4 Personal Capacity Qualities

SELF-EXPRESSION

- Here!
- Right Speech (UTKT)
- Feelings to feelings
- Wisdom
- Acts of authentic kindness

SELF-MANAGEMENT

- Self BB-ABC to calm
- Activation of sensory fulfillment
- Catch, calm, clarify and correct

SELF-UNDERSTANDING

- Discovering and disengaging from PFP Programming
- Sensory systems insights
- Need for integrative health

SELF-AWARENESS

- B-FIT skills, i.e. concentration, sensory clarity, ahh-llowingness and be here now
- Awareness of being stuck in a 'good' place
- Awareness of the actual cause of suffering and what to do about it

A CENTRE FOR CONSCIOUS CARE

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