

Gaining strength through motivation



Appreciation

Recognise my own and others' qualities

Sustaining the carer



Centredness

Be alert and responsive to your needs

Sustaining the carer



Courage

Be honest with myself and keep my intentions pure

Appreciate the wisdom of teams



Co-operation

Have good wishes and pure feeling for each other

Release your healing energy



Caring

Share kind, uplifting and gentle words

Release your healing energy



Clarity

Trust my intuition

Harness the power of thoughts



Enthusiasm

Embrace life with positivity and find solutions

Benefit from being calm



Simplicity

Experience a clear, calm and focused mind

Benefit from being calm



Tolerance

Stay connected to your true nature of love and peace