



MY YELLOW BOOK

My Guru = My Value

*Buddham Saranam Gacchami
Dhammam Saranam Gacchami
Sangham Saranam Gacchami*

**I RESOLVE TO LIVE LIFE AS AN ACHARIYAN
BY GIVING A MEANING TO MY LIFE AND
THUS BE A BLESSING TO THIS EXISTENCE.
I PLEDGE TO LIVE A VALUE BASED LIFE
AND MAKE A DIFFERENCE.**

1. I am the Enlivening Force to the various roles of my life and it is not the roles which enable me to survive.
2. I understand relationship is not built on agreement, but it is built by understanding.
3. I will treat everyone, as if, this is the last day of their life.
4. I will live everyday, as if, this is the last day of my life.
5. I will accept the present as it is, for it is only the future that I can change, neither my present, nor my past.
6. I understand I will get everything I want from life, if I can help enough other people get, what they want from life.
7. I understand life's fulfillment is in integrating Standard of Life with Quality of Life.
8. I will celebrate life and be the cause for celebration.
9. I understand it is not being born as a human being, but it is in living as a human being I live a human life.
10. I will analyze my experience and improve myself, by standing apart from myself and practice introspection at the close of everyday.

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**VALUES I WILL LIVE BY TO DEVELOP
AN EMPATHETIC PERSONALITY**

1. I understand people need people.
2. I understand people are people, for they are not creatures of logic but creatures of emotions.
3. I understand every human being is unique and they have the right to be different.
4. I understand that the only way to get the best of an argument is to avoid it.
5. I understand I cannot communicate myself out of a problem, caused by my misbehavior.
6. I understand people treat me the way I teach them to treat me.
7. I understand if I don't say NO with in a relationship, one day I will have to say NO to the relationship
8. I understand intimacy in relationship is built by being transparent in relationship.
9. I understand it is not what I feel with in, but it is the expression of the feeling that makes a difference in relationship.

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