

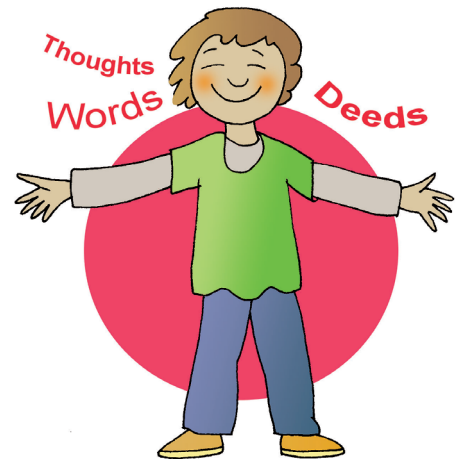
The human Make-UP

There are lots of pieces that make up the complex vehicle of human beings. Arms, legs, body, head, hands and feet, ...make it flexible and useful and always on the move. A head to think with, an intellect to reason with, a heart to love with, and there is a “spiritual plug” inserted into an invisible socket that’s connected to the central power plant: the universal heart! It is made out of pure energy and love and is always beating. That means that it is eternal, and that power is what you really are!

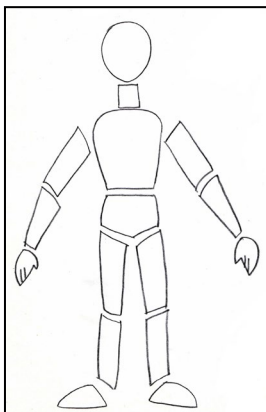
All these parts are important and have some unique task to carry out. If you care for them and follow the special rules for their maintenance, they will always work in a coordinated way and remain in a state of harmony. What would happen if your feet decided to work in one way and your arms in another; if your mind would think in one way and your heart feel in another?

Maintenance rules:

- 1) Body needs rest and movement, good food and water.
- 2) Emotions need discipline and moderation.
- 3) Mind needs to be elastic and open, and to think positive!
- 4) Intellect needs to inquire and concentrate.
- 5) Spirit needs to nourish on Love Food.



Harmony makes me feel balanced. No slips! No falls!



A balanced personality has strength, energy and will power! Thoughts, actions and words are in line with goodness!

A Universal Mobile

Give a value to your different aspects. For example: your heart can be associated with the Value of Love, your mind with Truth, your emotions with Peace, your actions with Right Action, and your spiritual core with Nonviolence. Prepare five different shapes, one for each aspect and write out their meaning and the value they represent behind each shape. When they are ready cut out a piece of round cardboard that will represent the **universal heart**. String each shape to this central heart. Hang your mobile in your room to remind you that you are a reflection of the universe!

