

Take What You Need

Directions: Cut carefully along the dotted lines to create tear-off tabs. Hang both pages somewhere you will see them every morning—your door, mirror, locker, bag, vehicle, etc. Each morning ask inwardly which love note or word to tear off. Gently tear it along the solid horizontal line and read it to yourself. Take it with you to remind you of God's love for you and your unlimited ability to create your world!

(Sources: *The Wonder Within You*, *ECK Essentials*, and *The Wonder of You*)

TEAR
HERE



There
is no
limitation
to your
divine
creativity!



Listen
for the
Master's
nudges,
guidance,
and
whispers
in your
heart.



You are
handmade in
heaven, by
the Maker
of life, love,
freedom, and
happiness. Be
happy, be you,
just BE!



The Light
of ECK
can
reorganize
the atoms
of your
thoughts
and habits.



If you
can
dream
something,
you can
do it!



No matter
what you
were in the
past during
any other
life, you are
spiritually
greater
today.



The ECK
Masters walk
among you
now, today,
ready to serve
as your friends,
teachers,
guides, and
protectors.



The song
of HU
is part
of you.

Listen
for this
during
your day.



Do the
best you
can.

Today,
do each
step
until it
sings.



Be the
best you
can!

You
make a
difference
in the
world!



The
imagination
is the
God-spark
within
you.

TEAR
HERE



Someone
loved you
so much
that here
you are.



Put
positive
energy into
everything
you do.



You are one of
the special
people. Some-
how you've
become awake
and opened
your eyes.
Now awake,
you know you
are special.



Sprinkle
happiness
on your
present
and
future.



Learn
to treat
yourself
gently.

You are
the star
in your
own world!



God
loves
you
immensely.



When we
are filled
with love, the
protection
of the ECK
comes through
and helps us in
our daily lives.



Imagine
yourself,
Soul, as
a body of
golden
light.



Let your
heartbeat
remind
you of the
MAHANTA'S
love.



Take the
love the
MAHANTA
has for
you and
give it to
the world.



You
are the
creator in
your own
worlds!

Take What You Need

Creative imagination: the God-spark within you, also called the divine imagination. It is Soul's . . . talent for survival in every universe of creation. In the power of divine creativity, there is no limitation whatsoever.

—Harold Klemp, *ECKopedia*, p. 47

TEAR
HERE

TEAR
HERE



POSITIVE
ATTITUDE



FREEDOM



SELF-
DISCIPLINE



SERENITY



COMPASSION



HARMONY



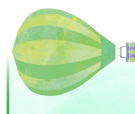
TRUST



LIGHT



PATIENCE



HEALING



ABUNDANCE



STILLNESS



DINTA
Humility



VIVEKA
Discrimination



KSHAMA
Forgiveness/
Tolerance



SANTOSHA
Contentment



VAIRAG
Detachment



GRACE



GRATITUDE



LOVE



PEACE



HOPE



STRENGTH



FAITH