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# THE 4 PILLARS

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**What can I do to touch, practice, and experience each pillar in my daily life?**

Write your answers next to each pillar. Let's briefly discuss.

**Then consider: what time of day works best for me to practice each Pillar?**

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### 1) SPIRITUALITY

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### 2) EDUCATION

LOVE : NO EGO

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### 3) EXERCISE

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### 4) COMMUNITY

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**Be You! And Thank You!**

## THE 3 PRINCIPLES

## How can I do my best to make sure that I am choosing correctly?

**LOVE over ego - LOVE over fear - COMMUNICATION over conflict**

## Where Am I Living From?

- **Example:** “I need to be aware of my overly self-centeredness (ego) and desire for attention and recognition (ego). Sit still for a moment. Choose Love. Understand that I am Love (FDN 4 Success), and then work and interact from this space within. My time will come, because what’s for me will come to me when I am ready!”
- **Example:** “What am I afraid of?” Why am I afraid of that?” Fear of not being promoted, making enough money, or of letting someone down.” “I really should accept collaboration and be collaborative. Everything I’ve ever learned came from other humans just like me. Understand that we are all teaching one another, so let me allow myself to connect with the good, and let go of what’s not positively serving me.”

[illegible]

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LOVE : NO EGO