



BEING WOMAN
HEALING ARTS &
SPIRITUAL EMPOWERMENT

Food for Thought:

“Keep your thoughts positive because your thoughts become your words. Keep your words positive because your words become your behavior. Keep your behavior positive because your behavior becomes your habits. Keep your habits positive because your habits become your values. Keep your values positive because your values become your destiny.” ~ Mahatma Gandhi

What really matters to me is the experience of...

- Acceptance
- Achievement
- Adventure
- Aesthetics
- Appreciation
- Balance
- Beauty
- Caring
- Cheerfulness
- Clarity
- Commitment
- Communication
- Compassion
- Co-operation
- Confidence
- Contentment
- Courage
- Courtesy
- Creativity
- Detachment
- Devotion
- Diligence
- Discipline
- Discernment
- Discrimination
- Empowerment
- Energy
- Enthusiasm
- Excellence
- Faith
- Flexibility
- Forgiveness
- Freedom
- Friendship
- Fun
- Generosity
- Gentleness
- Grace
- Gratitude
- Growth
- Harmony
- Healing
- Health
- Honesty
- Hope
- Humanitarianism
- Humility
- Humor

- Idealism
- Insight
- Integrity
- Intelligence
- Intimacy
- Introspection
- Intuition
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Love
- Loyalty
- Maturity
- Moderation
- Openness
- Order
- Passion
- Patience
- Peace
- Perseverance
- Positive outcomes
- Power
- Prosperity
- Purity
- Purpose
- Recognition
- Respect
- Responsibility
- Reverence
- Righteousness
- Sacrifice
- Self Confidence
- Serenity
- Service
- Silence
- Spirituality
- Spontaneity
- Strength
- Support
- Tolerance
- Trust
- Truth
- Understanding
- Unity
- Wisdom
- Wonder
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- Something else . . .

