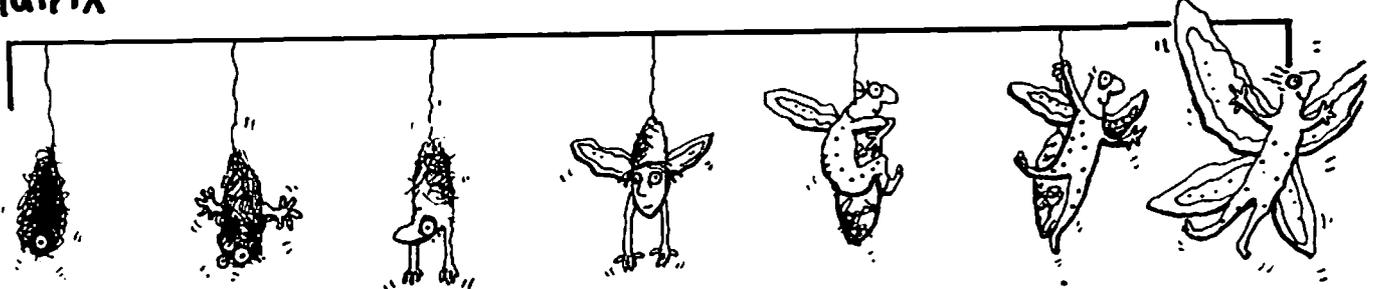


Fear Matrix

WAKE UP: WHERE ARE YOU?

Joy Matrix



ERADICATE FEAR. I AM HERE. To choose Joy

Focus on how you want to feel
 Awareness of where you are now
 Repeatedly act out your chosen pillar of joy
 Celebrate the results!

The pillars of Joy
 Which one do I need right now?

- 1: gratitude 
- 2: compassion 
- 3: love 
- 4: hope 
- 5: forgiveness 
- 6: cheerful enthusiasm 
- 7: laughter 
- 8: listening 
- 9: generosity 
- 10: energy and vitality 
- 11: reverence 
- 12: equanimity 

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