

# Affirming Meditations

The first step in solving a problem is to tell someone about it.  
John Peter Flynn



You are important...not because you are right or wrong,  
but because you are you.

Likewise, your feelings are important...not because they  
are right or wrong, but because they are yours.



Coping with the unfamiliar is the single greatest obstacle to improved  
mental health.

We will go to amazing extremes to stay with the familiar rather than  
face the unfamiliar...no matter how sick the familiar might be.



There are four important journeys in life. They are to:

1. Find your Higher Power.
2. Find your own power.
3. Find out, and then find, what makes you happy.
4. Find others.



At the heart of the universe is love, respect,  
responsibility, and playfulness.



What is essential is invisible to the eye.  
from The Little Prince



He who has conquered self-hatred has more than his share of wealth.



Lots of gratitude is better than lots of possessions.



Belonging to a supportive group of people is as fundamental and  
important as breathing.

