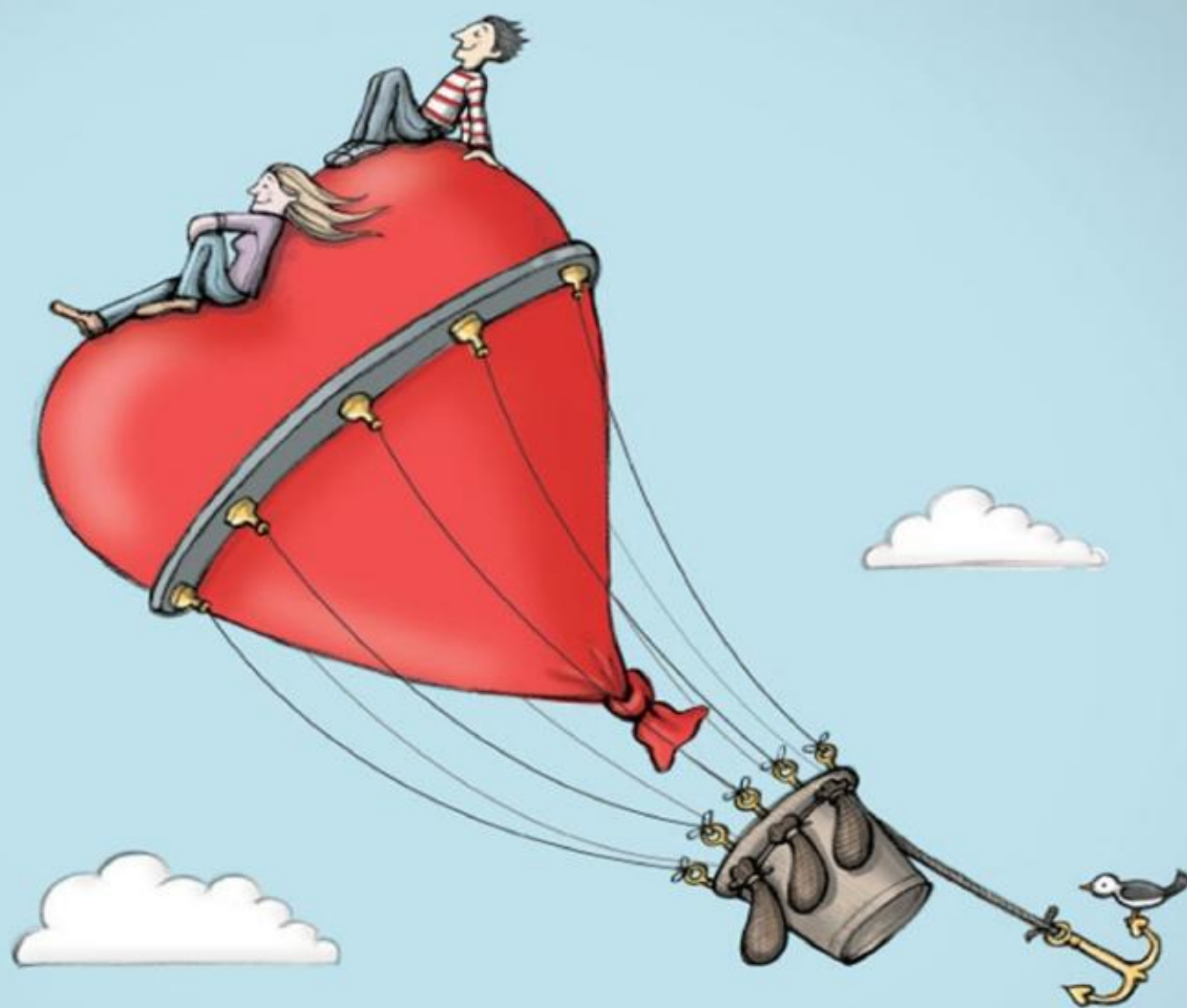


The ALPHABET *of the* HUMAN HEART



The A to Zen of Life

By Matthew Johnstone and James Kerr

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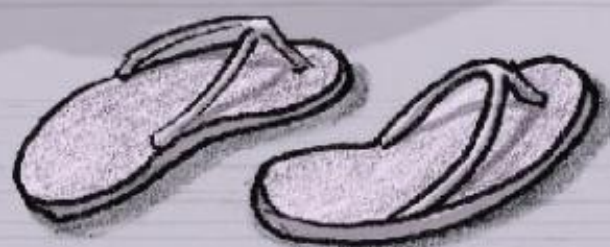


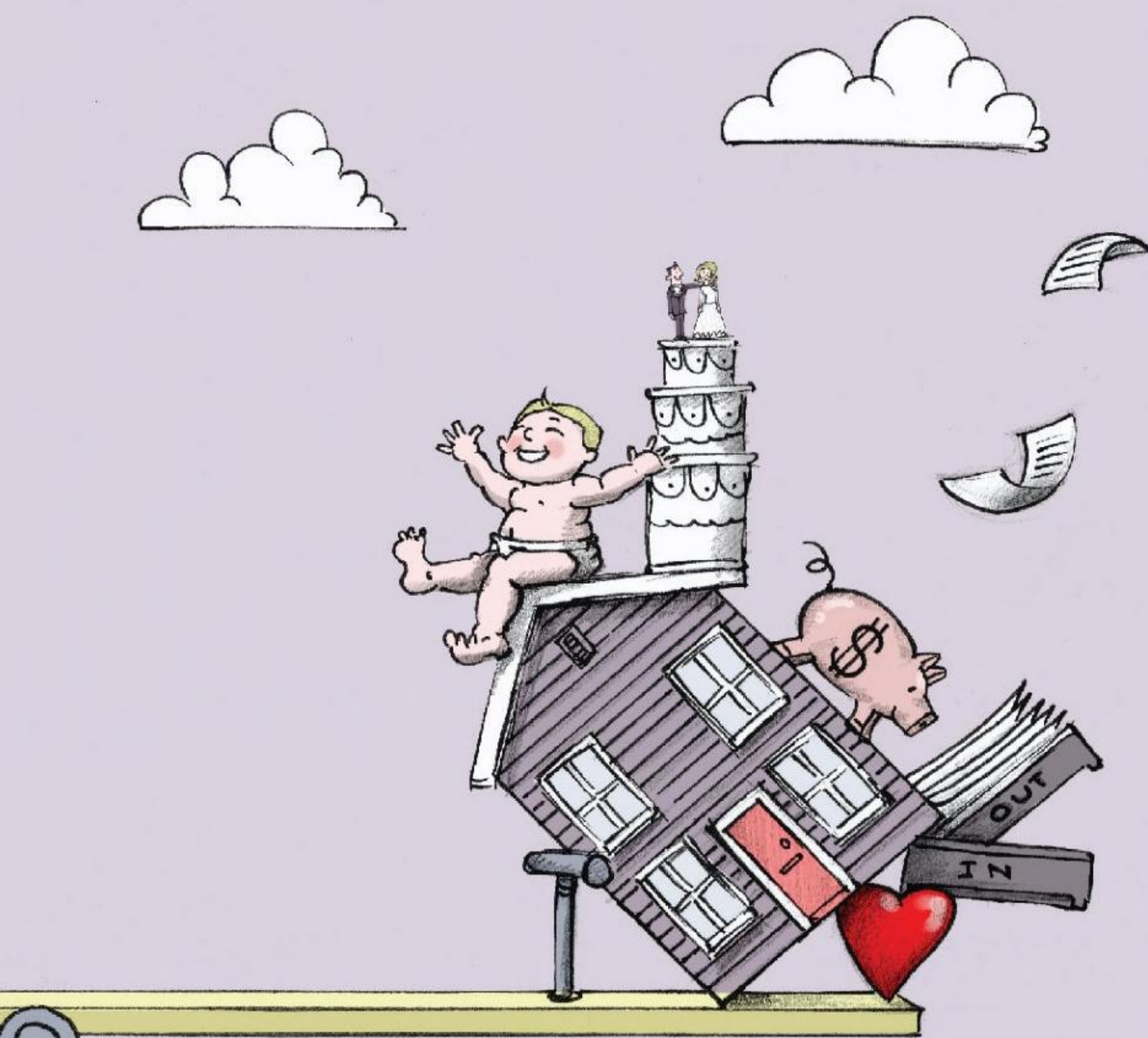
ROBINSON



B is for
BALANCE

As humans, we understand things as opposites:
Yin and Yang, good and bad, up and down, day and night.





Balance is the tension between opposites: rest and activity,
conversation and silence, sociability and solitude,
love for another and love for oneself.

Every moment your life is in the balance.
Weigh your options.

C is for

Compassion



Compassion means to live with love.

It means caring for the sick – and the healthy too.

It means giving to the poor – and to the rich as well.

It means being kind to the needy –
and to those who need for nothing.

Compassion is an equal opportunity emotion.

To make others happy, treat them with compassion.

To make yourself happy, treat others with compassion.

Feel the love.
Apply liberally.





Daring is doing. It gets things done.
Every great achievement begins with it.
Every great person first dared to be great.

What will you dare to do today?

DARING IS STEPPING KNOWINGLY INTO THE UNKNOWN.

DARING IS LIVING YOUR LIFE OUT LOUD.

DARING IS WHAT DARING DOES.



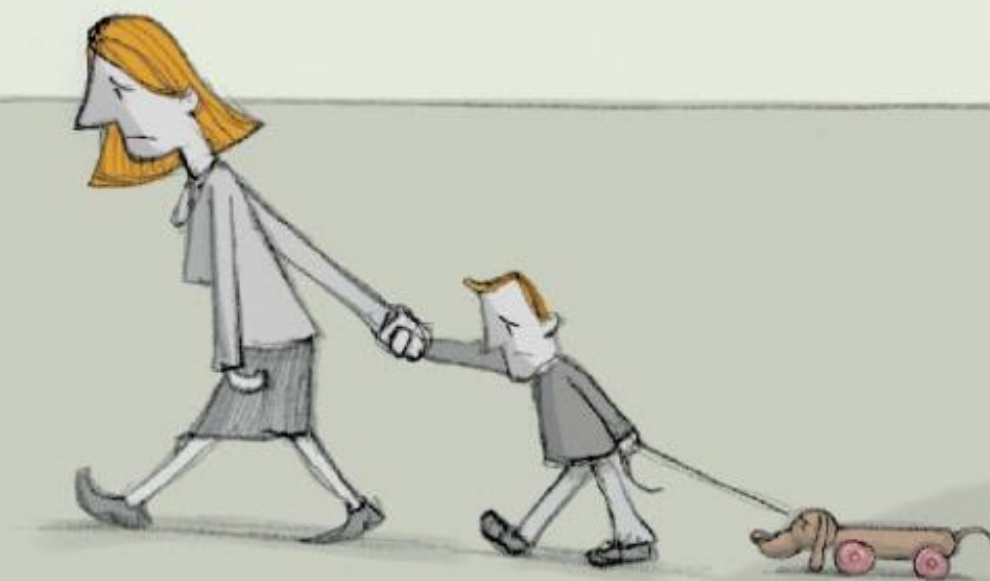
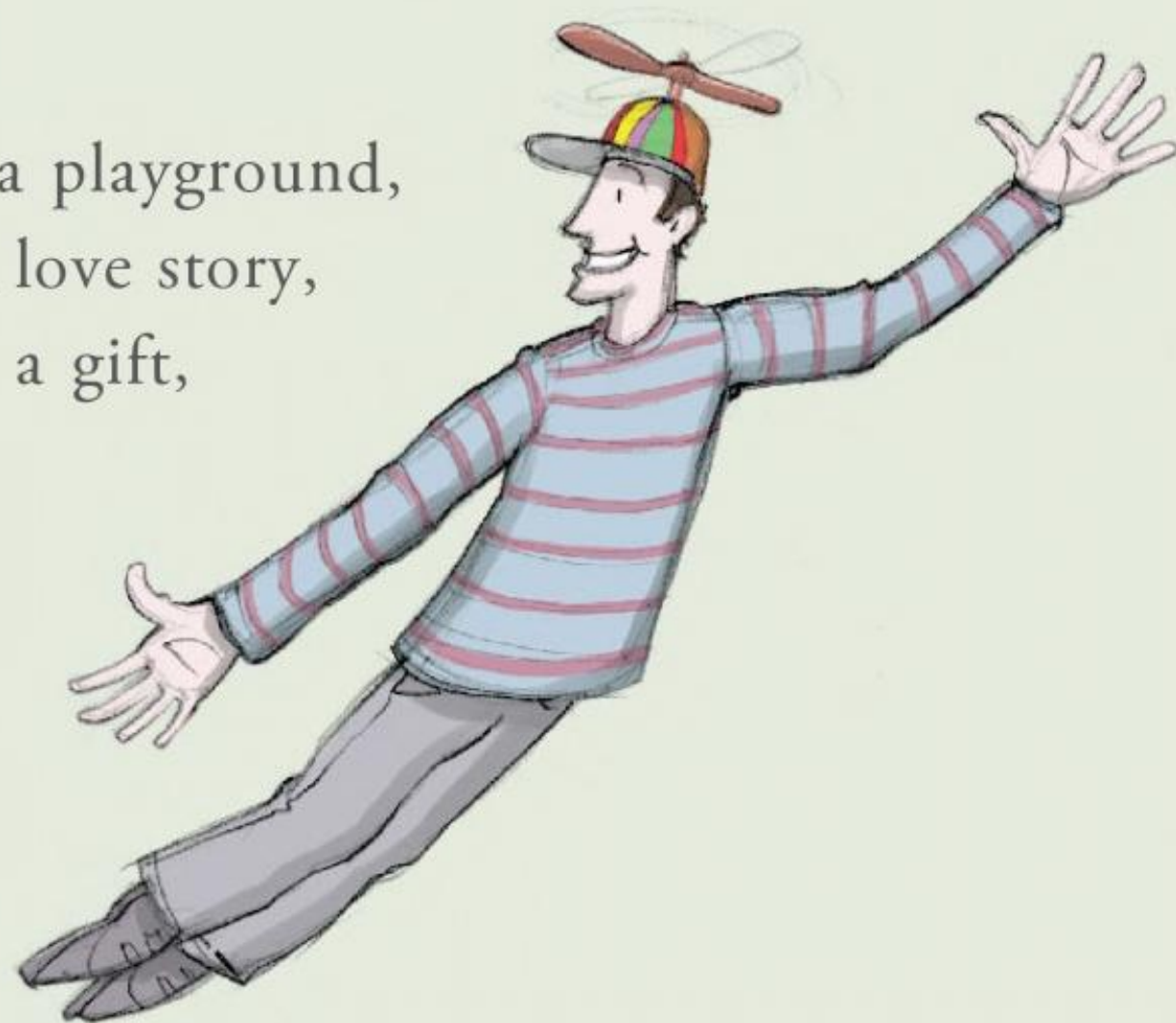
E is for

ENTHUSIASM



For enthusiasts, life is an adventure, a playground,
a theatre, a movie-set, a laboratory, a love story,
a test track, a roller-coaster, a dance, a gift,
a blessing, a blast, a thrill...

Let your enthusiasm lift you higher.
Wherever it takes you,
it will be the right place.



**TO GET ALL YOU CAN FROM LIFE,
PUT ALL YOU CAN INTO IT.**

G is for Gratitude

Gratitude grows
wherever it
is planted

Gratitude is more than saying thank you for dinner,
it's saying thank you to life.

When you give thanks, thanks gives back.

So be grateful for what you have,
and you'll have everything you need.

The first sign of greatness is **Gratitude.**