



Love Yourself Unconditonally

Lesson 1 The Middle Path

To keep a lamp burning,
we have to keep putting
oil in it.

ST. TERESA OF CALCUTTA

Questions to ponder:

- What do you like most about yourself?
- What do you dislike most about yourself?
- How have others complimented you in the past?
- How do you react when you receive a compliment?



Spiritual Living
FOR BUSY PEOPLE