

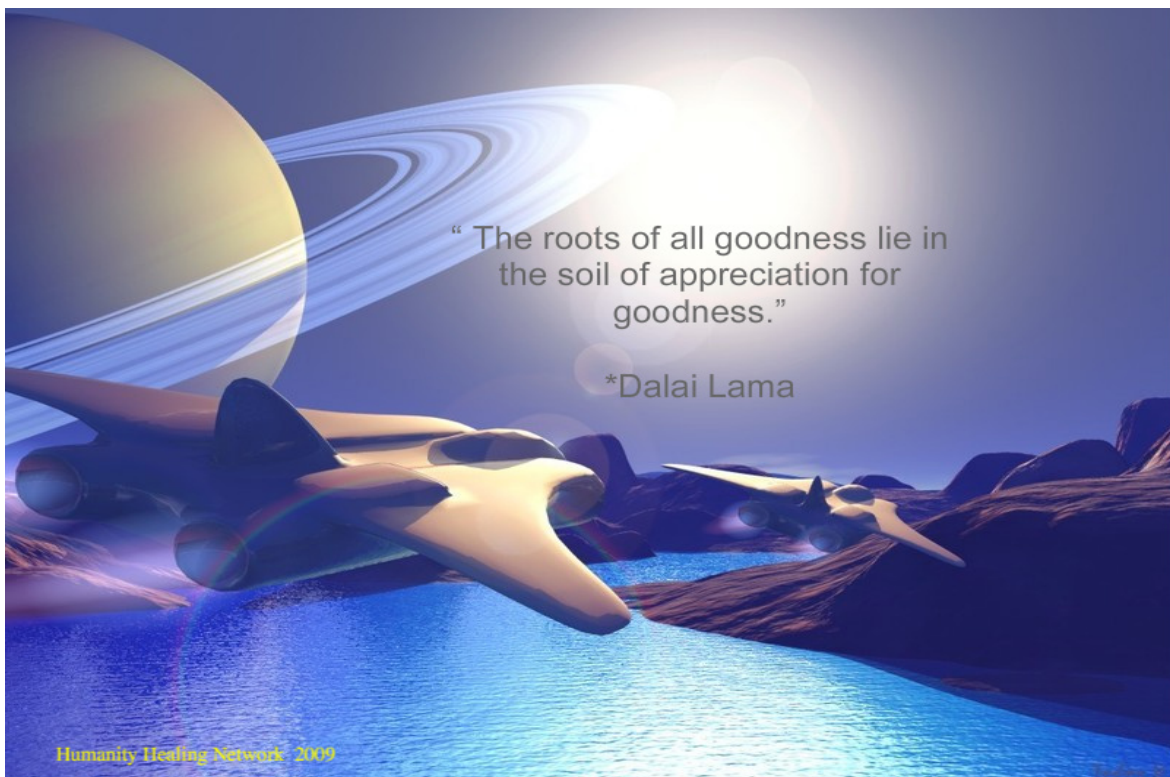


Healing the hearts of humanity, one Soul at a time

Humanity Healing Self-Mastery Program Attitudinal Tools

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Appreciative



"To love is to admire with the heart; to admire is to love with the mind"

~Theophile Gautier



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Appreciation quote

"The most beautiful people" we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, sensitivity, and an understanding of life that fills them with compassion, gentleness, and a deep loving concern. Beautiful people do not just happen."

~Elizabeth Kubler Ross

Learning How to be more Appreciative

The consciousness expands and vibrates within all living Beings when we look towards the world with appreciative eyes. The real value of appreciation comes when we finally realize that we are subtly connected, and where the soft wave of appreciation is enough to elevate spirits and change any challenge situation.

An appreciative attitude is an authentic expression of our capacity of generate positive energies all the time; recognizing in the people and situations their real values.

General Considerations

"Those who cannot feel the littleness of great things in themselves are apt to overlook the greatness of little things in others."

~Kakuzo Okakura

The real power of appreciation comes after we develop the process of contemplation of our inner truth. Appreciation and admiration for all that surround us; bring us to a deeper understanding of the



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principals that govern universal balance and harmony. Through these perceptions, we cease to be a mere observer and we are immediately included in the sphere of influence of determined fact or situation, in a dynamic and powerful way. When we are able to purely recognize the beauty and harmony on diverse levels of our lives, we perceive that duality ceases to exist, since the polarities can be fused, and everything is part of an integrated reality: love and hate, justice and injustice.

When the loving-kindness force of appreciation is present and manifests itself beyond the Ego, all the opposite sides of circumstances and manifestations suddenly disappear. The dualist facets of love are sublimated and it encounters its true reflection in the Superior truth.

Appreciation energy in our lives evokes qualities of a mature spirit, such as patience, tolerance, comprehension and understanding. This new enjoyment brings us to the realms of now, where the present moment gives us the gifts of higher perspectives and acceptance.

Affirmation

"I approve and love myself, I am a healthy, beautiful, loving, giving, I give thanks for all that I have and all that I shall be. I am open to all possibilities. I have abundance in all areas of my life; I begin again and again, to reinvent myself daily."

Note: Affirmation is an Art. It takes practice.

Key Expressions

You need to work on developing this attitudinal tool if you hear yourself saying something like the following:

"Sometimes I feel bad when I see the people I love appreciating and giving attention to other people and situations. I occasionally feel very insecure with myself and have problems seeing and feeling pleased about the many things that are admired by them."



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Suggested Actions for an Appreciative Attitude

"Man has not yet learned to work for the joy of work, learn for the sake of growth, create for the expression and the exaltation in the act, or to love simply for the pleasure of loving: he still requires a reward. Until a man learns to do these things, hope will have to be his basic motivating force. In work,



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he'll require more wages and better titles; in knowledge, he'll require degrees and diplomas; in creativity, he'll require recognition; in love, he'll require assurance.

Until he appreciates that each of these are their own reward, he'll need hope as his crutch. There is nothing wrong with hope; it is simply the second best thing. For love goes beyond hope. Hope is a beginning. Love is forever."

~ Leo F. Buscaglia

1. Practice appreciation through the affirmation of the positive and creative points of people and situations in your life.
2. Make a point to hug and embrace at least 4 people every day. Try to tell them how much you appreciate their presence in your life.
3. Recognize and affirm to yourself the qualities and virtues you more appreciate in yourself.
4. Surprise someone writing a note or a card of appreciation; for instance a note saying: "Dear one, I want to take a moment to show my appreciation on being so patient and humorous", or send one saying: "I sincerely appreciate your everlasting capability of expressing love and care to all"...
5. Learn how to recognize your limits and register what you truthfully want. Try to learn how to say NO.
6. Exercise regularly the protection of your heart chakra. Mentally build mirrors with white light and integrate all your centers from this initial point
7. Assimilate the necessity to learn the beauty that can be found on diversity, the difference among people, beliefs systems, and cultural divergences.
8. Develop the tendency to be more kind and tender to yourself.
9. Recover the capability to fall in love and to enjoy romantic activities, in other words, spice it up your relationships.
10. Observe if you are being overly talkative, especially when it is referring to your own problems; See if you are also being overly aggressive which can be manifested as verbal abuse, or biting. The challenge here is to balance the listening and speaking abilities.

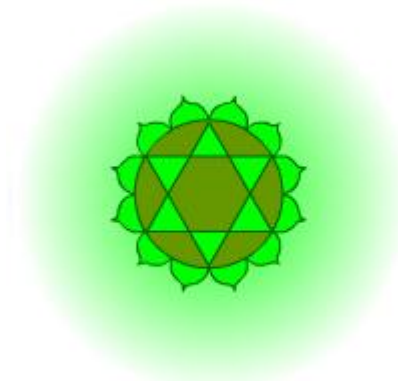


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Energy Points: Anahata, the Heart Chakra:



The Heart Chakra is the center from which feelings of love and appreciation emanate from. It is also associated with other virtuous emotions, such as joy, happiness, honesty, respect, compassion, understanding, and generosity, and with loving oneself in a sincere, non-egotistic way.

This is also the chakra through which we connect with others whom we love or have affection towards. Once forged, these links are very hard to break, which is why people suffer so much through the break-up of a relationship or the loss of a loved one. It is also in this chakra where we feel the loving appreciation with and for others, a powerful door way of our spirit's growth.

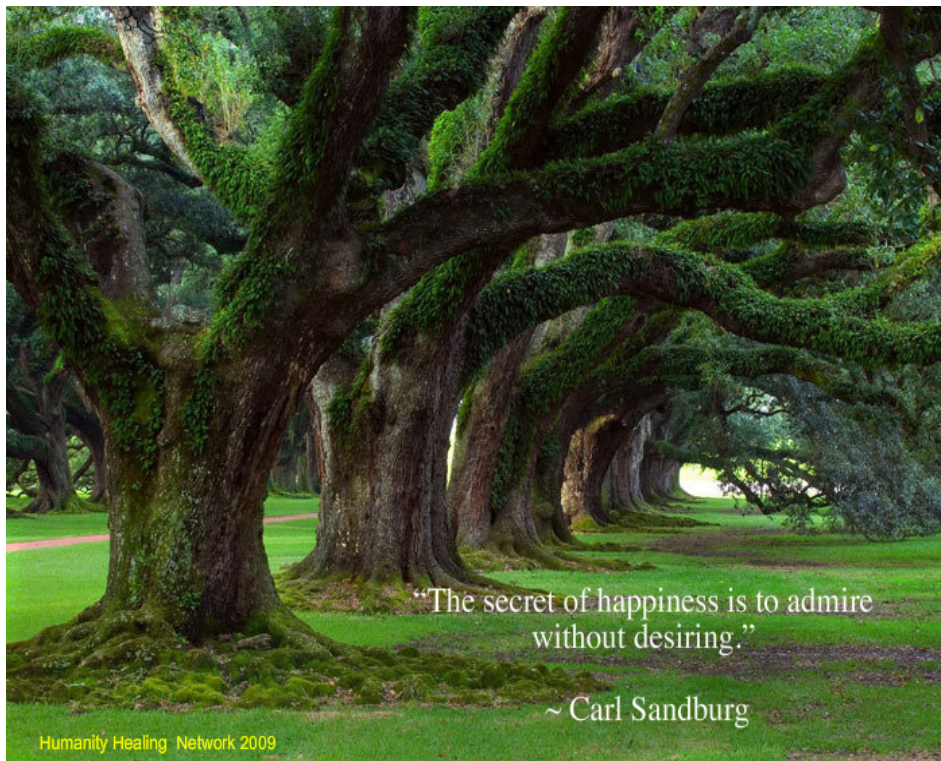
When out of balance, the chakra can evoke a diverse range of negative emotions such as unloving actions, angry response, revengeful attitudes, unappreciative impression on others and meanness.



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Benefits of Developing Appreciative Attitude

"Appreciation can make a day - even change a life. Your willingness to put it into words is all that is necessary."

~ Margaret Cousins



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When we resolve internally to anchor the benefits of a conscious posture of appreciation in our lives, we are able to open ourselves to other attitudes like generosity, tolerance, the ability to be happy with little things, and the capacity to love without pre-determined conditions, without expecting retribution.

To the centering of this attitude, one can learn how to be more praising, and supportive in your general communications, since the sense of inner confidence increases as we let go of restrictive patterns of analysis and criticism.

Appreciation helps us to develop and share of our most inner warmth with others, especially when there is a tendency to retreat or hold back.

This open attitude requires detachments and diligence on achieving it, but it opens the door of opportunities into an inner a place where one can at ease with oneself, trusting the goodness of the world, thus able to let down your defensive guard. The acceptance and appreciation of oneself can and will reclaim a positive spiritual identity, through inner strength, and abilities.

This is the most adaptable attitude that can be cultivated because it gives you the skills you need to make the best of everything even in very trying situations and life afflictions.