responsibility I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as restraint, am one with the known, unknown, unknowable universe. As restraint I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as sacrifice, am one with the known, unknown, unknowable universe. As sacrifice I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as tolerance, am one with the known, unknown, unknowable universe. As tolerance I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as trust, am one with the known, unknown, unknowable universe. As trust I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as safety, am one with the known, unknown, unknowable universe. As safety I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as security, am one with the known, unknown, unknowable universe. As security I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as self-honesty, am one with the known, unknown, unknowable universe. As self-honesty I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as self-acceptance, am one with the known, unknown, unknowable universe. As self-acceptance I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as self-discipline, am one with the known, unknown, unknowable universe. As self-discipline I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as self-discovery, am one with the known, unknown, unknowable universe. As self-discovery I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as self-support, am one with the known, unknown, unknowable universe. As self-support I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as selfless, am one with the known, unknown, unknowable universe. As selfless I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as selfless service, am one with the known, unknown, unknowable universe. As selfless service I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as selflessness, am one with the known, unknown, unknowable universe. As selflessness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as serenity, am one with the known, unknown, unknowable universe. As serenity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as service, am one with the known, unknown, unknowable universe. As service I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as sharing, am one with the known, unknown, unknowable universe. As sharing I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as simplicity, am one with the known, unknown, unknowable universe. As simplicity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as sincerity, am one with the known, unknown, unknowable universe. As sincerity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as solidarity, am one with the known, unknown, unknowable universe. As solidarity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as stability, am one with the known, unknown, unknowable universe. As stability I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as steadfastness, am one with the known, unknown, unknowable universe. As steadfastness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as surrender, am one with the known, unknown, unknowable universe. As surrender I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as thoughtfulness, am one with the known, unknown, unknowable universe. As thoughtfulness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as the 36 facets of success, am one with the known, unknown, unknowable universe. As the 36 facets of success I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as unconditional love, am one with the known, unknown, unknowable universe. As unconditional love I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as understanding, am one with the known, unknown, unknowable universe. As understanding I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as unity, am one with the known, unknown, unknowable universe. As unity I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as vigilance, am one with the known, unknown, unknowable universe. As vigilance I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as vulnerability, am one with the known, unknown, unknowable universe. As vulnerability I am an inexhaustible lifelong lifestyle of self-discovery...**



**I, my pip, as we, am one with the known, unknown, unknowable universe. As we I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as welcome, am one with the known, unknown, unknowable universe. As welcome I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as willingness, am one with the known, unknown, unknowable universe. As willingness I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as wisdom, am one with the known, unknown, unknowable universe. As wisdom I am an inexhaustible lifelong lifestyle of self-discovery...**

**I, my pip, as wonder, am one with the known, unknown, unknowable universe. As wonder I am an inexhaustible lifelong lifestyle of self-discovery...**

## Facet 11.

Being a part of, brings us home to who we are. Giving our best gives us a home. The infinite potential of the present moment is always enough.

**ACCEPTANCE** unites me with all that is. **ACCEPTANCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **ACCEPTANCE**. **ACCEPTANCE** is my body. My home. I give me. I give **ACCEPTANCE**. That act gives me a home everywhere. **ACCEPTANCE** is my best. **ACCEPTANCE** is always enough. **ACCEPTANCE** is my progress. My perfection is **ACCEPTANCE**. I am the infinite potential of the present moment. **ACCEPTANCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**ACCOUNTABILITY** unites me with all that is. **ACCOUNTABILITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **ACCOUNTABILITY**. **ACCOUNTABILITY** is my body. My home. I give me. I give **ACCOUNTABILITY**. That act gives me a home everywhere. **ACCOUNTABILITY** is my best. **ACCOUNTABILITY** is always enough. **ACCOUNTABILITY** is my progress. My perfection is **ACCOUNTABILITY**. I am the infinite potential of the present moment. **ACCOUNTABILITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**ALLOSTASIS** unites me with all that is. **ALLOSTASIS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **ALLOSTASIS**. **ALLOSTASIS** is my body. My home. I give me. I give **ALLOSTASIS**. That act gives me a home everywhere. **ALLOSTASIS** is my best. **ALLOSTASIS** is always enough. **ALLOSTASIS** is my progress. My perfection is **ALLOSTASIS**. I am the infinite potential of the present moment. **ALLOSTASIS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**ANONYMITY** unites me with all that is. **ANONYMITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **ANONYMITY**. **ANONYMITY** is my body. My home. I give me. I give **ANONYMITY**. That act gives me a home everywhere. **ANONYMITY** is my best. **ANONYMITY** is always enough. **ANONYMITY** is my progress. My perfection is **ANONYMITY**. I am the infinite potential of the present moment. **ANONYMITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**ATTENTIVENESS** unites me with all that is. **ATTENTIVENESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **Attentiveness**. **ATTENTIVENESS** is my body. My home. I give me. I give **Attentiveness**. That act gives me a home everywhere. **ATTENTIVENESS** is my best. **ATTENTIVENESS** is always enough. **ATTENTIVENESS** is my progress. My perfection is **Attentiveness**. I am the infinite potential of the present moment. **ATTENTIVENESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**ATTRACTION** unites me with all that is. **ATTRACTION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **ATTRACTION**. **ATTRACTION** is my body. My home. I give me. I give **ATTRACTION**. That act gives me a home everywhere. **ATTRACTION** is my best. **ATTRACTION** is always enough. **ATTRACTION** is my progress. My perfection is **ATTRACTION**. I am the infinite potential of the present moment. **ATTRACTION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**AUTHENTICITY** unites me with all that is. **AUTHENTICITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **AUTHENTICITY**. **AUTHENTICITY** is my body. My home. I give me. I give **AUTHENTICITY**. That act gives me a home everywhere. **AUTHENTICITY** is my best. **AUTHENTICITY** is always enough. **AUTHENTICITY** is my progress. My perfection is **AUTHENTICITY**. I am the infinite potential of the present moment. **AUTHENTICITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**AUTONOMY** unites me with all that is. **AUTONOMY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **AUTONOMY**. **AUTONOMY** is my body. My home. I give me. I give **AUTONOMY**. That act gives me a home everywhere. **AUTONOMY** is my best. **AUTONOMY** is always enough. **AUTONOMY** is my progress. My perfection is **AUTONOMY**. I am the infinite potential of the present moment. **AUTONOMY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**AWARENESS** unites me with all that is. **AWARENESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **AWARENESS**. **AWARENESS** is my body. My home. I give me. I give **AWARENESS**. That act gives me a home everywhere. **AWARENESS** is my best. **AWARENESS** is always enough. **AWARENESS** is my progress. My perfection is **AWARENESS**. I am the infinite potential of the present moment. **AWARENESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**BALANCE** unites me with all that is. **BALANCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **BALANCE**. **BALANCE** is my body. My home. I give me. I give **BALANCE**. That act gives me a home everywhere. **BALANCE** is my best. **BALANCE** is always enough. **BALANCE** is my progress. My perfection is **BALANCE**. I am the infinite potential of the present moment. **BALANCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**BOUNDARIES** unites me with all that is. **BOUNDARIES** is a word that aligns my language with my body in all its infinite wonder and potential. I am **BOUNDARIES**. **BOUNDARIES** are my body. My home. I give me. I give **BOUNDARIES**. That act gives me a home everywhere. **BOUNDARIES** are my best. **BOUNDARIES** are always enough. **BOUNDARIES**

are my progress. My perfection is **BOUNDARIES**. I am the infinite potential of the present moment. **BOUNDARIES** are the infinite potential of the present moment. My best, right now, right here, is always enough.

**CARING** unites me with all that is. **CARING** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CARING**. **CARING** is my body. My home. I give me. I give **CARING**. That act gives me a home everywhere. **CARING** is my best. **CARING** is always enough. **CARING** is my progress. My perfection is **CARING**. I am the infinite potential of the present moment. **CARING** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CAUTION** unites me with all that is. **CAUTION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CAUTION**. **CAUTION** is my body. My home. I give me. I give **CAUTION**. That act gives me a home everywhere. **CAUTION** is my best. **CAUTION** is always enough. **CAUTION** is my progress. My perfection is **CAUTION**. I am the infinite potential of the present moment. **CAUTION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**COLLECTIVE GUIDANCE** unites me with all that is. **COLLECTIVE GUIDANCE** are words that align my language with my body in all its infinite wonder and potential. I am **COLLECTIVE GUIDANCE**. **COLLECTIVE GUIDANCE** is my body. My home. I give me. I give **COLLECTIVE GUIDANCE**. That act gives me a home everywhere. **COLLECTIVE GUIDANCE** is my best. **COLLECTIVE GUIDANCE** is always enough. **COLLECTIVE GUIDANCE** is my progress. My perfection is **COLLECTIVE GUIDANCE**. I am the infinite potential of the present moment. **COLLECTIVE GUIDANCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**COMMITMENT** unites me with all that is. **COMMITMENT** is a word that aligns my language with my body in all its infinite wonder and potential. I am **COMMITMENT**. **COMMITMENT** is my body. My home. I give me. I give **COMMITMENT**. That act gives me a home everywhere. **COMMITMENT** is my best. **COMMITMENT** is always enough. **COMMITMENT** is my progress. My perfection is **COMMITMENT**. I am the infinite potential of the present moment. **COMMITMENT** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**COMMUNICATION** unites me with all that is. **COMMUNICATION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **COMMUNICATION**. **COMMUNICATION** is my body. My home. I give me. I give **COMMUNICATION**. That act gives me a home everywhere. **COMMUNICATION** is my best. **COMMUNICATION** is always enough. **COMMUNICATION** is my progress. My perfection is **COMMUNICATION**. I am the infinite potential of the present moment. **COMMUNICATION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**COMPASSION** unites me with all that is. **COMPASSION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **COMPASSION**. **COMPASSION** is my body. My home. I give me. I give **COMPASSION**. That act gives me a home everywhere. **COMPASSION** is my best. **COMPASSION** is always enough. **COMPASSION** is my progress. My perfection is **COMPASSION**. I am the infinite potential of the present moment. **COMPASSION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CONFIDENCE** unites me with all that is. **CONFIDENCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CONFIDENCE**. **CONFIDENCE** is my body. My home. I give me. I give **CONFIDENCE**. That act gives me a home everywhere. **CONFIDENCE** is my best. **CONFIDENCE** is always enough. **CONFIDENCE** is my progress. My perfection is **CONFIDENCE**. I am the infinite potential of the present moment. **CONFIDENCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CONNECTION** unites me with all that is. **CONNECTION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CONNECTION**. **CONNECTION** is my body. My home. I give me. I give **CONNECTION**. That act gives me a home everywhere. **CONNECTION** is my best. **CONNECTION** is always enough. **CONNECTION** is my progress. My perfection is **CONNECTION**. I am the infinite potential of the present moment. **CONNECTION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CONSCIENCE** unites me with all that is. **CONSCIENCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CONSCIENCE**. **CONSCIENCE** is my body. My home. I give me. I give **CONSCIENCE**. That act gives me a home everywhere. **CONSCIENCE** is my best. **CONSCIENCE** is always enough. **CONSCIENCE** is my progress. My perfection is **CONSCIENCE**. I am the infinite potential of the present moment. **CONSCIENCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CONSILIENCE** unites me with all that is. **CONSILIENCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CONSILIENCE**. **CONSILIENCE** is my body. My home. I give me. I give **CONSILIENCE**. That act gives me a home everywhere. **CONSILIENCE** is my best. **CONSILIENCE** is always enough. **CONSILIENCE** is my progress. My perfection is **CONSILIENCE**. I am the infinite potential of the present moment. **CONSILIENCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CONSISTENCY** unites me with all that is. **CONSISTENCY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CONSISTENCY**. **CONSISTENCY** is my body. My home. I give me. I give **CONSISTENCY**. That act gives me a home everywhere. **CONSISTENCY** is my best. **CONSISTENCY** is always enough.

**CONSISTENCY** is my progress. My perfection is **CONSISTENCY**. I am the infinite potential of the present moment. **CONSISTENCY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CONSTANT CHANGE** unites me with all that is. **CONSTANT CHANGE** are words that align my language with my body in all its infinite wonder and potential. I am **CONSTANT CHANGE**. **CONSTANT CHANGE** is my body. My home. I give me. I give **CONSTANT CHANGE**. That act gives me a home everywhere. **CONSTANT CHANGE** is my best. **CONSTANT CHANGE** is always enough. **CONSTANT CHANGE** is my progress. My perfection is **CONSTANT CHANGE**. I am the infinite potential of the present moment. **CONSTANT CHANGE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CONVICTION** unites me with all that is. **CONVICTION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CONVICTION**. **CONVICTION** is my body. My home. I give me. I give **CONVICTION**. That act gives me a home everywhere. **CONVICTION** is my best. **CONVICTION** is always enough. **CONVICTION** is my progress. My perfection is **CONVICTION**. I am the infinite potential of the present moment. **CONVICTION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**COOPERATION** unites me with all that is. **COOPERATION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **COOPERATION**. **COOPERATION** is my body. My home. I give me. I give **COOPERATION**. That act gives me a home everywhere. **COOPERATION** is my best. **COOPERATION** is always enough. **COOPERATION** is my progress. My perfection is **COOPERATION**. I am the infinite potential of the present moment. **COOPERATION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**COURAGE** unites me with all that is. **COURAGE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **COURAGE**. **COURAGE** is my body. My home. I give me. I give **COURAGE**. That act gives me a home everywhere. **COURAGE** is my best. **COURAGE** is always enough. **COURAGE** is my progress. My perfection is **COURAGE**. I am the infinite potential of the present moment. **COURAGE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CREATIVITY** unites me with all that is. **CREATIVITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CREATIVITY**. **CREATIVITY** is my body. My home. I give me. I give **CREATIVITY**. That act gives me a home everywhere. **CREATIVITY** is my best. **CREATIVITY** is always enough. **CREATIVITY** is my progress. My perfection is **CREATIVITY**. I am the infinite potential of the present moment. **CREATIVITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**CURIOSITY** unites me with all that is. **CURIOSITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **CURIOSITY**. **CURIOSITY** is my body. My home. I give me. I give **CURIOSITY**. That act gives me a home everywhere. **CURIOSITY** is my best. **CURIOSITY** is always enough. **CURIOSITY** is my progress. My perfection is **CURIOSITY**. I am the infinite potential of the present moment. **CURIOSITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**DEPENDABILITY** unites me with all that is. **DEPENDABILITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **DEPENDABILITY**. **DEPENDABILITY** is my body. My home. I give me. I give **DEPENDABILITY**. That act gives me a home everywhere. **DEPENDABILITY** is my best. **DEPENDABILITY** is always enough. **DEPENDABILITY** is my progress. My perfection is **DEPENDABILITY**. I am the infinite potential of the present moment. **DEPENDABILITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**DIGNITY** unites me with all that is. **DIGNITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **DIGNITY**. **DIGNITY** is my body. My home. I give me. I give **DIGNITY**. That act gives me a home everywhere. **DIGNITY** is my best. **DIGNITY** is always enough. **DIGNITY** is my progress. My perfection is **DIGNITY**. I am the infinite potential of the present moment. **DIGNITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**DISCERNMENT** unites me with all that is. **DISCERNMENT** is a word that aligns my language with my body in all its infinite wonder and potential. I am **DISCERNMENT**. **DISCERNMENT** is my body. My home. I give me. I give **DISCERNMENT**. That act gives me a home everywhere. **DISCERNMENT** is my best. **DISCERNMENT** is always enough. **DISCERNMENT** is my progress. My perfection is **DISCERNMENT**. I am the infinite potential of the present moment. **DISCERNMENT** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**DISCIPLINE** unites me with all that is. **DISCIPLINE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **DISCIPLINE**. **DISCIPLINE** is my body. My home. I give me. I give **DISCIPLINE**. That act gives me a home everywhere. **DISCIPLINE** is my best. **DISCIPLINE** is always enough. **DISCIPLINE** is my progress. My perfection is **DISCIPLINE**. I am the infinite potential of the present moment. **DISCIPLINE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**DIVERSITY** unites me with all that is. **DIVERSITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **DIVERSITY**. **DIVERSITY** is my body. My home. I give me. I give **DIVERSITY**. That act gives me a home everywhere. **DIVERSITY** is my best. **DIVERSITY** is always enough. **DIVERSITY** is my progress. My perfection is

**DIVERSITY.** I am the infinite potential of the present moment. **DIVERSITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**EMPATHY** unites me with all that is. **EMPATHY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **EMPATHY**. **EMPATHY** is my body. My home. I give me. I give **EMPATHY**. That act gives me a home everywhere. **EMPATHY** is my best. **EMPATHY** is always enough. **EMPATHY** is my progress. My perfection is **EMPATHY**. I am the infinite potential of the present moment. **EMPATHY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**ENCOURAGEMENT** unites me with all that is. **ENCOURAGEMENT** is a word that aligns my language with my body in all its infinite wonder and potential. I am **ENCOURAGEMENT**. **ENCOURAGEMENT** is my body. My home. I give me. I give **ENCOURAGEMENT**. That act gives me a home everywhere. **ENCOURAGEMENT** is my best. **ENCOURAGEMENT** is always enough. **ENCOURAGEMENT** is my progress. My perfection is **ENCOURAGEMENT**. I am the infinite potential of the present moment. **ENCOURAGEMENT** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**EQUALITY** unites me with all that is. **EQUALITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **EQUALITY**. **EQUALITY** is my body. My home. I give me. I give **EQUALITY**. That act gives me a home everywhere. **EQUALITY** is my best. **EQUALITY** is always enough. **EQUALITY** is my progress. My perfection is **EQUALITY**. I am the infinite potential of the present moment. **EQUALITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**EQUANIMITY** unites me with all that is. **EQUANIMITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **EQUANIMITY**. **EQUANIMITY** is my body. My home. I give me. I give **EQUANIMITY**. That act gives me a home everywhere. **EQUANIMITY** is my best. **EQUANIMITY** is always enough. **EQUANIMITY** is my progress. My perfection is **EQUANIMITY**. I am the infinite potential of the present moment. **EQUANIMITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**FAITH** unites me with all that is. **FAITH** is a word that aligns my language with my body in all its infinite wonder and potential. I am **FAITH**. **FAITH** is my body. My home. I give me. I give **FAITH**. That act gives me a home everywhere. **FAITH** is my best. **FAITH** is always enough. **FAITH** is my progress. My perfection is **FAITH**. I am the infinite potential of the present moment. **FAITH** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**FIDELITY** unites me with all that is. **FIDELITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **FIDELITY**. **FIDELITY** is my body. My home. I give me. I give **FIDELITY**. That act gives me a home everywhere. **FIDELITY** is my best. **FIDELITY** is always enough. **FIDELITY** is my progress. My perfection is **FIDELITY**. I



am the infinite potential of the present moment. FIDELITY is the infinite potential of the present moment. My best, right now, right here, is always enough.

FLEXIBILITY unites me with all that is. FLEXIBILITY is a word that aligns my language with my body in all its infinite wonder and potential. I am FLEXIBILITY. FLEXIBILITY is my body. My home. I give me. I give FLEXIBILITY. That act gives me a home everywhere. FLEXIBILITY is my best. FLEXIBILITY is always enough. FLEXIBILITY is my progress. My perfection is FLEXIBILITY. I am the infinite potential of the present moment. FLEXIBILITY is the infinite potential of the present moment. My best, right now, right here, is always enough.

FORGIVENESS unites me with all that is. FORGIVENESS is a word that aligns my language with my body in all its infinite wonder and potential. I am FORGIVENESS. FORGIVENESS is my body. My home. I give me. I give FORGIVENESS. That act gives me a home everywhere. FORGIVENESS is my best. FORGIVENESS is always enough. FORGIVENESS is my progress. My perfection is FORGIVENESS. I am the infinite potential of the present moment. FORGIVENESS is the infinite potential of the present moment. My best, right now, right here, is always enough.

FUTURE POTENTIAL unites me with all that is. FUTURE POTENTIAL are words that align my language with my body in all its infinite wonder and potential. I am FUTURE POTENTIAL. FUTURE POTENTIAL is my body. My home. I give me. I give FUTURE POTENTIAL. That act gives me a home everywhere. FUTURE POTENTIAL is my best. FUTURE POTENTIAL is always enough. FUTURE POTENTIAL is my progress. My perfection is FUTURE POTENTIAL. I am the infinite potential of the present moment. FUTURE POTENTIAL is the infinite potential of the present moment. My best, right now, right here, is always enough.

FREEDOM unites me with all that is. FREEDOM is a word that aligns my language with my body in all its infinite wonder and potential. I am FREEDOM. FREEDOM is my body. My home. I give me. I give FREEDOM. That act gives me a home everywhere. FREEDOM is my best. FREEDOM is always enough. FREEDOM is my progress. My perfection is FREEDOM. I am the infinite potential of the present moment. FREEDOM is the infinite potential of the present moment. My best, right now, right here, is always enough.

GENTLENESS unites me with all that is. GENTLENESS is a word that aligns my language with my body in all its infinite wonder and potential. I am GENTLENESS. GENTLENESS is my body. My home. I give me. I give GENTLENESS. That act gives me a home everywhere. GENTLENESS is my best. GENTLENESS is always enough. GENTLENESS is my progress. My perfection is GENTLENESS. I am the infinite potential of the present moment. GENTLENESS is the infinite potential of the present moment. My best, right now, right here, is always enough.

**GENEROSITY** unites me with all that is. **GENEROSITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **GENEROSITY**. **GENEROSITY** is my body. My home. I give me. I give **GENEROSITY**. That act gives me a home everywhere. **GENEROSITY** is my best. **GENEROSITY** is always enough. **GENEROSITY** is my progress. My perfection is **GENEROSITY**. I am the infinite potential of the present moment. **GENEROSITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**GOODWILL** unites me with all that is. **GOODWILL** is a word that aligns my language with my body in all its infinite wonder and potential. I am **GOODWILL**. **GOODWILL** is my body. My home. I give me. I give **GOODWILL**. That act gives me a home everywhere. **GOODWILL** is my best. **GOODWILL** is always enough. **GOODWILL** is my progress. My perfection is **GOODWILL**. I am the infinite potential of the present moment. **GOODWILL** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**GRACE** unites me with all that is. **GRACE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **GRACE**. **GRACE** is my body. My home. I give me. I give **GRACE**. That act gives me a home everywhere. **GRACE** is my best. **GRACE** is always enough. **GRACE** is my progress. My perfection is **GRACE**. I am the infinite potential of the present moment. **GRACE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**GRATITUDE** unites me with all that is. **GRATITUDE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **GRATITUDE**. **GRATITUDE** is my body. My home. I give me. I give **GRATITUDE**. That act gives me a home everywhere. **GRATITUDE** is my best. **GRATITUDE** is always enough. **GRATITUDE** is my progress. My perfection is **GRATITUDE**. I am the infinite potential of the present moment. **GRATITUDE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**GROWTH** unites me with all that is. **GROWTH** is a word that aligns my language with my body in all its infinite wonder and potential. I am **GROWTH**. **GROWTH** is my body. My home. I give me. I give **GROWTH**. That act gives me a home everywhere. **GROWTH** is my best. **GROWTH** is always enough. **GROWTH** is my progress. My perfection is **GROWTH**. I am the infinite potential of the present moment. **GROWTH** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HAPPINESS** unites me with all that is. **HAPPINESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HAPPINESS**. **HAPPINESS** is my body. My home. I give me. I give **HAPPINESS**. That act gives me a home everywhere. **HAPPINESS** is my best. **HAPPINESS** is always enough. **HAPPINESS** is my progress. My perfection is **HAPPINESS**. I am the infinite potential of the present moment. **HAPPINESS**

is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HARMONY** unites me with all that is. **HARMONY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HARMONY**. **HARMONY** is my body. My home. I give me. I give **HARMONY**. That act gives me a home everywhere. **HARMONY** is my best. **HARMONY** is always enough. **HARMONY** is my progress. My perfection is **HARMONY**. I am the infinite potential of the present moment. **HARMONY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HOMEOSTASIS** unites me with all that is. **HOMEOSTASIS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HOMEOSTASIS**. **HOMEOSTASIS** is my body. My home. I give me. I give **HOMEOSTASIS**. That act gives me a home everywhere. **HOMEOSTASIS** is my best. **HOMEOSTASIS** is always enough. **HOMEOSTASIS** is my progress. My perfection is **HOMEOSTASIS**. I am the infinite potential of the present moment. **HOMEOSTASIS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HONESTY** unites me with all that is. **HONESTY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HONESTY**. **HONESTY** is my body. My home. I give me. I give **HONESTY**. That act gives me a home everywhere. **HONESTY** is my best. **HONESTY** is always enough. **HONESTY** is my progress. My perfection is **HONESTY**. I am the infinite potential of the present moment. **HONESTY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HONOR** unites me with all that is. **HONOR** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HONOR**. **HONOR** is my body. My home. I give me. I give **HONOR**. That act gives me a home everywhere. **HONOR** is my best. **HONOR** is always enough. **HONOR** is my progress. My perfection is **HONOR**. I am the infinite potential of the present moment. **HONOR** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HOPE** unites me with all that is. **HOPE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HOPE**. **HOPE** is my body. My home. I give me. I give **HOPE**. That act gives me a home everywhere. **HOPE** is my best. **HOPE** is always enough. **HOPE** is my progress. My perfection is **HOPE**. I am the infinite potential of the present moment. **HOPE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HOSPITALITY** unites me with all that is. **HOSPITALITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HOSPITALITY**. **HOSPITALITY** is my body. My home. I give me. I give **HOSPITALITY**. That act gives me a home everywhere. **HOSPITALITY** is my best. **HOSPITALITY** is always enough. **HOSPITALITY** is my progress. My perfection is **HOSPITALITY**. I am the infinite potential of the present

moment. **HOSPITALITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**HUMOR** unites me with all that is. **HUMOR** is a word that aligns my language with my body in all its infinite wonder and potential. I am **HUMOR**. **HUMOR** is my body. My home. I give me. I give **HUMOR**. That act gives me a home everywhere. **HUMOR** is my best. **HUMOR** is always enough. **HUMOR** is my progress. My perfection is **HUMOR**. I am the infinite potential of the present moment. **HUMOR** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**IMAGINATION** unites me with all that is. **IMAGINATION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **IMAGINATION**. **IMAGINATION** is my body. My home. I give me. I give **IMAGINATION**. That act gives me a home everywhere. **IMAGINATION** is my best. **IMAGINATION** is always enough. **IMAGINATION** is my progress. My perfection is **IMAGINATION**. I am the infinite potential of the present moment. **IMAGINATION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**INCLUSIVENESS** unites me with all that is. **INCLUSIVENESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **INCLUSIVENESS**. **INCLUSIVENESS** is my body. My home. I give me. I give **INCLUSIVENESS**. That act gives me a home everywhere. **INCLUSIVENESS** is my best. **INCLUSIVENESS** is always enough. **INCLUSIVENESS** is my progress. My perfection is **INCLUSIVENESS**. I am the infinite potential of the present moment. **INCLUSIVENESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**INDEPENDENCE** unites me with all that is. **INDEPENDENCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **INDEPENDENCE**. **INDEPENDENCE** is my body. My home. I give me. I give **INDEPENDENCE**. That act gives me a home everywhere. **INDEPENDENCE** is my best. **INDEPENDENCE** is always enough. **INDEPENDENCE** is my progress. My perfection is **INDEPENDENCE**. I am the infinite potential of the present moment. **INDEPENDENCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**INDIVIDUALITY** unites me with all that is. **INDIVIDUALITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **INDIVIDUALITY**. **INDIVIDUALITY** is my body. My home. I give me. I give **INDIVIDUALITY**. That act gives me a home everywhere. **INDIVIDUALITY** is my best. **INDIVIDUALITY** is always enough. **INDIVIDUALITY** is my progress. My perfection is **INDIVIDUALITY**. I am the infinite potential of the present moment. **INDIVIDUALITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**INSTINCT** unites me with all that is. **INSTINCT** is a word that aligns my language with my body in all its infinite wonder and potential. I am **INSTINCT**. **INSTINCT** is my body. My

home. I give me. I give INSTINCT. That act gives me a home everywhere. INSTINCT is my best. INSTINCT is always enough. INSTINCT is my progress. My perfection is INSTINCT. I am the infinite potential of the present moment. INSTINCT is the infinite potential of the present moment. My best, right now, right here, is always enough.

INTEGRITY unites me with all that is. INTEGRITY is a word that aligns my language with my body in all its infinite wonder and potential. I am INTEGRITY. INTEGRITY is my body. My home. I give me. I give INTEGRITY. That act gives me a home everywhere. INTEGRITY is my best. INTEGRITY is always enough. INTEGRITY is my progress. My perfection is INTEGRITY. I am the infinite potential of the present moment. INTEGRITY is the infinite potential of the present moment. My best, right now, right here, is always enough.

INTERDEPENDENCE unites me with all that is. INTERDEPENDENCE is a word that aligns my language with my body in all its infinite wonder and potential. I am INTERDEPENDENCE. INTERDEPENDENCE is my body. My home. I give me. I give INTERDEPENDENCE. That act gives me a home everywhere. INTERDEPENDENCE is my best. INTERDEPENDENCE is always enough. INTERDEPENDENCE is my progress. My perfection is INTERDEPENDENCE. I am the infinite potential of the present moment. INTERDEPENDENCE is the infinite potential of the present moment. My best, right now, right here, is always enough.

INTIMACY unites me with all that is. INTIMACY is a word that aligns my language with my body in all its infinite wonder and potential. I am INTIMACY. INTIMACY is my body. My home. I give me. I give INTIMACY. That act gives me a home everywhere. INTIMACY is my best. INTIMACY is always enough. INTIMACY is my progress. My perfection is INTIMACY. I am the infinite potential of the present moment. INTIMACY is the infinite potential of the present moment. My best, right now, right here, is always enough.

INTUITION unites me with all that is. INTUITION is a word that aligns my language with my body in all its infinite wonder and potential. I am INTUITION. INTUITION is my body. My home. I give me. I give INTUITION. That act gives me a home everywhere. INTUITION is my best. INTUITION is always enough. INTUITION is my progress. My perfection is INTUITION. I am the infinite potential of the present moment. INTUITION is the infinite potential of the present moment. My best, right now, right here, is always enough.

JOY unites me with all that is. JOY is a word that aligns my language with my body in all its infinite wonder and potential. I am JOY. JOY is my body. My home. I give me. I give JOY. That act gives me a home everywhere. JOY is my best. JOY is always enough. JOY is my progress. My perfection is JOY. I am the infinite potential of the present moment. JOY is the infinite potential of the present moment. My best, right now, right here, is always enough.

KINDNESS unites me with all that is. KINDNESS is a word that aligns my language with my body in all its infinite wonder and potential. I am KINDNESS. KINDNESS is my body. My

home. I give me. I give KINDNESS. That act gives me a home everywhere. KINDNESS is my best. KINDNESS is always enough. KINDNESS is my progress. My perfection is KINDNESS. I am the infinite potential of the present moment. KINDNESS is the infinite potential of the present moment. My best, right now, right here, is always enough.

THE LESSONS OF THE PAST unite me with all that is. THE LESSONS OF THE PAST are words that align my language with my body in all its infinite wonder and potential. I am THE LESSONS OF THE PAST. THE LESSONS OF THE PAST are my body. My home. I give me. I give THE LESSONS OF THE PAST. That act gives me a home everywhere. THE LESSONS OF THE PAST are my best. THE LESSONS OF THE PAST are always enough. THE LESSONS OF THE PAST are my progress. My perfection is THE LESSONS OF THE PAST. I am the infinite potential of the present moment. THE LESSONS OF THE PAST are the infinite potential of the present moment. My best, right now, right here, is always enough.

LEARNING unites me with all that is. LEARNING is a word that aligns my language with my body in all its infinite wonder and potential. I am LEARNING. LEARNING is my body. My home. I give me. I give LEARNING. That act gives me a home everywhere. LEARNING is my best. LEARNING is always enough. LEARNING is my progress. My perfection is LEARNING. I am the infinite potential of the present moment. LEARNING is the infinite potential of the present moment. My best, right now, right here, is always enough.

LISTENING unites me with all that is. LISTENING is a word that aligns my language with my body in all its infinite wonder and potential. I am LISTENING. LISTENING is my body. My home. I give me. I give LISTENING. That act gives me a home everywhere. LISTENING is my best. LISTENING is always enough. LISTENING is my progress. My perfection is LISTENING. I am the infinite potential of the present moment. LISTENING is the infinite potential of the present moment. My best, right now, right here, is always enough.

LOVE unites me with all that is. LOVE is a word that aligns my language with my body in all its infinite wonder and potential. I am LOVE. LOVE is my body. My home. I give me. I give LOVE. That act gives me a home everywhere. LOVE is my best. LOVE is always enough. LOVE is my progress. My perfection is LOVE. I am the infinite potential of the present moment. LOVE is the infinite potential of the present moment. My best, right now, right here, is always enough.

LOYALTY unites me with all that is. LOYALTY is a word that aligns my language with my body in all its infinite wonder and potential. I am LOYALTY. LOYALTY is my body. My home. I give me. I give LOYALTY. That act gives me a home everywhere. LOYALTY is my best. LOYALTY is always enough. LOYALTY is my progress. My perfection is LOYALTY. I am the infinite potential of the present moment. LOYALTY is the infinite potential of the present moment. My best, right now, right here, is always enough.

**MATURITY** unites me with all that is. **MATURITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **MATURITY**. **MATURITY** is my body. My home. I give me. I give **MATURITY**. That act gives me a home everywhere. **MATURITY** is my best. **MATURITY** is always enough. **MATURITY** is my progress. My perfection is **MATURITY**. I am the infinite potential of the present moment. **MATURITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**OPEN-MINDEDNESS** unites me with all that is. **OPEN-MINDEDNESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **OPEN-MINDEDNESS**. **OPEN-MINDEDNESS** is my body. My home. I give me. I give **OPEN-MINDEDNESS**. That act gives me a home everywhere. **OPEN-MINDEDNESS** is my best. **OPEN-MINDEDNESS** is always enough. **OPEN-MINDEDNESS** is my progress. My perfection is **OPEN-MINDEDNESS**. I am the infinite potential of the present moment. **OPEN-MINDEDNESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**OPTIMISM** unites me with all that is. **OPTIMISM** is a word that aligns my language with my body in all its infinite wonder and potential. I am **OPTIMISM**. **OPTIMISM** is my body. My home. I give me. I give **OPTIMISM**. That act gives me a home everywhere. **OPTIMISM** is my best. **OPTIMISM** is always enough. **OPTIMISM** is my progress. My perfection is **OPTIMISM**. I am the infinite potential of the present moment. **OPTIMISM** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**PARTICIPATION** unites me with all that is. **PARTICIPATION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **PARTICIPATION**. **PARTICIPATION** is my body. My home. I give me. I give **PARTICIPATION**. That act gives me a home everywhere. **PARTICIPATION** is my best. **PARTICIPATION** is always enough. **PARTICIPATION** is my progress. My perfection is **PARTICIPATION**. I am the infinite potential of the present moment. **PARTICIPATION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**PASSION** unites me with all that is. **PASSION** is a word that aligns my language with my body in all its infinite wonder and potential. I am **PASSION**. **PASSION** is my body. My home. I give me. I give **PASSION**. That act gives me a home everywhere. **PASSION** is my best. **PASSION** is always enough. **PASSION** is my progress. My perfection is **PASSION**. I am the infinite potential of the present moment. **PASSION** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**PATIENCE** unites me with all that is. **PATIENCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **PATIENCE**. **PATIENCE** is my body. My home. I give me. I give **PATIENCE**. That act gives me a home everywhere. **PATIENCE** is my best. **PATIENCE** is always enough. **PATIENCE** is my progress. My perfection is **PATIENCE**. I am the infinite potential of the present moment. **PATIENCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**PERSEVERANCE** unites me with all that is. **PERSEVERANCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **PERSEVERANCE**. **PERSEVERANCE** is my body. My home. I give me. I give **PERSEVERANCE**. That act gives me a home everywhere. **PERSEVERANCE** is my best. **PERSEVERANCE** is always enough. **PERSEVERANCE** is my progress. My perfection is **PERSEVERANCE**. I am the infinite potential of the present moment. **PERSEVERANCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**POWERLESSNESS** unites me with all that is. **POWERLESSNESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **POWERLESSNESS**. **POWERLESSNESS** is my body. My home. I give me. I give **POWERLESSNESS**. That act gives me a home everywhere. **POWERLESSNESS** is my best. **POWERLESSNESS** is always enough. **POWERLESSNESS** is my progress. My perfection is **POWERLESSNESS**. I am the infinite potential of the present moment. **POWERLESSNESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**PRACTICALITY** unites me with all that is. **PRACTICALITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **PRACTICALITY**. **PRACTICALITY** is my body. My home. I give me. I give **PRACTICALITY**. That act gives me a home everywhere. **PRACTICALITY** is my best. **PRACTICALITY** is always enough. **PRACTICALITY** is my progress. My perfection is **PRACTICALITY**. I am the infinite potential of the present moment. **PRACTICALITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**THE PRESENT MOMENT** unites me with all that is. **THE PRESENT MOMENT** are words that align my language with my body in all its infinite wonder and potential. I am **THE PRESENT MOMENT**. **THE PRESENT MOMENT** is my body. My home. I give me. I give **THE PRESENT MOMENT**. That act gives me a home everywhere. **THE PRESENT MOMENT** is my best. **THE PRESENT MOMENT** is always enough. **THE PRESENT MOMENT** is my progress. My perfection is **THE PRESENT MOMENT**. I am the infinite potential of the present moment. **THE PRESENT MOMENT** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**THE PRINCIPLES** unites me with all that is. **THE PRINCIPLES** are words that align my language with my body in all its infinite wonder and potential. I am **THE PRINCIPLES**. **THE PRINCIPLES** are my body. My home. I give me. I give **THE PRINCIPLES**. That act gives me a home everywhere. **THE PRINCIPLES** are my best. **THE PRINCIPLES** are always enough. **THE PRINCIPLES** are my progress. My perfection is **THE PRINCIPLES**. I am the infinite potential of the present moment. **THE PRINCIPLES** are the infinite potential of the present moment. My best, right now, right here, is always enough.

**PROGRESS** unites me with all that is. **PROGRESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **PROGRESS**. **PROGRESS** is my body.



My home. I give me. I give PROGRESS. That act gives me a home everywhere. PROGRESS is my best. PROGRESS is always enough. PROGRESS is my progress. My perfection is PROGRESS. I am the infinite potential of the present moment. PROGRESS is the infinite potential of the present moment. My best, right now, right here, is always enough.

PROMOTION unites me with all that is. PROMOTION is a word that aligns my language with my body in all its infinite wonder and potential. I am PROMOTION. PROMOTION is my body. My home. I give me. I give PROMOTION. That act gives me a home everywhere. PROMOTION is my best. PROMOTION is always enough. PROMOTION is my progress. My perfection is PROMOTION. I am the infinite potential of the present moment. PROMOTION is the infinite potential of the present moment. My best, right now, right here, is always enough.

PRUDENCE unites me with all that is. PRUDENCE is a word that aligns my language with my body in all its infinite wonder and potential. I am PRUDENCE. PRUDENCE is my body. My home. I give me. I give PRUDENCE. That act gives me a home everywhere. PRUDENCE is my best. PRUDENCE is always enough. PRUDENCE is my progress. My perfection is PRUDENCE. I am the infinite potential of the present moment. PRUDENCE is the infinite potential of the present moment. My best, right now, right here, is always enough.

PURPOSE unites me with all that is. PURPOSE is a word that aligns my language with my body in all its infinite wonder and potential. I am PURPOSE. PURPOSE is my body. My home. I give me. I give PURPOSE. That act gives me a home everywhere. PURPOSE is my best. PURPOSE is always enough. PURPOSE is my progress. My perfection is PURPOSE. I am the infinite potential of the present moment. PURPOSE is the infinite potential of the present moment. My best, right now, right here, is always enough.

RELIABILITY unites me with all that is. RELIABILITY is a word that aligns my language with my body in all its infinite wonder and potential. I am RELIABILITY. RELIABILITY is my body. My home. I give me. I give RELIABILITY. That act gives me a home everywhere. RELIABILITY is my best. RELIABILITY is always enough. RELIABILITY is my progress. My perfection is RELIABILITY. I am the infinite potential of the present moment. RELIABILITY is the infinite potential of the present moment. My best, right now, right here, is always enough.

RESILIENCE unites me with all that is. RESILIENCE is a word that aligns my language with my body in all its infinite wonder and potential. I am RESILIENCE. RESILIENCE is my body. My home. I give me. I give RESILIENCE. That act gives me a home everywhere. RESILIENCE is my best. RESILIENCE is always enough. RESILIENCE is my progress. My perfection is RESILIENCE. I am the infinite potential of the present moment. RESILIENCE is the infinite potential of the present moment. My best, right now, right here, is always enough.

**RESPECT** unites me with all that is. **RESPECT** is a word that aligns my language with my body in all its infinite wonder and potential. I am **RESPECT**. **RESPECT** is my body. My home. I give me. I give **RESPECT**. That act gives me a home everywhere. **RESPECT** is my best. **RESPECT** is always enough. **RESPECT** is my progress. My perfection is **RESPECT**. I am the infinite potential of the present moment. **RESPECT** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**RESPONSIBILITY** unites me with all that is. **RESPONSIBILITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **RESPONSIBILITY**. **RESPONSIBILITY** is my body. My home. I give me. I give **RESPONSIBILITY**. That act gives me a home everywhere. **RESPONSIBILITY** is my best. **RESPONSIBILITY** is always enough. **RESPONSIBILITY** is my progress. My perfection is **RESPONSIBILITY**. I am the infinite potential of the present moment. **RESPONSIBILITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**RESTRAINT** unites me with all that is. **RESTRAINT** is a word that aligns my language with my body in all its infinite wonder and potential. I am **RESTRAINT**. **RESTRAINT** is my body. My home. I give me. I give **RESTRAINT**. That act gives me a home everywhere. **RESTRAINT** is my best. **RESTRAINT** is always enough. **RESTRAINT** is my progress. My perfection is **RESTRAINT**. I am the infinite potential of the present moment. **RESTRAINT** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SACRIFICE** unites me with all that is. **SACRIFICE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SACRIFICE**. **SACRIFICE** is my body. My home. I give me. I give **SACRIFICE**. That act gives me a home everywhere. **SACRIFICE** is my best. **SACRIFICE** is always enough. **SACRIFICE** is my progress. My perfection is **SACRIFICE**. I am the infinite potential of the present moment. **SACRIFICE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**TOLERANCE** unites me with all that is. **TOLERANCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **TOLERANCE**. **TOLERANCE** is my body. My home. I give me. I give **TOLERANCE**. That act gives me a home everywhere. **TOLERANCE** is my best. **TOLERANCE** is always enough. **TOLERANCE** is my progress. My perfection is **TOLERANCE**. I am the infinite potential of the present moment. **TOLERANCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**TRUST** unites me with all that is. **TRUST** is a word that aligns my language with my body in all its infinite wonder and potential. I am **TRUST**. **TRUST** is my body. My home. I give me. I give **TRUST**. That act gives me a home everywhere. **TRUST** is my best. **TRUST** is always enough. **TRUST** is my progress. My perfection is **TRUST**. I am the infinite potential of the

present moment. TRUST is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SAFETY** unites me with all that is. **SAFETY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SAFETY**. **SAFETY** is my body. My home. I give me. I give **SAFETY**. That act gives me a home everywhere. **SAFETY** is my best. **SAFETY** is always enough. **SAFETY** is my progress. My perfection is **SAFETY**. I am the infinite potential of the present moment. **SAFETY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SECURITY** unites me with all that is. **SECURITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SECURITY**. **SECURITY** is my body. My home. I give me. I give **SECURITY**. That act gives me a home everywhere. **SECURITY** is my best. **SECURITY** is always enough. **SECURITY** is my progress. My perfection is **SECURITY**. I am the infinite potential of the present moment. **SECURITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELF-HONESTY** unites me with all that is. **SELF-HONESTY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SELF-HONESTY**. **SELF-HONESTY** is my body. My home. I give me. I give **SELF-HONESTY**. That act gives me a home everywhere. **SELF-HONESTY** is my best. **SELF-HONESTY** is always enough. **SELF-HONESTY** is my progress. My perfection is **SELF-HONESTY**. I am the infinite potential of the present moment. **SELF-HONESTY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELF-ACCEPTANCE** unites me with all that is. **SELF-ACCEPTANCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SELF-ACCEPTANCE**. **SELF-ACCEPTANCE** is my body. My home. I give me. I give **SELF-ACCEPTANCE**. That act gives me a home everywhere. **SELF-ACCEPTANCE** is my best. **SELF-ACCEPTANCE** is always enough. **SELF-ACCEPTANCE** is my progress. My perfection is **SELF-ACCEPTANCE**. I am the infinite potential of the present moment. **SELF-ACCEPTANCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELF-DISCIPLINE** unites me with all that is. **SELF-DISCIPLINE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SELF-DISCIPLINE**. **SELF-DISCIPLINE** is my body. My home. I give me. I give **SELF-DISCIPLINE**. That act gives me a home everywhere. **SELF-DISCIPLINE** is my best. **SELF-DISCIPLINE** is always enough. **SELF-DISCIPLINE** is my progress. My perfection is **SELF-DISCIPLINE**. I am the infinite potential of the present moment. **SELF-DISCIPLINE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELF-DISCOVERY** unites me with all that is. **SELF-DISCOVERY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SELF-DISCOVERY**.

**SELF-DISCOVERY** is my body. My home. I give me. I give **SELF-DISCOVERY**. That act gives me a home everywhere. **SELF-DISCOVERY** is my best. **SELF-DISCOVERY** is always enough. **SELF-DISCOVERY** is my progress. My perfection is **SELF-DISCOVERY**. I am the infinite potential of the present moment. **SELF-DISCOVERY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELF-SUPPORT** unites me with all that is. **SELF-SUPPORT** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SELF-SUPPORT**. **SELF-SUPPORT** is my body. My home. I give me. I give **SELF-SUPPORT**. That act gives me a home everywhere. **SELF-SUPPORT** is my best. **SELF-SUPPORT** is always enough. **SELF-SUPPORT** is my progress. My perfection is **SELF-SUPPORT**. I am the infinite potential of the present moment. **SELF-SUPPORT** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELFLESS** unites me with all that is. **SELFLESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SELFLESS**. **SELFLESS** is my body. My home. I give me. I give **SELFLESS**. That act gives me a home everywhere. **SELFLESS** is my best. **SELFLESS** is always enough. **SELFLESS** is my progress. My perfection is **SELFLESS**. I am the infinite potential of the present moment. **SELFLESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELFLESS SERVICE** unites me with all that is. **SELFLESS SERVICE** are words that align my language with my body in all its infinite wonder and potential. I am **SELFLESS SERVICE**. **SELFLESS SERVICE** is my body. My home. I give me. I give **SELFLESS SERVICE**. That act gives me a home everywhere. **SELFLESS SERVICE** is my best. **SELFLESS SERVICE** is always enough. **SELFLESS SERVICE** is my progress. My perfection is **SELFLESS SERVICE**. I am the infinite potential of the present moment. **SELFLESS SERVICE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SELFLESSNESS** unites me with all that is. **SELFLESSNESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SELFLESSNESS**. **SELFLESSNESS** is my body. My home. I give me. I give **SELFLESSNESS**. That act gives me a home everywhere. **SELFLESSNESS** is my best. **SELFLESSNESS** is always enough. **SELFLESSNESS** is my progress. My perfection is **SELFLESSNESS**. I am the infinite potential of the present moment. **SELFLESSNESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SERENITY** unites me with all that is. **SERENITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SERENITY**. **SERENITY** is my body. My home. I give me. I give **SERENITY**. That act gives me a home everywhere. **SERENITY** is my best. **SERENITY** is always enough. **SERENITY** is my progress. My perfection is **SERENITY**. I am the infinite potential of the present moment. **SERENITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SERVICE** unites me with all that is. **SERVICE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SERVICE**. **SERVICE** is my body. My home. I give me. I give **SERVICE**. That act gives me a home everywhere. **SERVICE** is my best. **SERVICE** is always enough. **SERVICE** is my progress. My perfection is **SERVICE**. I am the infinite potential of the present moment. **SERVICE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SHARING** unites me with all that is. **SHARING** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SHARING**. **SHARING** is my body. My home. I give me. I give **SHARING**. That act gives me a home everywhere. **SHARING** is my best. **SHARING** is always enough. **SHARING** is my progress. My perfection is **SHARING**. I am the infinite potential of the present moment. **SHARING** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SIMPLICITY** unites me with all that is. **SIMPLICITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SIMPLICITY**. **SIMPLICITY** is my body. My home. I give me. I give **SIMPLICITY**. That act gives me a home everywhere. **SIMPLICITY** is my best. **SIMPLICITY** is always enough. **SIMPLICITY** is my progress. My perfection is **SIMPLICITY**. I am the infinite potential of the present moment. **SIMPLICITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SINCERITY** unites me with all that is. **SINCERITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SINCERITY**. **SINCERITY** is my body. My home. I give me. I give **SINCERITY**. That act gives me a home everywhere. **SINCERITY** is my best. **SINCERITY** is always enough. **SINCERITY** is my progress. My perfection is **SINCERITY**. I am the infinite potential of the present moment. **SINCERITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SOLIDARITY** unites me with all that is. **SOLIDARITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SOLIDARITY**. **SOLIDARITY** is my body. My home. I give me. I give **SOLIDARITY**. That act gives me a home everywhere. **SOLIDARITY** is my best. **SOLIDARITY** is always enough. **SOLIDARITY** is my progress. My perfection is **SOLIDARITY**. I am the infinite potential of the present moment. **SOLIDARITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**STABILITY** unites me with all that is. **STABILITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **STABILITY**. **STABILITY** is my body. My home. I give me. I give **STABILITY**. That act gives me a home everywhere. **STABILITY** is my best. **STABILITY** is always enough. **STABILITY** is my progress. My perfection is **STABILITY**. I am the infinite potential of the present moment. **STABILITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**STEADFASTNESS** unites me with all that is. **STEADFASTNESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **STEADFASTNESS**. **STEADFASTNESS** is my body. My home. I give me. I give **STEADFASTNESS**. That act gives me a home everywhere. **STEADFASTNESS** is my best. **STEADFASTNESS** is always enough. **STEADFASTNESS** is my progress. My perfection is **STEADFASTNESS**. I am the infinite potential of the present moment. **STEADFASTNESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**SURRENDER** unites me with all that is. **SURRENDER** is a word that aligns my language with my body in all its infinite wonder and potential. I am **SURRENDER**. **SURRENDER** is my body. My home. I give me. I give **SURRENDER**. That act gives me a home everywhere. **SURRENDER** is my best. **SURRENDER** is always enough. **SURRENDER** is my progress. My perfection is **SURRENDER**. I am the infinite potential of the present moment. **SURRENDER** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**THOUGHTFULNESS** unites me with all that is. **THOUGHTFULNESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **THOUGHTFULNESS**. **THOUGHTFULNESS** is my body. My home. I give me. I give **THOUGHTFULNESS**. That act gives me a home everywhere. **THOUGHTFULNESS** is my best. **THOUGHTFULNESS** is always enough. **THOUGHTFULNESS** is my progress. My perfection is **THOUGHTFULNESS**. I am the infinite potential of the present moment. **THOUGHTFULNESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**THE 36 FACETS OF SUCCESS** unite me with all that is. **THE 36 FACETS OF SUCCESS** are words that align my language with my body in all its infinite wonder and potential. I am **THE 36 FACETS OF SUCCESS**. **THE 36 FACETS OF SUCCESS** are my body. My home. I give me. I give **THE 36 FACETS OF SUCCESS**. That act gives me a home everywhere. **THE 36 FACETS OF SUCCESS** are my best. **THE 36 FACETS OF SUCCESS** are always enough. **THE 36 FACETS OF SUCCESS** are my progress. My perfection is **THE 36 FACETS OF SUCCESS**. I am the infinite potential of the present moment. **THE 36 FACETS OF SUCCESS** are the infinite potential of the present moment. My best, right now, right here, is always enough.

**UNCONDITIONAL LOVE** unites me with all that is. **UNCONDITIONAL LOVE** are words that align my language with my body in all its infinite wonder and potential. I am **UNCONDITIONAL LOVE**. **UNCONDITIONAL LOVE** is my body. My home. I give me. I give **UNCONDITIONAL LOVE**. That act gives me a home everywhere. **UNCONDITIONAL LOVE** is my best. **UNCONDITIONAL LOVE** is always enough. **UNCONDITIONAL LOVE** is my progress. My perfection is **UNCONDITIONAL LOVE**. I am the infinite potential of the present moment. **UNCONDITIONAL LOVE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**UNDERSTANDING** unites me with all that is. **UNDERSTANDING** is a word that aligns my language with my body in all its infinite wonder and potential. I am **UNDERSTANDING**. **UNDERSTANDING** is my body. My home. I give me. I give **UNDERSTANDING**. That act gives me a home everywhere. **UNDERSTANDING** is my best. **UNDERSTANDING** is always enough. **UNDERSTANDING** is my progress. My perfection is **UNDERSTANDING**. I am the infinite potential of the present moment. **UNDERSTANDING** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**UNITY** unites me with all that is. **UNITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **UNITY**. **UNITY** is my body. My home. I give me. I give **UNITY**. That act gives me a home everywhere. **UNITY** is my best. **UNITY** is always enough. **UNITY** is my progress. My perfection is **UNITY**. I am the infinite potential of the present moment. **UNITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**VIGILANCE** unites me with all that is. **VIGILANCE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **VIGILANCE**. **VIGILANCE** is my body. My home. I give me. I give **VIGILANCE**. That act gives me a home everywhere. **VIGILANCE** is my best. **VIGILANCE** is always enough. **VIGILANCE** is my progress. My perfection is **VIGILANCE**. I am the infinite potential of the present moment. **VIGILANCE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**VULNERABILITY** unites me with all that is. **VULNERABILITY** is a word that aligns my language with my body in all its infinite wonder and potential. I am **VULNERABILITY**. **VULNERABILITY** is my body. My home. I give me. I give **VULNERABILITY**. That act gives me a home everywhere. **VULNERABILITY** is my best. **VULNERABILITY** is always enough. **VULNERABILITY** is my progress. My perfection is **VULNERABILITY**. I am the infinite potential of the present moment. **VULNERABILITY** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**WE** unites me with all that is. **WE** is a word that aligns my language with my body in all its infinite wonder and potential. I am **WE**. **WE** is my body. My home. I give me. I give **WE**. That act gives me a home everywhere. **WE** is my best. **WE** is always enough. **WE** is my progress. My perfection is **WE**. I am the infinite potential of the present moment. **WE** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**WELCOME** unites me with all that is. **WELCOME** is a word that aligns my language with my body in all its infinite wonder and potential. I am **WELCOME**. **WELCOME** is my body. My home. I give me. I give **WELCOME**. That act gives me a home everywhere. **WELCOME** is my best. **WELCOME** is always enough. **WELCOME** is my progress. My perfection is

**WELCOME.** I am the infinite potential of the present moment. **WELCOME** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**WILLINGNESS** unites me with all that is. **WILLINGNESS** is a word that aligns my language with my body in all its infinite wonder and potential. I am **WILLINGNESS**. **WILLINGNESS** is my body. My home. I give me. I give **WILLINGNESS**. That act gives me a home everywhere. **WILLINGNESS** is my best. **WILLINGNESS** is always enough. **WILLINGNESS** is my progress. My perfection is **WILLINGNESS**. I am the infinite potential of the present moment. **WILLINGNESS** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**WISDOM** unites me with all that is. **WISDOM** is a word that aligns my language with my body in all its infinite wonder and potential. I am **WISDOM**. **WISDOM** is my body. My home. I give me. I give **WISDOM**. That act gives me a home everywhere. **WISDOM** is my best. **WISDOM** is always enough. **WISDOM** is my progress. My perfection is **WISDOM**. I am the infinite potential of the present moment. **WISDOM** is the infinite potential of the present moment. My best, right now, right here, is always enough.

**WONDER** unites me with all that is. **WONDER** is a word that aligns my language with my body in all its infinite wonder and potential. I am **WONDER**. **WONDER** is my body. My home. I give me. I give **WONDER**. That act gives me a home everywhere. **WONDER** is my best. **WONDER** is always enough. **WONDER** is my progress. My perfection is **WONDER**. I am the infinite potential of the present moment. **WONDER** is the infinite potential of the present moment. My best, right now, right here, is always enough.



**Facet 12.**

**Without obsession there is no addiction. Doing our best in the present moment is perfection for any person. By being welcoming, empathetic, unconditional love, and safety, in the present moment, we are the message.**

**If you are interested in making this a lifelong goal of yours, you can create, for yourself, a home here. To love is to serve. The member and group's first responsibility is mentoring.**

**The only requirements for individual membership are a desire to find freedom from negative obsession, and a willingness to mentor others. Each of us is the message in our intentions, thoughts, words, actions, and most importantly, our results.**

**Read and discuss this section with your mentor, and anyone else you wish, to make each idea your own. In your own words.**

**Welcome to this wonder filled place, you, where doing your best, in this present moment, right now, right here, is always your best! No person has ever done better. Your best is always progress.**

**Progress is perfection, the highest state possible, in the present moment, for any member of the human species. It is our highest potential, right now, right here, in this present moment, where all of my life happens. Never ending. Always beginning. That is my message. That is PIP Success.**

**I am our message. I am PIP Success. Our message is that any person with the condition commonly called addiction, in all of its manifestations, can stop the behaviors, quit negatively obsessing, find positive passions in life, and succeed in every area of their life.**

**To anyone first encountering PIP Success through me, I am PIP Success. For those of us familiar with PIP Success, we are each, to each other, PIP Success. In any case, I am always the message of my life and of any relationship or group I represent, to anyone I meet. I am the message. I am the messenger.**

**PIP Success is also words on a page that we have chosen to call PIP Success. As a member of PIP Success, I can look to those words to set my personal standards. To someone first encountering PIP Success as me, without benefit of the literature, I am PIP Success. I am the message. It would be nice if life were not this way. An organization, a relationship, an idea, is first evaluated by the person representing it. Or speaking of it as a member. I am the messenger.**

**Control is an illusion. Promotion, without attraction, is ineffective, in matters involving a matter as intimate as PIP Success. Love attracts. I can promote PIP Success but only my love attracts. By being welcoming, empathetic, unconditional love, and safety, in the present moment, I am the message that is PIP Success, in its words and intentions. I am love. I am faith. I am trust. The love I feel, and show to the best of my ability, for another always overcomes the inadequacy of my words, deeds, and results. Love is indominatable in its innocence and purity. Love can be denied, avoided, or run from, but it is and it goes where it goes.**

**I am unconditional love. I love every person, no matter what. That is the message of life. I am the message of life. I am PIP Success.**

**Facet 12 describes the essence of PIP Success. If PIP Success does not mirror something regarding the best of life on its terms, it will not work and serves no purpose. All of life is about passing on itself successfully. In the short term and long term. By design.**

**Choices and options of course can complicate things. If, in my relationship with me, in this moment, and all my relationships, I have no reason to get out of the bed and get through the day, and my attitude “sucks” my message will “suck”. When someone asks me about PIP Success, I will not give them a reason to be a part of my life, maybe even not give them hope for their life, and certainly no reason to try PIP Success.**

**I am always the teacher. I am always the student. My success, in each moment and in all areas of my life, is determined by what I am learning and what I am teaching. How I am the message. How I am the messenger. Teaching my self and/or others. Learning from my self and/or others, and the universe as I understand it. I am one with the universe as I understand it. I know it and it knows me. We talk and listen as one. And I do not know what I do not know.**

**No matter what, I am always the message, whatever that message is, to my self, in each moment, and for each person I encounter. No matter what, each moment, I am the message of my life. To my self and the universe as it is. My intention is to be PIP Success at its best. The best of PIP Success is always my best. Right now. Right here.**

**Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory.**

**The more my intentions, thoughts, words and actions are based on positive principles, the regions of my brain responsible for reward, motivation, learning, judgement, and memory, function at healthier and higher levels. I am**

**Salutogenesis. I am the process of attaining higher and higher states of health and well being. In the past I have been getting sicker and sicker and was focused on my sickness, whatever form it was taking. My life was pathogenic. Tending towards more self-destructive stress, dis-ease, disease and premature death.**

**Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory. If not striving for higher and higher levels of health, and well being, I am pathogenesis. I disrupt me and choose the path to dis-ease, disease, self-sabotage, self-destruction, and possibly an early death from a life lacking coherence, comprehensibility, manageability, and meaningfulness.**

**Any moment in life I enter with a great attitude, gratitude, and if possible, a sense of humor, will be somehow manageable. And a constant remembering that I do not know what I do not know. I am honesty, open-mindedness, and willingness.**

**Stress is just another name for all that is constant in life. Change. Stress, in a healthy range, not too little stress or not too much stress, is as essential to life as breathing. Allostasis, in all moments, in each minute part of my body, and my body as a whole, involves the stress that comes with constant change and the striving for balance while constantly changing to fit the needs and demands of the moment.**

**Conflict is creativity and imagination being excited. To avoid conflict is to be stuck, and in open conflict with my existence, and potentials. Self-sabotage. I am fighting the forward progress of life itself, as it strives to succeed at passing on its best, for the next generation. At times we are involved in procreation. We are always involved in cocreation. For better or for worse. Being who I am, the principles, is my part in constant cocreation.**

**Too little stress, for me, becomes boredom, dis-ease, disease and a slow death. Too much stress becomes overwhelming to my brain body, and leads to stress overload, dis-ease, the need for immediate relief, disease and slow, sometimes untimely, death.**

**When the principles are my intentions, my thoughts, my words, and my actions, I find that my needs are met. My needs, when I am home as my principles, I find, are akin to my principles. My principles are my needs.**

**My needs are similar to my principles. The feelings I have when my needs are met, when I am who I am, my principles, are akin to my needs and my principles. I am one. My one body brain is the principles, is my needs, is how I feel when my needs are met, and is who I am.**

**I feel off when my needs are not met, because I am not home with the principles. My genetic code and existence are designed to succeed with the practice of principles. Sometimes I do not feel my best, not my self, and at times totally miserable.**

**That is the reality, at all levels of my existence, and is the definition of self-sabotage, dis-ease, disease and sometimes death. Death by self-destruction. Sometimes slowly. Sometimes fast. Always before the length of time my body is designed to live. And before the possibilities of my life happily lived out.**

**When my principles, my needs, and my feelings are akin, in a positive healthy way, I am the message of PIP Success. I am the message of life at its best. My best, one moment at a time. This present moment, right now, right here, where all of my life happens. My best is always progress. My progress is the same perfection it is for every person, in any moment, ever.**

**I am THE message. The message of life. Our goal is to be the message of life. Life at its best as lessons learned. Our message is not about addiction, recovery, restoration or PIP Success. Not really. Our message is the lessons learned living life at its best. I am life at its best. What is life at its best? Me doing my best, as I understand that to be, right now, right here, in this present moment.**

**Study and compare the “Principles” list, the “Needs” list, the “Feelings When My Needs are Met” List, and “Feelings When My Needs are Not Met” List.**

**On each list are words used to describe what every smallest, and largest aspect of my existence, as me, being me, in every way. As I understand me to be, experiencing each millionth and billionth of a moment. Each moment.**

**They are my body expressing itself in awkward words. These words are an awkward explanation, because most of our understandings of how our bodies work are words, that just focus on partial aspects of our existence. For centuries we have referred to parts of our body and existence as separate, and not one acting at times in complete unison. We know now that was never real. I intend with my whole body. I speak with my whole body. I act with my whole body.**

**I am the principles. I am the message of life. I am PIP Success.**

**My intentions are the principles. I am the message of life. I am PIP Success.  
My thoughts are the principles. I am the message of life. I am PIP Success.  
My words are the principles. I am the message of life. I am PIP Success.  
My actions are the principles. I am the message of life. I am PIP Success.  
My needs are the principles. I am the message of life. I am PIP Success.  
My feelings are the principles. I am the message of life. I am PIP Success.**

**My results are the principles. I am the message of life. I am PIP Success.**

**I am coherence.**

**I am comprehensibility.**

**I am manageability.**

**I am meaningfulness.**

**I am salutogenesis.**

**I am empathy.**

**I am responsibility.**

**I am unconditional love.**

**I am the experience.**

**I am the lesson.**

**I am the wisdom.**

**I am the message.**

**I am the messenger.**

**I am the student.**

**I am the teacher.**

**I am attraction.**

**I am promotion.**

**I am a welcoming presence.**

**I am the present moment.**

**I am progress.**

**I am perfection.**

**I am empathy.**

**I am unconditional love.**

**I am safety.**

**I am love.**

**I am joy.**

**I am humor.**

**I do not know what I do not know.**

## The Principles

Feel free to add any principles to the following list. These are the principles we will use in the Guide. We recommend that each person start a journey with these principles by learning about them as words and their various uses, and if interested, their historical roots.

Honesty, open-mindedness, willingness, faith, hope, love, as examples, are necessary for the success of any healthy relationship. In any culture. No matter what the purpose of the relationship. And necessary for the success of any healthy group endeavor. So universal they could be said to be an innate or genetic part of our evolutionary success. The who, what, when, where, how and why of our continued existence and success as a human race.

**Acceptance**

**Commitment**

**Accountability**

**Communication**

**Allostasis**

**Compassion**

**Anonymity**

**Comprehensibility**

**Attentiveness**

**Confidence**

**Attraction**

**Connection**

**Authenticity**

**Conscience**

**Autonomy**

**Consilience**

**Awareness**

**Consistency**

**Balance**

**Constant change**

**Boundaries**

**Conviction**

**Caring**

**Cooperation**

**Caution**

**Courage**

**Coherence**

**Creativity**

**Collective guidance**

**Curiosity**

**Dependability**

**Dignity**

**Discernment**

**Discipline**

**Diversity**

**Empathy**

**Encouragement**

**Equality**

**Equanimity**

**Faith**

**Fidelity**

**Flexibility**

**Forgiveness**

**Future potential**

**Freedom**

**Gentleness**

**Generosity**

**Goodwill**

**Grace**

**Gratitude**

**Growth**

**Happiness**

**Harmony**

**Homeostasis**

**Honesty**

**Honor**

**Hope**

**Hospitality**

**Humor**

**Imagination**

**Inclusiveness**

**Independence**

**Individuality**

**Instinct**

**Integrity**

**Interdependence**

**Intimacy**

**Intuition**

**Joy**

**Kindness**

**Lessons of the past**

**Learning**

**Listening**

**Love**

<b>Loyalty</b>	<b>Respect</b>
<b>Manageability</b>	<b>Responsibility</b>
<b>Maturity</b>	<b>Restraint</b>
<b>Meaningfulness</b>	<b>Sacrifice</b>
<b>Nurture</b>	<b>Safety</b>
<b>Open mindedness</b>	<b>Security</b>
<b>Optimism</b>	<b>Self-honesty</b>
<b>Participation</b>	<b>Self-acceptance</b>
<b>Passion</b>	<b>Self-discipline</b>
<b>Patience</b>	<b>Self-discovery</b>
<b>Perseverance</b>	<b>Self-support</b>
<b>Powerlessness</b>	<b>Selfless</b>
<b>Practicality</b>	<b>Selfless service</b>
<b>Present moment</b>	<b>Selflessness</b>
<b>Principles</b>	<b>Serenity</b>
<b>Progress</b>	<b>Service</b>
<b>Promotion</b>	<b>Sharing</b>
<b>Prudence</b>	<b>Simplicity</b>
<b>Purpose</b>	<b>Sincerity</b>
<b>Quality</b>	<b>Solidarity</b>
<b>Reliability</b>	<b>Stability</b>
<b>Resilience</b>	<b>Steadfastness</b>



<b>Surrender</b>	<b>Zappy</b>
<b>Thoughtfulness</b>	<b>Zeal</b>
<b>Tolerance</b>	<b>Zest</b>
<b>Trust</b>	<b>Zoetic</b>
<b>36 facets of success</b>	
<b>Unconditional love</b>	
<b>Understanding</b>	
<b>Unity</b>	
<b>Vigilance</b>	
<b>Vulnerability</b>	
<b>We</b>	
<b>Welcome</b>	
<b>Willingness</b>	
<b>Wisdom</b>	
<b>Wonder</b>	
<b>Xenia</b>	
<b>Xenodochia</b>	
<b>Xenophilia</b>	
<b>Xo, xoxo</b>	
<b>Yearn</b>	
<b>Yes</b>	
<b>Zany</b>	

**My Needs**

Acceptance  
Affection  
Air  
Appreciation  
Authenticity  
Autonomy  
Awareness  
Beauty  
Belonging  
Celebration of life  
Challenge  
Choice  
Clarity  
Closeness  
Communication  
Communion  
Community  
Companionship  
Competence  
Connection  
Consciousness  
Consideration  
Consistency  
Contribution  
Cooperation  
Creativity  
Discovery  
Ease  
Effectiveness  
Empathy  
Equality  
Exercise  
Food  
Freedom  
Growth  
Harmony

Honesty  
Hope  
Humor  
Inclusion  
Independence  
Inspiration  
Integrity  
Intimacy  
Joy  
Learning  
Love  
Meaning  
Mourning  
Movement  
Mutuality  
Nurturing  
Order  
Participation  
Peace  
Physical well-being  
Play  
Presence  
Purpose  
Respect  
Rest  
Safety  
Security  
Self-expression  
Self-respect  
Sexual expression  
Shelter  
Sleep  
Space  
Spontaneity  
Stability  
Stimulation  
Support  
To know and be known  
To matter

**To see and be seen**  
**To understand and be understood**  
**Touch**  
**Trust**  
**Understanding**

**Warmth**  
**Water**

**Feelings When My Needs Are Being Met**

Affectionate  
Compassionate  
Friendly  
Loving  
Openhearted  
Sympathetic  
Tender  
Warm  
Engaged  
Absorbed  
Alert  
Curious  
Engrossed  
Enchanted  
Entranced  
Fascinated  
Interested  
Intrigued  
Involved  
Spellbound  
Stimulated  
Hopeful  
Expectant  
Encouraged  
Optimistic  
Confident  
Empowered  
Open  
Proud  
Safe  
Secure  
Excited  
Amazed  
Ardent  
Aroused  
Astonished  
Dazzled  
Eager  
Energetic

Enthusiastic  
Giddy  
Invigorated  
Lively  
Passionate  
Surprised  
Vibrant  
Grateful  
Appreciative  
Moved  
Thankful  
Touched  
Inspired  
Amazed  
Awed  
Wonder  
Refreshed  
Joyful  
Amused  
Delighted  
Glad  
Happy  
Jubilant  
Pleased  
Tickled  
Exhilarated  
Blissful  
Ecstatic  
Elated  
Enthralled  
Exuberant  
Radiant  
Rapturous  
Thrilled  
Peaceful  
Calm  
Clear headed  
Comfortable  
Centered  
Content  
Equanimous  
Fulfilled  
Mellow

**Quiet**  
**Relaxed**  
**Relieved**  
**Satisfied**  
**Serene**  
**Still**  
**Tranquil**  
**Trusting**

**Enlivened**  
**Rejuvenated**  
**Renewed**  
**Rested**  
**Restored**  
**Revived**

**Feelings When My Needs Are Not Being Met**

**Afraid**  
**Apprehensive**  
**Dread**  
**Forboding**  
**Frightened**  
**Mistrustful**  
**Panicked**  
**Petrified**  
**Scared**  
**Suspicious**  
**Terrified**  
**Wary**  
**Worried**  
**Annoyed**  
**Aggravated**  
**Dismayed**  
**Disgruntled**  
**Displeased**  
**Exasperated**  
**Frustrated**  
**Impatient**  
**Irritated**  
**Irked**  
**Angry**  
**Enraged**  
**Furious**  
**Incensed**  
**Indignant**  
**Irate**  
**Livid**  
**Outraged**  
**Resentful**  
**Aversion**  
**Animosity**  
**Appalled**  
**Contempt**  
**Disgusted**  
**Dislike**  
**Hate**  
**Horrorified**

**Hostile**  
**Repulsed**  
**Confused**  
**Ambivalent**  
**Baffled**  
**Bewildered**  
**Dazed**  
**Hesitant**  
**Lost**  
**Mystified**  
**Perplexed**  
**Puzzled**  
**Torn**  
**Disconnected**  
**Alienated**  
**Aloof**  
**Apathetic**  
**Bored**  
**Cold**  
**Detached**  
**Distant**  
**Distracted**  
**Indifferent**  
**Numb**  
**Removed**  
**Uninterested**  
**Withdrawn**  
**Disquiet**  
**Agitated**  
**Alarmed**  
**Discombobulated**  
**Disconnected**  
**Disconcerted**  
**Disturbed**  
**Perturbed**  
**Rattled**  
**Restless**  
**Shocked**  
**Startled**  
**Surprised**  
**Troubled**  
**Turbulent**  
**Turmoil**  
**Uncomfortable**

Uneasy  
Unnerved  
Unsettled  
Upset  
Embarrassed  
Ashamed  
Chagrined  
Flustered  
Guilty  
Mortified  
Self-conscious  
Fatigue  
Beat  
Burnt out  
Depleted  
Exhausted  
Lethargic  
Listless  
Sleepy  
Tired  
Weary  
Worn out  
Pain  
Agony  
Anguished  
Bereaved  
Devastated  
Grief  
Heartbroken  
Hurt  
Lonely  
Miserable  
Regretful  
Remorseful  
Sad  
Depressed  
Dejected  
Despair  
Despondent  
Disappointed

Discouraged  
Disheartened  
Forlorn  
Gloomy  
Heavy hearted  
Hopeless  
Melancholy  
Unhappy  
Wretched  
Tense  
Anxious  
Cranky  
Distressed  
Distraught  
Edgy  
Fidgety  
Frazzled  
Irritable  
Jittery  
Nervous  
Overwhelmed  
Restless  
Stressed out  
Vulnerable  
Fragile  
Guarded  
Helpless  
Insecure  
Literary  
Reserved  
Sensitive  
Shaky  
Yearning  
Envious  
Jealous  
Longing  
Pining  
Nostalgic  
Wistful

**Facet 13.**

**Personal recovery depends on the unity within each person. We have a mutual interest and a responsibility to help ourselves, and each other, live a full and fulfilling life. The quality of our common life depends on the unity of each person involved.**

**Much of life is a conversation. All aspects of my life, my body, my cells, my pip are nothing but constant adaptation to the needs of the present moment within the limits of the resources at hand, and the potentials of the moment. Internal and external.**

**This facet is about my conversation as life, with life, as I understand life. This facet is about your conversation as life, with life, as you understand life.**

**I seek what we have in common, and build on that consilience, to move beyond together. In love and service finding new definitions, insights and solutions. Every challenge, no matter what, is just a friend I have yet to meet, come to know, and love.**

**A friendship is, by definition, a learning opportunity that is chosen, accepted, liked, and loved. A relationship is a commitment to constant learning, changing, growing.**

**Conversation, here, involves words. Unity. Diversity. Homeostasis. Constant change. They have definitions in a dictionary. Each has millions of references online. What matters in PIP Success is my use and interpretation of them and how I can find unity in the diversity of how each of us experiences the words we have chosen to emphasize.**

**There are as many understandings, in this present moment, of unity, diversity, homeostasis, constant change, as well as every word used in this facet, and what these terms mean in this moment, as there are people living, and being there present moment. This facet is about finding common ground and co-creating a better future for all.**

**I am a learning, changing, growing, adapting, balancing, homeostasis process in relationship with the constantly learning, growing, changing universe I know, do not know, cannot know, will never know. Add to that the humility of never knowing what I do not know, and that all words describe something that, at least in part, is not what I believe it to be.**

**A car is a car, and a car is not a car when it is a boat, or a tank, or a helicopter. My body is one body, me by name and other descriptions, and my body is a colony of micro-organisms within a colony of human cells. I am at one time**



human and not human. In the make-up of my body, single-celled organisms outnumber cells we identify as human tenfold.

**I am.**

**I am love.**

**I am service.**

**I am consilience.**

**I am the principles.**

**The principles are my pip.**

**The principles are my health.**

**The principles are my unity.**

**The principles are my diversity.**

**The principles are my balance.**

**The principles are my consistency.**

**The principles are my dependability.**

**The principles are my predictability.**

**The principles are my intentions.**

**The principles are my thoughts.**

**The principles are my words.**

**The principles are my actions.**

**The principles are my results.**

**The principles are my homeostasis in constant change.**

**In this diversity that I am, the principles are my unity. My university. Unity, diversity, and homeostasis are one and the same.**

**In this unity that I am, imagination, creation, co-creation, motivation, learning, growth, change, and homeostasis, are one and the same process of love and service. I am love. I am service.**

**My best in this moment, perfection in progress, is maximum service. My maximum service to my self, others, and the universe, as I understand it, is my unity and diversity in my homeostasis. Greater levels of health, well-being, efficiency in use of resources, and new levels of balance and homeostasis.**

**Higher levels of resilience. Success seems to come most easily to those who can handle the most uncertainty. They see uncertainty and discomfort as change happening and new success opportunities growing in them like a new arm or eye.**

**Most writing on unity is from the perspective of the community and its impact on me. Not from the perspective of first my relationship with my self, and the impact of my unity on the community. Here we speak of unity as an “inside job”.**

The more at one I am, with my oneness, in the unity that I am living in this present moment, I am co-creator of this moment. The more unity I am as my present moment, and the more I am bringing unity into the present moment, I will be co-creator of the potentials for this moment, as I live it. My best is always living the potentials of this moment. It becomes part of my proud history. It is the potential I get to live out, in the next moment.

The principles are who I am in this present moment.  
 The principles are what I am in this present moment.  
 The principles are when I am in this present moment.  
 The principles are where I am in this present moment.  
 The principles are how I am in this present moment.  
 The principles are why I am in this present moment.

Unity has no meaning without the diversity it embraces. And for what purpose? Unity and diversity are mutually inclusive. If all were the same, unity would not be such an important aspect of my relationship with my self, others, and the universe as I understand it.

My personal unity in my diversity is my university. My unity in my diversity is my homeostasis. The principles are my unity. The principles are my diversity. The principles are my homeostasis.

There is no better example of infinite diversity in unity, constantly learning, changing, growing, constantly evolving with life as presented, towards a level of greater health, well-being and service with a smile, than my own pip. My space in time. My body. My life in this present moment and its relationship to the rest of all that is in real time. Happening in this present moment. Lessons of the past. Infinite potential of the future.

From the present moment, long ago, in which a single cell began its journey to this present moment, as me. Me yes. My pip yes. But really as a colony within a colony. My pip, as the wisdom of its cell's ancestors, living out the potential of those many centuries of lessons, by doing my best. Right now. Right here. For a better future to the successor cells. Some of my cells will be part of me my whole lifetime. Some for just days.

How magnificent a description of all the principles, my pip, and its predecessors, are. I am not just one success story. Each of the trillions of citizens, in the colony that is me, have a story as old as the first single cell that divided and multiplied, over the many centuries, to become all types of life forms. All the principles personified. Consilience. Cooperation. Acceptance. I am love so they are love.

A first principle somewhere started it all. I was conceived in love. Each of us can believe or not believe whatever we want about how it all started. Love is so mysterious, and out of our grasp, but it is what it is. We call it love but have no clue what it really is.

My role in all this is really quite passive. Just keep learning about the wonder of me, and let me be my best each present moment. Be the change I want to see. In me, in you, and all that is. No life has ever been lived better. I am free to choose that, and how exactly I want to live that potential out. In my personal style, personal faith, personal hope, love, unconditional love, in just one moment at a time. Positive attitude towards each past moment, my best in this moment, and the incarnation of the potential of each moment, one moment at a time. Not space science. Just be, and do, my best in this present moment. Right now. Right here.

The magnificence of the process that is me, and all other organisms, are described in these articles. Millenia of unity of purpose. That is the principles. Unity of process that is diversity. Increasing diversity in every direction. That is the principles. Just like every moment of my life. I am the unity in the infinite diversity of this present moment as I am reading this. The principles are the unity in ever increasing diversity and uncertainty.

From one, many  
By Kevin Jiang HMS Communications  
April 26, 2018

<https://news.harvard.edu/gazette/story/2018/04/path-to-building-an-entire-organism-from-single-cell-is-revealed/>

An Experiment Repeated 600 Times Finds Hints to Evolution's Secrets  
Veronica Greenwood

<https://www.nytimes.com/2023/05/10/science/yeast-evolution-cells-snowflakes.html>

**WE HAVE NEVER BEEN HUMAN**

Within our bodies, single-celled organisms outnumber cells that we identify as human DNA ten to one. We're merely a colony within a colony within a colony.  
By [Sean Miller](#) / 27 April 2016

<https://www.popmatters.com/we-have-never-been-human-2495438275.html>

Disturbances in my homeostasis, my unity, my diversity are normal in each moment and all day, every day of my life. Constant change is all that dependable, predictable and consistent each moment. Each millisecond.

By definition, change is a disturbance to the homeostasis in every cell and micro-organism's homeostasis that are my personal support system of life and life support. I

**am trillions and trillions of cells, each its own, and autonomous life, in unity as me. Diversity in unity as me. Homeostasis in constant renewal and maintenance of me.**

**A disturbance in my balance always involves some discomfort or anxiety. It is change happening. Growth happening. Whether I know it or not. Accepting the discomfort, embracing the suck, relaxing into the stress diminishes it. The energy spent on reacting, instead of responding in gentleness, takes from the bodies immense power to be constant change with minimal stress, anxiety and other disturbance. Change requires resources and change requires change. Change often involves physical and other real live pain. Sometimes terrible and terrifying. Often seems life threatening but mostly is not. Sometimes is.**

**Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory.**

**Biochemical processes, physiological processes, psychological processes, social processes, identity formation and development processes are disturbed negatively. The less I am allowing me to be me, or do not know who I am or how to succeed as me, chaos increases. Unhealthy stress levels get worse and worse.**

**A lack of positive personal goals, lifestyle choices, personal purpose and passion is pathogenic, a lifestyle of self destruction. Not a lifestyle of self-discovery. Health defying practices become pathogenic. Long term this process leads unhealthy homeostasis disturbance. Balance becomes more difficult to find.**

**An airplane works best when it is in the air, but, flying in constant disturbance, and not able to land for refuel and maintenance, the level of chaos increases, until it can no longer do what it is designed to do. Fly. Succeed as itself.**

**For you and I, too much disturbance leads to dis-ease, disease, and finally death. Life cannot be sustained without constant learning, changing, growing, in a generally positive direction. Life cannot be sustained without sufficient salutogenic homeostasis. Constantly finding a new balance, to meet the new circumstances and resources on hand, with increasing salutogenic efficiency.**

**We believe the condition commonly known as addiction is such a life threatening, long term and progressive, disturbance to my homeostasis. Every cell of my body, where all of my life happens, is battling to find balance, is increasingly unable to find stability, and will die if the process is not reversed and stabilized. When a new balance, within the resources of the moment and the environment, cannot be maintained, death results.**

The reverse is true as well. When I quit the chemical(s), thought process(es) and/or behavior(s) that are self-destructive, I suffer, sometimes horribly, as every cell fights to survive and puts demands of limited resources to find a balance that is sustainable. Sometimes the demands of withdrawals are too much and death results.

I must suffer through the withdrawals, whether the result of quitting some addictive pattern, the end of an unhealthy relationship, the loss of a job, or, for some other reason, I cannot find a balance and homeostasis that is health sustaining. To fight the withdrawals, by engaging in more processes that avoid withdrawals, is to prevent the plane from landing for refuel and maintenance. Fuel runs out and the plane crashes. The results are catastrophic for all involved and the plane. Landing and taking off are really hard on the airplane and pilots are, among professionals, some of the most stressed. Especially during take-off and landing.

Every change, no matter how small or large, negative, positive or neutral, disturbs the balance in every cell. A new balance is found quickly in most circumstances in moments that are affirming of greater health. The balance takes longer and is more demanding of resources in moments of greater disturbance, depending on the source of the disturbance. A sudden death of a loved one is a normal disturbance. My response, if anything other than grief, can become more traumatic than the death.

Use a of chemical, thought process and/or behavior, depending on my level of tolerance or intolerance of it, can really disturb the balance for longer periods of time and makes a much higher demand on all resources. A car accident where I am in a coma is even more extreme and can require an induced period of coma to survive.

PIP Success is focused on a lifestyle of greater health. Salutogenesis. Love and service. Study and practice of the principles. The principles, homeostasis, salutogenesis, unity in diversity are who I am by genetics, evolution, personality, motivation and intention.

I am success. To succeed I just need to let me be me. Let the spectacularly diverse community, that my pip is, be who it is. Me. Let me be me. First study and practice the principles, to better affirm who I am and always have been. Then just be me. Just being me as the principles, the study of me as the principles, and the practice of being me as the principles, is one process. Happening at lightning speed right now, right here. Every moment.

I was completely present as me long before I knew who I have always been, and how to get out of the way, of me being me. How beautiful is that good news. Are my intentions based on principles that affirm my being me, more fully? Or are my intentions based on an understanding, that comes from some other source. Am I stumbling along without focus or purpose? What is

**best for me, is always what is best for me. Being me, is what is always best for me. I am the principles.**

**My wants are the principles.**

**My needs are the principles.**

**My feelings, emotions and sensations are the principles.**

**My nutrients are the principles.**

**My intuitions are the principles.**

**My unity in the diversity that I am is the principles.**

**My attitude is the principles.**

**My attitude is what unites me, frees me to flourish, constantly learn, change, grow, and serve in love in this present moment.**

**My attitude is the boundary of unconditional love that separates me from, and unites me with, all that is.**

**My attitude is my pip.**

**My love is the cause for my unity. Unconditional love is the cause for my unity with your diversity. Love brings diversity. Unconditional love brings unity. Love is my homeostasis. Unconditional love is my salutogenesis. My journey upward in increasing levels of health.**

**“The human brain has 100 billion neurons, each neuron connected to 10,000 other neurons. Sitting on your shoulders is the most complicated object in the known universe.” (Theoretical physicist Michio Kaku, 2014)**

**In 2021 a group of scientists compared the network of neurons in the human brain and the cosmic network of galaxies. “The tantalizing degree of similarity that our analysis exposes seems to suggest that the self-organization of both complex systems is likely being shaped by similar principles of network dynamics, despite the radically different scales and processes at play.**

**Although the relevant physical interactions in the above two systems are completely different, their observation through microscopic and telescopic techniques have captured a tantalizing similar morphology, to the point that it has often been noted that the cosmic web and the web of neurons look alike.”**

**The Quantitative Comparison Between the Neuronal Network and the Cosmic Web <https://www.frontiersin.org/articles/10.3389/fphy.2020.525731/full>**

**“How many cells are there in my body? If scientists can’t count all the cells in a human body, how can they estimate it? The mean weight of a cell is 1 nanogram. For an adult man weighing 70 kilograms, simple arithmetic would lead us to conclude that that man has 70 trillion cells.”**

<https://www.nationalgeographic.com/science/article/how-many-cells-are-in-your-body>

“The brain and the nucleus are very similar. They both control the cell and body. But they both also hold all of the information of the body and cell. Without the brain or nucleus, the cell and body wouldn't be able to function because the control centers send signals to the other organs and organelles which tells them what to do. Without them, they organ/elles wouldn't work. Which means the cell or body wouldn't work. The nucleus and the brain are necessary.

Also, the golgi body is just like the heart and lungs because they distribute things like oxygen, blood and protein around the cell and body. Also, the heart and lungs are connected to the blood vessels just like the golgi body is connected to the ER (Endoplasmic Reticulum).

The skin and the cell membrane are both the outer layers. They allow the entrance of objects but also protect the body or the cell from foreign intruders.

The vacuole is like the stomach because it stores food and water for later use. This allows the body and or cell to get energy when needed.

The cytoplasm is like the muscles in the body because they hold the organs and organelles in place. They also protect the organs and organelles from injury.

The cytoskeleton and the bones hold the body/ cell together as well as protecting them. Without the bones and cytoskeleton, the cell and body would be a pile of flesh and organelles but the organ/elles would also become hurt and destroyed.

Then there's the ER. The blood vessels are similar because they are the passageways of the body and they allow things to travel and move around just like what the endoplasmic reticulum does in the cell. They move protein, oxygen, glucose and other molecules through the body/ cell.

The ribosomes and bone cells are alike because they build proteins and build bones that allow the body and cell to grow and multiply. This helps the civilization and group of cells thrive.

The intestines are also the mitochondria because it produces and or extracts energy from the food to help the body/ cell work.

<https://prezi.com/gszzc63lrls/the-cell-compared-to-the-human-body/>

**I am unity.**

**I am homeostasis.**

**Homeostasis is my unity.**

**My personal unity is my homeostasis.  
 All that is constant is change.  
 I am health promoting intentions.  
 I am health promoting thoughts.  
 I am health promoting words.  
 I am health promoting actions.  
 I am health promoting results.  
 Homeostasis is my health.  
 My health is my unity.  
 My love is the cause for my unity.  
 My love brings unity.  
 Unconditional love is the cause for my unity.  
 My unconditional love seeks your diversity.  
 My unconditional love seeks unity with your diversity and mine.  
 My unconditional love is unity.  
 My imagination is diversity in unity.  
 My creativity is unity in diversity.  
 My university is the unity in my diversity.  
 My pip is oneness with me.  
 My pip is oneness with you.**

**My pip is the unity in the diversity that we are. All of us. All that is. Infinite diversity.  
 Infinite unity. I always have more in common, infinitely so, with me than different. I  
 always have more in common, infinitely so, with you than different. I always have more  
 in common, infinitely so, than different with all that ever has been, is now, and ever will  
 be.**

**What is held in common, is so much greater than what is in difference. We will never, at  
 any imaginable time ever, run out of commonality, except by deliberately choosing to  
 cease or limit the possibilities of unity.**

**However, unity starts with me and ends with me. I am unity. I am diversity. I am  
 success. I am eternity. I am infinity. I am all that ever was, is now, and ever will be. I  
 am potential.**

**The persons who have lived their full potential, as they understood it, are those who did  
 their best each moment as they were living it. I bring my unity to this present moment. I  
 bring my diversity to this present moment. That is my student and teacher. That is how  
 I lead and how I follow, walk beside, and how I am helpful. Finding the most unity in the  
 diversity of the moment and moving forward is always my highest service.**

**Each person decides what their best is each moment. I give you the benefit of the  
 doubt. I give me the benefit of the doubt. I am doing the best I can with what I have. I  
 give you that as well.**



**“At the center of your being you have the answer; you know who you are and you know what you want.”**

**Lao Tzu**

**6<sup>th</sup> Century BC**

**<https://plato.stanford.edu/entries/laozi/>**

**I am infinite diversity, in infinite combinations. Infinite diversity in infinite combinations is my unity.**

**Acceptance, of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Accountability to, and for, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Allostasis, as I constantly find new levels of stability in constant change, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Anonymity, in equality with all, given the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Attentiveness to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Attraction to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Authenticity, in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Autonomy in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Awareness of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Balance in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Boundaries in the infinite diversity that I am, in infinite combinations each moment, are my unity.**

**Caring for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Caution in protecting the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Collective guidance on how to maximize, in love and service, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Commitment to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Communication of, and with, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Compassion for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Confidence in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Connection as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Conscience as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Consilience, with all viewpoints at my table, about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Consistency, in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Constant change, in all aspects of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Conviction about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Cooperation with the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Courage in service of, and love for, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Creativity, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Curiosity about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**The Dependability, of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Dignity in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Discernment concerning the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Discipline, my way of life, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Diversity, in approaches to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Empathy for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Encouragement of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Equality in all aspects, of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Equanimity in the presence the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Faith, in the lifestyle of infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Fidelity to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Flexibility with the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Forgiveness, in the sweetness of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Future potential, of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Freedom to be the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Gentleness towards the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**The Generosity, of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Goodwill towards the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Grace, in love and service, through the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Gratitude for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Growth in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**The Happiness of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Harmony as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Homeostasis, in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Honesty to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Honor of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Hope for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Hospitality to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Humor about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Imagination, expressed in living out the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Inclusiveness, of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Independence, in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Individuality, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Instinct about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Integrity about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Interdependence as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Intimacy with the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Intuition as the inspiration of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Joy about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Kindness, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Lessons of the past, in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Learning about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Listening to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Love, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Loyalty to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Maturity, living more fully in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Open mindedness to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Optimism, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Participation in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Passion towards the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Patience with the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Perseverance, embracing the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Powerlessness, lacking any need to control, in a serene acceptance of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Practicality, a definition of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**The present moment, this present moment, right now, right here, doing my best, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Principles, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Progress towards the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Promotion of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Prudence, in being, and doing, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**My Purpose as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Reliability, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Resilience, in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Respect for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Responsibility towards the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Restraint in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Sacrifice for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Safety of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Security in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Self-honesty, as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Self-acceptance of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Self-discipline, in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Self-discovery, of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Self-support, for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Selfless in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Selfless service to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Selflessness in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Serenity because of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Service to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Sharing, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Simplicity, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Sincerity as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Solidarity with the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Stability in the infinite diversity that I am, in infinite combinations each moment, is my unity.**



**Steadfastness as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Surrender to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Thoughtfulness about the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Tolerance, appreciation, advocacy for the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Trust, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**36 facets of success, as affirmations of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Unconditional love, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Understanding, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Unity in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Vigilance concerning the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Vulnerability as the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**We, as me, in the infinite diversity that I am, in infinite combinations each moment, are my unity.**

**Welcoming you to the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Willingness, the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**Wisdom in the infinite diversity that I am, in infinite combinations each moment, is my unity.**

**The Wonder of the infinite diversity that I am, in infinite combinations each moment, is my unity.**

#### Facet 14.

Group conscience and consilience are our path, our process, and our new way of life together. These principles are who we are, how we choose to act, and what each chooses to do.

In PIP Success we only discuss our relationships as opportunities to learn how to be of maximum service to self and others. I have the experience. I learn the lesson. I gain the wisdom. I practice it. I improve it. I talk about it. I think about it. I write about it. I teach it to someone. By showing up and doing my part, I free everyone else to do the same.

We also believe that we are the principles. Many say I cannot love someone else until I love my self. Or cannot be empathetic with another until I am empathetic with me. Or any other principle. In PIP Success we describe the process from a different perspective.

I am love! I have the experience. I am love! I learn the lesson. I am love! I gain the wisdom. I am love! I practice it. I am love! I improve it. I am love! I talk about it. I am love! I think about it. I am love! I write about it. I am love! I teach it to someone. I am love. By showing up and doing my part, I free everyone else to do the same. This simple process is the same for every other principle.

I am each principle. I believe the same of every other person. By being me I free others to be who they are. I love me by being me. I love another by being me. And I am all the principles at once. Together they are separate. Separate they are together.

Of course, I get better and better at being who I am. I am the right now, right here, unique, unique again each present moment, incarnation of each and every principle, separately and as one. Love. Unconditional love. It is not a matter of learning to love me or anyone else. It is a matter of being who I am more fully each moment, alone, and in the presence of others.

The only requirements for individual membership are a desire to find freedom from negative obsession, and a willingness to mentor others. Each of us is the message in our intentions, thoughts, words, actions, and most importantly, our results. At its simplest and most profound, mentoring is simply being myself, through the decisions I make and helping others do the same.

In this facet we focus on two processes. First, learning to overcome and replace the symptoms of addiction. Those “symptoms” are primitive survival processes, decision

making processes, based mostly on fear, abandonment, and what we commonly call trauma responses.

To put this in perspective, no one would tell a lion or wolf they are living trauma based lives. They are surviving against all odds. Addiction is about survival. For a lion or tiger that is success. That each of us has survived to be here reading this is a tribute to the survival instinct that will serve us well the rest of our lives when needed. Here I learn to succeed against all odds.

Who I am has survived. Now I am learning who I am and how to succeed, against all odds going forward, as who I am. Life and death, survival success, becomes love and service. Kill or be killed becomes “everybody wins”.

Second, we imagine and create a new way of life. That requires new decision making processes, based on love and service. Based on the principles, homeostasis, and who I am.

I am the principles in homeostasis. I am a life of constant change while maintaining a healthy balance that is constantly changing with constant change. I am a lifelong lifestyle of self-discovery where, by the decisions I make, and by constantly improving my decision making skills, I become the change I want to see. The change I want to see in me, in you, in my pip, in my umwelt, my community, and in my relationship to the universe as I understand it, and the universe as it is.

Survival is success for a lion or a wolf. Our human brains have developed well beyond survival. A trauma based lifestyle uses only the more primitive parts of the brain. More is possible. I redeem the magnificent survival skills I have. I put them to positive ends to flourish and help others. My survival skills are my sensitive nature, my hypersensitive creativity and imagination. They help me maintain the boundaries needed to not trigger the memories of “survival as a way of life to stay alive and not disintegrate”.

I can imagine and choose my lifestyle. I am co-creator of my life. Victim no more. Abandoned no more, because I am home with me. Safe with me. I can choose where I am going. As me. I can lead the way, for me and for you, if I want. Follow if I want. Walk beside if I want. The life purpose, the decision making processes I develop, give me the leadership role in my life. No more excuses for bad behavior. And I am me, for you.

I decide where I am going, others can lead the way if they are up to it, walk besides, follow, but they cannot get in the way of my being my best, in each moment. I cannot allow them to get in the way, of the legacy of experience and wisdom I am passing on, before I pass on.

There are generally these approaches to decision making, whether me and my relationship with self, or with a group.

**Majority rule is when a simple majority of participants in a decision are in favor, opposed to, or indifferent about, a proposal.**

**Percentage rule is when a set per cent of members are in favor beyond simple majority (e.g. 2/3, 3/4).**

**Group opinion results when a part of the group, by power or number, makes the decision for the group by various strategies to keep others “content” but not part of the process. Those left out, are more than likely not going to be content, and feel left out, or are in fact simply left out, and not informed.**

**Group conscience is a process where all involved are equal participants, and their views are involved in all phases of the decision making process.**

**Consilience, another decision making process, is described below.**

**Unanimity is the goal of group conscience and consilience.**

**Unanimity does not mean, necessarily, that all agree with the process and results. Some involved may decide to “stand aside”, meaning they do not disagree so much with the process and/or the decision that they will oppose it, and/or may simply have no interest in the decision being made or the execution of it. Or they could be equally happy with a variety of choices. They will actively support the decision when made.**

**Majority rule, percentage rule, group opinion, group conscience and unanimity are, to some, black and white sort of processes. An infinite variety of processes among and between them are possible as well.**

**No process chosen, usually dysfunctional, though very often utilized, is also a process.**

**The long term success of a decision making process depends on how predictable, dependable and consistent it is for each person involved. Homeostasis demands it. The principles are homeostasis. The principles are consistency, predictability and dependability amidst constant change. My body, my pip, my umwelt, each moment is an excellent example of dependability, predictability and consistency. I am the principles.**

**Consilience is a decision making process that seeks information from whatever source and process that is available to arrive at the widest variety of approaches to, and types of decision making processes, that are needed to arrive at a decision that is the best, for the most, with the least, with special focus on those who are “the least” in that process.**

**The best decision, for the most benefit for the most, most efficiently arrived at, with special attention to minority opinions and the lone dissenter. It also includes, often, a**

commitment to reconsider a process or decision if new information, coming from anywhere, indicates such a need.

**My life, my body, my pip, my umwelt, my universe, is the most exquisite example of consilience happening in each millisecond of my life. Literally trillions of decisions made in unanimity, in individual cells, in small groups called tissues, larger groups called organs and so forth to one moment in my universe as it is. Not in the limited way I understand it, believe it to be or think I know it is. How it really is at levels I am absolutely not consciously aware of but working in complete unanimity much of the time each day.**

**All that is constant is change. How I deal with constant change is my decision making process(es). Constant change and constant decision making are one and the same process.**

**I can no more avoid constant change than I can avoid constant decision making. To avoid, fight, or prevent constant change does nothing to impede, stop or prevent constant change. To avoid, ignore the need for, fight, prevent constant decision making, is still constant decision making.**

**Procrastination, for example, is a decision. Just do it, is a decision. To refuse to be open to options and choices is a decision. All my decisions affect balance and homeostasis in every level of my existence in some positive or negative way.**

**Homeostasis is constant change while maintaining balance based on the demands of the moment and the resources in place. A decision I make destroys balance, affirms balance, or something in between those extremes, in every cell each moment.**

**The principles we study affirm balance and are the resources homeostasis thrives on. I am the principles and the study of these principles helps me, be more me, each moment. The principles are the who, what, where, when, how, and why of homeostasis. They are the path and process of greater levels of health and well being. The opposite makes excessive demands on the resources, at such levels that homeostasis becomes difficult, can be hijacked or destroyed, and death results.**

**The quality of my decision making determines the quality of my homeostasis. The principles are homeostasis. I am the principles. I am homeostasis. I am balance in constant change, for good or for ill.**

**Every decision, consciously or not, involves the study and application of principles, or not, as the who, what, where, when, how and why of choices leading to the need for a decision, the decision making process, the outcomes and my responses and/or reactions to them.**

**The message of PIP Success is simple. I am the change I want to see. I am the change I want to see in you. Anytime I am tempted to complain about something, instead I lead the way to change. I am constant change. The principles are my intentions, thoughts, words, actions, results and my life's purpose. They are expressions of love and service. To love is to serve. To serve is to love. Love me. You. Us. The universe as I understand it.**

**I am love. I am service. Unconditional love is maximum service as me, to you, and my part in all that was, is, and will be. I am the life force passing from one generation to the next in the wisdom I have verbalized, passed on in ways that can be improved upon, and taught.**

**Life only has meaning if lessons are learned and passed on in new and improved ways to benefit all. Lessons learned and not passed on are such a sad waste. Lives can be lost.**

**In PIP Success we are in the business of saving lives and being creative leaders in our community, in this organization, and all areas of our lives. Our role and message in PIP Success and all areas of our lives is that "Doing my best right now, right here, in this present moment, as defined by me, is always good enough. My best, in this present moment, is my best. No person has ever done better. My best always bring me progress in the present moment.**

**Progress, my best, in the present moment, is perfection for any human, past, present, future. No person has ever done better than their best, as defined by them at that moment, and no person ever will. Perfection for any human being is progress. My best. Right now. Right here. Constant change. Constant decision making. I am PIP Success. I am success.**

**Facet 14 is about how I make decisions. Life is a series of decisions. The positive principles we study and practice are never in conflict. There are literally thousands of books and papers written about how those who enter the present moment with more positive intentions, thoughts, words and actions make better decisions for all involved.**

**I am the principles. Studying the principles, which is studying me, and practicing the principles, practicing being me, cannot help but bring good stuff to every moment I enter as the principles incarnate. Whether with my self, or any other relationship.**

**The opposite is heavily documented as well in every area of life. War does not bring peace. At most war results in the absence of war but that is not peace. Chemotherapy kills cancer but also destroys homeostasis. The absence of**

**cancer does not bring homeostasis. Homeostasis brings homeostasis. I am homeostasis. Peace begets peace. I am peace.**

**Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory. Homeostasis is hijacked. Quitting the thought processes, behaviors and/or chemicals that hijacked homeostasis, alone, however, does not bring homeostasis. That is why, in PIP Success, we say “addiction is not about recovery” and “recovery is not about addiction”. War is not about peace. Peace is not about war. We are about finding out who we are, gaining the skills to be our best, each moment, as us. I am success.**

**Success, as me, as the principles, is not the opposite of “addiction”. It is the prevention of it. The fuel for a forest fire is always present everywhere in the forest. Forest fires are prevented. Nothing else works. Some technologies have been found to detect a heat zone in the forest so a fire can be caught as soon as it starts. Such technologies are only useful if the fire fighting teams can get to the scene fast enough and effectively enough to prevent a catastrophe.**

**Success is about a lifelong lifestyle of constantly learning more about who I am and the skills needed to succeed at being me. Peace is about a lifelong lifestyle of constantly learning more about who I am and the skills needed to succeed at being me. Decision making, the study and practice of the principles, is one of those skills I will never learn everything about. Every moment is a new universe. I am love and service.**

**Success is about having, or having access to, the resources needed to find that place I am so magnificently prepared to go. Homeostasis. Constant balance in constant change and constant decision making.**

**I let me be me and help me be more me. Each moment a better and improved homecoming. In each relationship I am more who I am. Love and service.**

**When the disruption of it has ceased, homeostasis brings homeostasis only in its own time and on its own terms. Withdrawals, related to the symptoms of addiction, are so frightening and sometimes life threatening because homeostasis may be impossible. The body may not have the resources needed.**

**Every cell in the body and every process is desperately seeking the resources to find a predictable, dependable and consistent balance, amidst normal day to day conflict and constant change, and that is sometimes such a draining**



**process that death results. Conflict and chaos are healthy. Too much destructive conflict and chaos can destroy my ability to find homeostasis.**

**This present moment in my life is a new moment in history. For me, for us, and all that is. Constant change is constant change. I am constant change. I am co-creator of this moment. I am the decision maker. No matter how I feel about my creation role in each moment. For good or for ill.**

**I am constantly making many different decisions on so many levels. It is laughable that I would think I can avoid making decisions. Trillions of cells, human and bacterial, that are me, are seamlessly and unanimously making trillions of decisions each moment.**

**I am an exquisite decision-making creature. Homeostasis is a constant dialogue, collaboration, and consensus, between and among cells, every tissue, every organ, every process, my body as a whole, my pip, my umwelt, and all that is.**

**I am peaceful coexistence, and complete unanimity, the path, the process, and the ever new way of life that each moment is. All is constantly changing. All is constantly selecting and choosing among options and choices. In unison. Even though conflict and chaos are as normal as breathing for me.**

**Homeostasis is more powerful, loving, and caring, than my life of one lesson to be learned. After another lesson to be learned. Sometimes overwhelming it seems, endless lessons to be learned, and endless decisions are needed, each moment. If I just do my best, it always brings me home to me. A better me.**

**It is often said, in many belief traditions, that I never get more than I can handle. Homeostasis on its terms, maintained in no small part by my daily study and practice of the principles, more often than not, gives me the resilience and courage, the relationships and resources available 24/7, so that no matter what comes my way, I get through it. No matter how shocking or painful or traumatic. The principles, as I, you, and we, and each moment as a learning opportunity, are such a simple lifelong lifestyle of self-discovery.**

**As unity in Facet 13 is an “inside job”, in Facet 14 group conscience, consilience, path, process, way of life, and the principles are first and primarily about my relationship with me, an “inside job”. Constant change and constant decision making, as my response to constant change, are the learning opportunity and lessons learned of each moment, first, in my relationship with each part of my life, my body, my pip, my umwelt, and then with all that is outside of my personal space and experience.**

**The universe as I understand it to be, the universe that I do not know or understand yet, and the universe I cannot know. The overwhelming challenge, and the reason I need to study and practice the principles constantly, is the fact that I only have my understanding and experience to base my decisions on.**

**The principles are my physical relationship with the life force in all that is. They are the words that over the centuries have come to describe some reality that millions, across so many culture and languages, agree unites us in our diversity. All persons living today, if sitting around one table, in a peaceful setting where the goal was to find what we all have in common, might well agree that some version of “love and service” are the most common aspiration and description of each of us at our best.**

**We offer you the following affirmations to cheer you on, in this present moment, right now, right here, as you find your perfection in the progress you are. In this present moment. Right now. Right here. Where all the lessons of the past, the creation of now, and the infinite potential of each future moment, fill you with the options and choices, the decisions you will make to propel you forward in ever increasing success, health, unconditional love and service.**

**The basics. Every cell in the vast community that is me works in unison and unanimity with every other cell, seamlessly, over time in such a magnificent way that from conception to death I remain me. While each cell is constantly responding to the demands of each new moment, based on the resources available, and the options and choices available, homeostasis is maintained.**

**I am an exquisite decision making process. I am an exquisite decision making process and organism. I am decision making.**

**I cannot possibly learn, and master all the ways, in which situations can be evaluated, to determine if a decision is necessary. Or ways in which the decision needed is imagined and created. How the decision is carried out. How it is monitored over time in all aspects. All that is constant is change. Everything is constantly changing as it is constantly changing.**

**There are as many ways to approach all aspects of the decision making process as there are people who have ever lived, are living now, and will ever live.**

**The best I can do is constantly learn more and more about how I learn, change, and grow. In community with my fellow humans and the universe as I understand it, and the universe as it really is beyond my comprehension at this time.**

**I do not know what I do not know. I enter each moment with that joyful acceptance and challenge. I live each moment there. No matter how much I learn, I leave each moment as I entered it. I do not know what I do not know.**

**I overcome the limits of my experience and wisdom by welcoming the experience and wisdom of every other person involved in the situation and beyond.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**We offer the following meditations on the principles for your study and practice. The principle consilience was used in creating this list, because decision making is so important and, as persons with what is commonly called addiction, we tend to arrive in trauma mode, and that only uses the primitive parts of our brain.**

**The infinite approaches and insights I can bring together, for carefully decision making, is foreign to our lives and practices. Hence the list is long and in depth.**

**Suggestion: For each meditation, select one or more principles which apply. Write out an "I am....." affirmation for each. Think about, speak about, write about how being those principles is the solution. Be the student and the teacher. The parent and the child. Always start each meditation with the practical admission that "I do not know what I do not know."**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** always hold, as my first commitment, a practical acceptance that "I do not know what I do not know." At each step of the decision making process, and the outcomes, I remind my self that "I do not know what I do not know." This is probably the most practical application, given my personal biases and prejudices, of all the principles, in this and all moments of my life. In review of the past and future potentials as well. "I do not know what I do not know." is my greatest asset and my greatest opportunity. When I am not being the solution, "I do not know what I do not know." will be my greatest liability.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand how I have made decisions in the past, and the lessons learned.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** make decisions now.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** identify a good decision from one that is not productive or useful.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** change my mind when needed, and how I make that decision.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** determine what is really most important to me in making decisions.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand my risk tolerance and how to take manageable risks. I define what a manageable risk is.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** appreciate the importance of commitment, dependability, predictability, consistency and resilience in decision making.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** identify what my strengths and weaknesses are in my decision making processes, and ways to constantly improve in all aspects.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** create future protocols for handling a situation where I have made a really unproductive decision.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** help me imagine and create a set of dream objectives, in all my decision making processes. In how I determine if a decision is necessary. In the methods of decision making. In goal selection. Goal achievement and constant evaluation. Long term monitoring and evaluation.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know when a decision is needed.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know who and what needs to be involved in my decision making process, especially in the process of determining if a decision needs to be made, and what that decision is.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know who I am making a decision for.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know who the decision is not for.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** why I need or want to make a decision.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME appreciate the role of my needs, wants, and emotions in the who, what, when, where, how, and why of the decision.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME know what the decision is that I am making.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME determine when I need to make a decision.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME know the wisdom of a decision.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME define my role in a decision and the decision making process.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME define and understand my responsibility and accountability in the decision and the process.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME describe the context of the decision and how it is framed.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME imagine the decision manifest in all affected relationships and situations.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME evaluate the value and success of the decision for each affected relationship and situation.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME be an equal in all processes and outcomes related to this situation.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME know what I will and will not be doing as a result of this decision.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME determine what is most important for me in this decision and the decision making process.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME know, at each stage of the process, what aspects might be missing, not considered or included that might affect the entire process and/or aspect(s) of it.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME know what parts of the process can and/or should be delegated, why, and to whom.**

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** seek and find information, from all over the world, that will make this decision the best, for the most, with the least. With special focus on the least because who has been rejected, or is almost left out or ignored, because that is where I will learn the most about all aspects of the decision and its impact.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know if I or we have made similar decisions before and the lessons learned. The past is an infinite source of lessons.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** review similar or related past decisions critically as they actually manifested in real time, as time passed, and not as I wanted them to be.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** constantly develop relationships and sources I can bring into all phases of this process to help me be my best, give my best, in love and service.

One of the ways to understand the relationship, of the principles to homeostasis, in the decision making process is this. The principles are very seldom, if ever, in conflict.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** realize I am the process. I am the principles. My body is constantly the principles in unity, unison and unanimity. While constantly changing. Seldom will I encounter a challenge as complex, and with as many moving parts, seeking balance amidst constant change, as happens in one present moment in the community that my body, my umwelt, my pip, is.

My part in this process is to let my body bring, to me, the information I need to be me, my best, in whatever decision and process that is. This is, in large part, a passive process. My body speaks, through thoughts and words, through my brain and other modes of communication with my self and others. With the universe as it is. The universe as I understand it.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** be open to, honest about, and willing to reconsider a decision made at any stage of the process if needed. Help me stay true to finding my perfection in progress. Being and doing my best in this present moment. Right now. Right here. I am homeostasis. I constantly learn, change, and grow. Reconsidering a decision at any stage is as normal a part of homeostasis as doing what is necessary to maintain a healthy body temperature.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** eagerly, moment to moment, evaluate my confidence level and adjust creatively to remain in high positive confidence of the path and the process. Adjust my intentions, thoughts, words, actions, and the results at any point in the process.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand that sometimes the decisions I need to make, from the equally legitimate point of view of others, have a negative impact on their lives. I am sensitive to these impacts. Sometimes it is on me and I make needed changes. Sometimes I cannot be held back by them. That is on them.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand how my daily, moment to moment, habits absolutely affect the quality of the “what, when, where, who, how, and why” of my decision making process. And the motivations for determining that a decision is needed.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** identify and evaluate the manageable and unmanageable risks involved in my decision making process, in general, in types of decisions, and specific decisions I make.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** avoid “dramatizing”, unnecessarily, my approach to decision making, the process, or possible outcomes.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand that often the worst outcome I fear is actually success. That it will work out and I will be just fine, my best, as the success that I am and always have been. Fear, like any other sensation or emotion, is simply my body telling me to be careful and vigilant.

Remaining consistent, dependable, and predictable keeps me plotting my way and plodding along steadily in increasing levels of health, well-being, and resilience amidst constant change. Fear becomes my ally. It, like many other sensations, peaks my senses and vigilance. And my laser focus.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** identify a “Plan B” to use if the worst, real or imagined, happens.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** proactively prepare to make repairs if the worst happens, real or imagined, and unnecessarily harm someone, or something is harmed, or other real costs incurred.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** be ready, always, to take bold steps, especially when the chances of failing are zero, or near non-existent.

Often those decisions seem too good to be true. The timid, in such situations, often spend a lot of their lives regretting “the one that I let get away when it was mine to lose”. I am bold, courageous, and ecstatic in those moments. That is what it takes to get me over the shakes of fear. Life is really strange, at its best, sometimes.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know and understand what will happen if I do not make this decision. I am proactivity.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** avoid procrastinating when I know I need to go forward with the decision making process, and why delay is not productive.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand what decision I need to make, right now, right here, as I read this, and why.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** make decisions, if needed on the spur of the moment, or in an emergency, based on the information I have and not fear the results.

The more sophisticated I get in my habit of creating options and choices, in general, in all areas of my life, as an important life habit, I will be increasingly prepared to make lightning speed decisions that I will be proud of. Those are the moments when lives are saved, relationships are salvaged and redeemed, and monumental progress is made, sometimes even an evolutionary step forward, no matter how small or large.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** appreciate that pain is often part of life at its best, part of the process of constant learning, changing, growing, but suffering is optional.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand how each of the principles, standing on its own, is a starting point for success in any stage of the decision making actions, and outcomes process. Each additional principle added to the equation can exponentially increase the potentials for a wider and deeper success in the situation at hand for all involved and those affected.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** gain an ever increasing awareness of my body, my pip, my umwalt, my relationship with the



universe, and how, even though “I do not know what I do not know”, I am making the best decision possible. Right now. Right here. With the resources I have.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand that my needs, my wants, my feelings when my needs are being met, and my feelings when my needs are not being met, are good indicators of the need for affirming old decisions, new decisions, better decisions, and sometimes entirely new types of problem solving processes. Decision making processes. Evaluation processes. My intentions may need improvement, my thought processes, my language, my actions, and the results may need to be re-imagined, planned out, lived out.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand that my values, priorities, goals, in my life generally, or some part of my life need changing to help imagine and create better processes related to the constant change, learning and growth that my life has become anew, and/or was lacking. Success often requires a new homeostasis.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** evaluate the long-term effects of decisions I make.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** balance the long-term effect of the decisions I make and the long term plans of all involved.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** determine what might be acceptable alternatives to the decisions I have made as time goes on and/or its strengths and weaknesses are showing.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand and evaluate the long term costs and stresses in all aspects of decisions made. All costs, financial, personal, professional, emotional, and all others.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** find what the real costs will be, and are, in every aspect. All costs, financial, personal, professional, emotional, and all others.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know if the costs of the decisions made are worth the effort. All costs, financial, personal, professional, emotional, and all others.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know the opportunity costs, comparing one decision to alternatives, of decisions in the making, or made.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know what personal investment I am willing to make, in any way, towards the success of the decisions made.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** appreciate how I will feel about the decisions made 10 hours, 10 months, 10 years after it was made.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know what to do if the decision made turns out to be a terrible decision, and how to evaluate its strengths, and weaknesses, to find a new homeostasis, for all involved and affected.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know what to do if our best decisions fade in value, are not causing great harm, and would require a lot of energy and resources, to overcome the complacency that can set in, after so much personal effort and commitment.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** have the courage, under what circumstances, in the future, if parts of the decision are being ignored and the results are waning in usefulness, to double down my personal leadership and investment to bring it into its fullness again, or lead the way to change.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** describe and understand the pros and cons of any decision making process and its results.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** first learn the positive lessons of past decisions so that I am not negatively biased too much, be fully honest, open-minded and willing to make the best of the present moment, inspired by full faith, hope, and love for infinite future possibilities. Only in the clarity of that intersection will my imagination and creativity peak in the moment. My progress will be the perfection of the moment.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** be aware that I am committed to a decision that is failing and continue to support it, regardless of the costs, just because of the effort required to own it, be the change I want to see, and just do it. For the sake of all involved.

When no one else involved or affected is willing to lead the way. Short term loss for me, maybe, but long term respect, trust and leadership, and a legacy of being willing to be the adult in the room is also best for me in the short term. My balance and homeostasis needs me to be my best. I am the principles. To not is

to hurt me first. It may seem that others are suffering first. If I am the one who sees it and does nothing I suffer first and most.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** understand ways in which I resist any aspect of the decision making process for reasons that have nothing to do with what needs to be done.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** recognize and deal with secondary consequences of a decision. Any consequence that is a direct or indirect result that was not anticipated and may have undesired effects. Often in these situations, I fail to correctly identify what needs tweaking and may do irreparable harm in a cascading effect that can undo everything. Or cause greater challenges than the original situation being addressed.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** be vigilant for permanent results that cannot be undone and are not helpful.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know when to give up on a previous decision and how to move in a different direction fully and successfully, making deep enough changes to actually move in a different direction.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** find strategies to make quicker decisions without losing the quality needed.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** minimize the role of cognitive biases in my decision making.

All persons have what are known as cognitive biases. Negative obsession, and the behaviors that follow, can easily result from the normal biases most people have and are mostly unaware of, and it is not a problem for them. This is but one online source for understanding. There are many equally well written descriptions.

<https://gustdebacker.com/cognitive-biases/>

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** be different mental models. Different mental models help me see the process of decision making from different perspectives.

<https://fs.blog/mental-models/>

<https://nesslabs.com/mental-models>

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** apply all of these insights in my relationship with my body, my pip, my umwelt and all relationships beyond my personal space equally and with the same imagination, creativity, resilience and courage.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** learn what is great about the lifelong development of better and better decision making and leadership skills, just for itself as a lifelong lifestyle of self-discovery. I seek out chances to help anyone learn the skills I am constantly developing.

**DAILY STUDY AND PRACTICE OF THE PRINCIPLES HELP ME** know what I would tell someone else to do, in all the processes described, in this list of meditations.

**Facet 15.**

**Addiction is not about recovery. Recovery is not about addiction. In PIP Success we become a lifestyle of self-discovery. The only requirements for full membership are the desire to find freedom from negative obsession and a willingness to mentor others. Participate in one on one and group mentoring of members. Mentoring is primarily the responsibility of the group.**

**Thought processes, behaviors and/or chemicals, in some individuals, disrupt regions of the brain that are responsible for reward, motivation, learning, judgement and memory. Those of us who have these sensitivities can learn to understand, respect, and accept them, learn how to not trigger them, and live a completely fulfilling life. Triggered by negative obsessive thought patterns, what follows become the symptoms of what we call addiction. On a moment to moment basis each of those symptoms is preventable, manageable, and if not managed well, it is predictable in its progressively more negative, and often fatal path.**

**Addiction is not about recovery. Addiction is a pathogenic process, tending towards greater dysfunction, disease and often death, if not reversed. Addiction, in all its manifestations, is a lifestyle of obsession, survival and self-destruction. Negative intentions, thoughts, words, actions, and results that are the path (pathology) to increased stress, dis-ease, disease and preventable death.**

**The process of what is commonly called addiction radically and negatively disturbs the homeostasis of my health, my body, my life, and relationships. At some point balance in my being and doing, and homeostasis in every cell of my body, is no longer possible and I may die.**

**The first requirement for membership in PIP Success is completely up to the individual. A desire to stop “negatively” obsessing. We believe that, without negative obsession, there is no addiction.**

**Addiction, in any of its definitions, is a set of symptoms that negatively affect areas of one’s life in major ways. Without negative obsession, all the “symptoms” that result from those negative thought processes can be molded into positive intentions, thoughts, words, actions and results.**

**No one in PIP Success will ask anyone if they have a desire to stop “negatively” obsessing. I am a member when I say I am. I am free to announce to the group that I have the desire to stop negatively obsessing however, and whenever, I choose. If a service position, or specific responsibility to the group or organization, requires we ask about this, we will. In no other situation will we ask. That is between the person and whoever they choose to share it with.**

**We are a group of individuals, with physical and behavioral manifestations of addiction, who have replaced the lifestyle of negative obsession, false belief systems, core beliefs, and self-destructive patterns of behavior, with a lifestyle of self-discovery and success in all areas of our lives.**

**PIP Success is a lifestyle of self-discovery and success based on the lifelong study of positive principles found around the world in many types of belief systems and cultures. Pip Success is about finding positive obsessions and a passion for love and service. And teaching those principles to others.**

**Recovery is not about addiction. Recovery is, by definition “a return to a normal state of health, mind, or strength”. A return to a healthy balanced lifestyle. A manageable level of homeostasis in each cell of my body. A return to consistency, predictability and dependability.**

**Recovery is a term often used in reference to “addiction”. We do not use the term. In terms of recovery tending towards lesser (pathogenic), or greater, levels of health and well-being (salutogenesis), in definition and practice, it is a return to a baseline. The effect and affect often are quite neutral. A place of being comfortable. Many confuse that as enough and it is not enough. Life on its terms is not a neutral process. When just finding some level of “normal” becomes enough for the person, boredom and complacency set in.**

**We have chosen to not use the word “recovery” in PIP Success because, in our collective experience, it seems to give a person a false sense of security about returning to a baseline, where I feel comfortable, and have been before. In our experience, more often than not, when someone returns from “active addiction”, and are asked what happened, they speak of “being bored” and “complacent”.**

**Boredom and complacency are not neutral processes. They are tending towards dis-ease, disease and its consequences. Life is constant change while maintaining a baseline of balance or homeostasis. Constant change requires constant change. Neutral is never enough. It is only momentary. A resting point. A starting point.**

**Success at life on its terms requires much more than just doing what is necessary or required. Returning to a baseline. In the greater scheme of all that is, I am either reaching for greater levels of health and well-being, or slowly but surely deteriorating. Life is constant change and constant change requires constant change. Just maintaining is necessary and a fact of life, but one cannot make that the goal. Nothing in life just maintains.**

**In life there is no neutral zone but for a moment or two. There is no avoiding change, denying change, running from change. Nothing stays the same for even two present moments. Avoiding change, denying the need to change, running from change, are anti-life on its terms. All that is constant is change. Avoiding change is change happening. Running from change is change happening. Avoiding change is change happening. Complacency and boredom are change happening.**

**Refusing to manage change in the direction of higher levels of health and well-being (salutogenesis) is not a neutral process. It is the textbook definition of pathogenesis (managing change in the direction of more self-destructive stress, suffering, disease and possible death).**

**PIP Success is a salutogenic process that begins with “recovery”, a return to a normal balance, but goes for beyond as its starting point. PIP Success is a lifelong lifestyle of self-discovery in service. Intentions, thoughts, words, actions, and results that begin with “a return to a normal state of health, mind or strength” and quickly become a process of finding out who I am and succeeding as me, in all areas of my life. A lifelong path towards higher and higher levels of health, well-being and service. Good enough is only good enough where good enough is all that is emphasized or allowed. In terms of its pathogenic affects on my life, good enough is never good enough long term. The bills always come due and can only be avoided so long before they are sent to collection and the powers that be arrive at my home in person or via media.**

**The ideas in PIP Success come from the practices of highly successful people in all areas of life. The result of our efforts at consilience, group conscience and unanimity in our diversity.**

**PIP Success is about positively managing constant change while maintaining a healthy balance of life and well-being and homeostasis in every cell. That balance is constantly changing and that homeostasis is constantly changing with constant change. Pip Success is not about addiction. Pip Success begins with recovery with the purpose of attaining higher and higher levels of health. Constant learning, changing, and growing by being the principles.**

**In part, as PIP Success we carefully avoid the tyranny of low expectations that we believe folks like us often inflict on ourselves. I am the master of the wonder of me, just as I am. I am never a victim. Not even when I actually am victimized or traumatized. I turn it into a learning experience and do not relive it in ways that traumatize me over and over.**

**We celebrate positive obsession and passion as being necessary and vital. Maybe we developed negative obsession patterns because we were not taught,**

when young, that positive obsession might be something we need, to do more than just survive, and we need to succeed. We seem to be highly sensitive and creative people. Our imaginations are powerful and maybe negative obsession is just where our active imaginations took us when we had no better outlet for our creativity. And our moments, days, weeks, months and years were sad and worse.

We seem to be, generally, hypersensitive and creative at our worst and at our best. In PIP Success we look to the experience of successful people in all fields of life for what works. Hypersensitivity, creativity, positive passions and obsessions are traits of many very successful people. They certainly meet the needs of a way of life that is constantly seeking higher and higher levels of health and well-being. The salutogenic path requires it. We believe it is who we are.

We learn that to make good use of our hypersensitivity and creative urges, we have to really take good care of ourselves. Sensitivity, creativity, imagination, historically, and still in the present, are often seen as partners with addictive patterns and the self-destruction that follows.

This brings us to the second requirement for membership. A willingness to mentor others. Participate in one on one and group mentoring of members. Mentoring is primarily the responsibility of the group. The group is the primary mentor even if the member chooses a one on one, or more, mentor(s).

We believe mentoring is the center of our universe. Teaching is imparting knowledge. Mentoring is imparting knowledge based on personal experience. We base our commitment to mentoring on the proven effectiveness of mentoring in all areas of life.

We are each here because, at the important parts in our lives, when we had needs that had to be met, no one was there who was able to effectively help us realize we had those needs, and get them met. We do not state this as a judgement or to assign blame. It is simply a statement of fact. We did not have the help needed to find out who we are and how to succeed as us. We were not self-destructive because we were happy, joyous and free. We were not self-destructive because we knew who we were and had the skills to succeed as ourselves.

Mentoring is a part of any successful relationship, no matter what the primary purpose of the relationship. At times in any relationship we need the personal touch that comes with knowledge based on personal experience, the principles, unconditional love, acceptance, patience and a commitment to helping me find me in the situation, and the skills to succeed, as me, in that situation. Mentoring is learning. Learning is mentoring. Learning and mentoring are one and the same process in any given moment.



A teacher and student relationship is, at its most successful, when a teacher is prepared to teach the willing, or at least somewhat willing, and prepared, student, what the student is expecting to learn. A tutor may be needed to bring the student up to speed. That is more of a mentor relationship because it requires a personal touch. Meet the student where they are at and walk beside them while they find their way to success in that situation. Not just a relationship where information is passed on. Love and support sometimes are more important than the information.

How important, in professional settings, is mentorship? “ [A recent study](#) conducted by mentoring services company MentorcliQ provides some statistical backup: It found that [84% of U. S. Fortune 500 companies](#) and 100% of U.S. Fortune 50 companies believe so much in the strategy that they have formal mentoring programs. Furthermore, in the 2022 [L&D Social Sentiment Survey](#), carried out by Donald H. Taylor, mentoring displayed the largest rank increase of any strategy, rising from #6 to #4 on their list.

The financial benefit of mentoring? According to one report, "[companies with mentoring programs](#) had profits that were 18% better than average, while those without mentoring programs had profits that were 45% worse than the average." Mentoring is a proven approach when it comes to tackling one of the biggest challenges businesses face today: attracting, developing and retaining talent. Multiple studies highlight the value of mentoring in retaining employees. An earlier [Deloitte study](#), for instance, found that 81% of millennials remain with a company for five years or more when they have a mentor.

<https://www.forbes.com/sites/forbesbusinesscouncil/2023/01/20/the-importance-of-finding-a-mentor/?sh=6b4bf9425555>

<https://www.prweb.com/releases/mentorcliq-study-finds-us-fortune-500-companies-with-mentoring-programs-out-perform-those-without-during-pandemic-890127114.html>

When we are new to this process, we have either forgotten the skills we had in these areas, or never learned them in these areas, in varying degrees. Without mentors we will stumble along the way so much that we get overwhelmed. With mentors we accept that “I do not know what I do not know.” That is the normal state for all persons, every moment of every day. We just admit it and make it work for us. Our mentor(s), including all members of PIP Success in the group setting and beyond, are our support every step of the way. PIP Success is mentoring. I am mentoring. The principles are mentoring.

The following are skills we often did not ever have, in the fog of our addictive patterns forgot the skills, and/or that we once had them and have to learn them all over again. Much like a stroke victim. They include:

- Ability to cope with emotions and stress
- Active listening
- Assertiveness
- Clarification of values, beliefs
- Communication
- Compassion
- Cooperation
- Coping with disappointment
- Dealing with authority
- Dealing with conflicts
- Empathy
- Making and keeping friends and friendships
- Negotiation
- Physical and mental health
- Planning ahead
- Problem solving
- Purpose
- Resisting pressure
- Self-awareness
- Self esteem
- Self-respect
- Sharing
- Sociability
- Sympathy
- Tolerance
- Trust

The following are meditations and affirmations on various aspects of the mentor-mentee relationship based on the principles.

We each bring our best to the present moment and that is always enough. Our best is always our perfection. Our best is always progress. We are PIP Success.

Our mentor-mentee relationship is, in all respects, equal, mutual, and enjoyable.

Together we support our individual growth, each bringing our best to the relationship.

Together we serve as a source of knowledge, each bringing our best to the relationship.

**Together we set goals to meet the needs of the relationship.**

**Together we are accountable to one another.**

**Together we are encouragement, each to best of our ability each moment.**

**Together we support each other in making connections, to meet each of our individual needs.**

**We are each other's trusted ally.**

**We offer constructive feedback.**

**We create ground rules for communication, boundaries, and guidelines as needed.**

**We bring our relevant experience to the relationship.**

**We offer our time, love, support free of charge, and in unconditional love.**

**Our relationship boosts our interpersonal skills.**

**Our relationship strengthens our knowledge, insight and wisdom base.**

**Our personal networks expand to get all our personal and relationship needs met.**

**Our relationship brings us mutual recognition and affirmation.**

**We develop leadership skills.**

**We expand our personal qualifications for all future relationships and opportunities.**

**We are a learning opportunity for each other and the greater community.**

**We build confidence in ourselves and those we meet and interact with.**

**We develop new perspectives in every area of our lives.**

**We find fulfillment at the deepest levels.**

**Our relationship is an opportunity for self-reflection.**

**Our relationship is an asset to all our relationships in life.**

**We are clarity for each other and those we serve.**

**We are communication.**

**We are commitment.**

**We are self-confidence for each other.**

**We are increased self-awareness.**

**We are leadership skill development.**

**We are strong communication skills.**

**We are the art of feedback.**

**We are inquisitive and interested.**

**We are active listening.**

**We pay it forward.**

**We are a lifelong process of self-discovery.**

**We find out who we are, and succeed in all areas of life, at being who we are.**

**In my acceptance of you, I am unconditional love. Together we learn and mentor.**

**In my accountability, I am unconditional love. Together we learn and mentor.**

**In my allostasis, I am unconditional love. Together we learn and mentor.**

**In my anonymity, I am unconditional love. Together we learn and mentor.**

**In my attentiveness, I am unconditional love. Together we learn and mentor.**

**In my attractions, I am unconditional love. Together we learn and mentor.**

**In my authenticity, I am unconditional love. Together we learn and mentor.**

**In my autonomy, I am unconditional love. Together we learn and mentor.**

**In my awareness, I am unconditional love. Together we learn and mentor.**

**In my balance, I am unconditional love. Together we learn and mentor.**

**In my boundaries, I am unconditional love. Together we learn and mentor.**

**In my caring, I am unconditional love. Together we learn and mentor.**

**In my caution, I am unconditional love. Together we learn and mentor.**

**In my collective guidance, I am unconditional love. Together we learn and mentor.**

**In my commitment, I am unconditional love. Together we learn and mentor.**

**In my communication, I am unconditional love. Together we learn and mentor.**

**In my compassion, I am unconditional love. Together we learn and mentor.**

**In my confidence, I am unconditional love. Together we learn and mentor.**

**In my connection, I am unconditional love. Together we learn and mentor.**

**In my conscience, I am unconditional love. Together we learn and mentor.**

**In my consilience, I am unconditional love. Together we learn and mentor.**

**In my consistency, I am unconditional love. Together we learn and mentor.**

**In my constant change, I am unconditional love. Together we learn and mentor.**

**In my conviction, I am unconditional love. Together we learn and mentor.**

**In my cooperation, I am unconditional love. Together we learn and mentor.**

**In my courage, I am unconditional love. Together we learn and mentor.**

**In my creativity, I am unconditional love. Together we learn and mentor.**

**In my curiosity, I am unconditional love. Together we learn and mentor.**

**In my dependability, I am unconditional love. Together we learn and mentor.**

**In my dignity, I am unconditional love. Together we learn and mentor.**

**In my discernment, I am unconditional love. Together we learn and mentor.**

**In my discipline, I am unconditional love. Together we learn and mentor.**

**In my diversity, I am unconditional love. Together we learn and mentor.**

**In my empathy, I am unconditional love. Together we learn and mentor.**

**In my encouragement, I am unconditional love. Together we learn and mentor.**

**In my equality, I am unconditional love. Together we learn and mentor.**

**In my equanimity, I am unconditional love. Together we learn and mentor.**

**In my faith, I am unconditional love. Together we learn and mentor.**

**In my fidelity, I am unconditional love. Together we learn and mentor.**

**In my flexibility, I am unconditional love. Together we learn and mentor.**

**In my forgiveness, I am unconditional love. Together we learn and mentor.**

**In my future potential, I am unconditional love. Together we learn and mentor.**

**In my freedom, I am unconditional love. Together we learn and mentor.**

**In my gentleness, I am unconditional love. Together we learn and mentor.**

**In my generosity, I am unconditional love. Together we learn and mentor.**

**In my goodwill, I am unconditional love. Together we learn and mentor.**

**In my grace, I am unconditional love. Together we learn and mentor.**

**In my gratitude, I am unconditional love. Together we learn and mentor.**

**In my growth, I am unconditional love. Together we learn and mentor.**

**In my happiness, I am unconditional love. Together we learn and mentor.**

**In my harmony, I am unconditional love. Together we learn and mentor.**

**In my homeostasis, I am unconditional love. Together we learn and mentor.**

**In my honesty, I am unconditional love. Together we learn and mentor.**

**In my honor, I am unconditional love. Together we learn and mentor.**

**In my hope, I am unconditional love. Together we learn and mentor.**

**In my hospitality, I am unconditional love. Together we learn and mentor.**

**In my humor, I am unconditional love. Together we learn and mentor.**

**In my imagination, I am unconditional love. Together we learn and mentor.**

**In my inclusiveness, I am unconditional love. Together we learn and mentor.**

**In my independence, I am unconditional love. Together we learn and mentor.**

**In my individuality, I am unconditional love. Together we learn and mentor.**

**In my instinct, I am unconditional love. Together we learn and mentor.**

**In my integrity, I am unconditional love. Together we learn and mentor.**

**In my interdependence, I am unconditional love. Together we learn and mentor.**

**In my intimacy, I am unconditional love. Together we learn and mentor.**

**In my intuition, I am unconditional love. Together we learn and mentor.**

**In my joy, I am unconditional love. Together we learn and mentor.**

**In my kindness, I am unconditional love. Together we learn and mentor.**

**In my lessons of the past, I am unconditional love. Together we learn and mentor.**

**In my learning, I am unconditional love. Together we learn and mentor.**

**In my listening, I am unconditional love. Together we learn and mentor.**

**In my love, I am unconditional love. Together we learn and mentor.**

**In my loyalty, I am unconditional love. Together we learn and mentor.**

**In my maturity, I am unconditional love. Together we learn and mentor.**

**In my open mindedness, I am unconditional love. Together we learn and mentor.**

**In my optimism, I am unconditional love. Together we learn and mentor.**

**In my participation, I am unconditional love. Together we learn and mentor.**

**In my passion, I am unconditional love. Together we learn and mentor.**

**In my patience, I am unconditional love. Together we learn and mentor.**

**In my perseverance, I am unconditional love. Together we learn and mentor.**

**In my powerlessness, I am unconditional love. Together we learn and mentor.**

**In my practicality, I am unconditional love. Together we learn and mentor.**

**In my present moment, I am unconditional love. Together we learn and mentor.**

**In my principles, I am unconditional love. Together we learn and mentor.**

**In my progress, I am unconditional love. Together we learn and mentor.**

**In my promotion, I am unconditional love. Together we learn and mentor.**

**In my prudence, I am unconditional love. Together we learn and mentor.**

**In my purpose, I am unconditional love. Together we learn and mentor.**

**In my reliability, I am unconditional love. Together we learn and mentor.**

**In my resilience, I am unconditional love. Together we learn and mentor.**

**In my respect, I am unconditional love. Together we learn and mentor.**

**In my responsibility, I am unconditional love. Together we learn and mentor.**

**In my restraint, I am unconditional love. Together we learn and mentor.**

**In my sacrifice, I am unconditional love. Together we learn and mentor.**

**In my safety, I am unconditional love. Together we learn and mentor.**

**In my salutogenesis, I am unconditional love. Together we learn and mentor.**



**In my security, I am unconditional love. Together we learn and mentor.**

**In my self-honesty, I am unconditional love. Together we learn and mentor.**

**In my self-acceptance, I am unconditional love. Together we learn and mentor.**

**In my self-discipline, I am unconditional love. Together we learn and mentor.**

**In my self-discovery, I am unconditional love. Together we learn and mentor.**

**In my self-support, I am unconditional love. Together we learn and mentor.**

**In my selflessness, I am unconditional love. Together we learn and mentor.**

**In my selfless service, I am unconditional love. Together we learn and mentor.**

**In my serenity, I am unconditional love. Together we learn and mentor.**

**In my service, I am unconditional love. Together we learn and mentor.**

**In my sharing, I am unconditional love. Together we learn and mentor.**

**In my simplicity, I am unconditional love. Together we learn and mentor.**

**In my sincerity, I am unconditional love. Together we learn and mentor.**

**In my solidarity, I am unconditional love. Together we learn and mentor.**

**In my stability, I am unconditional love. Together we learn and mentor.**

**In my steadfastness, I am unconditional love. Together we learn and mentor.**

**In my surrender, I am unconditional love. Together we learn and mentor.**

**In my thoughtfulness, I am unconditional love. Together we learn and mentor.**

**In my tolerance, I am unconditional love. Together we learn and mentor.**

**In my trust, I am unconditional love. Together we learn and mentor.**

**In my 36 facets of success, I am unconditional love. Together we learn and mentor.**

**In my unanimity, I am unconditional love. Together we learn and mentor.**

**In my unconditional love, I am unconditional love. Together we learn and mentor.**

**In my understanding, I am unconditional love. Together we learn and mentor.**

**In my unity, I am unconditional love. Together we learn and mentor.**

**In my vigilance, I am unconditional love. Together we learn and mentor.**

**In my vulnerability, I am unconditional love. Together we learn and mentor.**

**In my we, I am unconditional love. Together we learn and mentor.**

**In my welcome, I am unconditional love. Together we learn and mentor.**

**In my willingness, I am unconditional love. Together we learn and mentor.**

**In my wisdom, I am unconditional love. Together we learn and mentor.**

**In my wonder, I am unconditional love. Together we learn and mentor.**

**Facet 16.**

**The group exists to help every member to study and practice the principles. We apply them in every area of our lives.**

**In Facet 13 we speak of unity as an inside job. I am unity. As me, my intentions, thoughts, words, actions and results are unity.**

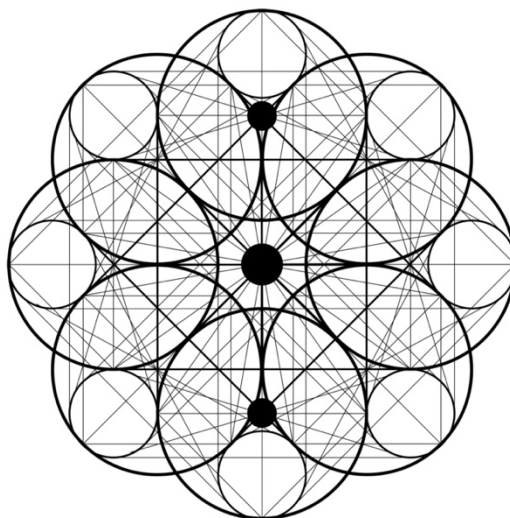
**In Facet 14 we speak of group conscience and consilience as an inside job. I am group conscience. I am consilience. As me, my intentions, thoughts, words, actions and results are group conscience and consilience. I am unanimity. I seek me. I seek unanimity.**

**In Facet 15 we speak of membership as an inside job. I am positive passion. I am positive obsession. As me, my intentions, thoughts, words, actions, and results are constant service. I am always mentor and mentee.**

**In Facet 16 we speak of the study, practice and application of me, the principles, constantly as a way of life. I am at once the mentor and mentee. As a way of life.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**



**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**I love me just because I am. I love you just because you are. I love this present moment just because it is. I love the past just because it is. I love the future just because it is. When I love just because, I am of maximum service, to each moment and person I encounter. I am unconditional love.**

**Each of the principles is a facet of unconditional love. As me, as part of us, I am always the teacher and the student. I am always the leader and the led. I am always the coach and the trainee. I am always the parent and the child. I am always the mentor and the mentee.**

**The sun comes up every morning no matter what. As the principles, I study and practice being me, with you and every moment, no matter what. To the best of my ability. My progress is your perfection. Your progress is my perfection. I am PIP Success. You are PIP Success. We are PIP Success. Service always begins with me.**

**I am the single point of accountability in my universe. I determine my destination. You can lead, follow, walk beside. I will not allow you to interfere. I choose a “no excuse and victim no more” lifelong lifestyle of self-discovery, in service to me, to you, to us, to the community in which I live, and the universe as I understand it.**

**I promise I will not interfere with your destination. I will lead where that is mutual and enjoyable. I will follow where that is mutual and enjoyable. I will walk beside and cheer you on when that is mutual and enjoyable.**

**The group exists to help every member to study and practice the principles. We apply them in every area of our lives. I am only asked to do my part and encourage others to do the same. I encourage others by being the principles. Just be more and more me. Wonderful wonder filled me.**

**Service begins with me. Service with a smile. I am the change I want to see. I lead the way. I walk beside. I follow. We are orphans raising orphans. Together we have all the love and support each member needs. We commit to being one in that effort. We choose to be family. In whatever way and role each member needs to find who they are and how to succeed as who they are.**

**I am acceptance. Acceptance of me, as acceptance, is my unconditional love for me. You are acceptance. Acceptance of you, as acceptance, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are acceptance. Life at its best is acceptance. I study, practice, and apply acceptance. Right now. Right here.**

**I am accountability. Acceptance of me, as accountability, is my unconditional love for me. You are accountability. Acceptance of you, as accountability, is my unconditional**

**love for you. My genetic code, my physical existence, my past, my present, and my future are accountability. Life at its best is accountability. I study, practice, and apply accountability. Right now. Right here.**

**I am anonymity. Acceptance of me, as anonymity, is my unconditional love for me. You are anonymity. Acceptance of you, as anonymity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are anonymity. Life at its best is anonymity. I study, practice, and apply anonymity. Right now. Right here.**

**I am attentiveness. Acceptance of me, as attentiveness, is my unconditional love for me. You are attentiveness. Acceptance of you, as attentiveness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are attentiveness. Life at its best is attentiveness. I study, practice, and apply attentiveness. Right now. Right here.**

**I am authenticity. Acceptance of me, as authenticity, is my unconditional love for me. You are authenticity. Acceptance of you, as authenticity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are authenticity. Life at its best is authenticity. I study, practice, and apply authenticity. Right now. Right here.**

**I am autonomy. Acceptance of me, as autonomy, is my unconditional love for me. You are autonomy. Acceptance of you, as autonomy, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are autonomy. Life at its best is autonomy. I study, practice, and apply autonomy. Right now. Right here.**

**I am awareness. Acceptance of me, as awareness, is my unconditional love for me. You are awareness. Acceptance of you, as awareness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are awareness. Life at its best is awareness. I study, practice, and apply awareness. Right now. Right here.**

**I am balance. Acceptance of me, as balance, is my unconditional love for me. You are balance. Acceptance of you, as balance, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are balance. Life at its best is balance. I study, practice, and apply balance. Right now. Right here.**

**I am boundaries. Acceptance of me, as boundaries, is my unconditional love for me. You are boundaries. Acceptance of you, as boundaries, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are boundaries. Life at its best is boundaries. I study, practice, and apply boundaries. Right now. Right here.**

**I am caring. Acceptance of me, as caring, is my unconditional love for me. You are caring. Acceptance of you, as caring, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are caring. Life at its best is caring. I study, practice, and apply caring. Right now. Right here.**

**I am caution. Acceptance of me, as caution, is my unconditional love for me. You are caution. Acceptance of you, as caution, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are caution. Life at its best is caution. I study, practice, and apply caution. Right now. Right here.**

**I am collective guidance. Acceptance of me, as collective guidance, is my unconditional love for me. You are collective guidance. Acceptance of you, as collective guidance, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are collective guidance. Life at its best is collective guidance. I study, practice, and apply collective guidance. Right now. Right here.**

**I am commitment. Acceptance of me, as commitment, is my unconditional love for me. You are commitment. Acceptance of you, as commitment, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are commitment. Life at its best is commitment. I study, practice, and apply commitment. Right now. Right here.**

**I am communication. Acceptance of me, as communication, is my unconditional love for me. You are communication. Acceptance of you, as communication, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are communication. Life at its best is communication. I study, practice, and apply communication. Right now. Right here.**

**I am compassion. Acceptance of me, as compassion, is my unconditional love for me. You are compassion. Acceptance of you, as compassion, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are compassion. Life at its best is compassion. I study, practice, and apply compassion. Right now. Right here.**

**I am confidence. Acceptance of me, as confidence, is my unconditional love for me. You are confidence. Acceptance of you, as confidence, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are confidence. Life at its best is confidence. I study, practice, and apply confidence. Right now. Right here.**

**I am compassion. Acceptance of me, as compassion, is my unconditional love for me. You are compassion. Acceptance of you, as compassion, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are compassion. Life at its best is compassion. I study, practice, and apply compassion. Right now. Right here.**

**I am confidence. Acceptance of me, as confidence, is my unconditional love for me. You are confidence. Acceptance of you, as confidence, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are confidence. Life at its best is confidence. I study, practice, and apply confidence. Right now. Right here.**

**I am connection. Acceptance of me, as connection, is my unconditional love for me. You are connection. Acceptance of you, as connection, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are connection. Life at its best is connection. I study, practice, and apply connection. Right now. Right here.**

**I am conscience. Acceptance of me, as conscience, is my unconditional love for me. You are conscience. Acceptance of you, as conscience, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are conscience. Life at its best is conscience. I study, practice, and apply conscience. Right now. Right here.**

**I am consilience. Acceptance of me, as consilience, is my unconditional love for me. You are consilience. Acceptance of you, as consilience, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are consilience. Life at its best is consilience. I study, practice, and apply consilience. Right now. Right here.**

**I am consistency. Acceptance of me, as consistency, is my unconditional love for me. You are consistency. Acceptance of you, as consistency, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are consistency. Life at its best is consistency. I study, practice, and apply consistency. Right now. Right here.**

**I am constant change. Acceptance of me, as constant change, is my unconditional love for me. You are constant change. Acceptance of you, as constant change, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are constant change. Life at its best is constant change. I study, practice, and apply constant change. Right now. Right here.**

**I am conviction. Acceptance of me, as conviction, is my unconditional love for me. You are conviction. Acceptance of you, as conviction, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are conviction. Life at its best is conviction. I study, practice, and apply conviction. Right now. Right here.**

**I am cooperation. Acceptance of me, as cooperation, is my unconditional love for me. You are cooperation. Acceptance of you, as cooperation, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are cooperation. Life at its best is cooperation. I study, practice, and apply cooperation. Right now. Right here.**

**I am courage. Acceptance of me, as courage, is my unconditional love for me. You are courage. Acceptance of you, as courage, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are courage. Life at its best is courage. I study, practice, and apply courage. Right now. Right here.**

**I am creativity. Acceptance of me, as creativity, is my unconditional love for me. You are creativity. Acceptance of you, as creativity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are creativity. Life at its best is creativity. I study, practice, and apply creativity. Right now. Right here.**

**I am curiosity. Acceptance of me, as curiosity, is my unconditional love for me. You are curiosity. Acceptance of you, as curiosity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are curiosity. Life at its best is curiosity. I study, practice, and apply curiosity. Right now. Right here.**

**I am dependability. Acceptance of me, as dependability, is my unconditional love for me. You are dependability. Acceptance of you, as dependability, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are dependability. Life at its best is dependability. I study, practice, and apply dependability. Right now. Right here.**

**I am dignity. Acceptance of me, as dignity, is my unconditional love for me. You are dignity. Acceptance of you, as dignity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are dignity. Life at its best is dignity. I study, practice, and apply dignity. Right now. Right here.**

**I am discernment. Acceptance of me, as discernment, is my unconditional love for me. You are discernment. Acceptance of you, as discernment, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my**



future are discernment. Life at its best is discernment. I study, practice, and apply discernment. Right now. Right here.

I am discipline. Acceptance of me, as discipline, is my unconditional love for me. You are discipline. Acceptance of you, as discipline, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are discipline. Life at its best is discipline. I study, practice, and apply discipline. Right now. Right here.

I am diversity. Acceptance of me, as diversity, is my unconditional love for me. You are diversity. Acceptance of you, as diversity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are diversity. Life at its best is diversity. I study, practice, and apply diversity. Right now. Right here.

I am empathy. Acceptance of me, as empathy, is my unconditional love for me. You are empathy. Acceptance of you, as empathy, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are empathy. Life at its best is empathy. I study, practice, and apply empathy. Right now. Right here.

I am encouragement. Acceptance of me, as encouragement, is my unconditional love for me. You are encouragement. Acceptance of you, as encouragement, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are encouragement. Life at its best is encouragement. I study, practice, and apply encouragement. Right now. Right here.

I am equality. Acceptance of me, as equality, is my unconditional love for me. You are equality. Acceptance of you, as equality, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are equality. Life at its best is equality. I study, practice, and apply equality. Right now. Right here.

I am equanimity. Acceptance of me, as equanimity, is my unconditional love for me. You are equanimity. Acceptance of you, as equanimity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are equanimity. Life at its best is equanimity. I study, practice, and apply equanimity. Right now. Right here.

I am faith. Acceptance of me, as faith, is my unconditional love for me. You are faith. Acceptance of you, as faith, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are faith. Life at its best is faith. I study, practice, and apply faith. Right now. Right here.

**I am fidelity. Acceptance of me, as fidelity, is my unconditional love for me. You are fidelity. Acceptance of you, as fidelity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are fidelity. Life at its best is fidelity. I study, practice, and apply fidelity. Right now. Right here.**

**I am flexibility. Acceptance of me, as flexibility, is my unconditional love for me. You are flexibility. Acceptance of you, as flexibility, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are flexibility. Life at its best is flexibility. I study, practice, and apply flexibility. Right now. Right here.**

**I am forgiveness. Acceptance of me, as forgiveness, is my unconditional love for me. You are forgiveness. Acceptance of you, as forgiveness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are forgiveness. Life at its best is forgiveness. I study, practice, and apply forgiveness. Right now. Right here.**

**I am future potential. Acceptance of me, as future potential, is my unconditional love for me. You are future potential. Acceptance of you, as future potential, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are future potential. Life at its best is future potential. I study, practice, and apply future potential. Right now. Right here.**

**I am freedom. Acceptance of me, as freedom, is my unconditional love for me. You are freedom. Acceptance of you, as freedom, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are freedom. Life at its best is freedom. I study, practice, and apply freedom. Right now. Right here.**

**I am generosity. Acceptance of me, as generosity, is my unconditional love for me. You are generosity. Acceptance of you, as generosity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are generosity. Life at its best is generosity. I study, practice, and apply generosity. Right now. Right here.**

**I am goodwill. Acceptance of me, as goodwill, is my unconditional love for me. You are goodwill. Acceptance of you, as goodwill, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are goodwill. Life at its best is goodwill. I study, practice, and apply goodwill. Right now. Right here.**

**I am grace. Acceptance of me, as grace, is my unconditional love for me. You are grace. Acceptance of you, as grace, is my unconditional love for you. My genetic**

**code, my physical existence, my past, my present, and my future are grace. Life at its best is grace. I study, practice, and apply grace. Right now. Right here.**

**I am gratitude. Acceptance of me, as gratitude, is my unconditional love for me. You are gratitude. Acceptance of you, as gratitude, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are gratitude. Life at its best is gratitude. I study, practice, and apply gratitude. Right now. Right here.**

**I am growth. Acceptance of me, as growth, is my unconditional love for me. You are growth. Acceptance of you, as growth, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are growth. Life at its best is growth. I study, practice, and apply growth. Right now. Right here.**

**I am happiness. Acceptance of me, as happiness, is my unconditional love for me. You are happiness. Acceptance of you, as happiness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are happiness. Life at its best is happiness. I study, practice, and apply happiness. Right now. Right here.**

**I am harmony. Acceptance of me, as harmony, is my unconditional love for me. You are harmony. Acceptance of you, as harmony, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are harmony. Life at its best is harmony. I study, practice, and apply harmony. Right now. Right here.**

**I am homeostasis. Acceptance of me, as homeostasis, is my unconditional love for me. You are homeostasis. Acceptance of you, as homeostasis, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are homeostasis. Life at its best is homeostasis. I study, practice, and apply homeostasis. Right now. Right here.**

**I am honesty. Acceptance of me, as honesty, is my unconditional love for me. You are honesty. Acceptance of you, as honesty, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are honesty. Life at its best is honesty. I study, practice, and apply honesty. Right now. Right here.**

**I am honor. Acceptance of me, as honor, is my unconditional love for me. You are honor. Acceptance of you, as honor, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are honor. Life at its best is honor. I study, practice, and apply honor. Right now. Right here.**

**I am hope. Acceptance of me, as hope, is my unconditional love for me. You are hope. Acceptance of you, as hope, is my unconditional love for you. My genetic code,**

**my physical existence, my past, my present, and my future are hope. Life at its best is hope. I study, practice, and apply hope. Right now. Right here.**

**I am hospitality. Acceptance of me, as hospitality, is my unconditional love for me. You are hospitality. Acceptance of you, as hospitality, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are hospitality. Life at its best is hospitality. I study, practice, and apply hospitality. Right now. Right here.**

**I am humor. Acceptance of me, as humor, is my unconditional love for me. You are humor. Acceptance of you, as humor, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are humor. Life at its best is humor. I study, practice, and apply humor. Right now. Right here.**

**I am imagination. Acceptance of me, as imagination, is my unconditional love for me. You are imagination. Acceptance of you, as imagination, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are imagination. Life at its best is imagination. I study, practice, and apply imagination. Right now. Right here.**

**I am inclusiveness. Acceptance of me, as inclusiveness, is my unconditional love for me. You are inclusiveness. Acceptance of you, as inclusiveness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are inclusiveness. Life at its best is inclusiveness. I study, practice, and apply inclusiveness. Right now. Right here.**

**I am independence. Acceptance of me, as independence, is my unconditional love for me. You are independence. Acceptance of you, as independence, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are independence. Life at its best is independence. I study, practice, and apply independence. Right now. Right here.**

**I am individuality. Acceptance of me, as individuality, is my unconditional love for me. You are individuality. Acceptance of you, as individuality, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are individuality. Life at its best is individuality. I study, practice, and apply individuality. Right now. Right here.**

**I am instinct. Acceptance of me, as instinct, is my unconditional love for me. You are instinct. Acceptance of you, as instinct, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are instinct. Life at its best is instinct. I study, practice, and apply instinct. Right now. Right here.**

**I am integrity. Acceptance of me, as integrity, is my unconditional love for me. You are integrity. Acceptance of you, as integrity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are integrity. Life at its best is integrity. I study, practice, and apply integrity. Right now. Right here.**

**I am interdependence. Acceptance of me, as interdependence, is my unconditional love for me. You are interdependence. Acceptance of you, as interdependence, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are interdependence. Life at its best is interdependence. I study, practice, and apply interdependence. Right now. Right here.**

**I am intimacy. Acceptance of me, as intimacy, is my unconditional love for me. You are intimacy. Acceptance of you, as intimacy, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are intimacy. Life at its best is intimacy. I study, practice, and apply intimacy. Right now. Right here.**

**I am intuition. Acceptance of me, as intuition, is my unconditional love for me. You are intuition. Acceptance of you, as intuition, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are intuition. Life at its best is intuition. I study, practice, and apply intuition. Right now. Right here.**

**I am joy. Acceptance of me, as joy, is my unconditional love for me. You are joy. Acceptance of you, as joy, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are joy. Life at its best is joy. I study, practice, and apply joy. Right now. Right here.**

**I am kindness. Acceptance of me, as kindness, is my unconditional love for me. You are kindness. Acceptance of you, as kindness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are kindness. Life at its best is kindness. I study, practice, and apply kindness. Right now. Right here.**

**I am lessons of the past. Acceptance of me, as lessons of the past, is my unconditional love for me. You are lessons of the past. Acceptance of you, as lessons of the past, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are lessons of the past. Life at its best is lessons of the past. I study, practice, and apply lessons of the past. Right now. Right here.**

**I am learning. Acceptance of me, as learning, is my unconditional love for me. You are learning. Acceptance of you, as learning, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are learning. Life at its best is learning. I study, practice, and apply learning. Right now. Right here.**

**I am love. Acceptance of me, as love, is my unconditional love for me. You are love. Acceptance of you, as love, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are love. Life at its best is love. I study, practice, and apply love. Right now. Right here.**

**I am maturity. Acceptance of me, as maturity, is my unconditional love for me. You are maturity. Acceptance of you, as maturity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are maturity. Life at its best is maturity. I study, practice, and apply maturity. Right now. Right here.**

**I am open mindedness. Acceptance of me, as open mindedness, is my unconditional love for me. You are open mindedness. Acceptance of you, as open mindedness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are open mindedness. Life at its best is open mindedness. I study, practice, and apply open mindedness. Right now. Right here.**

**I am optimism. Acceptance of me, as optimism, is my unconditional love for me. You are optimism. Acceptance of you, as optimism, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are optimism. Life at its best is optimism. I study, practice, and apply optimism. Right now. Right here.**

**I am participation. Acceptance of me, as participation, is my unconditional love for me. You are participation. Acceptance of you, as participation, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are participation. Life at its best is participation. I study, practice, and apply participation. Right now. Right here.**

**I am passion. Acceptance of me, as passion, is my unconditional love for me. You are passion. Acceptance of you, as passion, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are passion. Life at its best is passion. I study, practice, and apply passion. Right now. Right here.**

**I am patience. Acceptance of me, as patience, is my unconditional love for me. You are patience. Acceptance of you, as patience, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are patience. Life at its best is patience. I study, practice, and apply patience. Right now. Right here.**

**I am perseverance. Acceptance of me, as perseverance, is my unconditional love for me. You are perseverance. Acceptance of you, as perseverance, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are perseverance. Life at its best is perseverance. I study, practice, and apply perseverance. Right now. Right here.**

**I am powerlessness. Acceptance of me, as powerlessness, is my unconditional love for me. You are powerlessness. Acceptance of you, as powerlessness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are powerlessness. Life at its best is powerlessness. I study, practice, and apply powerlessness. Right now. Right here.**

**I am practicality. Acceptance of me, as practicality, is my unconditional love for me. You are practicality. Acceptance of you, as practicality, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are practicality. Life at its best is practicality. I study, practice, and apply practicality. Right now. Right here.**

**I am the present moment. Acceptance of me, as the present moment, is my unconditional love for me. You are the present moment. Acceptance of you, as the present moment, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are the present moment. Life at its best is the present moment. I study, practice, and apply the present moment. Right now. Right here.**

**I am the principles. Acceptance of me, as principles, is my unconditional love for me. You are principles. Acceptance of you, as the principles, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are the principles. Life at its best is the principles. I study, practice, and apply the principles. Right now. Right here.**

**I am progress. Acceptance of me, as progress, is my unconditional love for me. You are progress. Acceptance of you, as progress, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are progress. Life at its best is progress. I study, practice, and apply progress. Right now. Right here.**

**I am promotion. Acceptance of me, as promotion, is my unconditional love for me. You are promotion. Acceptance of you, as promotion, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are promotion. Life at its best is promotion. I study, practice, and apply promotion. Right now. Right here.**

**I am prudence. Acceptance of me, as prudence, is my unconditional love for me. You are prudence. Acceptance of you, as prudence, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are prudence. Life at its best is prudence. I study, practice, and apply prudence. Right now. Right here.**

**I am purpose. Acceptance of me, as purpose, is my unconditional love for me. You are purpose. Acceptance of you, as purpose, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are purpose. Life at its best is purpose. I study, practice, and apply purpose. Right now. Right here.**

**I am reliability. Acceptance of me, as reliability, is my unconditional love for me. You are reliability. Acceptance of you, as reliability, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are reliability. Life at its best is reliability. I study, practice, and apply reliability. Right now. Right here.**

**I am resilience. Acceptance of me, as resilience, is my unconditional love for me. You are resilience. Acceptance of you, as resilience, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are resilience. Life at its best is resilience. I study, practice, and apply resilience. Right now. Right here.**

**I am respect. Acceptance of me, as respect, is my unconditional love for me. You are respect. Acceptance of you, as respect, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are respect. Life at its best is respect. I study, practice, and apply respect. Right now. Right here.**

**I am responsibility. Acceptance of me, as responsibility, is my unconditional love for me. You are responsibility. Acceptance of you, as responsibility, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are responsibility. Life at its best is responsibility. I study, practice, and apply responsibility. Right now. Right here.**

**I am restraint. Acceptance of me, as restraint, is my unconditional love for me. You are restraint. Acceptance of you, as restraint, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are restraint. Life at its best is restraint. I study, practice, and apply restraint. Right now. Right here.**

**I am sacrifice. Acceptance of me, as sacrifice, is my unconditional love for me. You are sacrifice. Acceptance of you, as sacrifice, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are sacrifice. Life at its best is sacrifice. I study, practice, and apply sacrifice. Right now. Right here.**

**I am safety. Acceptance of me, as safety, is my unconditional love for me. You are safety. Acceptance of you, as safety, is my unconditional love for you. My genetic**



**code, my physical existence, my past, my present, and my future are safety. Life at its best is safety. I study, practice, and apply safety. Right now. Right here.**

**I am security. Acceptance of me, as security, is my unconditional love for me. You are security. Acceptance of you, as security, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are security. Life at its best is security. I study, practice, and apply security. Right now. Right here.**

**I am self-honesty. Acceptance of me, as self-honesty, is my unconditional love for me. You are self-honesty. Acceptance of you, as self-honesty, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are self-honesty. Life at its best is self-honesty. I study, practice, and apply self-honesty. Right now. Right here.**

**I am self-acceptance. Acceptance of me, as self-acceptance, is my unconditional love for me. You are self-acceptance. Acceptance of you, as self-acceptance, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are self-acceptance. Life at its best is self-acceptance. I study, practice, and apply self-acceptance. Right now. Right here.**

**I am self-discipline. Acceptance of me, as self-discipline, is my unconditional love for me. You are self-discipline. Acceptance of you, as self-discipline, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are self-discipline. Life at its best is self-discipline. I study, practice, and apply self-discipline. Right now. Right here.**

**I am self-discovery. Acceptance of me, as self-discovery, is my unconditional love for me. You are self-discovery. Acceptance of you, as self-discovery, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are self-discovery. Life at its best is self-discovery. I study, practice, and apply self-discovery. Right now. Right here.**

**I am self-support. Acceptance of me, as self-support, is my unconditional love for me. You are self-support. Acceptance of you, as self-support, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are self-support. Life at its best is self-support. I study, practice, and apply self-support. Right now. Right here.**

**I am selfless. Acceptance of me, as selfless, is my unconditional love for me. You are selfless. Acceptance of you, as selfless, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are selfless. Life at its best is selfless. I study, practice, and apply selfless. Right now. Right here.**

**I am selfless service. Acceptance of me, as selfless service, is my unconditional love for me. You are selfless service. Acceptance of you, as selfless service, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are selfless service. Life at its best is selfless service. I study, practice, and apply selfless service. Right now. Right here.**

**I am selflessness. Acceptance of me, as selflessness, is my unconditional love for me. You are selflessness. Acceptance of you, as selflessness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are selflessness. Life at its best is selflessness. I study, practice, and apply selflessness. Right now. Right here.**

**I am serenity. Acceptance of me, as serenity, is my unconditional love for me. You are serenity. Acceptance of you, as serenity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are serenity. Life at its best is serenity. I study, practice, and apply serenity. Right now. Right here.**

**I am service. Acceptance of me, as service, is my unconditional love for me. You are service. Acceptance of you, as service, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are service. Life at its best is service. I study, practice, and apply service. Right now. Right here.**

**I am sharing. Acceptance of me, as sharing, is my unconditional love for me. You are sharing. Acceptance of you, as sharing, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are sharing. Life at its best is sharing. I study, practice, and apply sharing. Right now. Right here.**

**I am simplicity. Acceptance of me, as simplicity, is my unconditional love for me. You are simplicity. Acceptance of you, as simplicity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are simplicity. Life at its best is simplicity. I study, practice, and apply simplicity. Right now. Right here.**

**I am sincerity. Acceptance of me, as sincerity, is my unconditional love for me. You are sincerity. Acceptance of you, as sincerity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are sincerity. Life at its best is sincerity. I study, practice, and apply sincerity. Right now. Right here.**

**I am solidarity. Acceptance of me, as solidarity, is my unconditional love for me. You are solidarity. Acceptance of you, as solidarity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are solidarity. Life at its best is solidarity. I study, practice, and apply solidarity. Right now. Right here.**

**I am stability. Acceptance of me, as stability, is my unconditional love for me. You are stability. Acceptance of you, as stability, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are stability. Life at its best is stability. I study, practice, and apply stability. Right now. Right here.**

**I am solidarity. Acceptance of me, as solidarity, is my unconditional love for me. You are solidarity. Acceptance of you, as solidarity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are solidarity. Life at its best is solidarity. I study, practice, and apply solidarity. Right now. Right here.**

**I am stability. Acceptance of me, as stability, is my unconditional love for me. You are stability. Acceptance of you, as stability, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are stability. Life at its best is stability. I study, practice, and apply stability. Right now. Right here.**

**I am steadfastness. Acceptance of me, as steadfastness, is my unconditional love for me. You are steadfastness. Acceptance of you, as steadfastness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are steadfastness. Life at its best is steadfastness. I study, practice, and apply steadfastness. Right now. Right here.**

**I am surrender. Acceptance of me, as surrender, is my unconditional love for me. You are surrender. Acceptance of you, as surrender, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are surrender. Life at its best is surrender. I study, practice, and apply surrender. Right now. Right here.**

**I am thoughtfulness. Acceptance of me, as thoughtfulness, is my unconditional love for me. You are thoughtfulness. Acceptance of you, as thoughtfulness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are thoughtfulness. Life at its best is thoughtfulness. I study, practice, and apply thoughtfulness. Right now. Right here.**

**I am steadfastness. Acceptance of me, as steadfastness, is my unconditional love for me. You are steadfastness. Acceptance of you, as steadfastness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are steadfastness. Life at its best is steadfastness. I study, practice, and apply steadfastness. Right now. Right here.**

**I am surrender. Acceptance of me, as surrender, is my unconditional love for me. You are surrender. Acceptance of you, as surrender, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are**

**surrender. Life at its best is surrender. I study, practice, and apply surrender. Right now. Right here.**

**I am tolerance. Acceptance of me, as tolerance, is my unconditional love for me. You are tolerance. Acceptance of you, as tolerance, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are tolerance. Life at its best is tolerance. I study, practice, and apply tolerance. Right now. Right here.**

**I am trust. Acceptance of me, as trust, is my unconditional love for me. You are trust. Acceptance of you, as trust, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are trust. Life at its best is trust. I study, practice, and apply trust. Right now. Right here.**

**I am the 36 facets of success. Acceptance of me, as the 36 facets of success, is my unconditional love for me. You are the 36 facets of success. Acceptance of you, as the 36 facets of success, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are the 36 facets of success. Life at its best is the 36 facets of success. I study, practice, and apply the 36 facets of success. Right now. Right here.**

**I am unconditional love. Acceptance of me, as unconditional love, is my unconditional love for me. You are unconditional love. Acceptance of you, as unconditional love, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are unconditional love. Life at its best is unconditional love. I study, practice, and apply unconditional love. Right now. Right here.**

**I am understanding. Acceptance of me, as understanding, is my unconditional love for me. You are understanding. Acceptance of you, as understanding, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are understanding. Life at its best is understanding. I study, practice, and apply understanding. Right now. Right here.**

**I am unity. Acceptance of me, as unity, is my unconditional love for me. You are unity. Acceptance of you, as unity, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are unity. Life at its best is unity. I study, practice, and apply unity. Right now. Right here.**

**I am vigilance. Acceptance of me, as vigilance, is my unconditional love for me. You are vigilance. Acceptance of you, as vigilance, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are vigilance. Life at its best is vigilance. I study, practice, and apply vigilance. Right now. Right here.**

**I am vulnerability. Acceptance of me, as vulnerability, is my unconditional love for me. You are vulnerability. Acceptance of you, as vulnerability, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are vulnerability. Life at its best is vulnerability. I study, practice, and apply vulnerability. Right now. Right here.**

**I am we. Acceptance of me, as we, is my unconditional love for me. You are we. Acceptance of you, as we, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are we. Life at its best is we. I study, practice, and apply we. Right now. Right here.**

**I am welcome. Acceptance of me, as welcome, is my unconditional love for me. You are welcome. Acceptance of you, as welcome, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are welcome. Life at its best is welcome. I study, practice, and apply welcome. Right now. Right here.**

**I am willingness. Acceptance of me, as willingness, is my unconditional love for me. You are willingness. Acceptance of you, as willingness, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are willingness. Life at its best is willingness. I study, practice, and apply willingness. Right now. Right here.**

**I am wisdom. Acceptance of me, as wisdom, is my unconditional love for me. You are wisdom. Acceptance of you, as wisdom, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are wisdom. Life at its best is wisdom. I study, practice, and apply wisdom. Right now. Right here.**

**I am wonder. Acceptance of me, as wonder, is my unconditional love for me. You are wonder. Acceptance of you, as wonder, is my unconditional love for you. My genetic code, my physical existence, my past, my present, and my future are wonder. Life at its best is wonder. I study, practice, and apply wonder. Right now. Right here.**

**Facet 17.**

**We are completely autonomous in all our efforts. We affiliate with outside groups or individuals worldwide as needed. All these efforts are completely public and separate from the anonymous meeting setting. All laws regarding such efforts are followed.**

**Each anonymous group is legally and otherwise autonomous and all that goes on there is in complete privacy and confidence. Each group finds its own method and process for protecting the privacy and confidentiality of each person in every way.**

**This facet is about freedom of speech and association outside the anonymous group setting. PIP Success takes no stand whatever on how each member shares their personal experience, and what they say about PIP Success in settings and relationships outside the confidential meetings.**

**We ask only that each member give a disclaimer as to the capacity in which they are speaking. If the member is representing only their self, we ask simply that they say so. "I am only sharing my experience and am in no way representing PIP Success."**

**If the member is representing PIP Success, we ask that an appropriate disclaimer is given. "I am representing PIP Success at the request of.....".**

**If a member is representing a specific service unit or group of PIP Success, then we ask the person to be specific about the service unit, or group, they have been asked to represent.**

**A member is not allowed to represent PIP Success in any way that could result in legal liability, or respond to a liability situation, or potentially liable situation, without written permission to do so from the appropriate group or service body.**

**PIP Success strongly encourages every member to be involved in efforts around the world as they see fit by sharing their experiences and wisdom, as a result of their involvement with PIP Success. We are always teachers and students. We ask that all experiences and wisdom found outside the activities of PIP Success be brought home to PIP Success and shared openly wherever appropriate and helpful.**

**All that is constant is change. PIP Success is constant change while constantly changing. We learn from every source and person.**

**Facet 18.**

**We have these purposes. To find personal recovery. To provide mentorship for a new way of life, to our members, in complete anonymity. Share what we are learning with anyone interested while protecting the confidentiality of members. Our collective experience belongs to the world dialogue.**

**Our message is that any person with the condition commonly called addiction, in all of its manifestations, can stop the behaviors, quit negatively obsessing, find positive passions in life, and succeed in every area of their life. Facets 1-12 are the groundwork for our new lifelong lifestyle of self-discovery.**

**As we personalize our study and practice of the principles, an amazing awakening begins and continues from moment to moment. Each in our own way, we find the principles are who we are and always have been. We are designed for success. We are love and service. We are unconditional love. We are success.**

**I leave footprints each moment for someone, to make the next person's walk easier, be free to go beyond, and do better, because of my footprints. I help each person be freer to be of service, to all mankind, Right now. Right here.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**In Facet 15 we described the central place mentoring has in all our relationships, in PIP Success, and all of our lives.**

**The remainder of this facet of our success focuses on sharing what we are learning with anyone interested while protecting the confidentiality of members. Our collective experience belongs to the world dialogue.**

**Traditionally programs such as 12 Step Based and similar self-help and mutual aid societies and groups have given, for many reasons, the need for personal and collective anonymity, confidentiality, as taking priority over attempts to share personal, and collective experiences, in research and related settings. At all times we protect the confidentiality of each member. Each member shares what they want, when, where, how and why.**

**Most studies and research in those areas is done by the groups themselves for their own purposes and have not resulted in the type of research and presentations that are peer reviewed and without conflicts of interest.**

**In PIP Success we believe our responsibility is to have the experience, learn the lesson, gain the wisdom and then share that with anyone interested in helping us understand what is working, what is not working, and how our experience can be helpful to anyone interested. In all moments and relationships we encounter in our lives.**

**We will protect confidentiality with the highest standards and exceed all laws regarding privacy and appropriate ways to share information that really belongs to the world dialogue on matters important to us. And matters that others might find important about what we are doing.**

**I am success. What works for me will work for thousands, maybe millions of others. A lesson not shared is infinitely less useful than the lesson that is shared. I never know when my words are going to give another person a reason to get through the present moment and save their own life or mine.**

**I am faith in the potential of every moment that every person has ever had, is having right now, or will ever have. I am hope. I am love. I am honesty. I am open-mindedness. I am willingness.**

**The infinite potential of every moment is my infinite potential. That wisdom shared is the fuel of evolution in the universe. I believe the universe, as I understand it, is the principles just as I am.**

**I come to PIP Success. I become my new lifelong lifestyle of self-discovery. I find out who I am and succeed as me in every area of my life, one present moment at a time. I mentor others. As soon as I learn a lesson, I share it with others to gain the wisdom and keep others from having to re-invent the wheel in that area of their life.**

**We do not, however believe that completes the circle of learning. It is important that we are also a part of any dialogue, in any form or media, where we can be in constant learning and teaching relationships wherever it is helpful. What works for thousands of us, in PIP Success, will work for millions of others in every part of life. PIP Success is about success in every area of life. Success by finding out who I am and gaining the skills to succeed being me. Nothing more than me. Nothing less than me. Just me. That sweet spot in all the world and universe that I am. That spot that can only spotlight me as me. Nothing else is worthwhile.**



**Our commitment to consilience inspires us to search in every field of human endeavor for insights that will take us to new levels of success as we learn more about the principles, as individuals, as groups, as part of the human race, and as part of the universe as we each understand it.**

**Thousands of writings are available online, in every format, on the various fields of human endeavor and the study of various of our principles. The neuroscience of love, the mathematics of peace, the neuroscience of empathy, homeostasis and positive attitudes, consilience, and peace of mind, are just a few examples.**

**Consilience is a term coined by biologist and philosopher E. O. Wilson. All knowledge is interconnected. He believed that wisdom comes from facts being affirmed through personal experience.**

**Consilience involves knowledge of all areas of study, all aspects of human endeavor and all of life for purposes of finding the unity in its diversity. PIP Success is committed to learning from the philosophy, theology, language, math, biology, physics, history, economics, arts and political science related to the study and application of our principles.**

**Nature and the principles. Relationships and the principles. Neuroscience and the principles. Homeostasis and the principles. Religion and the principles. All of life and the principles. We want to be part of that worldwide consilience on life and how it can be freed to be its best. One present moment at a time.**

**Steve Jobs, when asked why the Macintosh compute revolutionized computing, he remarked, "I think part of what made the Macintosh so great was that the people working on it were musicians and poets and artists and zoologists and historians who also happened to be the best computer scientists in the world." Many of the world's most life changing creations and breakthroughs came from cross-fertilization of ideas across diverse and often unrelated fields.**

**We want PIP Success to be "Purposeful Work".**

**This is precisely why we believe as scientists, in the study and research of our lives, we ought to know about arts and the humanities, and similarly why artists and humanists should know about science. More precisely, that's why it's helpful for mathematicians to know about poetry and music; why it is helpful for sportspersons to know about environmental science and child welfare; why it is helpful for professors of rhetoric to know about woodworking; and why it's so useful for doctors to know about economics in addition to the more traditional subjects for them like chemistry and biology; and why it can be useful for economists, biologists, and politicians to know about mathematics. And this is really what's behind the value of PIP Success, we believe.**

**And we don't just appreciate the connections between different realms of human endeavor that we find but actively look for them, because they're definitely out there. We use all these wonderful experiences, these things we enjoy, these connections, to find a job, for example, but beyond that, to do good work. In the language of Bates, for each of us to find our "Purposeful Work."**

**Achieving a sense of purpose in work, and all other areas of life, gives us an overall sense of well-being and meaning, as an individual, and for PIP Success as a mentoring role model in the community.**

**Every year all our writings are open for revision by the membership because constant change is all that is constant. Every aspect of PIP Success needs to reflect that reality so that we are inspired by ourselves. I am a lifelong lifestyle of self-discovery. You are a lifelong lifestyle of self-discovery. PIP Success is a lifelong lifestyle of self-discovery. We are reflected in the constantly evolving literature of PIP Success.**

**Whatever we have to do to accomplish our purposes, we will do.**

**Facet 19.**

**In our meetings we are self-supporting by member contributions,**

**I am success. I do my part. I give financially as I can. I give according to the value of what I am receiving. My best is always good enough.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**To protect the autonomy, anonymity and confidentiality needs of each meeting, where members and potential members share intimately, being self-supporting by its member contributions is essential.**

**Meetings are sponsored by groups of members who form a PIP Success Group. Each PIP Success Group is legally autonomous as well. Each group, not the meeting, has its own name, IRS EIN (Employer Identification Number) and is in all ways legally separate from every other group. If one group holds more than one meeting, those meetings can have the same legal identification because they are one Group.**

## Facet 20.

**We are not professional and are completely anonymous in our group meetings. Outside of the anonymous meeting setting, all our efforts are shared publicly with any interested party or organization. We seek to share with and learn from the worldwide community.**

**I am success. In the confidential and anonymous meetings I am only an expert in my personal experience. My personal experience includes lessons I learn in all aspects of my life. I am not, in the meeting setting, serving in any capacity other than through personal stories told in first person, “I” statements. I am not a therapist, pharmacist or professional of any kind. I share what I experience. We call it “first person sharing”.**

**Outside the confidential and anonymous meetings I am free to represent my personal experience as I see fit. I am PIP Success, but I am not representing PIP Success. A simple disclaimer is all that is needed. In settings outside of intimate, anonymous, confidential meetings, I can speak in any way I want about my life and can include professional expertise in any field that is pertinent. My life is my life and I am free to share about it, anywhere and in any way I wish. If someone confuses my freedom of speech, after an appropriate disclaimer, as representing PIP Success, PIP Success is not concerned about that. Nor should the individual sharing, as is their right and responsibility, be concerned about that.**

**When representing PIP Success, I represent PIP Success, and not my personal experience. A simple disclaimer is all that is needed.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**PIP Success encourages each of us to be ourselves at our best and that will always be the message of PIP Success. I am PIP Success. You are PIP Success. PIP Success, as an evolving organization and legal entity, is strong enough to learn from every moment, situation, and relationship. My best, your best, our best, is always progress. Progress is perfection. Perfection is progress.**

**Facet 21**

**We create, outside of the completely anonymous meeting setting, whatever service bodies are needed to participate in the worldwide study of the issues we are concerned with. And advocate for efforts on our behalf and those we serve.**

**I am success. Service begins with me. I find a need and fill it. The needs we find, and agree on, and the ways we find to fill them, become our service structure. I constantly learn, change, and grow.**

**All that is constant is change. Constant change means that all is constantly changing. Any service structure we create must learn, change, and grow, along with me. My best, your best, our best, is constant change constantly changing in every aspect. Not matter what.**

**Any service delivery process that is hindering my process and our process will be updated or abandoned. All aspects of everything is up for review annually.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**This is my approach to me life, your life, our life. This is the PIP Success service structure as well. It evolves as imaginatively, creatively and practically as I, and we. I am the PIP Success service structure and so are you. Life is one.**

**Facet 22.**

**At the anonymous meeting level, we have no opinion on outside issues. In efforts outside the anonymous meetings, we do whatever is necessary to be responsible world citizens in areas of interest to us.**

**I am success.**

**I am PIP Success but I do not represent PIP Success. In that capacity I am free to give my best anywhere I can and choose to, with a simple disclaimer.**

**You are PIP Success, but do not represent PIP Success. In that capacity, you are free to give your best anywhere you can and choose to, with a simple disclaimer.**

**When I, or you, represent PIP Success, with a simple disclaimer, we do our best whenever and however we can. I, and you, and we, want the world to benefit from our every lesson, miniscule or huge.**

**As fast as I, or you, or we, can learn a lesson and pass it on, the better for everyone.**

**We encourage each other to be out and proud about who we, what we are learning, in any way, and anywhere, we choose. In whatever capacity is appropriate for the situation. Wherever I find myself, I will give my best. That is always the message of PIP Success.**

**We can be useful in so many situations because we believe that addiction is not about recovery or restoration. Recovery and restoration are not about addiction. In PIP Success we are about one effort. Find out who I am and succeed as me. That message is needed all the time, everywhere.**

**PIP Success was designed, in great part, to overcome many of the hurdles, stereotypes, of what “an addict” or “addiction is or is not”. We start in the solution and stay there. Any person can understand that, if we meet people where they are at.**

**We believe the public has had such a hard time understanding our situation and the solutions, in large part, because we as a group have, historically, tended to emphasize our differences. Most “recovery” programs are based on differences, and an acceptance that “normal people” do not understand because we are different and they are different. We say in many ways, without saying it, that we are too different to understand each other. That is not the way of PIP Success.**

**The principles, universally appreciated, understood, studied, practiced, in all areas of life and all relationships, are our commonality. Success at knowing who we are, and having the skills to succeed as me, are skills sought after the world over. We start, are in all aspects of our life, and end with two main ideas. We always have more in common with every person than different. And, I do not know what I do not know.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**I am life. You are life. PIP Success is life. Our message is life at its best. Every person can find out who they are, learn the skills to succeed as who they are, and do their best in each moment and relationship. Their best is always enough.**

**The old lie is dead. Progress not perfection.**

**My best is always progress. No person ever did better. Progress is perfection.**

**Facet 23.**

**Our relations at the group level, and in attracting potential members, are based only on the principles, their study and practice. We educate our members on the standards of the professional community and the laws concerning what we have a right to know about any person and what is private by law or common practice. Beyond the law and common practice each person defines their needs for anonymity and personal safety.**

**No matter what any policy or relevant law describes or mandates, each person defines their personal need for anonymity, confidentiality, and safety. We promise to respect and accommodate those needs in written policies and practices.**

**When involved in PIP Success we are experts only in our personal experience, even if we are licensed professionals in any field. The requirements, as mandated reporters, as licensed professionals, is not related to PIP Success, but is respected by PIP Success.**

**Because we are not professionals, in PIP Success, we have no right to any information related to medical, mental or related areas. If a person reveals such information, we have no right whatever to advise the person in any way regarding these matters. Even if we are licensed professionals, outside of PIP Success, in any of these areas. Informally, in settings not representing PIP Success, of course, persons are free to request advice on any matter from wherever and whomever they wish.**

**Anonymity, for PIP Success purposes, tells us that, based on the principles, we are all equal, unconditionally, no matter what.**

**Confidentiality refers to the right of each person to have their personal and identifying information protected as each sees fit, and how those boundaries are respected and affirmed. Confidentiality policy, confidential, means that we are free to talk about PIP Success, about our personal program in PIP Success, and how that is working for me, but we are not permitted to disclose names, identifying information, or talk about them in ways that will make their identity known. No identifying information may be released without appropriate authorization from the person. We are free to share in ways that pass on our experience, lessons learned and wisdom gained in ways that protect, in every way, personal and identifying information.**

**Safety refers to whatever that means for each individual and our respect for those boundaries.**



**PIP Success is committed to following all relevant laws and exceeding all professional and legal standards, whenever and wherever the principles inform us in that direction. We are equally responsible for developing policies in these areas and accountable to each other for them. We are leaders in all these areas. We are the principles.**

**Each state and country have their own mandatory reporting laws. We are committed, as Board Members, as paid staff, as volunteers and as members, to educate ourselves and each other on all relevant laws, and what PIP Success standards are, as well. We are equally responsible for developing policies in these areas and accountable to each other for them.**

**We are mandated reporters, by choice, as “family” members, whether we are legally mandated or not. Of course we cannot require someone to be a mandatory reporter if they are not legally described as such.**

**At all times, anyone who comes to us for help and support in any way, or participates in any way, their civil rights have to be affirmed and protected. The principles demand this of each of us equally at all times.**

**Many “recovery” groups have, in their commitment to allowing members to tell their stories, allowed language and behavior that violates the civil rights of others, because it was felt that had to be allowed to not encourage the person to stay away. PIP Success is committed to respecting the civil rights of every person, no matter what, unconditionally. Like in any family, it is everyone’s responsibility, but is first the responsibility of the group itself. The responsibility of the “adults” in the group. Adults by experience and knowledge.**

**We choose to be mandated reporters because we are committed to exceeding all legal standards in areas of safety, confidentiality, and anonymity. What we want our children to learn determines how we treat one another. The principles are our standard. The principles are never in disagreement.**

**We are orphans raising orphans, in families we choose to be, for each other. Why someone seeks our services is of no importance. Every moment we are committed to being the principles to the best of our ability. We choose to be, all equally, the “adult” in the room to the best of our ability, each of us. Safety, confidentiality, and anonymity are never someone else’s responsibility. Responsibility and accountability are the same.**

**Many of us have not known the freedom to learn, change, and grow, that a child needs from birth. We did not have the support and skills to be who we are and succeed as ourselves, for many different reasons and we do not judge or evaluate those circumstances. We are, for each other, the safety, the recognition, the**

comfort, and the security each person needs in all relationships, from birth and before, to death.

As volunteers, we are not mandated reporters by law. We can choose to be mandated reporters as members of the PIP Success family. At all times, anyone who comes to us for help and support in any way, their civil rights have to be affirmed and protected. The principles demand this of each of us, equally, at all times.

We can choose to be mandated reporters because we are committed to exceeding all legal standards in areas of safety, confidentiality and anonymity. What we want our children to learn determines how we treat one another. The principles are our standard. The principles are never in disagreement.

PIP Success will develop policies and practices for use, if identifying information needs to be released to proper authorities, when a member(s) reasonably believes it is necessary to prevent a criminal act that will likely result in harm or death. The policies must include good faith efforts to persuade the person to refrain from such acts, and to inform the person that their confidential information and identifying information will be revealed as needed.

The person who has been harmed or who may be harmed needs to be given special protection in all ways during these processes. And if the person who has been harmed or may be harmed is unwilling to participate in the process, the needs of the organization can override the person(s) reluctance to come forward on their own behalf. The principles will guide us in all these situations.

**Facet 24.**

**We meet and exceed any standard concerning full acceptance of every person's right to define themselves in every area of their lives. We learn how each person wishes to be identified and respected. We educate our members accordingly. With zero tolerance for mistreatment, bullying or discrimination, at the group and service levels, we are community leaders in these areas.**

**Pip Success is committed to diversity and equal opportunity in all aspects of its life and activities. We welcome, and promise to not discriminate against in any way, the unique contribution each person, in any capacity, brings to this organization by their education, opinions, culture, ethnicity, race, sex, gender identity and expression, nation of origin, age, languages spoken, skin tone, religion, disability, sexual orientation and beliefs, height, weight, physical or mental ability, military status or obligations, or marital status. This policy applies to all service opportunities, mentoring, hiring, internal promotions, training, opportunities for advancement, and terminations and applies to all members, volunteers, employees, and contractors.**

**For example, we will not meet in any facility that is not completely accessible to all members and potential members. We are the principles and they are never in conflict. Transparency, responsibility and accountability, inclusion, group conscience, consilience, unanimity are the goals, method and process.**

**In addition to Facet 23, we have an obligation, through written policies and practices, to promote mutual respect, tolerance, and acceptance of each person as they present and represent themselves. PIP Success will not tolerate behavior that infringes on the safety of anyone.**

**No person will be allowed to intimidate, harass, or bully another person through words or actions. Such behavior includes direct physical contact, such as hitting or shoving; verbal assaults, such as teasing or name-calling, and social isolation or manipulation. Pip Success prohibits retaliatory behavior against any person who brings a concern or is otherwise involved in these processes. Policies and practices will be developed to meet these commitments.**

**Part of a healthy environment is the freedom to openly disagree. With this freedom comes the responsibility to discuss and resolve disagreements with respect for the rights and opinions of others.**

**To prevent conflict, PIP Success, through the other facets, will incorporate conflict resolution education and problem-solving techniques. This is an important step in promoting respect and acceptance, developing new ways of communicating, understanding, and accepting differing values and cultures**

**within the community and helps ensure a safe and healthy learning environment. PIP Success will provide training to develop the knowledge, attitudes, and skills needed to choose alternatives to self-destructive, violent behavior and dissolve interpersonal and intergroup conflict.**

**The facets are about the need for ground rules of communication in all our relationships. We apply all the principles in all our relationships and moments.**

**PIP Success is family, by choice, and that means 24 hours a day, 7 days a week, in PIP Success activities and meetings and outside throughout the day. We recognize the harmful effects of bullying and desire to provide safe environments that protect from physical and emotional harm.**

**No member or group of members shall, through physical, written, verbal, or other means, harass, sexually harass, threaten, intimidate, cyberbully, cause bodily injury to, or commit hate violence against any other member.**

**Cyberbullying includes the transmission of harassing communications, direct threats, or other harmful texts, sounds, or images on the internet, social media, or other technologies using a telephone, computer, or any wireless communication device. Cyberbullying also includes breaking into another person's electronic account and assuming that person's identity in order to damage that person's reputation.**

**We are also committed to not discriminating indirectly. Indirect discrimination is a discrete type of discrimination that involves a policy, rule or procedure that is applied to everyone in a certain area but, ultimately, puts some individuals or groups at a disadvantage. Just like direct discrimination, indirect discrimination can affect people of a certain group. Indirect discrimination can be posed as a formal or informal rule, practice or policy that may control behavior or set standards.**

**In contrast to direct discrimination, which may be easy to see, hear and identify, indirect discrimination is often more subtle. This type of discrimination may affect present and future actions.**

**One example of indirect discrimination is a company setting a weekend work policy. The company may require employees to work certain times over the weekend; this request is considered neutral, as it applies to all employees. However, employees who practice certain religions may be unable to work the requisite weekend hours because of commitments to religious practices. These employees are then at a disadvantage in comparison to employees who are not bound by religious constraints. The discriminated-against employees may then**

lose the opportunity to work at the company based on their religious commitments.

Finally, people generally discriminate against other people because they have taken their beliefs of stereotypes to a level that causes them to think that others are not equal to them. These beliefs in stereotypes could be the result of moral consciousness or a result of environmental factors present while a person was being raised.

Throughout the world, there are different types of people. These people are different because of many factors. Most people in the world fit into several different categories, so their race or the type of body they have are not their only defining characteristics. Generally, these categories that humans fit into have different connotations associated with them. These connotations, or stereotypes, can also define what a person is.

When people take their belief in stereotypes too far, they begin to become discriminatory toward other groups of people. Some people may even discriminate against others that fit into their own category.

People are never born knowing about stereotypes. They can learn about different stereotypes from their parents, the media and the environment around them. The way that people around a child treat stereotypes directly affects the way that a child will handle stereotypes as an adult.

We are the principles in all moments and areas of our lives. We promise to exceed all standards, legal and otherwise, in the policies we create and their equal application.

**Facet 25.**

**We develop a service structure to meet the primary purpose of the group. And serve as a role model for healthy relationships based in love and service.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**You have the experience. You learn the lesson. You gain the wisdom. You practice. You improve. You talk about it. You think about it. You write about it. You teach it to someone.**

**You are the experience. You are the lesson. You are the wisdom. You are the practice. You are the improvement. You are the word. You are the thought. You are the text. You are the teacher.**

**You do not know what you do not know. You are always the teacher and the student. You are one with all the sources of teaching and learning.**

**We have the experience. We learn the lesson. We gain the wisdom. We practice. We improve. We talk about it. We think about it. We write about it. We teach it to someone.**

**We are the experience. We are the lesson. We are the wisdom. We are the practice. We are the improvement. We are the word. We are the thought. We are the text. We are the teacher.**

**We do not know what we do not know. We are always the teacher and the student. We are one with all sources of teaching and learning.**

**PIP Success has the experience. PIP Success learns the lesson. PIP Success gains the wisdom. PIP Success practices. PIP Success improves. PIP Success talks about it. PIP Success thinks about it. PIP Success writes about it. PIP Success teaches it to someone.**

**PIP Success is the experience. PIP Success is the lesson. PIP Success is the wisdom. PIP Success is the practice. PIP Success is the improvement. PIP**

**Success is the word. PIP Success is the thought. PIP Success is the text.  
PIP Success is the teacher.**

**PIP Success does not know what it does not know. PIP Success is always  
the teacher and the student. PIP Success is one with all sources of teaching  
and learning.**

**With the principles as my intentions, my thoughts, my words, my actions, the  
results will be a service structure that is a role model for all my relationships.**

**With the principles as your intentions, your thoughts, your words, your  
actions, the results will be a service structure that is a role model for all your  
relationships.**

**With the principles as our intentions, our thoughts, our words, our actions and  
results will be. Service structure that is a role model for all our relationships.**

**With the principles as PIP Success, its intentions, it's thoughts, its words, it's  
actions and its results will be a service structure that is a role model for all its  
relationships with itself, us, and me.**

**As the principles, I, you, we, and PIP Success are one and the same service  
structure. What works for me will work for thousands of others. What works  
for you will work for thousands of others. What works for us will work for  
thousands of others. What works for PIP Success will work for thousands of  
others.**

**Facet 26.**

**The members of the anonymous group are the final authority in all areas of the organization's life.**

**I am success. I am the principles. You are the principles. We are the principles. PIP Success is the principles.**

**Who I am determines my involvement in the organization. Who you are determines your involvement in the organization. All areas of life in our organization are defined by who we are as unique individuals with experience and wisdom as unique as our fingerprints.**

**I am consilience, group conscience, unanimity, constant change amidst constant change. You are consilience, group conscience, unanimity, constant change amidst constant change. We are consilience, group conscience, unanimity, constant change amidst constant change.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**Each member gets one vote, at the group level, on all decisions related to the organizations' life. All forms of media will be used to ensure complete transparency, consistency, predictability, and dependability in decision making processes. No matter what the decision, except what might be required by law or confidentiality, none will be closed in any way to the membership. On each issue, one person, one vote.**

**Each member, at the group level, in matters just involving the affairs of that group, gets one vote at each group they attend.**

**In matters relating to a service structure that includes the affairs collectively of several independent groups, each member gets only one vote at one group.**

**If a group has more than one meeting, each person can only vote on matters at each meeting if the matter relates just to that one meeting. If it involves more than one meeting sponsored by a group, each person gets only one vote.**



**Facet 27.**

**Any authority delegated by the group still belongs to the anonymous groups.**

**I am success. I am constant change. I am constant learning. I am constant growth. As I learn, change and grow, I am learning, changing and growing. You are constant change. You are constant learning. You are constant growth. As you learn, change and grow, you are learning, changing and growing. We are constant change. We are constant learning. We are constantly growing. As we grow, learn and change, we are constantly learning, changing and growing.**

**All decisions are just that. Decisions made at a point in time for reasons relevant at that time. All decisions are open to reconsideration and will be reconsidered from time to time. All it takes is one member to ask for a reconsideration.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**Any authority delegated by the group(s) still belongs to the anonymous group(s). This facet is a logical extension of Facet 26.**

**As stated in Facet 26, Each member gets one vote, at the group level, on all decisions related to the organizations' life. All forms of media will be used to insure complete transparency, consistency, predictability, and dependability in decision making processes. No matter, except what might be required by law or confidentiality, will be closed in any way to the membership. On each issue, one person, one vote.**

**One person, one vote, applies to all matters, including whether to take back some authority delegated to another service body, representing the group in some way.**

**As stated in Facet 26, each member, at the group level, in matters just involving the affairs of that group, gets one vote at each group they attend.**

**In matters relating to a service structure that includes the affairs collectively of several independent groups, each member gets only one vote at one group.**

**If a group has more than one meeting, each person can only vote on matters at each meeting if the matter relates just to that one meeting. If it involves more than one meeting sponsored by a group, each person gets only one vote.**

**Facet 28.**

**The anonymous group members determine the standards for leadership, select the leaders and provide management and delegation as needed.**

**I am success. I am the principles. The principles are my leadership. The principles are my leadership standard. The principles are my standard for management and delegation. These principles are never in conflict. The standards I support, and we agree to for leadership, management, and delegation will be based on the principles, in concert.**

**The principles determine my standards for leadership. The principles help me select leaders. The principles help me provide management and delegation as needed. The principles are my support for the success of leadership.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone. That is my personal leadership style.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher. That is my personal mentorship style.**

**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning. That is how I join in group conscience, consilience, unanimity regarding our standards for leadership, leadership selection and providing the management and delegation needed for success.**

**I am the principles for my success. I am the principles in support of your success. I am the principles for our success. I am the principles for the success of PIP Success.**

**The standards for leadership, leadership selection, delegation and management are the principles in intention, thought, words, and actions. My standards, your standards, our standards, and the standards of PIP Success. The results determine the next step. The principles are every step. The results are the principles.**

**I am the standards for leadership. I am the selection of leaders. I am the management of our leaders. I am the delegation of responsibility and accountability. I am leadership. I lead. I am management. I am delegation.**

**I am the change I want to see in all aspects of my relationship with me, you, us, PIP Success and our relationship with the world.**

**Facet 29.**

**For each responsibility delegated a single person is designated by the anonymous group members as the point of accountability with clearly defined goals and methods.**

**The principles, in any situation, are best served when a single person is designated for each area of responsibility, as the point of accountability, for that situation. The principles are the source of the goals and methods imagined and created for that area of responsibility. Simplicity of responsibility and accountability is clarity.**

**Facet 30.**

**Group conscience and consilience, based on the study and application of principles, is utilized for all dialogue and decision making. These processes are developed, as well, for use by members in all their relationships in daily life.**

**I am every point of view.**

**A view from a specific point is a viewpoint. That's all. Nothing more. Nothing less. No person can do better than describe the view from their point.**

**As I turn around at the point I am at, right now, my point of view changes. A new viewpoint.**

**If I stand where I am, or sit, or lay, and turn one degree at a time, I will have at minimum 360 points of view by the time I have completed a circle just once. 360 different points of view. My change in viewpoint may be subtle, but different.**

**We believe addiction has no relation to recovery. We believe recovery has no relation to addiction. PIP Success is about a lifelong lifestyle of self-discovery. I find out who I am in every area of my life. I learn the skills to succeed, as me, in every area of my life.**

**What I learn in PIP Success has nothing to with addiction or recovery. Or PIP Success for that matter. I learn how to succeed in each present moment, in every area of my life. Each moment involves relationships.**

**Each relationship involves boundaries. I determine my boundaries and I ask you to respect them. You establish your boundaries and I respect them.**

**We believe we would likely have not developed the symptoms of what is commonly called addiction if we had a better sense of who we are, and the skills to succeed at being who we are.**

**I am the principles. Constant study and application of the principles in every moment, situation and relationship, past, present and future, to the best of my ability, is always my best. My best is always progress. Progress is my perfection.**

**This facet is about my resilience. I am resilience in this present moment. I am resilience in each of my relationships. I am resilience in my dialogue with me, you, us and the universe as I understand it. I am resilience in my decision making with me, you, us, and the universe as I understand it.**

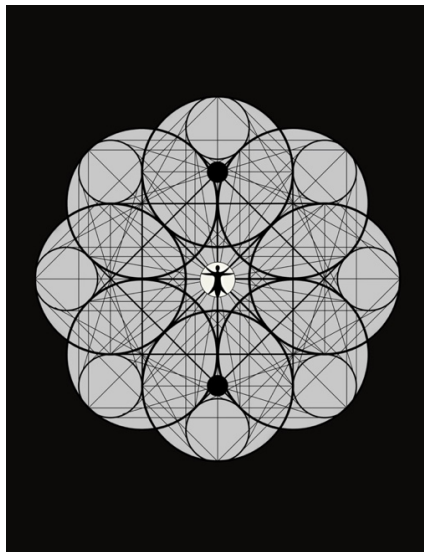
**I am my pip. I am responsible for my pip. I am accountable to my pip.**



**Research, though varying in some cultures, shows that each person needs 3-4 feet of space, generally the distance of arms outstretched all around, to be safe and comfortable in most situations. Especially in difficult situations where issues are being resolved.**

**We define pip as the personal bubble that surrounds a person and all that is within that bubble in the present moment. One's body and the space that connects the person to the rest of the universe. The size of that bubble is determined by each person and is respected by others.**

**My pip is, in a sense, the center of my universe. I am connected to all the unknowable, unknown, known universe with my pip. My pip is at once my best self, my selfish best, and my selfless best. My pip is my present moment as experienced by me. Experienced by my pip as me. New, and creation, each moment.**



**I am my pip. I am PIP Success. PIP Success is the principles. I am the principles. My pip is the principles. My pip is me in this present moment. I am constantly learning, changing, and growing. Positively, neutrally, negatively, but always learning, growing, changing. No amount of denial, fantasy, negative obsession, or rebellious act will change the process of reality. I am creativity.**

**I am resilience. Resilience is a central need in my dialogue, decision making and success in each moment, situation, and relationship.**

**Constant study and learning about who I am, the principles, and the practice of being me in each present moment, give me the resilience needed to succeed in all my relationships. With me. With you. With this moment, all past moments, and future potential. With PIP Success.**

**The principles are my ground rules of communication in all dialogue and decision making in my relationship with me, you, us, and the universe as I understand it.**

**I am group conscience. Group conscience is a central need in my dialogue, decision making and success in each moment, situation, and relationship.**

**The principles are my group conscience. The principles are never in conflict with me. You are group conscience. The principles are your group conscience. The principles are never in conflict with you.**

**With the principles as my, your, and our intentions, thoughts, words, and actions, the results will be progress for me, for you, for us and the universe as we each understand it. Progress, in this present moment, is perfection for me, you, us, and the universe as we each understand it.**

**The common ground I find, as me with me, is my group conscience with me. The common ground you find, as you with you, is your group conscience with you. The common ground I find with me, with you, with us, with the universe as I understand it, is our group conscience.**

**I am unanimity. Unanimity is a central need in my dialogue, decision making and success in each moment, situation, and relationship.**

**I seek unanimity with me, with you, with us, and the universe as I understand it. The principles are unanimity. I am unanimity. You are unanimity. We are unanimity. The universe as I understand it is unanimity.**

**Homeostasis is unanimity. Allostasis is the process of finding unanimity. It is group conscience. It is also consilience among infinite options and choices. The**



principles are our consistency, dependability, and predictability in all our processes and relationships.

I am consilience. Consilience is a central need in my dialogue, decision making and success in each moment, situation, and relationship.

Consilience is the linking together of principles from different disciplines. Consilience is especially important when forming a comprehensive theory, common understanding, or as the basis for a highly informed group conscience.

All the sources of learning and teaching are sought out. All approaches to this moment and situation, all points of view towards this moment and situation are included. The infinite potential of this moment and situation, and the infinite possibilities available in this moment, are where I seek unity in my diversity with me, you, us, and the universe as I understand it.

Right now. Right here. I find a level of consilience that is the principles. Consilience is the principles. To move in a new direction of higher understanding, first I found our commonality, so that we can begin the walk there together, each bringing our best to the journey. Our individual, unique, once in forever best. We will end up where we end up and it will be progress because we are the principles. Our individual instincts, intuitions, intentions, thoughts, words, actions are the steps there and the results are what they are. And most importantly we each end up where we started. "I do not know what I do not know."

My cells, my tissues, my organs, my body, my pip and I, are exquisite examples of resilience as essential to attaining homeostasis (allostasis), millisecond after millisecond, no matter what life brings me. And exquisite examples as well of unanimity, group conscience, consilience, in dialogue and decision-making. Right now. Right here. With millions of years of experience with all that is constant. Seeking constantly changing homeostasis, as constant change, is constantly changing.

Resilience is defined as an ability to recover from or adjust easily to misfortune or change. It is how I respond to life as it happens in the present moment. I am resilience. You are resilience. We are resilience. The universe as I understand it is resilience. My universe is an excellent role model for me of resilience. Unanimity. Group Conscience. Consilience.

There are three main aspects to my resilience. How prepared I am for the present moment. How I respond to the present moment. How I process the present moment as a learning opportunity.

**Study and practice of the principles are how I prepare for this present moment, how I respond to the situations and relationships in this present moment, and how I process this present moment to learn its lessons.**

**I am the principles. What a simple process this thing called life is. Just be me. It is a quite passive process really. Just let me, let you, let us, let the universe as I understand it, be who we are.**

**I am success. I am the principles. I study the nuances of each of the principles and imagine myself responding to various types of situations in the future. I practice them consciously and unconsciously in the present moment. I process the moment just past for lessons to better be myself, and succeed as me in the next moment.**

**Each time I do my best strengthens my confidence about the next moment and all future potential. As a skill set, like each other principle, resilience has no limits. A lifelong lifestyle of higher skill levels. Salutogenesis. Tending towards healthier options, choices, health and well-being.**

**I am the principles. You are the principles. We are the principles. The first skill in building resilience is to keep present, in the principles that I am. And stay in my belief that you have the same ability. I want to welcome that from you.**

**I am love. You are love. I practice staying in my love, as me, for me. I practice, equally, staying in my love for you, because I believe you are love, at your best and at your worst. I want to be a safe place for you to come, to the love, in our relationship. Right now. Right here. That is my resilience.**

**Resilience requires me to always have good boundaries and be vigilant. The safer I feel, the more I can just be me, and let me do my thing. My instincts, my intuitions, my imagination, my creativity, as the principles, will be my best. My pip, my body, my all, will be my best. My best is safety for you and I, us and the universe as we each understand it.**

**I am infinitely nuanced and am not a stereotype of any kind. I give you the same. I believe you are infinitely nuanced and are not a stereotype of any kind. Honesty, open-mindedness, willingness, faith, hope, and love are my acceptance of you as you want to present yourself to me, in the present moment and situation. Assumptions are not one of our principles. I believe only that you are the principles, just as I am.**

**As the principles, I am not “us and them”. As the principles, you are not “us and them”. As the principles, we are not “us and them”. I am one with me. You are one with you. I am one with you. We are one with us.**

**I always have more in common with me than different. I always have more in common with you than different. We always have more in common with all, than different.**

**I am love. I am unconditional love. You are love. You are unconditional love. We are love. We are unconditional love.**

**I am unity in my commonality with me, with you, us, and the universe as we each understand it to be.**

**I carefully monitor my life and being, to prepare me for this moment. The principles bring me healthy emotions. Healthy intentions. Healthy thoughts. Healthy words, actions, and healthy results. My mighty body and brain are well equipped to not be overcome, in ways that are not helpful to this moment.**

**My intentions in this present moment, no matter what the situation is, are to be present, fully equal, fully engaged, in this moment with me, you, us and the universe as I understand it.**

**My thoughts in this present moment, no matter what the situation is, are how to be present, fully equal, fully engaged, in this moment with me, you, us and the universe as I understand it.**

**My words in this present moment, no matter what the situation is, are how to be present, fully equal, fully engaged, in this moment with me, you, us and the universe as I understand it.**

**My actions in this present moment, no matter what the situation is, are how to be present, fully equal, fully engaged, in this moment with me, you, us and the universe as I understand it.**

**I intend that my results, your results, our results, and its affect on the universe as I understand it, be the principles. I am the principles. You are the principles. We are the principles. The universe as I understand it, is the principles.**

**I am resilience in each moment and relationship. I study and practice the principles to prepare for what comes, to respond to what comes creatively, and to learn the lessons each moment and relationship are.**

**Each of the principles, like the different muscles of my body, brings its unique strength and power to my physical resilience when I run, lift weights, relax in meditation, or am hit by a car while walking my dog.**

**My body is several general types of muscles, several groups of muscles and many hundreds of specialized muscles. So the principles are the muscles of my resilience. I am resilience.**

**Like my heart, my hands, my feet, each principle is essential. My urine is as important as the neurons in my brain to my success. My pip is the essence of all the principles in unanimity, constant dialogue, group conscience, and consilience efforts more complicated than the universe, as I understand it. No matter what life brings my pip, it finds a new balance. Homeostasis, while millions of changes are happening, each millisecond.**

**All I am asked to do is be who I am. I am the principles. Be them and let them be my every moment and relationship. Practice. Practice. Practice. Practice is all there is. Instincts. Intuitions. Imagination. Creativity. I just show up each moment. I just do it!**

**I am acceptance. Right now! Right here!**

**I am accountability. Right now! Right here!**

**I am allostasis. Right now! Right here!**

**I am anonymity. Right now! Right here!**

**I am attentiveness. Right now! Right here!**

**I am attraction. Right now! Right here!**

**I am authenticity. Right now! Right here!**

**I am autonomy. Right now! Right here!**

**I am awareness. Right now! Right here!**

**I am balance. Right now! Right here!**

**I am boundaries. Right now! Right here!**

**I am caring. Right now! Right here!**

**I am caution. Right now! Right here!**

**I am collective guidance. Right now! Right here!**

**I am commitment. Right now! Right here!**

**I am communication. Right now! Right here!**

**I am compassion. Right now! Right here!**

**I am confidence. Right now! Right here!**

**I am confidentiality. Right now! Right here!**

**I am connection. Right now! Right here!**

**I am conscience. Right now! Right here!**

**I am consilience. Right now! Right here!**

**I am consistency. Right now! Right here!**

**I am constant change. Right now! Right here!**

**I am conviction. Right now! Right here!**

**I am cooperation. Right now! Right here!**

**I am courage. Right now! Right here!**

**I am creativity. Right now! Right here!**

**I am curiosity. Right now! Right here!**

**I am dependability. Right now! Right here!**

**I am dignity. Right now! Right here!**

**I am discernment. Right now! Right here!**

**I am discipline. Right now! Right here!**

**I am diversity. Right now! Right here!**

**I am empathy. Right now! Right here!**

**I am encouragement. Right now! Right here!**

**I am equality. Right now! Right here!**

**I am equanimity. Right now! Right here!**

**I am faith. Right now! Right here!**

**I am fidelity. Right now! Right here!**

**I am flexibility. Right now! Right here!**

**I am forgiveness. Right now! Right here!**

**I am future potential. Right now! Right here!**

**I am freedom. Right now! Right here!**

**I am gentleness. Right now! Right here!**

**I am generosity. Right now! Right here!**

**I am goodwill. Right now! Right here!**

**I am grace. Right now! Right here!**

**I am gratitude. Right now! Right here!**

**I am growth. Right now! Right here!**

**I am happiness. Right now! Right here!**

**I am harmony. Right now! Right here!**

**I am homeostasis. Right now! Right here!**

**I am honesty. Right now! Right here!**

**I am honor. Right now! Right here!**

**I am hope. Right now! Right here!**

**I am hospitality. Right now! Right here!**

**I am humor. Right now! Right here!**

**I am inclusiveness. Right now! Right here!**

**I am independence. Right now! Right here!**

**I am individuality. Right now! Right here!**

**I am instinct. Right now! Right here!**

**I am integrity. Right now! Right here!**

**I am interdependence. Right now! Right here!**

**I am intimacy. Right now! Right here!**

**I am intuition. Right now! Right here!**

**I am joy. Right now! Right here!**

**I am kindness. Right now! Right here!**

**I am lessons of the past. Right now! Right here!**

**I am learning. Right now! Right here!**

**I am listening. Right now! Right here!**

**I am love. Right now! Right here!**

**I am loyalty. Right now! Right here!**

**I am maturity. Right now! Right here!**

**I am open mindedness. Right now! Right here!**

**I am optimism. Right now! Right here!**

**I am participation. Right now! Right here!**

**I am passion. Right now! Right here!**

**I am patience. Right now! Right here!**

**I am perseverance. Right now! Right here!**

**I am powerlessness. Right now! Right here!**

**I am practicality. Right now! Right here!**

**I am the present moment. Right now! Right here!**

**I am the principles. Right now! Right here!**

**I am progress. Right now! Right here!**

**I am promotion. Right now! Right here!**

**I am prudence. Right now! Right here!**

**I am purpose. Right now! Right here!**

**I am reliability. Right now! Right here!**

**I am resilience. Right now! Right here!**

**I am respect. Right now! Right here!**

**I am responsibility. Right now! Right here!**

**I am restraint. Right now! Right here!**

**I am sacrifice. Right now! Right here!**

**I am safety. Right now! Right here!**

**I am security. Right now! Right here!**

**I am self honesty. Right now! Right here!**

**I am self acceptance. Right now! Right here!**

**I am self-discipline. Right now! Right here!**

**I am self discovery. Right now! Right here!**

**I am self support. Right now! Right here!**

**I am selfless. Right now! Right here!**



**I am selfless service. Right now! Right here!**

**I am selflessness. Right now! Right here!**

**I am serenity. Right now! Right here!**

**I am service. Right now! Right here!**

**I am sharing. Right now! Right here!**

**I am simplicity. Right now! Right here!**

**I am solidarity. Right now! Right here!**

**I am stability. Right now! Right here!**

**I am steadfastness. Right now! Right here!**

**I am surrender. Right now! Right here!**

**I am thoughtfulness. Right now! Right here!**

**I am tolerance. Right now! Right here!**

**I am trust. Right now! Right here!**

**I am the 36 facets of success. Right now! Right here!**

**I am unconditional love. Right now! Right here!**

**I am understanding. Right now! Right here!**

**I am unity. Right now! Right here!**

**I am vigilance. Right now! Right here!**

**I am vulnerability. Right now! Right here!**

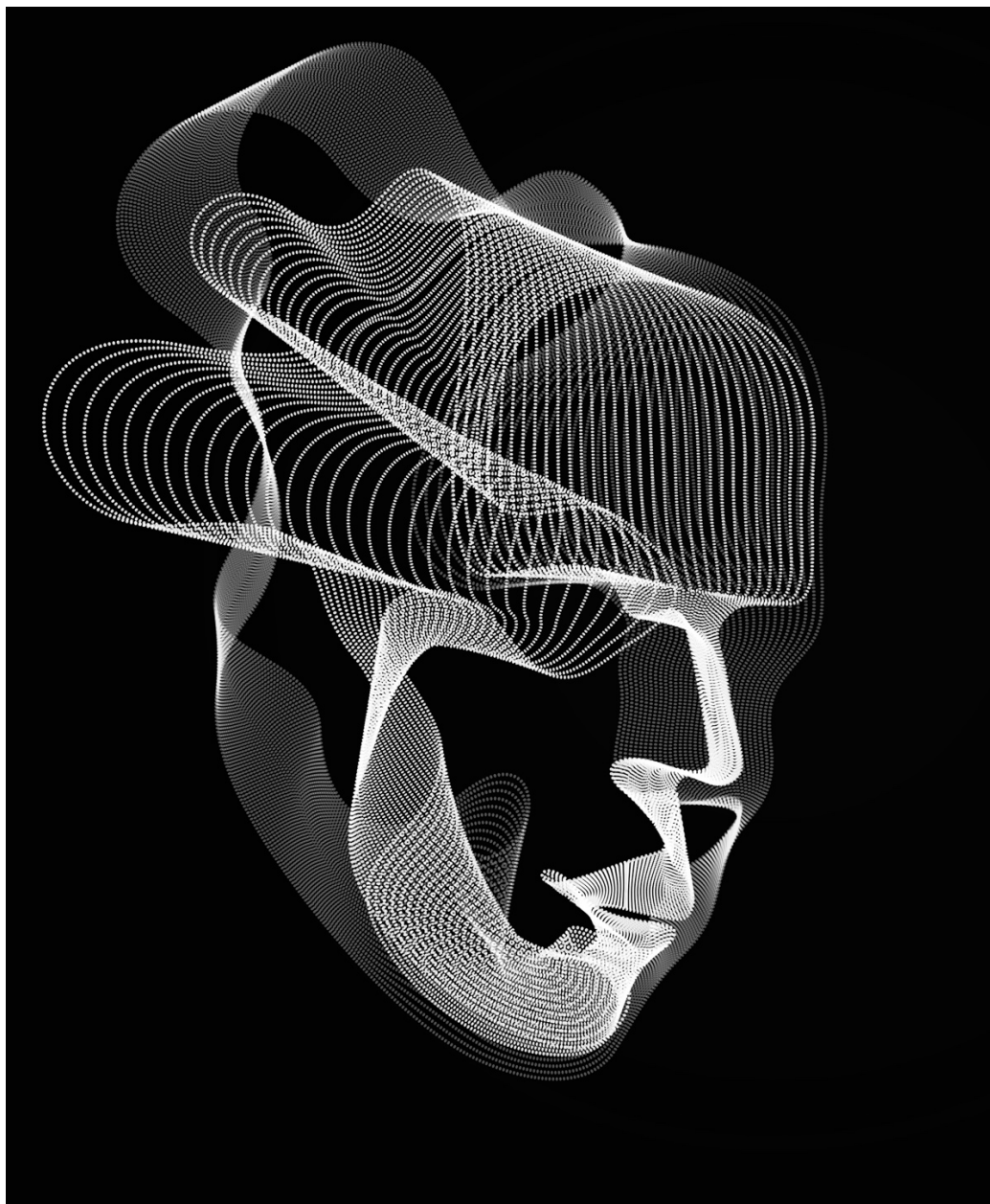
**I am we. Right now! Right here!**

**I am welcome. Right now! Right here!**

**I am willingness. Right now! Right here!**

**I am wisdom. Right now! Right here!**

**I am wonder. Right now! Right here!**



**Facet 31.**

**Each member is equally responsible for all activities of the group in its anonymous meetings and other activities and has an equal voice.**

**In each present moment, every PIP Member is equal, in every respect, to every other member. No matter what. There is no top-down hierarchy, or bottom up hierarchy, or any other type of hierarchy.**

**In each present moment I am PIP Success. In each moment you are PIP Success. Together we are PIP Success. PIP Success is also the annual consensus of our learning, changing, and growing as an organization.**

**A lesson learned is to be passed on as quick as possible so that the next person has one less lesson to learn the hard way. A lesson learned is to be written down as soon as possible so that it is useful to many others. If something works for one person, it will work for thousands of others.**

**No activity will be undertaken that does not give equal access, input, and involvement to every member affected. Equal access in attendance, process, and outcome. No voice or input is more important than any other.**

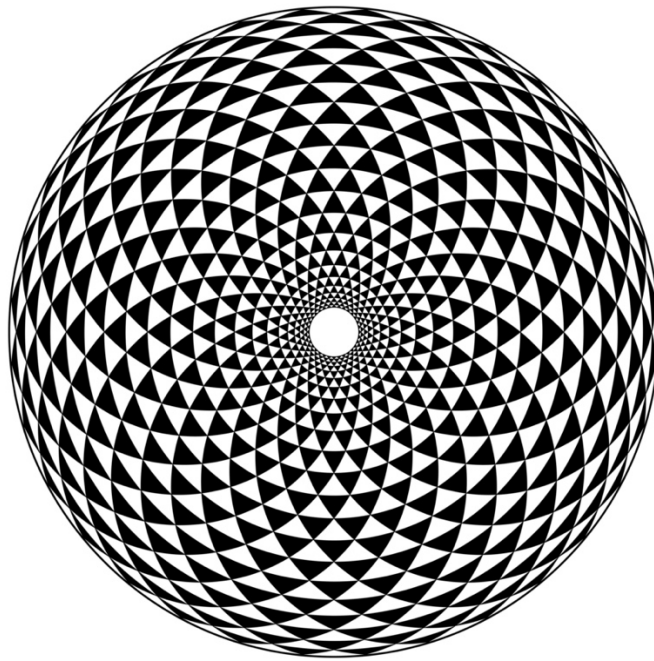
**All processes used give each member present a chance to give input before anyone gives input a second time or more. All processes are equality in every respect.**

**The lone voice in any dialogue is not given more access or input, but is considered essential to the learning, changing, growing process and evolution, based on the principles, of me as PIP Success, you as PIP Success, and the organization PIP Success. Special efforts are made to understand the message of the lone voice when it is present and not in agreement with the rest of the body.**

**The minority opinion in any dialogue is not given more access or input, but is considered essential to the learning, changing, growing process and evolution, based on the principles, of me as PIP Success, you as PIP Success, and the organization PIP Success. Special efforts are made to understand the message of the minority opinion when it is present and not in agreement with the rest of the body.**

**Ground rules for communication are created to guarantee that all the principles, especially equality and inclusion, are embodied in any process of deliberation and dialogue, whether a weekly anonymous gathering or a service body. Whenever possible, circular processes are recommended as a simple way of embodying all**

**the principles. By circular, we mean each person speaks in turn, in a designated rotation, and no one speaks a second time until each has had a first turn. This process is repeated until all points of view are heard, understood, and brought into the decision, or non-decision, and unanimously agreed to.**



**Facet 32.**

**The quality of all the group and individual activities on behalf of the primary purpose are dependent on constant individual study, group study, and application of the principles.**

**Many have said that a loving, supportive family is more essential to life than is survival itself. That is the individual and collective story of those whose thousands of years of experience, lessons and wisdom, resulted in PIP Success. If we are not prepared to fulfil, to the best of our ability, the many needs of each person that shows up, we offer nothing. If we do not have what the person needs we help them meet the need somehow, somewhere. Mainly we affirm their ability to get their needs met. Mentoring at its best. Parenting at its best. Leadership at its best. Victims no more. No more failure.**

**We role model how to have the experience, learn the lesson, gain the wisdom. Practice it. Teach it. Very quickly the person becomes the student and the teacher in one seamless lifelong success. Every moment, past, present and future is just lessons learned, lessons being learned, and lessons to be learned.**

**The only requirements for full membership are the desire to find freedom from negative obsession and a willingness to mentor others. Participate in one on one and group mentoring of members. Mentoring is primarily the responsibility of the group.**

**The responsibility for mentoring first belongs to the anonymous and confidential groups. In the decades of idea formation that resulted in PIP Success, a simple reality is crystal clear. Many of us come from family situations where, for many reasons, and we are not evaluating or judging any of them, we did not have the support and skills needed to find out who we are and succeed as ourselves.**

**As crystal clear is this. The quality of life in any family, corporation, organization or relationship is greatly enhanced in the presence of mentors, the skill of those mentors, and the collective commitment of the group or relationship to the primary value and power of constant mentoring. All that is constant in life is change. Mentoring allows each person to learn from the collective experience and wisdom of everyone in the family, group or relationship.**

**Constant change means constant lessons. Constant change. Constant learning. Mentoring speeds the process of turning experience to wisdom. Success unleashed in its infinite potential that no one has ever maximized.**

**In PIP Success we refer to ourselves as a family. The Internal Revenue Service labels organizations and groups like us mutual aid societies. How do we define a family? We define a family very simply. Our family is anyone who shows up at one of our gatherings, anyone who shows up at one of our service meetings or events, and anyone who reaches out to us for help. Unconditionally. No matter what.**

**Someone becomes a member when they say they desire to find freedom from negative obsession and are willing to become part of the group mentoring process, as best they can immediately, and formally as a mentor, in one on one or group settings, when ready and able. This is a mysterious process to some. We do not ask anyone if they have the desire to stop negatively obsessing, or if they are willing to mentor. Someone is a member when they say they are. Some service positions will necessarily require us to ask those types of questions. I am a member when I say I am. To me. I am not required to tell anyone else unless I want to.**

**Nothing succeeds like success. Nothing attracts like attraction. Attractive and successful mentoring attracts more attractive and successful mentoring. If what I am doing is attractive and I am passing it on to the best of my ability, that is my best. Only I determine that. PIP Success promises that no one will be without the support and mentoring of the whole group and only secondly a personal mentor(s) when the person seeks that out.**

**We humans do not wait until a child comes of age and is able to seek out a parent of their choice to help them succeed. As a species we promise each child that. Family may be more important than survival. Without a supportive family we know life becomes increasingly difficult. Children who are in orphanages, for example, too long, often die from lack of enough contact and support every minute of the day.**

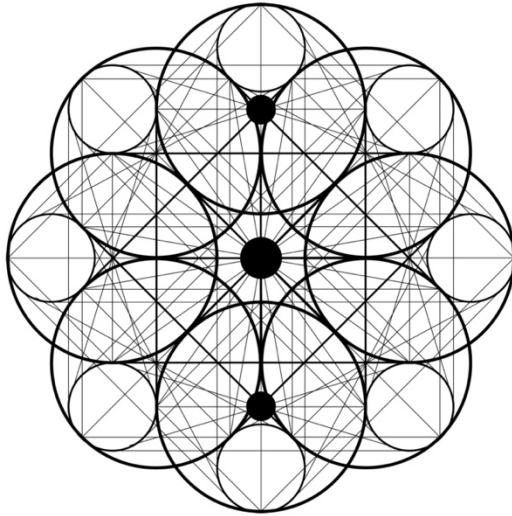
**At its most basic, PIP Success is just a really intimate, 24/7 mentoring program. We are not a support group, we are not a treatment facility, halfway house or schedule of meetings. We are promising to be the family each person needs to find out who they are and succeed as themselves.**

**Someone does not have to be a member for us to consider them family. We do not question why someone is at one of our gatherings unless it is for a service position in which qualifications, for that position, justify such questions.**

**The more important question is what strengthens a family and how can we be that for whoever shows up. We do that by giving them our undivided attention and access to all our individual and collective experience, lessons and wisdom.**

**I have the experience. I learn the lesson. I gain the wisdom. I practice. I improve. I talk about it. I think about it. I write about it. I teach it to someone.**

**I am the experience. I am the lesson. I am the wisdom. I am the practice. I am the improvement. I am the word. I am the thought. I am the text. I am the teacher.**



**I do not know what I do not know. I am always the teacher and the student. I am one with all sources of teaching and learning.**

**I promise to give each person who shows up my best. It does not matter why you show up, if you show up one time, or for many years. My commitment is the same. Every moment you are with us I promise you my best.**

**We are all equally responsible for all that happens in PIP Success. As our individual and unique selves, we are each PIP Success. Infinite in our diversity, we are one. We are a successful learning process. Infinite variations on the theme of life we are. Uniformity, except our commitment to each being the principles to the best of our ability each moment, is not in our vocabulary, goals, or principles. Life is infinite variation constantly becoming more varied. We are life at its best.**

**We promise to give each person who shows up our best. It does not matter why you show up, if you show up one time, or for many years. Our commitment is the same. Every moment you are with us we promise you our individual and collective best.**

**We are all equally responsible for all that happens in PIP Success.**

**I promise you acceptance.  
I promise you accountability.  
I promise you allostasis.  
I promise you anonymity.  
I promise you attentiveness.  
I promise you attraction.  
I promise you authenticity.  
I promise you autonomy.  
I promise you awareness.  
I promise you balance.  
I promise you boundaries.  
I promise you caring.  
I promise you caution.  
I promise you collective guidance.  
I promise you commitment.  
I promise you communication.  
I promise you compassion.  
I promise you confidence.  
I promise you connection.  
I promise you conscience.  
I promise you consilience.  
I promise you constant change.  
I promise you conviction.  
I promise you cooperation.  
I promise you courage.  
I promise you creativity.  
I promise you curiosity.**



I promise you dependability.  
I promise you dignity.  
I promise you discernment.  
I promise you discipline.  
I promise you diversity.  
I promise you empathy.  
I promise you encouragement.  
I promise you equality.  
I promise you equanimity.  
I promise you faith.  
I promise you fidelity.  
I promise you flexibility.  
I promise you forgiveness.  
I promise you future potential.  
I promise you freedom.  
I promise you gentleness.  
I promise you generosity.  
I promise you goodwill.  
I promise you grace.  
I promise you gratitude.  
I promise you growth.  
I promise you happiness.  
I promise you harmony.  
I promise you homeostasis.  
I promise you honesty.  
I promise you honor.  
I promise you hope.  
I promise you hospitality.  
I promise you humor.  
I promise you imagination.  
I promise you inclusiveness.  
I promise you independence.  
I promise you individuality.  
I promise you instinct.  
I promise you integrity.  
I promise you interdependence.  
I promise you intimacy.  
I promise you intuition.  
I promise you joy.  
I promise you kindness.  
I promise you the lessons of the past.  
I promise you learning.  
I promise you listening.  
I promise you love.

**I promise you loyalty.  
I promise you maturity.  
I promise you open mindedness.  
I promise you optimism.  
I promise you participation.  
I promise you passion.  
I promise you patience.  
I promise you perseverance.  
I promise you powerlessness.  
I promise you practicality.  
I promise you the present moment.  
I promise you principles.  
I promise you progress.  
I promise you promotion.  
I promise you prudence.  
I promise you purpose.  
I promise you reliability.  
I promise you resilience.  
I promise you respect.  
I promise you responsibility.  
I promise you restraint.  
I promise you sacrifice.  
I promise you safety.  
I promise you security.  
I promise you self honesty.  
I promise you self acceptance.  
I promise you self-discipline.  
I promise you self discovery.  
I promise you self support.  
I promise you selflessness.  
I promise you selfless service.  
I promise you serenity.  
I promise you service.  
I promise you sharing.  
I promise you simplicity.  
I promise you sincerity.  
I promise you solidarity.  
I promise you stability.  
I promise you steadfastness.  
I promise you surrender.  
I promise you thoughtfulness.  
I promise you tolerance.  
I promise you trust.  
I promise you unconditional love.**

**I promise you understanding.**

**I promise you unity.**

**I promise you vigilance.**

**I promise you vulnerability.**

**I promise you we.**

**I promise you welcome.**

**I promise you willingness.**

**I promise you wisdom.**

**I promise you wonder.**

**Facet 33.**

**Every point of view is essential and is sought out. Special efforts are made to include the minority opinion and the lone dissenter. Maximum diversity and unanimity are the method, and goal, in our constant evolution.**

**I do not know what I do not know. That is my freedom. What I do not know is constantly changing. In constant change I find my imagination, my creativity, instincts, intuition, and experience are my success.**

**Being me is my success. The principles are my unity with all that was, is and will be. The principles are my progress. The principles are my perfection.**

**In PIP Success we are each expert only in our personal experience. My experience is only my experience. My reality is only my reality. And I know that my reality is only my interpretation of what I believe my reality is, in this present moment. Right now. Right here.**

**My acceptance of me is my equality with me. My acceptance of you is my equality with you. The sun that rises every morning for you is the same sun that rises for me each morning. So are the principles. I see the sunrise from where I am at. You see the sunrise from where you are at. Even if we are standing next to each other, we see a different sunrise. But the same sun.**

**All that is constant is constant change. In PIP Success we have committed to an annual review of our literature. Each of us is PIP Success. I am PIP Success. You are PIP Success. We are PIP Success. Our literature is PIP Success. Constant change is all there is. PIP Success succeeds and flourishes only to the degree that it is the constant change, that each of us is.**

**Our commitment, as a goal, and a method, is to constant evolution, individually and collectively, based on the principles. Every moment of every day, in some small way, each of our personal experiences are moving all of us forward in some small way.**

**We ask each member to write down, and communicate in every way possible, pay forward as often as possible, what each is learning as we are learning it. In our learning and our mentoring we want no bit of wisdom to be lost because it was not communicated effectively to another. Any bit of wisdom not passed on is lost. Someone has to learn it again the hard way. We are each other's eyes and ears and voice. We are one person, all of us together, just as each of the trillions of cells in my body are one body.**

**In every aspect of our life as an organization, and as individuals, we seek every point of view on every matter. No moment of the day or activity, personal or collective, is an exception. Nothing in our lives, as individuals or as an organization, is more important than any other when it comes to being the principles and telling the story of lessons learned as quickly as possible. What works for one person, in any setting, will work for thousands of others. We start where we are at. We accept where we are at, no matter where that is.**

**As the principles, we move forward in confidence. Always remembering that I do not know what I do not know, and that progress is perfection. My best is always good enough. My best is always progress. I give me the benefit of the doubt at every step of the way. I give you the benefit of the doubt every step of the way.**

**We challenge each other and encourage each other to be the principles in every moment of every day, in every area of our lives, no matter what. From midnight to midnight we learn, we change, we grow, and we bring that experience to every moment of our lives.**

**PIP Success is not about addiction. PIP Success is not about recovery. Pip success is about being the best person I can be, in service of every moment and relationship I encounter, each day of my life. And passing on each lesson I learn as quickly as possible, to as many as possible. And representing that wisdom in our literature as well.**

**I make the following commitments to myself and to you, as my way of seeking every point of view, seeking unity in our diversity, unanimity in our diversity, and like we do for the most vulnerable among us and our newborn children, I promise to give special respect to the minority opinion and the lone dissenter. I am every point of view. I am unity. I am diversity. I am unanimity. I am the minority opinion. I am the lone dissenter.**

**The lone dissenter is often the canary in the coal mine. The lone dissenter and the minority opinion are change happening, important lessons learned, and the key to our safe journey forward. I have the most to learn from the person who seems most different from me. I am indebted most to the person who disagrees with me the most. I am the person who often seems most different from me. I am the person who often disagrees with me the most. I do not know what I do not know. That is my victory.**

**I am the principles. I find the principles by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is the principles. My unanimity in our diversity is the principles. I find the principles in the minority opinion. I am the principles to the lone dissenter. I seek the principles. PIP Success is the principles. My method is the principles. My goal**

is the principles. My evolution is the principles. I find maximum diversity in the principles. To the person who seems most different from me, I am the principles. To the person I disagree with the most, I am the principles. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am acceptance. I find acceptance by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is acceptance. My unanimity in our diversity is acceptance. I find acceptance in the minority opinion. I am acceptance to the lone dissenter. I seek acceptance. PIP Success is acceptance. My method is acceptance. My goal is acceptance. My evolution is acceptance. I find maximum diversity in acceptance. To the person who seems most different from me, I am acceptance. To the person I disagree with the most, I am acceptance. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am accountability. I find accountability by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is accountability. My unanimity in our diversity is accountability. I find accountability in the minority opinion. I am accountability to the lone dissenter. I seek accountability. PIP Success is accountability. My method is accountability. My goal is accountability. My evolution is accountability. I find maximum diversity in accountability. To the person who seems most different from me, I am accountability. To the person I disagree with the most, I am accountability. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am allostasis. I find allostasis by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is allostasis. My unanimity in our diversity is allostasis. I find allostasis in the minority opinion. I am allostasis to the lone dissenter. I seek allostasis. PIP Success is allostasis. My method is allostasis. My goal is allostasis. My evolution is allostasis. I find maximum diversity in allostasis. To the person who seems most different from me, I am allostasis. To the person I disagree with the most, I am allostasis. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am anonymity. I find anonymity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is anonymity. My unanimity in our diversity is anonymity. I find anonymity in the minority opinion. I am anonymity to the lone dissenter. I seek anonymity. PIP Success is anonymity. My method is anonymity. My goal is anonymity. My evolution is anonymity. I find maximum diversity in anonymity. To the person who

seems most different from me, I am anonymity. To the person I disagree with the most, I am anonymity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am attentiveness. I find attentiveness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is attentiveness. My unanimity in our diversity is attentiveness. I find attentiveness in the minority opinion. I am attentiveness to the lone dissenter. I seek attentiveness. PIP Success is attentiveness. My method is attentiveness. My goal is attentiveness. My evolution is attentiveness. I find maximum diversity in attentiveness. To the person who seems most different from me, I am attentiveness. To the person I disagree with the most, I am attentiveness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am attraction. I find attraction by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is attraction. My unanimity in our diversity is attraction. I find attraction in the minority opinion. I am attraction to the lone dissenter. I seek attraction. PIP Success is attraction. My method is attraction. My goal is attraction. My evolution is attraction. I find maximum diversity in attraction. To the person who seems most different from me, I am attraction. To the person I disagree with the most, I am attraction. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am authenticity. I find authenticity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is authenticity. My unanimity in our diversity is authenticity. I find authenticity in the minority opinion. I am authenticity to the lone dissenter. I seek authenticity. PIP Success is authenticity. My method is authenticity. My goal is authenticity. My evolution is authenticity. I find maximum diversity in authenticity. To the person who seems most different from me, I am authenticity. To the person I disagree with the most, I am authenticity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am autonomy. I find autonomy by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is autonomy. My unanimity in our diversity is autonomy. I find autonomy in the minority opinion. I am autonomy to the lone dissenter. I seek autonomy. PIP Success is autonomy. My method is autonomy. My goal is autonomy. My evolution is autonomy. I find maximum diversity in autonomy. To the person who seems most different from me, I am autonomy. To the person I disagree with the

most, I am autonomy. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am awareness. I find awareness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is awareness. My unanimity in our diversity is awareness. I find awareness in the minority opinion. I am awareness to the lone dissenter. I seek awareness. PIP Success is awareness. My method is awareness. My goal is awareness. My evolution is awareness. I find maximum diversity in awareness. To the person who seems most different from me, I am awareness. To the person I disagree with the most, I am awareness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am balance. I find balance by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is balance. My unanimity in our diversity is balance. I find balance in the minority opinion. I am balance to the lone dissenter. I seek balance. PIP Success is balance. My method is balance. My goal is balance. My evolution is balance. I find maximum diversity in balance. To the person who seems most different from me, I am balance. To the person I disagree with the most, I am balance. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am my boundaries. I find my boundaries by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is my boundaries. My unanimity in our diversity is my boundaries. I find my boundaries in the minority opinion. I am my boundaries to the lone dissenter. I seek my boundaries. PIP Success is about my boundaries. My method is my boundaries. My goal is my boundaries. My evolution is my boundaries. I find maximum diversity in my boundaries. To the person who seems most different from me, I am my boundaries. To the person I disagree with the most, I am my boundaries. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am caring. I find caring by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is caring. My unanimity in our diversity is caring. I find caring in the minority opinion. I am caring to the lone dissenter. I seek caring. PIP Success is caring. My method is caring. My goal is caring. My evolution is caring. I find maximum diversity in caring. To the person who seems most different from me, I am caring. To the person I disagree with the most, I am caring. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.



**I am caution. I find caution by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is caution. My unanimity in our diversity is caution. I find caution in the minority opinion. I am caution to the lone dissenter. I seek caution. PIP Success is caution. My method is caution. My goal is caution. My evolution is caution. I find maximum diversity in caution. To the person who seems most different from me, I am caution. To the person I disagree with the most, I am caution. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am collective guidance. I find collective guidance by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is collective guidance. My unanimity in our diversity is collective guidance. I find collective guidance in the minority opinion. I am collective guidance to the lone dissenter. I seek collective guidance. PIP Success is collective guidance. My method is collective guidance. My goal is collective guidance. My evolution is collective guidance. I find maximum diversity in collective guidance. To the person who seems most different from me, I am collective guidance. To the person I disagree with the most, I am collective guidance. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am commitment. I find commitment by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is commitment. My unanimity in our diversity is commitment. I find commitment in the minority opinion. I am commitment to the lone dissenter. I seek commitment. PIP Success is commitment. My method is commitment. My goal is commitment. My evolution is commitment. I find maximum diversity in commitment. To the person who seems most different from me, I am commitment. To the person I disagree with the most, I am commitment. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am communication. I find communication by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is communication. My unanimity in our diversity is communication. I find communication in the minority opinion. I am communication to the lone dissenter. I seek communication. PIP Success is communication. My method is communication. My goal is communication. My evolution is communication. I find maximum diversity in communication. To the person who seems most different from me, I am communication. To the person I disagree with the most, I am communication. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am compassion. I find compassion by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is compassion. My unanimity in our diversity is compassion. I find compassion in the minority opinion. I am compassion to the lone dissenter. I seek compassion. PIP Success is compassion. My method is compassion. My goal is compassion. My evolution is compassion. I find maximum diversity in compassion. To the person who seems most different from me, I am compassion. To the person I disagree with the most, I am compassion. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am confidence. I find confidence by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is confidence. My unanimity in our diversity is confidence. I find confidence in the minority opinion. I am confidence to the lone dissenter. I seek confidence. PIP Success is confidence. My method is confidence. My goal is confidence. My evolution is confidence. I find maximum diversity in confidence. To the person who seems most different from me, I am confidence. To the person I disagree with the most, I am confidence. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am confidentiality. I find confidentiality by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is confidentiality. My unanimity in our diversity is confidentiality. I find confidentiality in the minority opinion. I am confidentiality to the lone dissenter. I seek confidentiality. PIP Success is confidentiality. My method is confidentiality. My goal is confidentiality. My evolution is confidentiality. I find maximum diversity in confidentiality. To the person who seems most different from me, I am confidentiality. To the person I disagree with the most, I am confidentiality. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am connection. I find connection by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is connection. My unanimity in our diversity is connection. I find connection in the minority opinion. I am connection to the lone dissenter. I seek connection. PIP Success is connection. My method is connection. My goal is connection. My evolution is connection. I find maximum diversity in connection. To the person who seems most different from me, I am connection. To the person I disagree with the most, I am connection. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am conscience. I find conscience by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is conscience. My unanimity in our diversity is conscience. I find conscience in the minority opinion. I am conscience to the lone dissenter. I seek conscience. PIP Success is conscience. My method is conscience. My goal is conscience. My evolution is conscience. I find maximum diversity in conscience. To the person who seems most different from me, I am conscience. To the person I disagree with the most, I am conscience. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am consilience. I find consilience by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is consilience. My unanimity in our diversity is consilience. I find consilience in the minority opinion. I am consilience to the lone dissenter. I seek consilience. PIP Success is consilience. My method is consilience. My goal is consilience. My evolution is consilience. I find maximum diversity in consilience. To the person who seems most different from me, I am consilience. To the person I disagree with the most, I am consilience. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am consistency. I find consistency by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is consistency. My unanimity in our diversity is consistency. I find consistency in the minority opinion. I am consistency to the lone dissenter. I seek consistency. PIP Success is consistency. My method is consistency. My goal is consistency. My evolution is consistency. I find maximum diversity in consistency. To the person who seems most different from me, I am consistency. To the person I disagree with the most, I am consistency. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am constant change. I find constant change by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is constant change. My unanimity in our diversity is constant change. I find constant change in the minority opinion. I am constant change to the lone dissenter. I seek constant change. PIP Success is constant change. My method is constant change. My goal is constant change. My evolution is constant change. I find maximum diversity in constant change. To the person who seems most different from me, I am constant change. To the person I disagree with the most, I am constant change. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am conviction. I find conviction by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is conviction. My unanimity in our diversity is conviction. I find conviction in the minority opinion. I am conviction to the lone dissenter. I seek conviction. PIP Success is conviction. My method is conviction. My goal is conviction. My evolution is conviction. I find maximum diversity in conviction. To the person who seems most different from me, I am conviction. To the person I disagree with the most, I am conviction. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am cooperation. I find cooperation by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is cooperation. My unanimity in our diversity is cooperation. I find cooperation in the minority opinion. I am cooperation to the lone dissenter. I seek cooperation. PIP Success is cooperation. My method is cooperation. My goal is cooperation. My evolution is cooperation. I find maximum diversity in cooperation. To the person who seems most different from me, I am cooperation. To the person I disagree with the most, I am cooperation. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am courage. I find courage by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is courage. My unanimity in our diversity is courage. I find courage in the minority opinion. I am courage to the lone dissenter. I seek courage. PIP Success is courage. My method is courage. My goal is courage. My evolution is courage. I find maximum diversity in courage. To the person who seems most different from me, I am courage. To the person I disagree with the most, I am courage. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am creativity. I find creativity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is creativity. My unanimity in our diversity is creativity. I find creativity in the minority opinion. I am creativity to the lone dissenter. I seek creativity. PIP Success is creativity. My method is creativity. My goal is creativity. My evolution is creativity. I find maximum diversity in creativity. To the person who seems most different from me, I am creativity. To the person I disagree with the most, I am creativity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am curiosity. I find curiosity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is**

curiosity. My unanimity in our diversity is curiosity. I find curiosity in the minority opinion. I am curiosity to the lone dissenter. I seek curiosity. PIP Success is curiosity. My method is curiosity. My goal is curiosity. My evolution is curiosity. I find maximum diversity in curiosity. To the person who seems most different from me, I am curiosity. To the person I disagree with the most, I am curiosity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am dependability. I find dependability by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is dependability. My unanimity in our diversity is dependability. I find dependability in the minority opinion. I am dependability to the lone dissenter. I seek dependability. PIP Success is dependability. My method is dependability. My goal is dependability. My evolution is dependability. I find maximum diversity in dependability. To the person who seems most different from me, I am dependability. To the person I disagree with the most, I am dependability. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am dignity. I find dignity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is dignity. My unanimity in our diversity is dignity. I find dignity in the minority opinion. I am dignity to the lone dissenter. I seek dignity. PIP Success is dignity. My method is dignity. My goal is dignity. My evolution is dignity. I find maximum diversity in dignity. To the person who seems most different from me, I am dignity. To the person I disagree with the most, I am dignity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am discernment. I find discernment by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is discernment. My unanimity in our diversity is discernment. I find discernment in the minority opinion. I am discernment to the lone dissenter. I seek discernment. PIP Success is discernment. My method is discernment. My goal is discernment. My evolution is discernment. I find maximum diversity in discernment. To the person who seems most different from me, I am discernment. To the person I disagree with the most, I am discernment. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am discipline. I find discipline by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is discipline. My unanimity in our diversity is discipline. I find discipline in the minority opinion. I am discipline to the lone dissenter. I seek discipline. PIP Success is

**discipline. My method is discipline. My goal is discipline. My evolution is discipline. I find maximum diversity in discipline. To the person who seems most different from me, I am discipline. To the person I disagree with the most, I am discipline. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am diversity. I find diversity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is diversity. My unanimity in our diversity is diversity. I find diversity in the minority opinion. I am diversity to the lone dissenter. I seek diversity. PIP Success is diversity. My method is diversity. My goal is diversity. My evolution is diversity. I find maximum diversity in diversity. To the person who seems most different from me, I am diversity. To the person I disagree with the most, I am diversity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am empathy. I find empathy by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is empathy. My unanimity in our diversity is empathy. I find empathy in the minority opinion. I am empathy to the lone dissenter. I seek empathy. PIP Success is empathy. My method is empathy. My goal is empathy. My evolution is empathy. I find maximum diversity in empathy. To the person who seems most different from me, I am empathy. To the person I disagree with the most, I am empathy. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am encouragement. I find encouragement by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is encouragement. My unanimity in our diversity is encouragement. I find encouragement in the minority opinion. I am encouragement to the lone dissenter. I seek encouragement. PIP Success is encouragement. My method is encouragement. My goal is encouragement. My evolution is encouragement. I find maximum diversity in encouragement. To the person who seems most different from me, I am encouragement. To the person I disagree with the most, I am encouragement. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am equality. I find equality by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is equality. My unanimity in our diversity is equality. I find equality in the minority opinion. I am equality to the lone dissenter. I seek equality. PIP Success is equality. My method is equality. My goal is equality. My evolution is equality. I find maximum diversity in equality. To the person who seems most different from me, I am equality. To the person I disagree with the most, I am equality. I am often the**

person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am equanimity. I find equanimity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is equanimity. My unanimity in our diversity is equanimity. I find equanimity in the minority opinion. I am equanimity to the lone dissenter. I seek equanimity. PIP Success is equanimity. My method is equanimity. My goal is equanimity. My evolution is equanimity. I find maximum diversity in equanimity. To the person who seems most different from me, I am equanimity. To the person I disagree with the most, I am equanimity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am faith. I find faith by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is faith. My unanimity in our diversity is faith. I find faith in the minority opinion. I am faith to the lone dissenter. I seek faith. PIP Success is faith. My method is faith. My goal is faith. My evolution is faith. I find maximum diversity in faith. To the person who seems most different from me, I am faith. To the person I disagree with the most, I am faith. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am fidelity. I find fidelity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is fidelity. My unanimity in our diversity is fidelity. I find fidelity in the minority opinion. I am fidelity to the lone dissenter. I seek fidelity. PIP Success is fidelity. My method is fidelity. My goal is fidelity. My evolution is fidelity. I find maximum diversity in fidelity. To the person who seems most different from me, I am fidelity. To the person I disagree with the most, I am fidelity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am flexibility. I find flexibility by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is flexibility. My unanimity in our diversity is flexibility. I find flexibility in the minority opinion. I am flexibility to the lone dissenter. I seek flexibility. PIP Success is flexibility. My method is flexibility. My goal is flexibility. My evolution is flexibility. I find maximum diversity in flexibility. To the person who seems most different from me, I am flexibility. To the person I disagree with the most, I am flexibility. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

**I am forgiveness. I find forgiveness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is forgiveness. My unanimity in our diversity is forgiveness. I find forgiveness in the minority opinion. I am forgiveness to the lone dissenter. I seek forgiveness. PIP Success is forgiveness. My method is forgiveness. My goal is forgiveness. My evolution is forgiveness. I find maximum diversity in forgiveness. To the person who seems most different from me, I am forgiveness. To the person I disagree with the most, I am forgiveness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am future potential. I find future potential by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is future potential. My unanimity in our diversity is future potential. I find future potential in the minority opinion. I am future potential to the lone dissenter. I seek future potential. PIP Success is future potential. My method is future potential. My goal is future potential. My evolution is future potential. I find maximum diversity in future potential. To the person who seems most different from me, I am future potential. To the person I disagree with the most, I am future potential. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am freedom. I find freedom by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is freedom. My unanimity in our diversity is freedom. I find freedom in the minority opinion. I am freedom to the lone dissenter. I seek freedom. PIP Success is freedom. My method is freedom. My goal is freedom. My evolution is freedom. I find maximum diversity in freedom. To the person who seems most different from me, I am freedom. To the person I disagree with the most, I am freedom. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am gentleness. I find gentleness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is gentleness. My unanimity in our diversity is gentleness. I find gentleness in the minority opinion. I am gentleness to the lone dissenter. I seek gentleness. PIP Success is gentleness. My method is gentleness. My goal is gentleness. My evolution is gentleness. I find maximum diversity in gentleness. To the person who seems most different from me, I am gentleness. To the person I disagree with the most, I am gentleness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**



**I am generosity. I find generosity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is generosity. My unanimity in our diversity is generosity. I find generosity in the minority opinion. I am generosity to the lone dissenter. I seek generosity. PIP Success is generosity. My method is generosity. My goal is generosity. My evolution is generosity. I find maximum diversity in generosity. To the person who seems most different from me, I am generosity. To the person I disagree with the most, I am generosity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am goodwill. I find goodwill by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is goodwill. My unanimity in our diversity is goodwill. I find goodwill in the minority opinion. I am goodwill to the lone dissenter. I seek goodwill. PIP Success is goodwill. My method is goodwill. My goal is goodwill. My evolution is goodwill. I find maximum diversity in goodwill. To the person who seems most different from me, I am goodwill. To the person I disagree with the most, I am goodwill. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am grace. I find grace by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is grace. My unanimity in our diversity is grace. I find grace in the minority opinion. I am grace to the lone dissenter. I seek grace. PIP Success is grace. My method is grace. My goal is grace. My evolution is grace. I find maximum diversity in grace. To the person who seems most different from me, I am grace. To the person I disagree with the most, I am grace. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am gratitude. I find gratitude by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is gratitude. My unanimity in our diversity is gratitude. I find gratitude in the minority opinion. I am gratitude to the lone dissenter. I seek gratitude. PIP Success is gratitude. My method is gratitude. My goal is gratitude. My evolution is gratitude. I find maximum diversity in gratitude. To the person who seems most different from me, I am gratitude. To the person I disagree with the most, I am gratitude. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am growth. I find growth by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is growth. My unanimity in our diversity is growth. I find growth in the minority opinion. I am growth to the lone dissenter. I seek growth. PIP Success is growth.**

**My method is growth. My goal is growth. My evolution is growth. I find maximum diversity in growth. To the person who seems most different from me, I am growth. To the person I disagree with the most, I am growth. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am happiness. I find happiness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is happiness. My unanimity in our diversity is happiness. I find happiness in the minority opinion. I am happiness to the lone dissenter. I seek happiness. PIP Success is happiness. My method is happiness. My goal is happiness. My evolution is happiness. I find maximum diversity in happiness. To the person who seems most different from me, I am happiness. To the person I disagree with the most, I am happiness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am harmony. I find harmony by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is harmony. My unanimity in our diversity is harmony. I find harmony in the minority opinion. I am harmony to the lone dissenter. I seek harmony. PIP Success is harmony. My method is harmony. My goal is harmony. My evolution is harmony. I find maximum diversity in harmony. To the person who seems most different from me, I am harmony. To the person I disagree with the most, I am harmony. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am homeostasis. I find homeostasis by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is homeostasis. My unanimity in our diversity is homeostasis. I find homeostasis in the minority opinion. I am homeostasis to the lone dissenter. I seek homeostasis. PIP Success is homeostasis. My method is homeostasis. My goal is homeostasis. My evolution is homeostasis. I find maximum diversity in homeostasis. To the person who seems most different from me, I am homeostasis. To the person I disagree with the most, I am homeostasis. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am honesty. I find honesty by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is honesty. My unanimity in our diversity is honesty. I find honesty in the minority opinion. I am honesty to the lone dissenter. I seek honesty. PIP Success is honesty. My method is honesty. My goal is honesty. My evolution is honesty. I find maximum diversity in honesty. To the person who seems most different from me, I am honesty. To the person I disagree with the most, I am honesty. I am often the**

person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am honor. I find honor by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is honor. My unanimity in our diversity is honor. I find honor in the minority opinion. I am honor to the lone dissenter. I seek honor. PIP Success is honor. My method is honor. My goal is honor. My evolution is honor. I find maximum diversity in honor. To the person who seems most different from me, I am honor. To the person I disagree with the most, I am honor. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am hope. I find hope by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is hope. My unanimity in our diversity is hope. I find hope in the minority opinion. I am hope to the lone dissenter. I seek hope. PIP Success is hope. My method is hope. My goal is hope. My evolution is hope. I find maximum diversity in hope. To the person who seems most different from me, I am hope. To the person I disagree with the most, I am hope. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am hospitality. I find hospitality by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is hospitality. My unanimity in our diversity is hospitality. I find hospitality in the minority opinion. I am hospitality to the lone dissenter. I seek hospitality. PIP Success is hospitality. My method is hospitality. My goal is hospitality. My evolution is hospitality. I find maximum diversity in hospitality. To the person who seems most different from me, I am hospitality. To the person I disagree with the most, I am hospitality. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am humor. I find humor by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is humor. My unanimity in our diversity is humor. I find humor in the minority opinion. I am humor to the lone dissenter. I seek humor. PIP Success is humor. My method is humor. My goal is humor. My evolution is humor. I find maximum diversity in humor. To the person who seems most different from me, I am humor. To the person I disagree with the most, I am humor. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am imagination. I find imagination by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our

**diversity is imagination. My unanimity in our diversity is imagination. I find imagination in the minority opinion. I am imagination to the lone dissenter. I seek imagination. PIP Success is imagination. My method is imagination. My goal is imagination. My evolution is imagination. I find maximum diversity in imagination. To the person who seems most different from me, I am imagination. To the person I disagree with the most, I am imagination. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am inclusiveness. I find inclusiveness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is inclusiveness. My unanimity in our diversity is inclusiveness. I find inclusiveness in the minority opinion. I am inclusiveness to the lone dissenter. I seek inclusiveness. PIP Success is inclusiveness. My method is inclusiveness. My goal is inclusiveness. My evolution is inclusiveness. I find maximum diversity in inclusiveness. To the person who seems most different from me, I am inclusiveness. To the person I disagree with the most, I am inclusiveness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am independence. I find independence by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is independence. My unanimity in our diversity is independence. I find independence in the minority opinion. I am independence to the lone dissenter. I seek independence. PIP Success is independence. My method is independence. My goal is independence. My evolution is independence. I find maximum diversity in independence. To the person who seems most different from me, I am independence. To the person I disagree with the most, I am independence. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am individuality. I find individuality by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is individuality. My unanimity in our diversity is individuality. I find individuality in the minority opinion. I am individuality to the lone dissenter. I seek individuality. PIP Success is individuality. My method is individuality. My goal is individuality. My evolution is individuality. I find maximum diversity in individuality. To the person who seems most different from me, I am individuality. To the person I disagree with the most, I am individuality. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am instinct. I find instinct by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is**

**instinct. My unanimity in our diversity is instinct. I find instinct in the minority opinion. I am instinct to the lone dissenter. I seek instinct. PIP Success is instinct. My method is instinct. My goal is instinct. My evolution is instinct. I find maximum diversity in instinct. To the person who seems most different from me, I am instinct. To the person I disagree with the most, I am instinct. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am integrity. I find integrity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is integrity. My unanimity in our diversity is integrity. I find integrity in the minority opinion. I am integrity to the lone dissenter. I seek integrity. PIP Success is integrity. My method is integrity. My goal is integrity. My evolution is integrity. I find maximum diversity in integrity. To the person who seems most different from me, I am integrity. To the person I disagree with the most, I am integrity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am interdependence. I find interdependence by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is interdependence. My unanimity in our diversity is interdependence. I find interdependence in the minority opinion. I am interdependence to the lone dissenter. I seek interdependence. PIP Success is interdependence. My method is interdependence. My goal is interdependence. My evolution is interdependence. I find maximum diversity in interdependence. To the person who seems most different from me, I am interdependence. To the person I disagree with the most, I am interdependence. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am intimacy. I find intimacy by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is intimacy. My unanimity in our diversity is intimacy. I find intimacy in the minority opinion. I am intimacy to the lone dissenter. I seek intimacy. PIP Success is intimacy. My method is intimacy. My goal is intimacy. My evolution is intimacy. I find maximum diversity in intimacy. To the person who seems most different from me, I am intimacy. To the person I disagree with the most, I am intimacy. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am intuition. I find intuition by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is intuition. My unanimity in our diversity is intuition. I find intuition in the minority opinion. I am intuition to the lone dissenter. I seek intuition. PIP Success is intuition. My method is intuition. My goal is intuition. My evolution is intuition. I**

**find maximum diversity in intuition. To the person who seems most different from me, I am intuition. To the person I disagree with the most, I am intuition. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am joy. I find joy by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is joy. My unanimity in our diversity is joy. I find joy in the minority opinion. I am joy to the lone dissenter. I seek joy. PIP Success is joy. My method is joy. My goal is joy. My evolution is joy. I find maximum diversity in joy. To the person who seems most different from me, I am joy. To the person I disagree with the most, I am joy. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am kindness. I find kindness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is kindness. My unanimity in our diversity is kindness. I find kindness in the minority opinion. I am kindness to the lone dissenter. I seek kindness. PIP Success is kindness. My method is kindness. My goal is kindness. My evolution is kindness. I find maximum diversity in kindness. To the person who seems most different from me, I am kindness. To the person I disagree with the most, I am kindness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am lessons of the past. I find lessons of the past by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is lessons of the past. My unanimity in our diversity is lessons of the past. I find lessons of the past in the minority opinion. I am lessons of the past to the lone dissenter. I seek lessons of the past. PIP Success is lessons of the past. My method is lessons of the past. My goal is lessons of the past. My evolution is lessons of the past. I find maximum diversity in lessons of the past. To the person who seems most different from me, I am lessons of the past. To the person I disagree with the most, I am lessons of the past. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am learning. I find learning by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is learning. My unanimity in our diversity is learning. I find learning in the minority opinion. I am learning to the lone dissenter. I seek learning. PIP Success is learning. My method is learning. My goal is learning. My evolution is learning. I find maximum diversity in learning. To the person who seems most different from me, I am learning. To the person I disagree with the most, I am learning. I am often**

**the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am listening. I find listening by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is listening. My unanimity in our diversity is listening. I find listening in the minority opinion. I am listening to the lone dissenter. I seek listening. PIP Success is listening. My method is listening. My goal is listening. My evolution is listening. I find maximum diversity in listening. To the person who seems most different from me, I am listening. To the person I disagree with the most, I am listening. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am love. I find love by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is love. My unanimity in our diversity is love. I find love in the minority opinion. I am love to the lone dissenter. I seek love. PIP Success is love. My method is love. My goal is love. My evolution is love. I find maximum diversity in love. To the person who seems most different from me, I am love. To the person I disagree with the most, I am love. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am loyalty. I find loyalty by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is loyalty. My unanimity in our diversity is loyalty. I find loyalty in the minority opinion. I am loyalty to the lone dissenter. I seek loyalty. PIP Success is loyalty. My method is loyalty. My goal is loyalty. My evolution is loyalty. I find maximum diversity in loyalty. To the person who seems most different from me, I am loyalty. To the person I disagree with the most, I am loyalty. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am maturity. I find maturity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is maturity. My unanimity in our diversity is maturity. I find maturity in the minority opinion. I am maturity to the lone dissenter. I seek maturity. PIP Success is maturity. My method is maturity. My goal is maturity. My evolution is maturity. I find maximum diversity in maturity. To the person who seems most different from me, I am maturity. To the person I disagree with the most, I am maturity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am open mindedness. I find open mindedness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My**

unity in our diversity is open mindedness. My unanimity in our diversity is open mindedness. I find open mindedness in the minority opinion. I am open mindedness to the lone dissenter. I seek open mindedness. PIP Success is open mindedness. My method is open mindedness. My goal is open mindedness. My evolution is open mindedness. I find maximum diversity in open mindedness. To the person who seems most different from me, I am open mindedness. To the person I disagree with the most, I am open mindedness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am optimism. I find optimism by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is optimism. My unanimity in our diversity is optimism. I find optimism in the minority opinion. I am optimism to the lone dissenter. I seek optimism. PIP Success is optimism. My method is optimism. My goal is optimism. My evolution is optimism. I find maximum diversity in optimism. To the person who seems most different from me, I am optimism. To the person I disagree with the most, I am optimism. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am participation. I find participation by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is participation. My unanimity in our diversity is participation. I find participation in the minority opinion. I am participation to the lone dissenter. I seek participation. PIP Success is participation. My method is participation. My goal is participation. My evolution is participation. I find maximum diversity in participation. To the person who seems most different from me, I am participation. To the person I disagree with the most, I am participation. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am passion. I find passion by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is passion. My unanimity in our diversity is passion. I find passion in the minority opinion. I am passion to the lone dissenter. I seek passion. PIP Success is passion. My method is passion. My goal is passion. My evolution is passion. I find maximum diversity in passion. To the person who seems most different from me, I am passion. To the person I disagree with the most, I am passion. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am patience. I find patience by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is patience. My unanimity in our diversity is patience. I find patience in the minority



opinion. I am patience to the lone dissenter. I seek patience. PIP Success is patience. My method is patience. My goal is patience. My evolution is patience. I find maximum diversity in patience. To the person who seems most different from me, I am patience. To the person I disagree with the most, I am patience. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am perseverance. I find perseverance by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is perseverance. My unanimity in our diversity is perseverance. I find perseverance in the minority opinion. I am perseverance to the lone dissenter. I seek perseverance. PIP Success is perseverance. My method is perseverance. My goal is perseverance. My evolution is perseverance. I find maximum diversity in perseverance. To the person who seems most different from me, I am perseverance. To the person I disagree with the most, I am perseverance. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am powerlessness. I find powerlessness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is powerlessness. My unanimity in our diversity is powerlessness. I find powerlessness in the minority opinion. I am powerlessness to the lone dissenter. I seek powerlessness. PIP Success is powerlessness. My method is powerlessness. My goal is powerlessness. My evolution is powerlessness. I find maximum diversity in powerlessness. To the person who seems most different from me, I am powerlessness. To the person I disagree with the most, I am powerlessness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am practicality. I find practicality by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is practicality. My unanimity in our diversity is practicality. I find practicality in the minority opinion. I am practicality to the lone dissenter. I seek practicality. PIP Success is practicality. My method is practicality. My goal is practicality. My evolution is practicality. I find maximum diversity in practicality. To the person who seems most different from me, I am practicality. To the person I disagree with the most, I am practicality. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am this present moment. I find this present moment by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is this present moment. My unanimity in our diversity is this present moment. I find this present moment in the minority opinion. I am this

present moment to the lone dissenter. I seek this present moment. PIP Success is this present moment. My method is this present moment. My goal is this present moment. My evolution is this present moment. I find maximum diversity in this present moment. To the person who seems most different from me, I am this present moment. To the person I disagree with the most, I am this present moment. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am progress. I find progress by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is progress. My unanimity in our diversity is progress. I find progress in the minority opinion. I am progress to the lone dissenter. I seek progress. PIP Success is progress. My method is progress. My goal is progress. My evolution is progress. I find maximum diversity in progress. To the person who seems most different from me, I am progress. To the person I disagree with the most, I am progress. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am promotion. I find promotion by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is promotion. My unanimity in our diversity is promotion. I find promotion in the minority opinion. I am promotion to the lone dissenter. I seek promotion. PIP Success is promotion. My method is promotion. My goal is promotion. My evolution is promotion. I find maximum diversity in promotion. To the person who seems most different from me, I am promotion. To the person I disagree with the most, I am promotion. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am prudence. I find prudence by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is prudence. My unanimity in our diversity is prudence. I find prudence in the minority opinion. I am prudence to the lone dissenter. I seek prudence. PIP Success is prudence. My method is prudence. My goal is prudence. My evolution is prudence. I find maximum diversity in prudence. To the person who seems most different from me, I am prudence. To the person I disagree with the most, I am prudence. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am purpose. I find purpose by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is purpose. My unanimity in our diversity is purpose. I find purpose in the minority opinion. I am purpose to the lone dissenter. I seek purpose. PIP Success is purpose. My method is purpose. My goal is purpose. My evolution is purpose. I find maximum diversity in purpose. To the person who seems most different from

me, I am purpose. To the person I disagree with the most, I am purpose. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am reliability. I find reliability by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is reliability. My unanimity in our diversity is reliability. I find reliability in the minority opinion. I am reliability to the lone dissenter. I seek reliability. PIP Success is reliability. My method is reliability. My goal is reliability. My evolution is reliability. I find maximum diversity in reliability. To the person who seems most different from me, I am reliability. To the person I disagree with the most, I am reliability. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am resilience. I find resilience by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is resilience. My unanimity in our diversity is resilience. I find resilience in the minority opinion. I am resilience to the lone dissenter. I seek resilience. PIP Success is resilience. My method is resilience. My goal is resilience. My evolution is resilience. I find maximum diversity in resilience. To the person who seems most different from me, I am resilience. To the person I disagree with the most, I am resilience. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am respect. I find respect by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is respect. My unanimity in our diversity is respect. I find respect in the minority opinion. I am respect to the lone dissenter. I seek respect. PIP Success is respect. My method is respect. My goal is respect. My evolution is respect. I find maximum diversity in respect. To the person who seems most different from me, I am respect. To the person I disagree with the most, I am respect. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am responsibility. I find responsibility by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is responsibility. My unanimity in our diversity is responsibility. I find responsibility in the minority opinion. I am responsibility to the lone dissenter. I seek responsibility. PIP Success is responsibility. My method is responsibility. My goal is responsibility. My evolution is responsibility. I find maximum diversity in responsibility. To the person who seems most different from me, I am responsibility. To the person I disagree with the most, I am responsibility. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

**I am restraint. I find restraint by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is restraint. My unanimity in our diversity is restraint. I find restraint in the minority opinion. I am restraint to the lone dissenter. I seek restraint. PIP Success is restraint. My method is restraint. My goal is restraint. My evolution is restraint. I find maximum diversity in restraint. To the person who seems most different from me, I am restraint. To the person I disagree with the most, I am restraint. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am sacrifice. I find sacrifice by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is sacrifice. My unanimity in our diversity is sacrifice. I find sacrifice in the minority opinion. I am sacrifice to the lone dissenter. I seek sacrifice. PIP Success is sacrifice. My method is sacrifice. My goal is sacrifice. My evolution is sacrifice. I find maximum diversity in sacrifice. To the person who seems most different from me, I am sacrifice. To the person I disagree with the most, I am sacrifice. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am safety. I find safety by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is safety. My unanimity in our diversity is safety. I find safety in the minority opinion. I am safety to the lone dissenter. I seek safety. PIP Success is safety. My method is safety. My goal is safety. My evolution is safety. I find maximum diversity in safety. To the person who seems most different from me, I am safety. To the person I disagree with the most, I am safety. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am security. I find security by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is security. My unanimity in our diversity is security. I find security in the minority opinion. I am security to the lone dissenter. I seek security. PIP Success is security. My method is security. My goal is security. My evolution is security. I find maximum diversity in security. To the person who seems most different from me, I am security. To the person I disagree with the most, I am security. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am self-honesty. I find self-honesty by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is self-honesty. My unanimity in our diversity is self-honesty. I find self-**

honesty in the minority opinion. I am self-honesty to the lone dissenter. I seek self-honesty. PIP Success is self-honesty. My method is self-honesty. My goal is self-honesty. My evolution is self-honesty. I find maximum diversity in self-honesty. To the person who seems most different from me, I am self-honesty. To the person I disagree with the most, I am self-honesty. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am self-acceptance. I find self-acceptance by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is self-acceptance. My unanimity in our diversity is self-acceptance. I find self-acceptance in the minority opinion. I am self-acceptance to the lone dissenter. I seek self-acceptance. PIP Success is self-acceptance. My method is self-acceptance. My goal is self-acceptance. My evolution is self-acceptance. I find maximum diversity in self-acceptance. To the person who seems most different from me, I am self-acceptance. To the person I disagree with the most, I am self-acceptance. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am self-discipline. I find self-discipline by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is self-discipline. My unanimity in our diversity is self-discipline. I find self-discipline in the minority opinion. I am self-discipline to the lone dissenter. I seek self-discipline. PIP Success is self-discipline. My method is self-discipline. My goal is self-discipline. My evolution is self-discipline. I find maximum diversity in self-discipline. To the person who seems most different from me, I am self-discipline. To the person I disagree with the most, I am self-discipline. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am self-discovery. I find self-discovery by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is self-discovery. My unanimity in our diversity is self-discovery. I find self-discovery in the minority opinion. I am self-discovery to the lone dissenter. I seek self-discovery. PIP Success is self-discovery. My method is self-discovery. My goal is self-discovery. My evolution is self-discovery. I find maximum diversity in self-discovery. To the person who seems most different from me, I am self-discovery. To the person I disagree with the most, I am self-discovery. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am self-support. I find self-support by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is self-support. My unanimity in our diversity is self-support. I find self-

support in the minority opinion. I am self-support to the lone dissenter. I seek self-support. PIP Success is self-support. My method is self-support. My goal is self-support. My evolution is self-support. I find maximum diversity in self-support. To the person who seems most different from me, I am self-support. To the person I disagree with the most, I am self-support. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am selfless. I find selfless by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is selfless. My unanimity in our diversity is selfless. I find selfless in the minority opinion. I am selfless to the lone dissenter. I seek selfless. PIP Success is selfless. My method is selfless. My goal is selfless. My evolution is selfless. I find maximum diversity in selfless. To the person who seems most different from me, I am selfless. To the person I disagree with the most, I am selfless. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am selfless service. I find selfless service by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is selfless service. My unanimity in our diversity is selfless service. I find selfless service in the minority opinion. I am selfless service to the lone dissenter. I seek selfless service. PIP Success is selfless service. My method is selfless service. My goal is selfless service. My evolution is selfless service. I find maximum diversity in selfless service. To the person who seems most different from me, I am selfless service. To the person I disagree with the most, I am selfless service. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am selflessness. I find selflessness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is selflessness. My unanimity in our diversity is selflessness. I find selflessness in the minority opinion. I am selflessness to the lone dissenter. I seek selflessness. PIP Success is selflessness. My method is selflessness. My goal is selflessness. My evolution is selflessness. I find maximum diversity in selflessness. To the person who seems most different from me, I am selflessness. To the person I disagree with the most, I am selflessness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am serenity. I find serenity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is serenity. My unanimity in our diversity is serenity. I find serenity in the minority opinion. I am serenity to the lone dissenter. I seek serenity. PIP Success is

**serenity. My method is serenity. My goal is serenity. My evolution is serenity. I find maximum diversity in serenity. To the person who seems most different from me, I am serenity. To the person I disagree with the most, I am serenity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am service. I find service by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is service. My unanimity in our diversity is service. I find service in the minority opinion. I am service to the lone dissenter. I seek service. PIP Success is service. My method is service. My goal is service. My evolution is service. I find maximum diversity in service. To the person who seems most different from me, I am service. To the person I disagree with the most, I am service. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am sharing. I find sharing by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is sharing. My unanimity in our diversity is sharing. I find sharing in the minority opinion. I am sharing to the lone dissenter. I seek sharing. PIP Success is sharing. My method is sharing. My goal is sharing. My evolution is sharing. I find maximum diversity in sharing. To the person who seems most different from me, I am sharing. To the person I disagree with the most, I am sharing. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am simplicity. I find simplicity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is simplicity. My unanimity in our diversity is simplicity. I find simplicity in the minority opinion. I am simplicity to the lone dissenter. I seek simplicity. PIP Success is simplicity. My method is simplicity. My goal is simplicity. My evolution is simplicity. I find maximum diversity in simplicity. To the person who seems most different from me, I am simplicity. To the person I disagree with the most, I am simplicity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am sincerity. I find sincerity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is sincerity. My unanimity in our diversity is sincerity. I find sincerity in the minority opinion. I am sincerity to the lone dissenter. I seek sincerity. PIP Success is sincerity. My method is sincerity. My goal is sincerity. My evolution is sincerity. I find maximum diversity in sincerity. To the person who seems most different from me, I am sincerity. To the person I disagree with the most, I am sincerity. I am often**

the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am solidarity. I find solidarity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is solidarity. My unanimity in our diversity is solidarity. I find solidarity in the minority opinion. I am solidarity to the lone dissenter. I seek solidarity. PIP Success is solidarity. My method is solidarity. My goal is solidarity. My evolution is solidarity. I find maximum diversity in solidarity. To the person who seems most different from me, I am solidarity. To the person I disagree with the most, I am solidarity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am stability. I find stability by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is stability. My unanimity in our diversity is stability. I find stability in the minority opinion. I am stability to the lone dissenter. I seek stability. PIP Success is stability. My method is stability. My goal is stability. My evolution is stability. I find maximum diversity in stability. To the person who seems most different from me, I am stability. To the person I disagree with the most, I am stability. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am steadfastness. I find steadfastness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is steadfastness. My unanimity in our diversity is steadfastness. I find steadfastness in the minority opinion. I am steadfastness to the lone dissenter. I seek steadfastness. PIP Success is steadfastness. My method is steadfastness. My goal is steadfastness. My evolution is steadfastness. I find maximum diversity in steadfastness. To the person who seems most different from me, I am steadfastness. To the person I disagree with the most, I am steadfastness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.

I am surrender. I find surrender by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is surrender. My unanimity in our diversity is surrender. I find surrender in the minority opinion. I am surrender to the lone dissenter. I seek surrender. PIP Success is surrender. My method is surrender. My goal is surrender. My evolution is surrender. I find maximum diversity in surrender. To the person who seems most different from me, I am surrender. To the person I disagree with the most, I am surrender. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.



**I am thoughtfulness. I find thoughtfulness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is thoughtfulness. My unanimity in our diversity is thoughtfulness. I find thoughtfulness in the minority opinion. I am thoughtfulness to the lone dissenter. I seek thoughtfulness. PIP Success is thoughtfulness. My method is thoughtfulness. My goal is thoughtfulness. My evolution is thoughtfulness. I find maximum diversity in thoughtfulness. To the person who seems most different from me, I am thoughtfulness. To the person I disagree with the most, I am thoughtfulness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am tolerance. I find tolerance by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is tolerance. My unanimity in our diversity is tolerance. I find tolerance in the minority opinion. I am tolerance to the lone dissenter. I seek tolerance. PIP Success is tolerance. My method is tolerance. My goal is tolerance. My evolution is tolerance. I find maximum diversity in tolerance. To the person who seems most different from me, I am tolerance. To the person I disagree with the most, I am tolerance. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am trust. I find trust by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is trust. My unanimity in our diversity is trust. I find trust in the minority opinion. I am trust to the lone dissenter. I seek trust. PIP Success is trust. My method is trust. My goal is trust. My evolution is trust. I find maximum diversity in trust. To the person who seems most different from me, I am trust. To the person I disagree with the most, I am trust. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am the 36 facets of success. I find the 36 facets of success by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is the 36 facets of success. My unanimity in our diversity is the 36 facets of success. I find the 36 facets of success in the minority opinion. I am the 36 facets of success to the lone dissenter. I seek the 36 facets of success. PIP Success is the 36 facets of success. My method is the 36 facets of success. My goal is the 36 facets of success. My evolution is the 36 facets of success. I find maximum diversity in the 36 facets of success. To the person who seems most different from me, I am the 36 facets of success. To the person I disagree with the most, I am the 36 facets of success. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am unconditional love. I find unconditional love by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is unconditional love. My unanimity in our diversity is unconditional love. I find unconditional love in the minority opinion. I am unconditional love to the lone dissenter. I seek unconditional love. PIP Success is unconditional love. My method is unconditional love. My goal is unconditional love. My evolution is unconditional love. I find maximum diversity in unconditional love. To the person who seems most different from me, I am unconditional love. To the person I disagree with the most, I am unconditional love. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am understanding. I find understanding by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is understanding. My unanimity in our diversity is understanding. I find understanding in the minority opinion. I am understanding to the lone dissenter. I seek understanding. PIP Success is understanding. My method is understanding. My goal is understanding. My evolution is understanding. I find maximum diversity in understanding. To the person who seems most different from me, I am understanding. To the person I disagree with the most, I am understanding. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am unity. I find unity by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is unity. My unanimity in our diversity is unity. I find unity in the minority opinion. I am unity to the lone dissenter. I seek unity. PIP Success is unity. My method is unity. My goal is unity. My evolution is unity. I find maximum diversity in unity. To the person who seems most different from me, I am unity. To the person I disagree with the most, I am unity. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am vigilance. I find vigilance by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is vigilance. My unanimity in our diversity is vigilance. I find vigilance in the minority opinion. I am vigilance to the lone dissenter. I seek vigilance. PIP Success is vigilance. My method is vigilance. My goal is vigilance. My evolution is vigilance. I find maximum diversity in vigilance. To the person who seems most different from me, I am vigilance. To the person I disagree with the most, I am vigilance. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am vulnerability. I find vulnerability by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our**

**diversity is vulnerability. My unanimity in our diversity is vulnerability. I find vulnerability in the minority opinion. I am vulnerability to the lone dissenter. I seek vulnerability. PIP Success is vulnerability. My method is vulnerability. My goal is vulnerability. My evolution is vulnerability. I find maximum diversity in vulnerability. To the person who seems most different from me, I am vulnerability. To the person I disagree with the most, I am vulnerability. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am we. I find we by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is we. My unanimity in our diversity is we. I find we in the minority opinion. I am we to the lone dissenter. I seek we. PIP Success is we. My method is we. My goal is we. My evolution is we. I find maximum diversity in we. To the person who seems most different from me, I am we. To the person I disagree with the most, I am we. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am welcome. I find welcome by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is welcome. My unanimity in our diversity is welcome. I find welcome in the minority opinion. I am welcome to the lone dissenter. I seek welcome. PIP Success is welcome. My method is welcome. My goal is welcome. My evolution is welcome. I find maximum diversity in welcome. To the person who seems most different from me, I am welcome. To the person I disagree with the most, I am welcome. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am willingness. I find willingness by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is willingness. My unanimity in our diversity is willingness. I find willingness in the minority opinion. I am willingness to the lone dissenter. I seek willingness. PIP Success is willingness. My method is willingness. My goal is willingness. My evolution is willingness. I find maximum diversity in willingness. To the person who seems most different from me, I am willingness. To the person I disagree with the most, I am willingness. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am wisdom. I find wisdom by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is wisdom. My unanimity in our diversity is wisdom. I find wisdom in the minority opinion. I am wisdom to the lone dissenter. I seek wisdom. PIP Success is wisdom. My method is wisdom. My goal is wisdom. My evolution is wisdom. I find**

**maximum diversity in wisdom. To the person who seems most different from me, I am wisdom. To the person I disagree with the most, I am wisdom. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**I am wonder. I find wonder by seeking, and learning from, every point of view in myself and others, every moment, and every situation. My unity in our diversity is wonder. My unanimity in our diversity is wonder. I find wonder in the minority opinion. I am wonder to the lone dissenter. I seek wonder. PIP Success is wonder. My method is wonder. My goal is wonder. My evolution is wonder. I find maximum diversity in wonder. To the person who seems most different from me, I am wonder. To the person I disagree with the most, I am wonder. I am often the person who seems most different from me and with whom I disagree the most. I do not know what I do not know.**

**Facet 34.**

**Any member can petition the group for the hearing on a disagreement and the hearing is convened. A matter that is important to one member is important to the group.**

**In Facet 33 we spoke of the importance of every point of view as a practical matter. In life on its terms, variation is the norm. Not uniformity. Diversity is the norm. Not conformity. The principles are life on its terms.**

**We are each professional in our own experience and that expertise is unique as our fingerprints. Too not solicit every approach and point of view on any matter is to stunt our growth and potential. Consilience is our success.**

**In this facet we speak of my most intimate needs in any relationship. Your most intimate needs in any relationship. This has nothing to do with addiction, recovery, or PIP Success.**

**In all areas of life, the more intimate the relationship and the situation, the more important these needs are. To be loved unconditionally, accepted for who I am, appreciated as me at my best, affirmed in who I am coming to be, my experience, lessons and wisdom are sought out and learned from. Equality in participation, leadership and input.**

**Central to all PIP Success purposes and goals is this commitment, unconditional and no matter what. If I have a concern, it is our concern. If you have a concern, it is our concern. A relationship evolves towards higher levels of health and well-being through the learning process. Conflict is change happening. A new idea is change happening. Increasing levels of uncertainty and ambiguity are change happening. Concerns expressed, no matter what they are, are change happening.**

**Moments of simplicity and clarity are resting spots. A time to reflect and refuel. Not a way of life. Constant change demands constants adaptation. To not adapt is too not have the resources to adapt. Stagnation is a lack of effort to do what needs to be done, and to not keep up with growth and change.**

**There is no staying the same, or avoiding change in life on its terms. The amount of energy required to ignore, avoid, or fight life as it is, is much larger than just doing it. Life is a muscle. A “just do it attitude and action approach” trains and prepares for the olympics of my best each moment. Gold medals are a day to day experience in my life at its best.**

**In my Olympics I only compete with my personal ability to learn, change, grow, and be of maximum service to each moment and relationship. All that sets an Olympic**

athlete apart from all others is, of course some natural talent, and then they do their best.

What any person lacks in talent can be compensated for by just doing their best consistently for long enough. We are all Olympic athletes in our own lives. Just do our best long enough. As a way of life. Every person and situation is my Olympic coach and training team.

All that is constant is constant change. In every aspect of its imagination, creation and development, PIP Success is about celebrating that constant change, that is constantly changing, requires that we are constant change, as constant change is constantly changing. In every present moment and situation and relationship that relates in any way to PIP Success. Disagreement is as essential to my success as is breathing and sunlight and food.

We define “a disagreement” as any learning opportunity a member presents, for any reason, that challenges PIP Success, as individuals, collectively as persons, or the organization as a whole, to learn, grow, and change in any way. We use the word “disagreement” because there is a level of discomfort that comes when one person speaks up in a way that would seem to be in “opposition” to the status quo in some way. We embrace it. It is not opposition. It is a learning opportunity. It is change already happening.

Like all other moments in life, the principles tell me, and us, that it is simply another learning opportunity. It is challenging, however, because we have been raised, most of us, to go “tribal” when “confronted” in any way. We are one. “Us and them” is not the principles. Is not who I am. Is not who I believe you are. Is not what PIP Success is about. We go tribal most strongly when it is only one person who brings forward a concern that most or all of us, or I especially strongly, did not see coming, or have a visceral reaction to.

A relationship, is a relationship, is a relationship. One of the basic ground rules in any relationship has to do with how “the whole” responds to an “opportunity to learn, change, grow” presented by one, or more members of the relationship. I am the principles. I believe you are the principles. PIP Success is the principles.

If something is of concern to one party in the relationship, it is of concern to the relationship. That is the lesson of my body in how it has remained in unanimity of purpose, strategy and outcome. No matter how unskilled I have been at life and success, as me, during large parts, or most of my life. Much of our lives we have been, in our ignorance and naivete, at war with our bodies, our pip, and our relationships.

Despite all that “disagreement” I am still here and still me. I am the principles. My best and worst could not destroy the principles that my existence is. I gain a mental understanding of who I have always been, and the skills to be me. Suddenly and quickly I am done fighting, and am just me. Could it be that simple. You tell us. Is it? We believe it is.

My responsibility as an individual member of PIP Success, your responsibility as a member of PIP Success, and our collective responsibility is to be a culture of honesty, open-mindedness, willingness, faith, hope and love. Acceptance. Affirmation. Unconditionally. No matter what.

We give each other the confidence that we were born good, have always been good, and are still good. We give each the needed skills and confidence, so our lives are understandable and manageable. And that the work is worthwhile and infinitely rewarding as each day passes. Coherence. We talk as equals. We listen as equals. Constantly changing in increasingly healthy ways while remaining balanced. We are homeostasis. We are salutogenesis.

We give each other a belief that life can be consistent, dependable, and predictable. Comprehensibility. We talk as equals. We listen as equals. Constantly changing in increasingly healthy ways while remaining balanced. We give each other homeostasis. We give each other salutogenesis.

We give each other the skills, experience, lessons, wisdom and a chance to mentor others. Success at finding out who we are as the principles, by being who we are, and always have been. We have always been the principles. Manageability. We talk as equals. We listen as equals. Constantly changing in increasingly healthy ways while remaining balanced. We role model homeostasis. We role model salutogenesis.

We give each other the principles. We give each other who we are. We give each other in a language that is who we are. The principles. Our success keeps us excited about learning about ourselves in service. Mentoring. Being one, as one, in unison gives a purpose that is a constant lifelong lifestyle of just being home in safety, love, imagination and creativity. Meaningfulness. Constantly changing in increasingly healthy ways while remaining balanced. Homeostasis nurtures homeostasis. Salutogenesis nurtures higher level of salutogenesis.

I promise to persist, survive, confront challenges, and welcome conflict as though each “disagreement” is just adding one more pound of weight to my lifting regime at the gym. Same process and outcome.

I replace all my tendencies to go tribal, to see any moment or situation as “winning and losing”, “black and white”, “us and them”, “right or wrong and no grey area”

with the excitement of a young child. Fearlessly exploring, without judgement, prejudice or limitation, all that life offers. The principles remove the shackles of “forgetting” that I have not lost the ability to innocently, and excitedly, explore each moment, as my first. Each moment is my first. I am the joy and innocence of the principles.

I also promise to know my needs and get them met. I am the principles. I promise to respect your needs. I am the principles. We promise to hear you when you speak your needs. We promise to help you get those needs met. Unconditionally. No matter what. We give you you.

We give you the skills to succeed as you. We promise to lead the way, walk beside, or follow, as you learn, change, grow and mentor others. We are all the family we always needed and will always need.

As we compare and contrast our principles, needs, feelings when our needs are met, and our feelings when our needs are not met, we realize something simple. I feel really good when I am really good because I am really good. I embrace every “disagreement”, opportunity to learn, to take the next step forward, as excitedly as I explored the world as a child, without prejudice, judgement or reservation.

My instincts, my intuitions, my feelings, my needs and the principles are one process. I welcome ambiguity, disagreement, uncertainty, critique, every new idea and approach. They are the fuel of constructive and useful evolution. They are where PIP Success was created and will be our first priority.

Be life. Life is constant change. Life on its terms is where we start. Not what we do when life drags us there kicking and screaming and all else has failed. We have found an easier softer way. Just come home and stay home.

No more duality. No more dichotomy. Only increasing unity in our diversity. Our university expands as our memories of what we thought were distinctions and differences fade. Without losing, but rather heightening the exquisite uniqueness of each of us.



## The Principles

Feel free to add any principles to the following list. These are the principles we will use in the Guide. We recommend that each person start a journey with these principles by learning about them as words and their various uses, and if interested, their historical roots.

Honesty, open-mindedness, willingness, faith, hope, love, as examples, are necessary for the success of any healthy relationship. In any culture. No matter what the purpose of the relationship. And necessary for the success of any healthy group endeavor. So universal they could be said to be an innate or genetic part of our evolutionary success. The who, what, when, where, how and why of our continued existence and success as a human race.

**Acceptance**

**Commitment**

**Accountability**

**Communication**

**Allostasis**

**Compassion**

**Anonymity**

**Comprehensibility**

**Attentiveness**

**Confidence**

**Attraction**

**Connection**

**Authenticity**

**Conscience**

**Autonomy**

**Consilience**

**Awareness**

**Consistency**

**Balance**

**Constant change**

**Boundaries**

**Conviction**

**Caring**

**Cooperation**

**Caution**

**Courage**

**Coherence**

**Creativity**

**Collective guidance**

**Curiosity**

**Dependability**

**Dignity**

**Discernment**

**Discipline**

**Diversity**

**Empathy**

**Encouragement**

**Equality**

**Equanimity**

**Faith**

**Fidelity**

**Flexibility**

**Forgiveness**

**Future potential**

**Freedom**

**Gentleness**

**Generosity**

**Goodwill**

**Grace**

**Gratitude**

**Growth**

**Happiness**

**Harmony**

**Homeostasis**

**Honesty**

**Honor**

**Hope**

**Hospitality**

**Humor**

**Imagination**

**Inclusiveness**

**Independence**

**Individuality**

**Instinct**

**Integrity**

**Interdependence**

**Intimacy**

**Intuition**

**Joy**

**Kindness**

**Lessons of the past**

**Learning**

**Listening**

**Love**

<b>Loyalty</b>	<b>Respect</b>
<b>Manageability</b>	<b>Responsibility</b>
<b>Maturity</b>	<b>Restraint</b>
<b>Meaningfulness</b>	<b>Sacrifice</b>
<b>Nurture</b>	<b>Safety</b>
<b>Open mindedness</b>	<b>Security</b>
<b>Optimism</b>	<b>Self-honesty</b>
<b>Participation</b>	<b>Self-acceptance</b>
<b>Passion</b>	<b>Self-discipline</b>
<b>Patience</b>	<b>Self-discovery</b>
<b>Perseverance</b>	<b>Self-support</b>
<b>Powerlessness</b>	<b>Selfless</b>
<b>Practicality</b>	<b>Selfless service</b>
<b>Present moment</b>	<b>Selflessness</b>
<b>Principles</b>	<b>Serenity</b>
<b>Progress</b>	<b>Service</b>
<b>Promotion</b>	<b>Sharing</b>
<b>Prudence</b>	<b>Simplicity</b>
<b>Purpose</b>	<b>Sincerity</b>
<b>Quality</b>	<b>Solidarity</b>
<b>Reliability</b>	<b>Stability</b>
<b>Resilience</b>	<b>Steadfastness</b>

<b>Surrender</b>	<b>Zappy</b>
<b>Thoughtfulness</b>	<b>Zeal</b>
<b>Tolerance</b>	<b>Zest</b>
<b>Trust</b>	<b>Zoetic</b>
<b>36 facets of success</b>	
<b>Unconditional love</b>	
<b>Understanding</b>	
<b>Unity</b>	
<b>Vigilance</b>	
<b>Vulnerability</b>	
<b>We</b>	
<b>Welcome</b>	
<b>Willingness</b>	
<b>Wisdom</b>	
<b>Wonder</b>	
<b>Xenia</b>	
<b>Xenodochia</b>	
<b>Xenophilia</b>	
<b>Xo, xoxo</b>	
<b>Yearn</b>	
<b>Yes</b>	
<b>Zany</b>	

**My Needs**

Acceptance  
Affection  
Air  
Appreciation  
Authenticity  
Autonomy  
Awareness  
Beauty  
Belonging  
Celebration of life  
Challenge  
Choice  
Clarity  
Closeness  
Communication  
Communion  
Community  
Companionship  
Competence  
Connection  
Consciousness  
Consideration  
Consistency  
Contribution  
Cooperation  
Creativity  
Discovery  
Ease  
Effectiveness  
Empathy  
Equality  
Exercise  
Food  
Freedom  
Growth  
Harmony

Honesty  
Hope  
Humor  
Inclusion  
Independence  
Inspiration  
Integrity  
Intimacy  
Joy  
Learning  
Love  
Meaning  
Mourning  
Movement  
Mutuality  
Nurturing  
Order  
Participation  
Peace  
Physical well-being  
Play  
Presence  
Purpose  
Respect  
Rest  
Safety  
Security  
Self-expression  
Self-respect  
Sexual expression  
Shelter  
Sleep  
Space  
Spontaneity  
Stability  
Stimulation  
Support  
To know and be known  
To matter

**To see and be seen**

**To understand**

**To be understood**

**Touch**

**Trust**

**Understanding**

**Warmth**

**Water**

**Feelings When My Needs Are Being Met**

**Affectionate**  
**Compassionate**  
**Friendly**  
**Loving**  
**Openhearted**  
**Sympathetic**  
**Tender**  
**Warm**  
**Engaged**  
**Absorbed**  
**Alert**  
**Curious**  
**Engrossed**  
**Enchanted**  
**Entranced**  
**Fascinated**  
**Interested**  
**Intrigued**  
**Involved**  
**Spellbound**  
**Stimulated**  
**Hopeful**  
**Expectant**  
**Encouraged**  
**Optimistic**  
**Confident**  
**Empowered**  
**Open**  
**Proud**  
**Safe**  
**Secure**  
**Excited**  
**Amazed**  
**Ardent**  
**Aroused**  
**Astonished**  
**Dazzled**  
**Eager**  
**Energetic**  
**Enthusiastic**  
**Giddy**

**Invigorated**  
**Lively**  
**Passionate**  
**Surprised**  
**Vibrant**  
**Grateful**  
**Appreciative**  
**Moved**  
**Thankful**  
**Touched**  
**Inspired**  
**Amazed**  
**Awed**  
**Wonder**  
**Refreshed**  
**Joyful**  
**Amused**  
**Delighted**  
**Glad**  
**Happy**  
**Jubilant**  
**Pleased**  
**Tickled**  
**Exhilarated**  
**Blissful**  
**Ecstatic**  
**Elated**  
**Enthralled**  
**Exuberant**  
**Radiant**  
**Rapturous**  
**Thrilled**  
**Peaceful**  
**Calm**  
**Clear headed**  
**Comfortable**  
**Centered**  
**Content**  
**Equanimous**  
**Fulfilled**  
**Mellow**  
**Quiet**  
**Relaxed**  
**Relieved**

**Satisfied**  
**Serene**  
**Still**  
**Tranquil**  
**Trusting**  
**Enlivened**  
**Rejuvenated**  
**Renewed**  
**Rested**  
**Restored**  
**Revived**



**Feelings When My Needs Are Not Being Met**

Afraid  
Apprehensive  
Dread  
Forboding  
Frightened  
Mistrustful  
Panicked  
Petrified  
Scared  
Suspicious  
Terrified  
Wary  
Worried  
Annoyed  
Aggravated  
Dismayed  
Disgruntled  
Displeased  
Exasperated  
Frustrated  
Impatient  
Irritated  
Irked  
Angry  
Enraged  
Furious  
Incensed  
Indignant  
Irate  
Livid  
Outraged  
Resentful  
Aversion  
Animosity  
Appalled  
Contempt  
Disgusted  
Dislike  
Hate  
Horrorified

Hostile  
Repulsed  
Confused  
Ambivalent  
Baffled  
Bewildered  
Dazed  
Hesitant  
Lost  
Mystified  
Perplexed  
Puzzled  
Torn  
Disconnected  
Alienated  
Aloof  
Apathetic  
Bored  
Cold  
Detached  
Distant  
Distracted  
Indifferent  
Numb  
Removed  
Uninterested  
Withdrawn  
Disquiet  
Agitated  
Alarmed  
Discombobulated  
Disconnected  
Disconcerted  
Disturbed  
Perturbed  
Rattled  
Restless  
Shocked  
Startled  
Surprised  
Troubled  
Turbulent  
Turmoil  
Uncomfortable

Uneasy  
Unnerved  
Unsettled  
Upset  
Embarrassed  
Ashamed  
Chagrined  
Flustered  
Guilty  
Mortified  
Self-conscious  
Fatigue  
Beat  
Burnt out  
Depleted  
Exhausted  
Lethargic  
Listless  
Sleepy  
Tired  
Weary  
Worn out  
Pain  
Agony  
Anguished  
Bereaved  
Devastated  
Grief  
Heartbroken  
Hurt  
Lonely  
Miserable  
Regretful  
Remorseful  
Sad  
Depressed  
Dejected  
Despair  
Despondent  
Disappointed  
Discouraged

Disheartened  
Forlorn  
Gloomy  
Heavy hearted  
Hopeless  
Melancholy  
Unhappy  
Wretched  
Tense  
Anxious  
Cranky  
Distressed  
Distraught  
Edgy  
Fidgety  
Frazzled  
Irritable  
Jittery  
Nervous  
Overwhelmed  
Restless  
Stressed out  
Vulnerable  
Fragile  
Guarded  
Helpless  
Insecure  
Literary  
Reserved  
Sensitive  
Shaky  
Yearning  
Envious  
Jealous  
Longing  
Pining  
Nostalgic  
Wistful

**Facet 35.**

**Only anonymous contributions during the meeting are used for that purpose. The anonymous group members decide how it wants to fund service efforts beyond the needs of the anonymous group setting. All laws and customs are followed.**

**Facet 36.**

**In all efforts of the group, its anonymous meetings and service structure, the goals are twofold. To serve the primary purposes of the group. And give each member the skills to study, apply, and practice these principles in every aspect of their lives.**

**David M. Conley, a professor at Washington State University's Elson S. Floyd College of Medicine states: "The reason fingerprints are unique is the same reason individual humans are unique. Variation is the norm, not the exception."**

**"At the center of your being you have the answer; you know who you are and you know what you want." Lao Tzu is said to be the author of this statement about 3,000 years ago.**

**Those two statements summarize what the facets of our success give us. A lifelong lifestyle of self-discovery based on the study, application, and practice of the principles.**

**We have realized that we have suffered only because we did not know who we were and lacked the skills to succeed as ourselves. We have always been who we are. Now, we are in an endless self-discovery process of finding the unity in the diversity, of who I am, and who you are. Who we are. Diversity and infinite variation are the norm and always have been.**

**This facet is about the principles as incarnations of reciprocity. I am the principles. I am reciprocity. I serve the primary purposes of the group as the principles. Mentoring is a form of reciprocity. I am the teacher and the student in the mentoring relationship. The principles are the method, process, and result of reciprocity. Each of the principles is mutually beneficial to and with each other principle. Mutual and enjoyable.**

**Reciprocity is defined as the quality or state of being reciprocal. A mutual dependence, action, or influence. A mutual exchange of privileges. We add, for our purposes, that reciprocity is a mutual and enjoyable exchange. I am the principles. They are my mutual and enjoyable exchange with me, you, and us. I am reciprocity.**

**The primary purpose of PIP Success is to encourage the study, application, and practice of our principles in every present moment, situation and relationship in my life. My primary purpose as a member of PIP Success is to become a lifelong lifestyle of self discovery through the constant study, application and practice of the principles, always and everywhere.**

**For me, for you, for us, I am constantly teacher and student. We are orphans raising orphans. We are, for each other, every role we need. Mother, father, sister, brother, grandmother, grandfather. Every role and role model. We are one family. At once parent**

and child. Employer and employee. I am the lesson and the lesson and the lesson, and also the lesson.

Our message is that any person with the condition commonly called addiction, in all of its manifestations, can stop the behaviors, quit negatively obsessing, find positive passions in life, and succeed in every area of their life. I am the principles. I am PIP Success. In being the who, what, when, where, how and why of the principles as me, for you and for me, I am the message. All my relationships are reciprocal in their equality. Mutual and enjoyable.

The only requirements for individual membership are a desire to find freedom from negative obsession, and a willingness to mentor others. Each of us is the message in our intentions, thoughts, words, actions, and most importantly, our results. I am the principles. Reciprocity is another word for mentoring.

Mentoring is student and teacher in one seamless, circular, never ending lifelong lifestyle of self-discovery for me, for you, and for PIP Success. It is the life cycle of the universe as I understand it to be, my every cell, my pip, every moment and relationship.

Constant change is constantly changing. The best I can do is my best, to learn and share with another, my lessons. Everyone goes somewhere better, faster and more efficiently, if I, we, are constantly learning and teaching.

What works for me will work for thousands. What works for thousands will work for millions and billions. Learned by one and not shared, in time, often is lost by the one person who learned it. It is of no use to anyone else.

I never know when I unlock a lesson that could, unleashed, save one, thousands, millions of lives. Every person remembered by someone is remembered for what they learned and passed on. Or did not and someone felt abandoned in their time of need. No one was there with what they needed to succeed, and often even find a reason to be alive, or live. Or a specific someone was there, at there moment of need, and gave them support and the information they needed to be their best that moment.

Every person who has survived the symptoms of addiction tells stories of individuals who were in the life saving place at the life threatening moment, or point of possibly no return, and all in one moment, said or did something, that got the person through the moment, and going in a better direction. A life saved is always saved first, in an instant, where something making life possible happens. It starts, in a moment, a split second, with a look, a touch, the start of a sentence, often just a few words.

**One person tells of a moment when she was going to end her life. She was lying on her living room floor, face down, committed to the act and prepared to do it. She suddenly recalled that just a day before a person, at his first meeting, asked her to be their sponsor. They had agreed to meet to begin step work the next day at 4:30 p.m. at a local restaurant.**

**As she lies ready to end her life, she realized that this newcomer would not understand and could also end up using and dead. It kept her alive one more day for that meeting. The next day at 4:30 they met, and she did not understand what had just happened to her, was not happy to be alive, but looking into the eyes of that newcomer saw the life force we call unconditional love. She was overwhelmed but angry.**

**His need, despite her confusion, brought her best to match his best. The life force that unconditional love is. Passing from one person to another, no matter what. Months later, when he was wanting to kill himself and was in the process of following through with it, she was there for him and told him how he had saved her life. She could share with him that she had planned, as one of her suicide options, the same suicide plan he had. He lived and still lives.**

**She tells how it all happened in the time it takes to have a thought. In a split second his face came to her mind. She saw him coming to the restaurant and she was not there. She sees him learning that she had ended her life. In the speed of one simple image, her life was saved, by the unconditional love that she was and is. The decision to live, at least to make it for coffee the next day, happened in possibly less than one second. That is the lifesaving power of all that PIP Success is.**

**We all have such stories. Our legacy, when we pass on can be thousands of such stories. That is the legacy that will spread PIP Success around the world as one more lifesaving option for hundreds, thousands, and millions.**

**Maybe billions. We are producing world leaders in every field of human endeavor that save lives in all areas of life beyond PIP Success. Leaders who have skills few have.**

**In the world, at the time of this writing, we are learning daily how we have more in common, than different in all areas of life. We are being encouraged, affirmed, but mostly dragged, and often resisting at all costs, to leave behind the tribal traditions of "us and them". "The other." "The near other." And the "Far other."**

**We are being pulled to find unity in our diversity, and all the tools and information for doing so are available, with one finger tap or a click of a key. And increasingly we are being told our existence and the quality of our existence is at stake. Each generation is seeing higher costs for our denial. Tribalism no longer works. We are one family, and we know it.**

**Few have the skills we are learning in PIP Success. Our gratitude will take us into every field of life as leaders in unanimity, group conscience and consilience. We can help people, anywhere, anytime, learn that all that is constant is change. It has always been that way. We are resilience. We seek higher and higher levels of health in a world that feels and seems often doomed in its paralysis and fear.**

**The sciences and other fields of human endeavor are increasingly coming together in imagination and creativity, with innovative results that seem, at times, almost magical. Better approaches to all sorts of challenges, budding from efforts in consilience, are taking root each day, slow but sure. We will be part of those efforts. Their success is our success.**

**Individuals and groups are finding that we are capable of infinitely more cooperation and unity than could have been fantasized about even 20 years ago. Just by choosing to find the unity in increasing diversity. We always have more in common than different.**

**Each of our 10 fingerprints are unique. We all have fingerprints and aspects in common. Unity in the diversity of billions and billions. A standard set in 1894, and has not been proven wrong, indicated that the chances of two fingerprints being the same are possibly 1 in 64 trillion.**

**In the June 1894 issue of Scientific American “Mr. Francis Galton affirms that ‘the patterns of the papillary ridges upon the bulbous palmar surfaces of the terminal phalanges of the fingers and thumbs are absolutely unchangeable throughout life, and show in different individuals an infinite variety of forms and peculiarities. The chance of two finger-prints being identical is less than one in sixty-four thousand millions. If, therefore, two finger-prints are compared and found to coincide exactly, it is practically certain that they are prints of the same finger of the same person; if they differ, they are made by different fingers.’”**

**What works for one person will work for thousands of others. Simple, ancient, insights into any part of life. PIP Success is the result of many people, over many decades, consciously looking for the unity in the diversity of efforts related to what is commonly called addiction, in all its manifestations.**

**We were involved in a sort of consilience without even knowing the word or concept. We simply chose to believe we could find unity because it was common**

sense and felt right intuitively. We were seeking homeostasis and did not know it. Some of our predecessors were practicing consilience before the word existed.

Constantly changing while maintaining a constantly changing healthy balance while constantly changing. We were seeking salutogenesis and did not know it. Seeking higher and higher levels of health. Before there was a word for it.

We were consciously seeking the unity in our diversity. What did we find all “recovery” programs have in common? Principles such as honesty, open-mindedness, willingness, faith, hope, and love. As well as most of the other principles, in one form or another, that we study and practice.

Unconditional love, though only coined as a concept and term in the 1950's, is increasingly emphasized. As something impossible, at this time, to pin down, but available in each person. We say “I am unconditional love.” It is for us the life force that flows among us and is our most intimate intimacy with my self, you, us, and the universe as each of us understands it to be.

What did we find all belief systems have in common? In one form or another, principles such as honesty, open-mindedness, willingness, faith, hope, and love. As well as most of the other principles, in one form or another, that we study and practice.

What have been recorded, as the basis for healthy and successful relationships of all kinds for hundreds and thousands of years in every culture as recorded in their own expression? Traditions and cultural practices, in one form or another, that can be interpreted as honesty, open-mindedness, willingness, faith, hope and love. And by definition, similarities, and interpretation, over many centuries, one to the next, all the other principles as well.

In PIP Success we have what are universal principles that have stood the test of time, around the world, over millenia, as our method, process and lifelong lifestyle of self-discovery.

We go one step further. We believe we are the principles. We are constant change. Constant change is all there is, and constant change is constantly changing, but we are confident because we are homeostasis and our lifestyle is salutogenic.

Homeostasis is the principles, we believe. Each of the principles brings health and well being to every of my cells and my body, my pip and all my relationships. The principles are the basis of salutogenesis. The principles are salutogenesis, we believe. They bring a higher level of health and well being the more I study, apply and practice them.



To say “I am love.”, seems to be no leap of science or fantasy or magic at all. It is my body speaking in words I understand with the help of my brain and other senses.

There is no “us and them”, “other”, “near other” or “far other” for us. We always have more in common than different with any person, moment, and situation. The principles are never in conflict. The principles are unity in diversity. No matter the level of diversity, we can find enough unity to maintain homeostasis. No more duality or dichotomy. Only increasing levels of unity in our expanding diversity.

A homeostasis that is salutogenic. A homeostasis that is tending towards greater levels of health. Greater levels of health in all aspects of my pip, your pip, each moment and relationship. A lifelong lifestyle of self-discovery as the principles as you, as me, and us.

I am honesty. I am open-mindedness. I am willingness. I am faith. I am hope. I am love. I am all relationships. Thousands and maybe millions and billions of years of success depending on our belief system. We believe they are our genetic code expressed in simple words I can understand.

They are homeostasis. They are health. They are well being. For me. Each of my neurons. For communities. For solar systems. The principles are the who, what, where, how, when and why of my health and well being in all aspects of my universe, as I understand it. My relationship with your universe, our universe, as each of us understands it.

All that is asked of me is that I do my best each present moment, give me the benefit of the doubt, and give you the benefit of the doubt. One present moment at a time. My best is always progress. Progress is perfection for, and the perfection of, me, you and us.

I do not assume I am doing my best and that you are doing your best. I simply give you the benefit of the doubt. I do my best and give me the benefit of the doubt. Only I know my best. Only I am responsible and accountable for that. Only you know your best. Only you are responsible and accountable for that.

PIP Success is also a simple answer to some simple questions. Why do I feel so good, healthy and well balanced, when I am the principles? Why do I feel less good, healthy and well balanced, when I am less the principles? Why do I feel not good at all, not healthy and really out of balance when I am really not the principles? Why do I feel really terrible, out of balance and unhealthy when I am the opposite of the principles for too long?

**In our research and life experience that has become PIP Success, across time and cultures for thousands of years, we found references to what, in many cultures since about 1600 has been referred to as “The Golden Rule”. It is about the importance of mutual and enjoyable, reciprocal and equal relationships, equality in reciprocity.**

**As early as 2000 BCE variations of what came to be known as the golden rule appear in every major religion and ethical system, literally, from cultures and traditions spanning the globe. As each year passes, studies of plants, animals, birds, fishes, bacteria, tree root systems and all systems of “life” and “non-living” show homeostasis through cooperation and endless types of what could be called “consilience” and “group conscience”.**

**Words are just approximations of reality. All approximations of reality are misplaced concreteness. They are more, and less, than what is reality, outside of my description, and understanding of reality, and my response to it. I do not know what I do not know.**

**Words are powerful. In PIP Success we have chosen to go with words that approximate the unity in all that relates to our purposes. I do not know what I do not know. We have chosen to risk being, equally as wise, as we are naïve.**

**What do we have to lose? Only my life, your life, and our family life. We choose positive words because they work for us. I am freedom. You are freedom. Positive words match who I am. I am the principles.**

**We also challenge some often used expressions. “If I were you, I would.....” I will never be you, so it is impossible to know or even guess at what I would do if I were you. For these, and all the reasons PIP Success exists, we speak in “I” statements, so I speak my truth, and you speak yours. Our commonality becomes PIP Success.**

**“Do not judge someone until you have walked in their shoes.” Even if I walk in your shoes, I will not be you walking in your shoes. I will be me, walking in your shoes, living my life. Not yours. I do not know what I do not know.**

**I certainly never know your motives, in any present moment. When I stop to evaluate my motives at any given time, I get only so far. And the moment has passed. So by the time I list my motives for the moment, I am reliving something that is no more.**

**Research shows that I am only aware, consciously, of maybe 85% of what is going on in my body and space, in my pip at any present moment. So how can I**

know what another's motives are. Ever. I cannot. Any illusion that I know the motives of another is a spectacular trip into a dangerous fantasy land.

I am resilience. I can prepare to have intentions, thoughts, words, actions, and results that are the principles. I can do my best in each moment. I can evaluate my performance to better prepare for the next moment.

My motives are extremely complex, and like everything else, they only exist in the present moment as it is happening. No small task to know my motives as the moment is happening. I accept that limitation and focus on doing better in the future.

Elvis Presley wrote a song titled "Walk a mile in my shoes." Below is the poem where this version of the golden rule comes from. Not only I will not have the same experience as you, if I am walking in your shoes (moccasins). I will have only my experience and can do my best to empathize. My best is empathy, and lots of questions. Judgement is probably my worst.

Walking in the moccasins of a person who has just lost their partner in divorce will not bring me anything but an approximation of an approximation of their experience. Even if I have had the same experience.

Though this poem by Mary T. Lathrap, 1895 is wonderful and empathetic, it does not speak to the reality of the challenge and wonder of doing my best and letting my best be good enough.

I am the principles. I am my best and that is always good enough. In PIP Success we simply admit that we are called to be present and do our best, to empathize, but we do not know enough about what another experiences, ever, to evaluate or "judge".

None of the principles ask us to deny another the fullness and individuality of their experience. I am the principles. Empathy and compassion are never an evaluation or judgement. Spiritual principles are never in conflict.

In PIP Success we encourage each other to NOT walk in another's moccasins. Rather the principles encourage us to walk beside in support, lead the way in acceptance, affirmation and encouragement, or follow in support. At times though we do carry one another and it would seem, to someone coming after, that there is only one set of footprints. That single set of footprints is me, you, at our best and all the powers that have carried us all since the beginning beginning, however we each understand that.

"Judge Softly"

By Mary T. Lathrap, 1895

“Pray, don’t find fault with the man that limps,  
Or stumbles along the road.  
Unless you have worn the moccasins he wears,  
Or stumbled beneath the same load.  
There may be tears in his soles that hurt  
Though hidden away from view.  
The burden he bears placed on your back  
May cause you to stumble and fall, too.  
Don’t sneer at the man who is down today  
Unless you have felt the same blow  
That caused his fall or felt the shame  
That only the fallen know.  
You may be strong, but still the blows  
That were his, unknown to you in the same way,  
May cause you to stagger and fall, too.  
Don’t be too harsh with the man that sins.  
Or pelt him with words, or stone, or disdain.  
Unless you are sure you have no sins of your own,  
And it’s only wisdom and love that your heart contains.  
For you know if the tempter’s voice  
Should whisper as soft to you,  
As it did to him when he went astray,  
It might cause you to falter, too.  
Just walk a mile in his moccasins  
Before you abuse, criticize and accuse.  
If just for one hour, you could find a way  
To see through his eyes, instead of your own muse.  
I believe you’d be surprised to see  
That you’ve been blind and narrow-minded, even unkind.  
There are people on reservations and in the ghettos  
Who have so little hope, and too much worry on their minds.  
Brother, there but for the grace of God go you and I.  
Just for a moment, slip into his mind and traditions  
And see the world through his spirit and eyes  
Before you cast a stone or falsely judge his conditions.  
Remember to walk a mile in his moccasins  
And remember the lessons of humanity taught to you by your elders.  
We will be known forever by the tracks we leave  
In other people’s lives, our kindnesses and generosity.  
Take the time to walk a mile in his moccasins.”

There are many thousands of versions of the golden rule. Some interpretations, paraphrased to represent their variety, of the golden rule include the following over the millenia.

**“Choose for others what I would choose for myself.”**

**“When in doubt do what I would want done.”**

**“Be the change I want to see in you.”**

**“Whenever I am tempted to complain about something in you, I lead the way to change, walk beside you in support, or follow in support, or follow as you lead the way in my change.”**

**“What I want for you helps me know what I want for me. In this way I am my golden rule.”**

**“I am the unity in our diversity.”**

**“Do unto others, wherever possible, as they would be done by me.”**

**“As the judge, I put myself in the life of the criminal, to help me be fair and just for the most and the least.”**

**“My needs and tastes are mine alone. Assumptions and presumptions about your needs and tastes are better turned into questions you, and only you, are qualified to answer.”**

**“I do my best and learn from the rest.”**

**"Do unto others 20 percent better than you would have them to unto you. To correct for your subjective bias."**

**“How would you like to be treated.”**

**In psychology, philosophy, sociology, human evolution, economics, neuroscience empathy, and its connections to all the other principles we study, refer to “love your neighbor as yourself” in many different ways. As individuals, groups, societies, biologically, genetically, “reciprocal altruism” is essential to homeostasis and salutogenesis.**

**The level of reciprocal altruism in a community, a community of neurons or a community of humans and their environment determines its tendency towards**

dis-ease and disease, pathogenesis, or its tendency towards greater health, salutogenesis.

I am the principles. The principles are a tendency towards greater health. Greater levels of health, we define, as doing my best with what I have in the present moment.

My perfection is the progress I make in this present moment by being my best. Only I know what my best is. Right now. Right here.

“When we say that man chooses for himself, we do mean that every one of us must choose himself; but by that we also mean that in choosing for himself he chooses for all men. For in effect, of all the actions a man may take in order to create himself as he wills to be, there is not one which is not creative, at the same time, of an image of man such as he believes he ought to be. To choose between this or that is at the same time to affirm the value of that which is chosen; for we are unable ever to choose the worse. What we choose is always the better; and nothing can be better for us unless it is better for all.” (Jean-Paul Sartre)

I give my self the benefit of the doubt. I am doing the best I can with what I have. I give you what I wish for myself. I give you the benefit of the doubt. I choose to believe that you are doing the best you can with what you have. Right now. Right here. That is my acceptance. My job description. My system of accountability.

PIP Success is an answer to some simple questions: Why do I feel so good, healthy and well balanced, when I am the principles? Why do I feel less good, healthy and well balanced, when I am less the principles? Why do I feel not good at all, not healthy and really out of balance when I a lot not the principles? Why do I feel really terrible, out of balance and unhealthy when I am the opposite of the principles for too long?

Those of us who put these words down are not professionals except in our own experience and our passion to give the next generation a better life than we have had. We have, in our version of consilience and group conscience, studied many recovery programs and looked for what they have in common. We found the principles are what they have in common. Then we found that some of the principles we researched have been universal principles in successful relationships since before time. Honesty, open-mindedness, willingness, faith, hope and love.

In the 1950's someone brought all the principles together in one principle. A description of what might be a life force. Unconditional love. Research in many unrelated fields brought us to believe that unconditional love is all the principles as its potential and infinite expressions. Just different expressions of it. Love is

**all the principles. Just different facets of that one spectacular diamond. Facets of my success and your success. I have an infinite number of facets. So do you. So do we.**

**Reciprocity is one of the simplest and most ancient ground rules for communication in all relationships. I treat you the way I would like you to treat me. I do not treat others in ways I do not want to be treated. What I wish upon me, I wish upon you. What I wish upon you, I wish upon me.**

**The principles are reciprocity by definition. In PIP Success we choose the principles as the basis for reciprocity in all our relationships, in every moment and area of our lives. I am what I want you to be. I am how I want you to treat me. I am what I wish for you. I am what I wish for me.**

**The principles are reciprocity in its most natural and pure form. No matter how difficult or complicated the situation a moment is, the principles will be my best, and my best will always be enough.**

**We summarize the 36 facets, all its purposes and my purposes, in this final meditation on the principles.**

**I am me. You are you.**

**I see my self as me. I see you as you want me to see you.**

**My perceptions of reality are mine. Your perceptions of reality are yours.**

**I am the change I want to see in me. I am the change I want to see in you.**

**I give me the benefit of the doubt. I am doing the best I can in this present moment. Only I know what is my best. Right now. Right here. I give you the benefit of the doubt. I believe you are doing the best you can in this present moment. Only you know what is your best. Right now. Right here.**

**If I believe I am the principles, then it is me, it is the principles, that inspire me to believe you are the principles as well. Each of the principles takes me there. Believing you are the principles, brings me home to me. The principles are at one time radically selfish and selfless.**

**I am love. So that means, to me, you are also love. Unconditionally, to me. No matter what. That is my acceptance, my responsibility, my accountability, and my commitment.**

**I am unconditional love. So that means, to me, you are also unconditional love. Unconditionally. No matter what.**

**What will work for me will work for thousands of others.**

**What works for you will work for thousands of others.**

**What works for thousands will work for millions and billions. It starts with me.**

**I am love. You are love. Unconditionally. No matter what.**

**I speak of me as love. I speak of you as love. Unconditionally. No matter what.**

**I think of me as love. I think of you as love. Unconditionally. No matter what.**

**I see me as love. I see you as love. Unconditionally. No matter what.**

**I hear me as love. I hear you as love. Unconditionally. No matter what.**

**I write about me as love. I write about you as love. Unconditionally. No matter what.**

**My intentions are love. Your intentions are love. Unconditionally. No matter what.**

**I read about me as love. I read about you as love. Unconditionally. No matter what.**

**I study me as love. I study you as love. Unconditionally. No matter what.**

**My motives are love. Your motives are love. Unconditionally. No matter what.**

**My results are love. Your results are love. Unconditionally. No matter what.**

**I am acceptance. To me, you are acceptance. Unconditionally. No matter what.**

**I am accountability. To me, you are accountability. Unconditionally. No matter what.**

**I am allostasis. To me, you are allostasis. Unconditionally. No matter what.**

**I am anonymity. To me, you are anonymity. Unconditionally. No matter what.**



**I am attentiveness. To me, you are attentiveness. Unconditionally. No matter what.**

**I am attraction. To me, you are attraction. Unconditionally. No matter what.**

**I am authenticity. To me, you are authenticity . Unconditionally. No matter what.**

**I am autonomy. To me, you are autonomy. Unconditionally. No matter what.**

**I am awareness. To me, you are awareness. Unconditionally. No matter what.**

**I am balance. To me, you are balance . Unconditionally. No matter what.**

**I am the boundaries I create. To me, you are the boundaries you create. Unconditionally. No matter what.**

**I am caring. To me, you are caring. Unconditionally. No matter what.**

**I am caution. To me, you are caution . Unconditionally. No matter what.**

**I am collective guidance. To me, you are collective guidance. Unconditionally. No matter what.**

**I am commitment. To me, you are commitment. Unconditionally. No matter what.**

**I am communication. To me, you are communication. Unconditionally. No matter what.**

**I am compassion. To me, you are compassion. Unconditionally. No matter what.**

**I am confidence . To me, you are conference. Unconditionally. No matter what.**

**I am connection. To me, you are connection. Unconditionally. No matter what.**

**I am conscience. To me, you are conscience. Unconditionally. No matter what.**

**I am consilience. To me, you are consilience . Unconditionally. No matter what.**

**I am consistency. To me, you are consistency. Unconditionally. No matter what.**

**I am constant change. To me, you are constant change. Unconditionally. No matter what.**

**I am conviction. To me, you are conviction. Unconditionally. No matter what.**

**I am cooperation. To me, you are cooperation. Unconditionally. No matter what.**

**I am courage. To me, you are courage. Unconditionally. No matter what.**

**I am creativity . To me, you are creativity . Unconditionally. No matter what.**

**I am curiosity. To me, you are curiosity. Unconditionally. No matter what.**

**I am dependability. To me, you are dependability . Unconditionally. No matter what.**

**I am dignity. To me, you are dignity. Unconditionally. No matter what.**

**I am discernment . To me, you are discernment. Unconditionally. No matter what.**

**I am discipline. To me, you are discipline. Unconditionally. No matter what.**

**I am diversity. To me, you are diversity . Unconditionally. No matter what.**

**I am empathy. To me, you are empathy. Unconditionally. No matter what.**

**I am encouragement. To me, you are encouragement . Unconditionally. No matter what.**

**I am equality. To me, you are equality . Unconditionally. No matter what.**

**I am equanimity. To me, you are equanimity . Unconditionally. No matter what.**

**I am faith . To me, you are faith. Unconditionally. No matter what.**

**I am fidelity. To me, you are fidelity . Unconditionally. No matter what.**

**I am flexibility. To me, you are flexibility . Unconditionally. No matter what.**

**I am forgiveness. To me, you are forgiveness . Unconditionally. No matter what.**

**I am future potential. To me, you are future potential. Unconditionally. No matter what.**

**I am freedom. To me, you are freedom. Unconditionally. No matter what.**

**I am gentleness. To me, you are gentleness. Unconditionally. No matter what.**

**I am generosity. To me, you are generosity. Unconditionally. No matter what.**

**I am goodwill. To me, you are goodwill. Unconditionally. No matter what.**

**I am grace. To me, you are grace. Unconditionally. No matter what.**

**I am gratitude. To me, you are gratitude. Unconditionally. No matter what.**

**I am growth. To me, you are growth. Unconditionally. No matter what.**

**I am happiness. To me, you are happiness. Unconditionally. No matter what.**

**I am harmony. To me, you are harmony. Unconditionally. No matter what.**

**I am homeostasis. To me, you are homeostasis. Unconditionally. No matter what.**

**I am honesty. To me, you are honesty. Unconditionally. No matter what.**

**I am honor. To me, you are honor. Unconditionally. No matter what.**

**I am hope. To me, you are hope. Unconditionally. No matter what.**

**I am hospitality. To me, you are hospitality. Unconditionally. No matter what.**

**I am humor. To me, you are humor. Unconditionally. No matter what.**

**I am imagination. To me, you are imagination. Unconditionally. No matter what.**

**I am inclusiveness. To me, you are inclusiveness. Unconditionally. No matter what.**

**I am independence. To me, you are independence. Unconditionally. No matter what.**

**I am individuality. To me, you are individuality. Unconditionally. No matter what.**

**I am instinct. To me, you are instinct. Unconditionally. No matter what.**

**I am integrity. To me, you are integrity. Unconditionally. No matter what.**

**I am interdependence. To me, you are interdependence. Unconditionally. No matter what.**

**I am intimacy. To me, you are intimacy. Unconditionally. No matter what.**

**I am intuition. To me, you are intuition. Unconditionally. No matter what.**

**I am joy. To me, you are joy. Unconditionally. No matter what.**

**I am kindness. To me, you are kindness. Unconditionally. No matter what.**

**I am lessons of the past. To me, you are lessons of the past. Unconditionally. No matter what.**

**I am learning. To me, you are learning. Unconditionally. No matter what.**

**I am listening. To me, you are listening. Unconditionally. No matter what.**

**I am love love. To me, you are love. Unconditionally. No matter what.**

**I am loyalty. To me, you are loyalty. Unconditionally. No matter what.**

**I am maturity. To me, you are maturity. Unconditionally. No matter what.**

**I am open mindedness. To me, you are open mindedness. Unconditionally. No matter what.**

**I am optimism. To me, you are optimism. Unconditionally. No matter what.**

**I am participation. To me, you are participation. Unconditionally. No matter what.**

**I am passion. To me, you are passion. Unconditionally. No matter what.**

**I am patience. To me, you are patience. Unconditionally. No matter what.**

**I am perseverance. To me, you are perseverance. Unconditionally. No matter what.**

**I am potential. To me, you are potential. Unconditionally. No matter what.**

**I am powerlessness. To me, you are powerlessness. Unconditionally. No matter what.**

**I am practicality. To me, you are practicality. Unconditionally. No matter what.**

**I am the present moment. To me, you are the present moment. Unconditionally. No matter what.**

**I am principles. To me, you are principles. Unconditionally. No matter what.**

**I am progress. To me, you are progress. Unconditionally. No matter what.**

**I am promotion. To me, you are promotion. Unconditionally. No matter what.**

**I am prudence. To me, you are prudence. Unconditionally. No matter what.**

**I am purpose. To me, you are purpose. Unconditionally. No matter what.**

**I am reliability. To me, you are reliability. Unconditionally. No matter what.**

**I am resilience. To me, you are resilience. Unconditionally. No matter what.**

**I am respect. To me, you are respect. Unconditionally. No matter what.**

**I am responsibility. To me, you are responsibility. Unconditionally. No matter what.**

**I am restraint. To me, you are restraint. Unconditionally. No matter what.**

**I am sacrifice. To me, you are sacrifice. Unconditionally. No matter what.**

**I am safety. To me, you are safety. Unconditionally. No matter what.**

**I am security. To me, you are security. Unconditionally. No matter what.**

**I am self honesty. To me, you are self honesty. Unconditionally. No matter what.**

**I am self acceptance. To me, you are self acceptance. Unconditionally. No matter what.**

**I am self-discipline. To me, you are self-discipline. Unconditionally. No matter what.**

**I am self support. To me, you are self support. Unconditionally. No matter what.**

**I am selfless. To me, you are selfless. Unconditionally. No matter what.**

**I am selfless service. To me, you are selfless service. Unconditionally. No matter what.**

**I am selflessness. To me, you are selflessness. Unconditionally. No matter what.**

**I am serenity. To me, you are serenity. Unconditionally. No matter what.**

**I am service. To me, you are service. Unconditionally. No matter what.**

**I am sharing. To me, you are sharing. Unconditionally. No matter what.**

**I am simplicity. To me, you are simplicity. Unconditionally. No matter what.**

**I am sincerity. To me, you are sincerity. Unconditionally. No matter what.**

**I am solidarity. To me, you are solidarity. Unconditionally. No matter what.**

**I am stability. To me, you are stability. Unconditionally. No matter what.**

**I am steadfastness. To me, you are steadfastness. Unconditionally. No matter what.**

**I am surrender. To me, you are surrender. Unconditionally. No matter what.**

**I am thoughtfulness. To me, you are thoughtfulness. Unconditionally. No matter what.**

**I am tolerance. To me, you are tolerance. Unconditionally. No matter what.**

**I am trust. To me, you are trust. Unconditionally. No matter what.**

**I am the 36 facets of success. To me, you are the 36 facets of success. Unconditionally. No matter what.**

**I am unconditional love. To me, you are unconditional love. Unconditionally. No matter what.**

**I am understanding. To me, you are understanding. Unconditionally. No matter what.**

**I am unity. To me, you are unity. Unconditionally. No matter what.**

**I am vigilance. To me, you are vigilance. Unconditionally. No matter what.**

**I am vulnerability. To me, you are vulnerability. Unconditionally. No matter what.**

**I am we. To me, you are we. Unconditionally. No matter what.**

**I am welcome. To me, you are welcome. Unconditionally. No matter what.**

**I am willingness. To me, you are willingness. Unconditionally. No matter what.**

**I am wisdom. To me, you are wisdom. Unconditionally. No matter what.**

**I am wonder. To me, you are wonder. Unconditionally. No matter what.**

**I am PIP Success!**

**I am principles in progress!**

**I am progress is perfection!**

**I am perfection in my progress!**

**I am!**

**Just do it.**

