ALIGNMENT INTENTION

Virtues and Alignment

**Serenity**
At ease with self
I am perfect in my essence

**Humility**
Accept limits of one’s capacity
Compassionate
Caring
Generous

**Truthfulness**
Acceptance of one’s inner truth
Being who one truly is without using deceit to maintain appearance

**Balance and Equanimity**
At one with the world
appropriately responds to circumstances of the moment
In harmony with the environment

**Nonattachment**
Connected with true nature and participates and reflects on experience.
Resists urge to view from the sidelines.

**Courage**
Trusts Sacred Mystery / God
Trusts Self
Trusts Others

**Sobriety**
Healthy proportion balance of energy
Living and experiencing happiness in the present moment

**Compassion and Simplicity**
Responds in the moment without judgment or expectations

**Action**
Experience one’s essence
Self-perfection and service
I do not need to seek love outside myself or give up on having it.

Exploring Alignment

What connects me the most to who I am at a core level?

What connects me the most to others at a deeper level?

What one word represents what brings me closer to my truest nature and to others?