



The 6  
Commitments  
De 6 Afspraken  

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Commitment 1



# The Purpose

**Self-awareness.**

**Zelf Bewustzijn.**



# Commitment 1

**HEALING AUTHENTIC  
COMMUNICATION.**

**HELENDE AUTHENTIEKE  
COMMUNICATIE.**



**HEALING AUTHENTIC  
COMMUNICATION.  
HELENDE AUTHENTIEKE  
COMMUNICATIE**

**Our words are vibrational  
patterns.**

**Onze woorden zijn vibrationele  
patronen.**

**By controlling what we choose to  
focus on we control our mind and  
break free from our old patterns.**

**Door te controleren waar we ons  
op richten, beheersen we onze  
geest en breken we ons los van  
onze oude patronen.**



Masaro Emoto  
impact of words



THE POWER OF  
OUR WORDS



LOVE

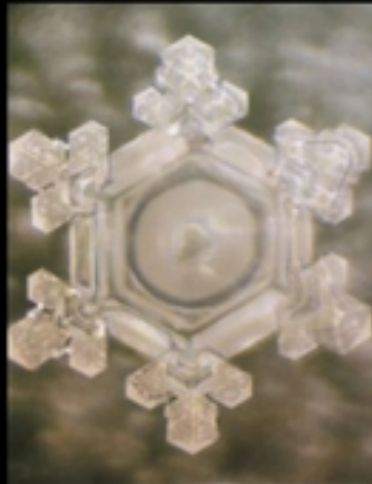
VIBRATIONAL  
PATTERN

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# VIBRATIONS IN WATER CRYSTALS



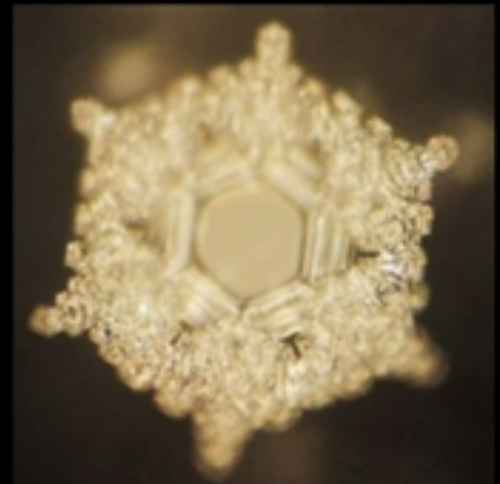
## DR MASARU EMOTO'S WATER EXPERIMENT



THANK YOU



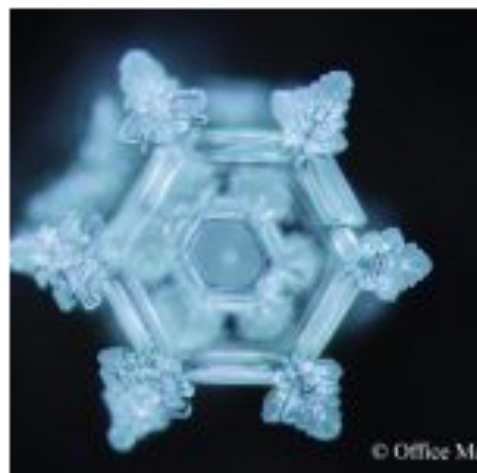
YOU DISGUST ME



LOVE & GRATITUDE



Love and Gratitude



Honesty



Love of husband and wife



Happiness



Hope



I can't do it



I can do it



Eternity



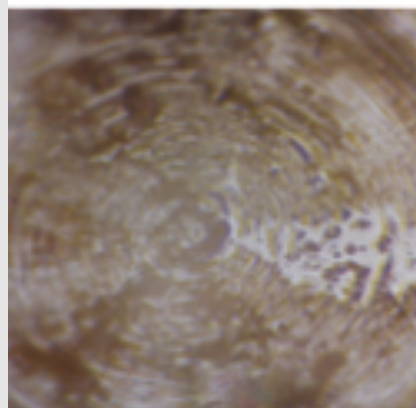
Compassion



Thank you



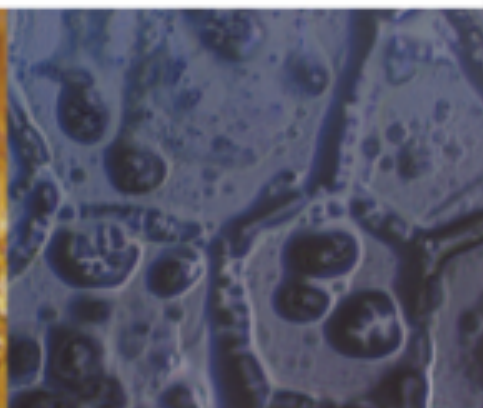
Wisdom



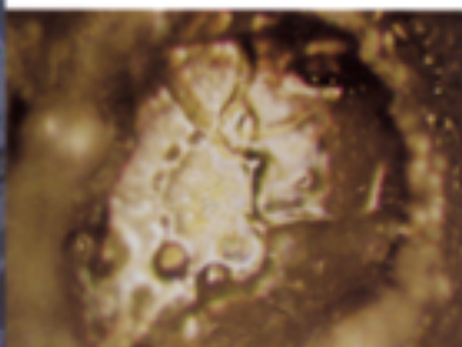
Heavy Metal  
Music



I will kill you

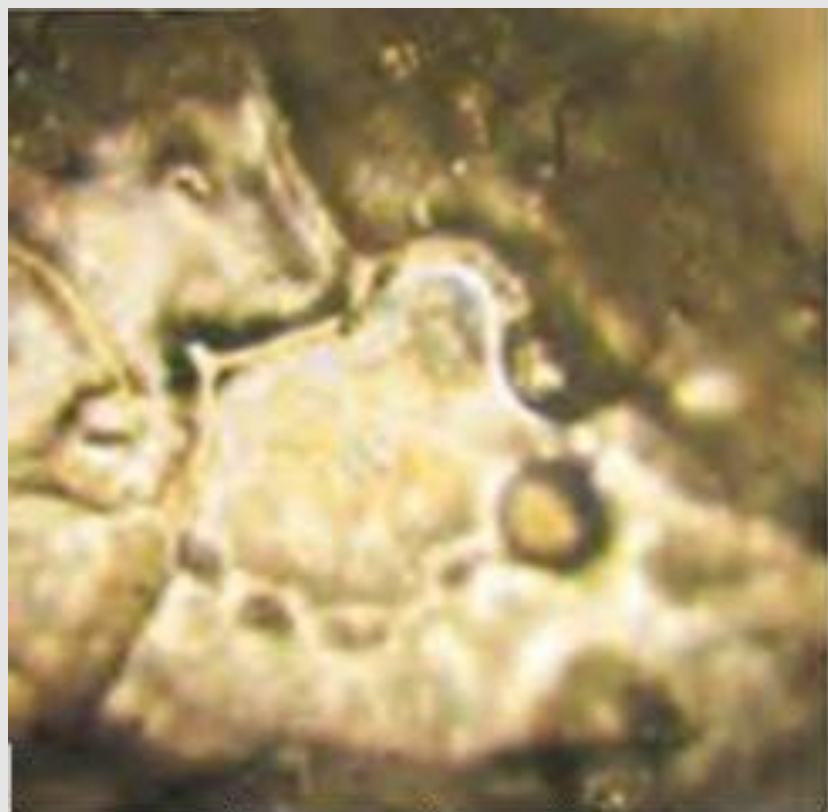


You fool



Water before &  
after Buddhist  
prayer





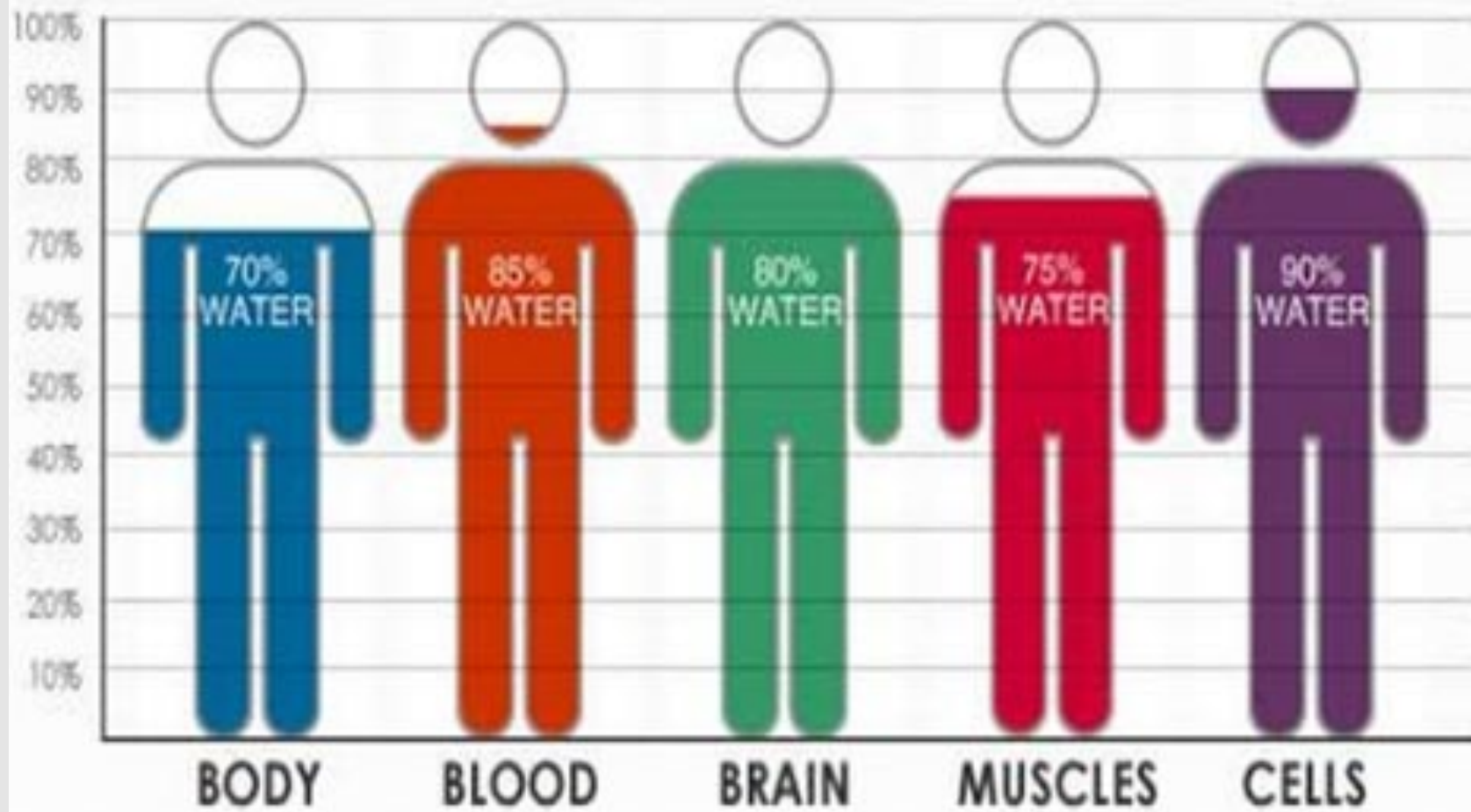
*The photo on the left is of an ice crystal frozen from severely polluted water. The photo on the right is the same water refrozen after having been blessed by Dr. Emoto. One can plainly see that we do have the ability to not only heal ourselves, but our Earth as well.*



YOUR BODY IS  $\frac{2}{3}$ <sup>RD</sup>  
WATER!

JE LICHAAM IS  $\frac{2}{3}$ E  
WATER!

# HAT PERCENT OF OUR BODY IS WATER?





What you say affects  
the vibrational  
patterns in your body!  
Wat je zegt beïnvloedt  
de trillingspatronen in  
je lichaam!

Choose high vibrational words only!

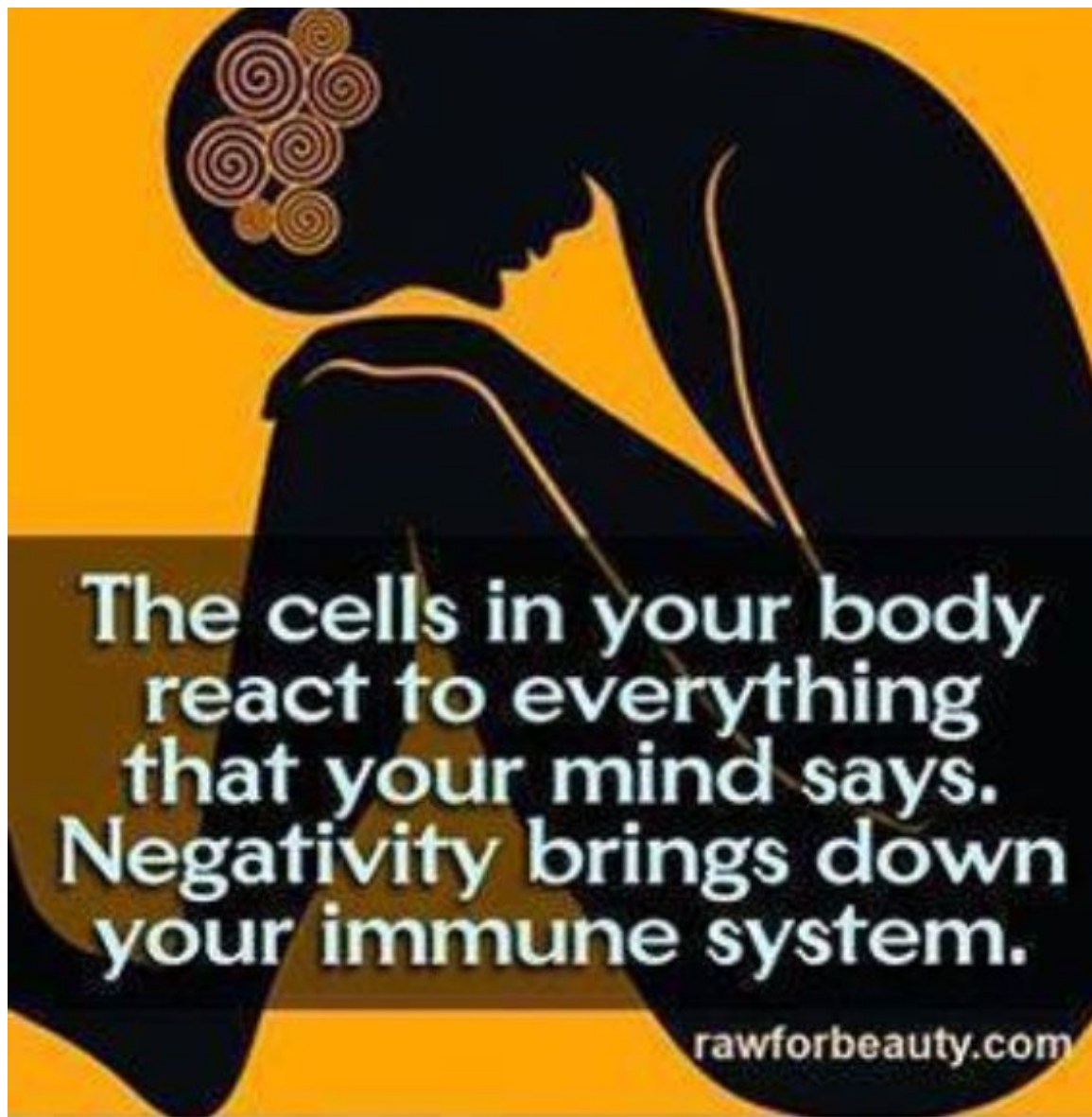
Kies alleen voor hoge trillingsgetal woorden!



Words are powerful vibrations, use  
words to uplift your spirits and heal  
yourself.

— *Ralph Smart* —

AZ QUOTES



Rule 1: No matter what happens, be kind.

Regel 1: Wat er ook gebeurt, wees vriendelijk.



Words are the vibrations of nature.  
Therefore, beautiful words create  
beautiful nature. Ugly words create  
ugly nature. This is the root of  
the universe.

— Masaru Emoto —

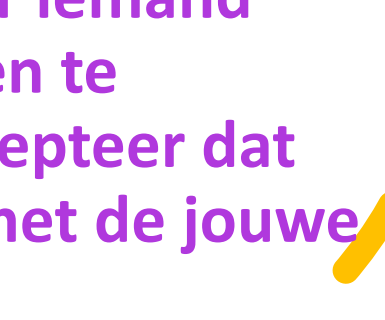
AZ QUOTES

A large orange circle on the left side of the slide, containing white text.

Focus on  
staying in your  
power &  
authenticity  
Focus op  
blijven in je  
kracht &  
authenticiteit

Speak with integrity, disagree with respect, say only what you mean, refrain from hurting words, never speak negatively about yourself or others. Don't say anything about someone else you are not willing to tell them to their face. Speak in your truth and accept that the truth of the other co-exists with yours.

Spreek met integriteit, respecteer de ander, zeg alleen wat je bedoelt, onthoud je van het kwetsen met woorden, spreek nooit negatief over jezelf of anderen. Zeg niets over iemand anders dat je niet bereid bent om hen te vertellen. Spreek je waarheid en accepteer dat de waarheid van de andere samen met de jouwe bestaat.

A series of yellow brushstroke-like lines in the bottom right corner of the slide.

Kindness is a  
wonderful way  
to let another  
struggling soul  
know that there  
is still love in this  
world.

Live Purposefully Now.com

Focus on the hidden  
greatness of others!

Focus op de verborgen  
grootseheid van  
anderen!

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“People are often unreasonable and self-centered.

*Forgive them anyway.*

If you are kind, people may accuse you of ulterior motives.

*Be kind anyway.*

If you are honest, people may cheat you.

*Be honest anyway.*

If you find happiness, people may be jealous.

*Be happy anyway.*

The good you do today may be forgotten tomorrow.

*Do good anyway.*

Give the world the best you have and it may never be enough.

*Give your best anyway.*

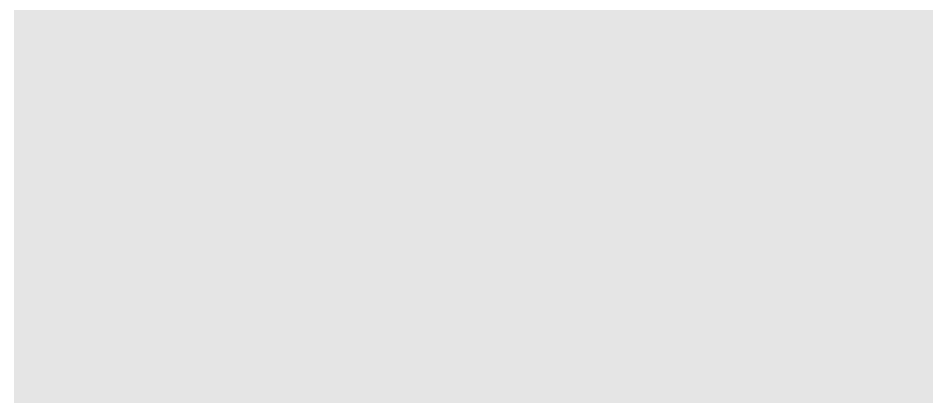
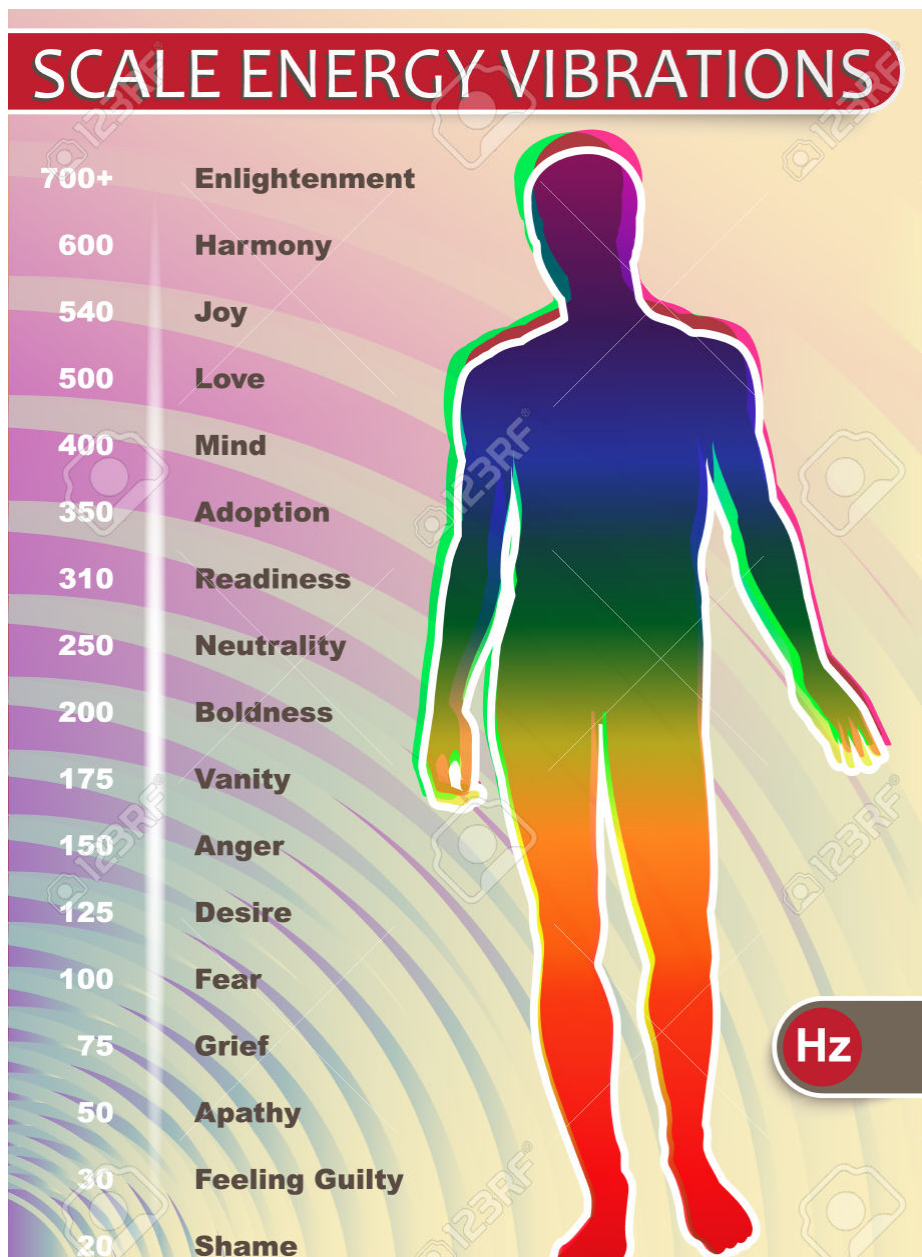
For you see, in the end, it is between you  
and God. It was never between you  
and them anyway.”

~Mother Teresa





Do things for  
people not because  
of who they are or  
what they do in  
return, but because  
of who you are.





“If you want to find  
the secrets of the  
universe, think in  
terms of energy,  
frequency and  
vibration...”

Nikola Tesla



Lees de pdf elke dag  
tot de volgende  
commitment!

Read the pdf every day  
till next commitment!



Er wordt van  
je gehouden!