

integrity

song: *You Did (Shooby Dooby Bomp)* – Chuck Prophet

week #35

integrity: (n: own it)

- steadfast adherence to a strict moral or ethical code; honor
- the state of being unimpaired; soundness
- the quality or condition of being whole or undivided; completeness

goodness, honesty, principle, purity, righteousness, sincerity, virtue

I was a senior in high school when my dad had a fatal heart attack. I left home completely obsessed with death, and my entire freshman year I took University classes on Death & Dying and Near Death Experiences (NDE).

I learned that millions of people who have died and returned to this life have had similar NDEs. (With thousands of controls in place, NDEs can actually be monitored and studied). One consistently reported experience is that of having your "life pass before your eyes". Imagine this experience as it's been described:

"Billions of snapshots, each containing a meaningful moment of your life flashing through your consciousness as if you were watching a slideshow. Accompanying the snapshot is your sense of empathy and realization of how you affected the other person in that shared moment."

"When I do good, I feel good. When I do bad, I feel bad. That's my religion."
-Abraham Lincoln

As described by those who have had NDE, "Judgment Day" is not a God or Gatekeeper looking over your life's record on a clipboard. Instead, you judge yourself based on all those empathetic feelings from your life's slideshow. Were you an overall good person in life, or not-so-good?

"Quality means doing it right when no one is looking." –Henry Ford

Learning this concept changed my life. As far as I'm concerned, Integrity's where it's at. The last thing I want to deal with is guilt in my afterlife.

We all slip up sometimes...no one is perfect. But by keeping words and actions in constant check, you will always know what to say, or how to behave. Consistent behavior builds the story of your life; painting a picture of your character. Who are you, really?

"I think we all have a little voice inside us that will guide us. It may be God, I don't know. But I think that if we shut out all the noise and clutter from our lives and listen to that voice, it will tell us the right thing to do." –Christopher Reeve

Now, instead of obsessing about death, I am captivated by life.

Action: This week, celebrate Integrity. Act with honor. Speak with principle.



Consistent behavior builds the story of your life; painting a picture of your character. In Triangle Legs, create an equilateral triangle: symmetrical, with integrity. When the world looks at your actions, what do you want them to see?

August Color: Sun Orange

Sun Orange eliminates self-consciousness and allows you to express yourself with radiance and confidence.

August chakra: Sacral Chakra

When balanced, the sacral chakra can help us find healthy pleasure.