

◆
These ten simple guidelines were developed by Kalindi La Gourasana to help us live by a high standard of consciousness and strive to embody the qualities of love, care, and respect.

THE TEN NO'S

- NO** assumption or speculation
- NO** hearsay
- NO** rumors
- NO** gossip
- NO** discouragement
- NO** judgments
- NO** negative thoughts
- NO** wallowing
- NO** issues
- NO** complaining

The elevation of your own consciousness helps the overall consciousness of the planet.

GOURASANA