

The 6
Commitments
De 6 Afspraken

Commitment 2

Commitment 2

Afspraak 2

EVERYONE IS A MIRROR
OF YOUR SHADOW SIDE.
IEDEREEN IS EEN SPIEGEL
VAN JE SCHADUWKANT.





Reminder The Purpose

Self-awareness.
Zelf Bewustzijn.

To see your true self.
Om je ware zelf te zien.

Wat is je
schaduwzijde?
What is your
shadowside?

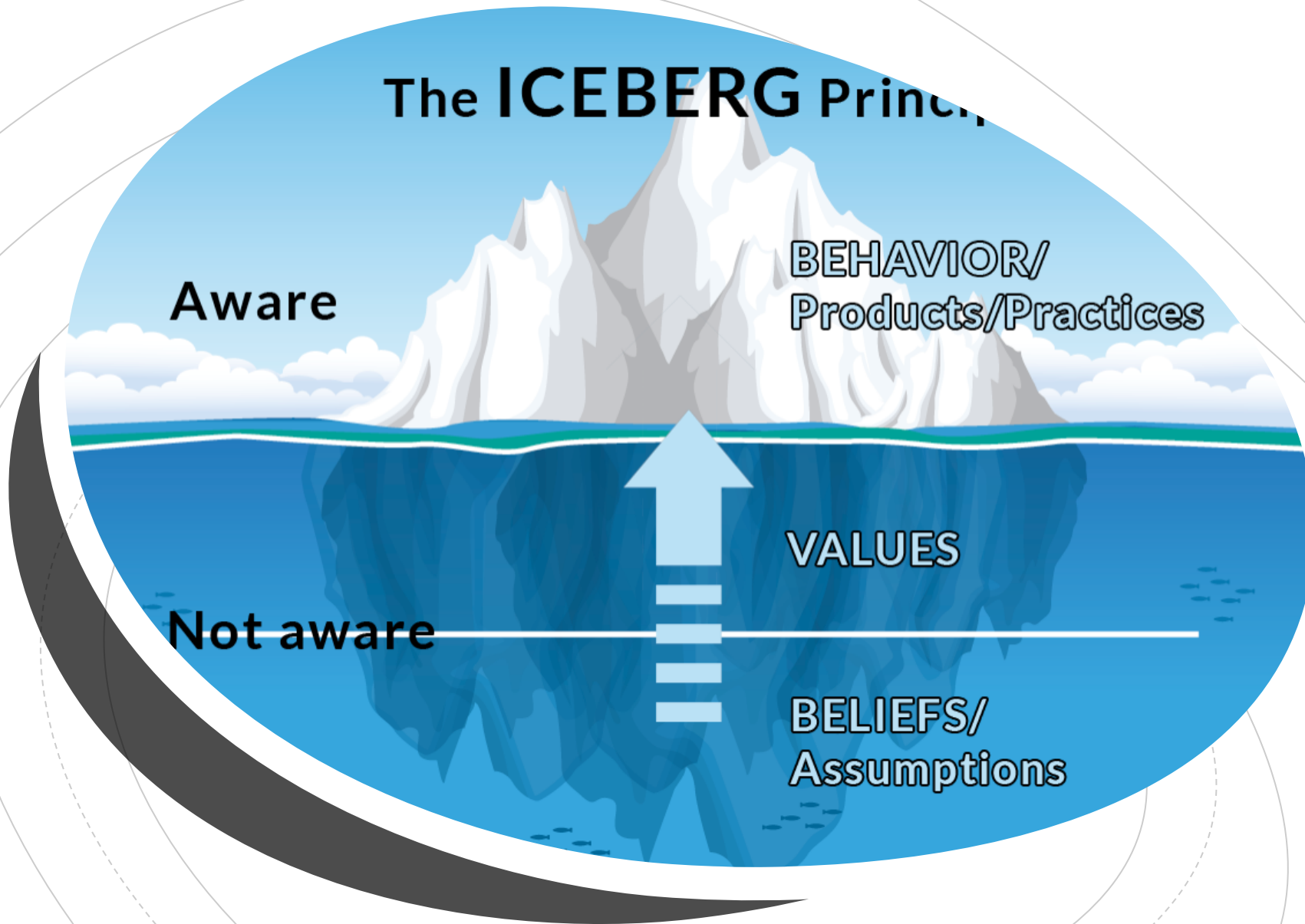


The Shadow Self

noun (English)

The dark place within your subconscious mind that contains every taboo thought, feeling, desire or personality trait that you have rejected, buried or suppressed.

The ICEBERG Principle



Our shadow side
is all that we
have suppressed
in our lifetime!

Onze schaduw
kant is alles wat
we hebben
onderdrukt in
ons leven!

Our judgements are 100%
expression of our shadowside!

Onze oordelen zijn 100%
uitdrukking van onze
schaduwzijde!

We cannot see it in us, but we
clearly see it in others!

We kunnen het niet in ons zelf
zien, maar we zien het
duidelijk in anderen!





Then there is the spiritual
shadowside.

**Dan is er de spirituele
schaduwzijde.**

You have experienced all what
being human means: abuse of
power, being abused, victim,
victor, greedy, untrustworthy, a
murderer and rapist, etc.

Je hebt alles ervaren wat mens
zijn betekent: machtsmisbruik,
misbruik, slachtoffer,
overwinnaar, hebzuchtig,
onbetrouwbaar, 'n moordenaar
en verkrachter, enz.



Then there is the spiritual
shadowside.

**Dan is er de spirituele
schaduwzijde.**

There is nothing that you
have not willingly
experienced to understand
who you are not!

Er is niets dat je niet
vrijwillig hebt ervaren om
te begrijpen wie je niet
bent!

Unless you are an angel who just incarnated, you have no right to judge anyone because you have done similar or worse! But angels don't judge!

Tenzij je een engel die net is geïncarneerd, heb je geen enkel recht om iemand te oordelen, omdat je soortgelijke dingen hebt gedaan en misschien erger! Maar engelen oordelen niet!





Every time you
judge you look
into the mirror!

Elke keer als je oordeelt kijk je
in de spiegel!



Every trigger is an
activation of an
emotional wound
(your inner child)!

Elke trigger is een activering van
een emotionele wond (jouw
innerlijk kind)!



Next month we will
focus on healing our
wounded inner
children!

**Volgende maand zullen we ons
richten op het genezen van onze
gewonde innerlijke kinderen!**

When someone
causes you
suffering, they
are giving you
an opportunity
to heal!

Wanneer iemand je
doet lijden, geven ze je
de kans om te
genezen!

**EVERYONE HAS
EMOTIONAL
WOUNDS BUT
THESE HURTS ARE
ALSO WINDOWS TO
REACH BIGGER
ENERGY AND INNER
GROWTH**

ILCHI LEE



Everyone is a mirror image of yourself—your own thinking coming back at you.

(Byron Katie)

IZQuotes

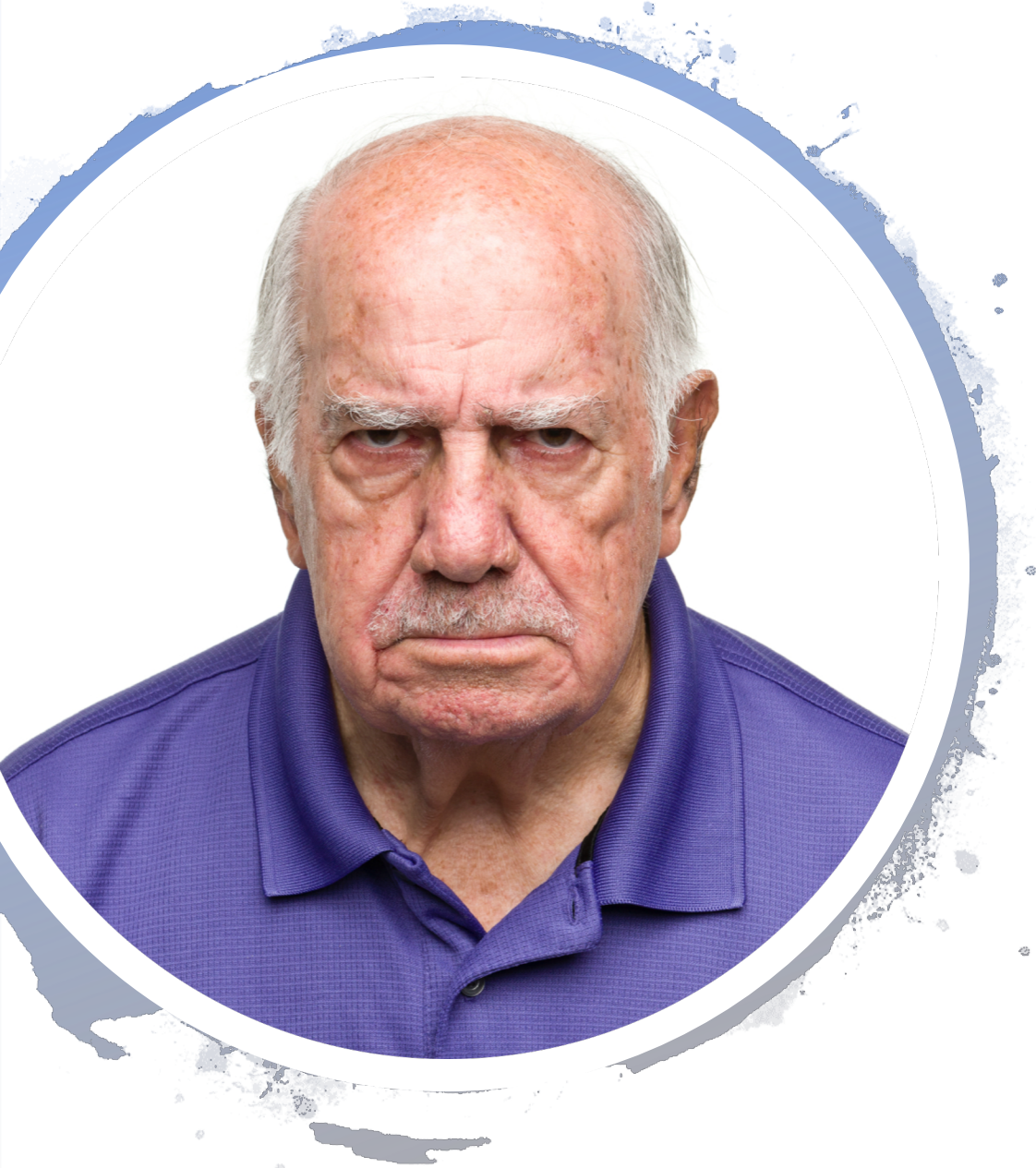
That is why
everyone is your
mirror!

Daarom is iedereen je Spiegel!

That is why
agreement 1
and 2 are yin &
yang

**Daarom zijn
overeenkomst 1 en 2
yin & yang**





When someone triggers you deeply, that is the last person you want to be kind & loving to!

Wanneer iemand je diep triggert, dat is de laatste persoon waar je vriendelijk en liefdevol tegen wilt zijn!



**HEALING AUTHENTIC
COMMUNICATION.
HELENDE AUTHENTIEKE
COMMUNICATIE**

**Our words are vibrational
patterns.**

**Onze woorden zijn vibrationele
patronen.**

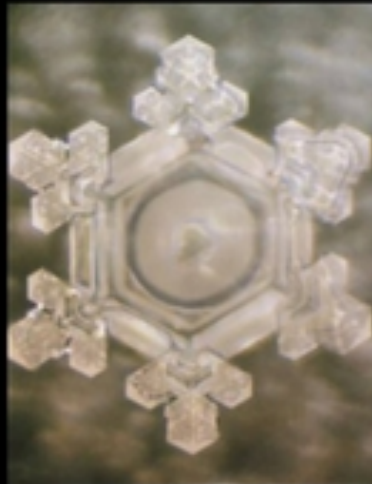
**By controlling what we choose to
focus on we control our mind and
break free from our old patterns.**

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

Reminder



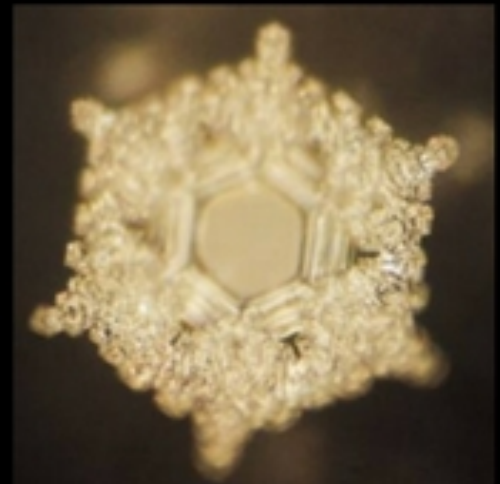
DR MASARU EMOTO'S
WATER EXPERIMENT



THANK YOU



YOU DISGUST ME



LOVE & GRATITUDE



In the end if you lower
your vibrations, you
hurt yourself!

Wanneer je je trillingen
verlaagt, doe je jezelf schade!

Practice to stay
in your power
and speak
your truth
lovingly!

Oefen om in je kracht
te blijven en je
waarheid liefdevol te
spreken!



**Be Kind
to Unkind
People.
They need it
the most.**

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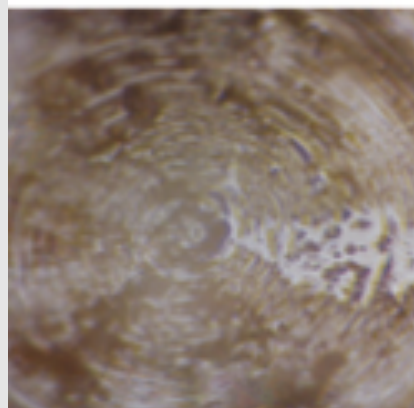
Compassion



Thank you



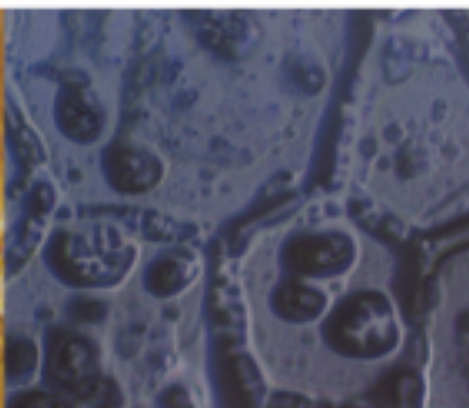
Wisdom



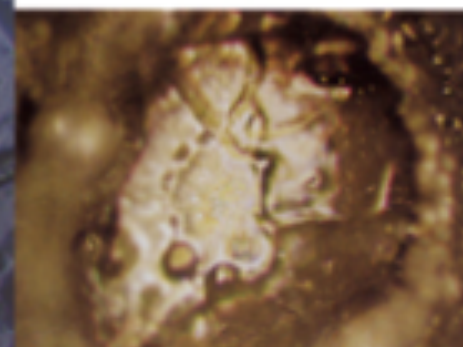
Heavy Metal
Music



I will kill you

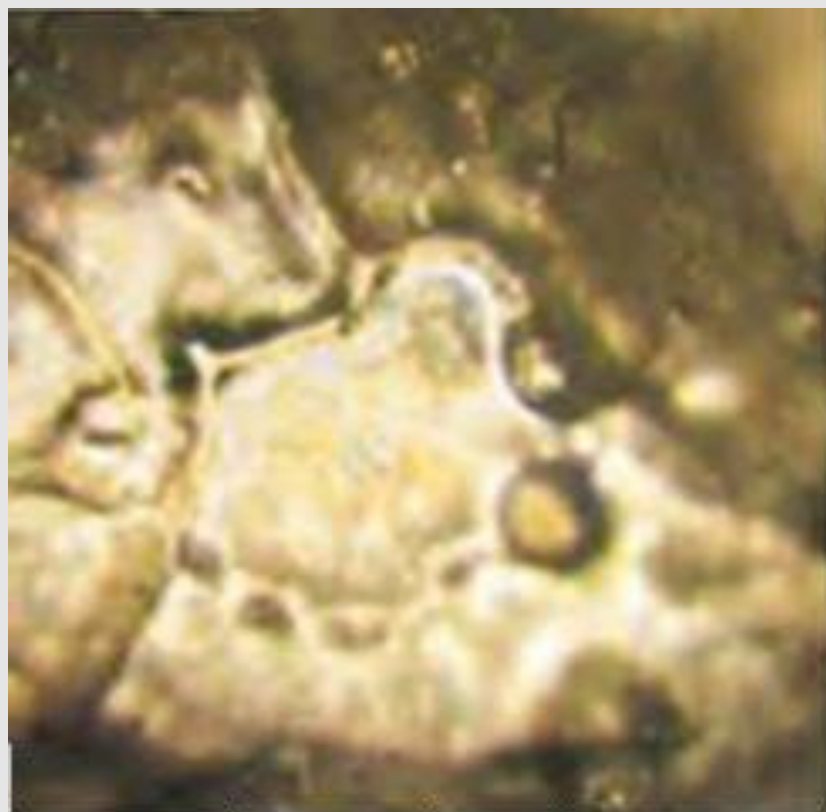


You fool



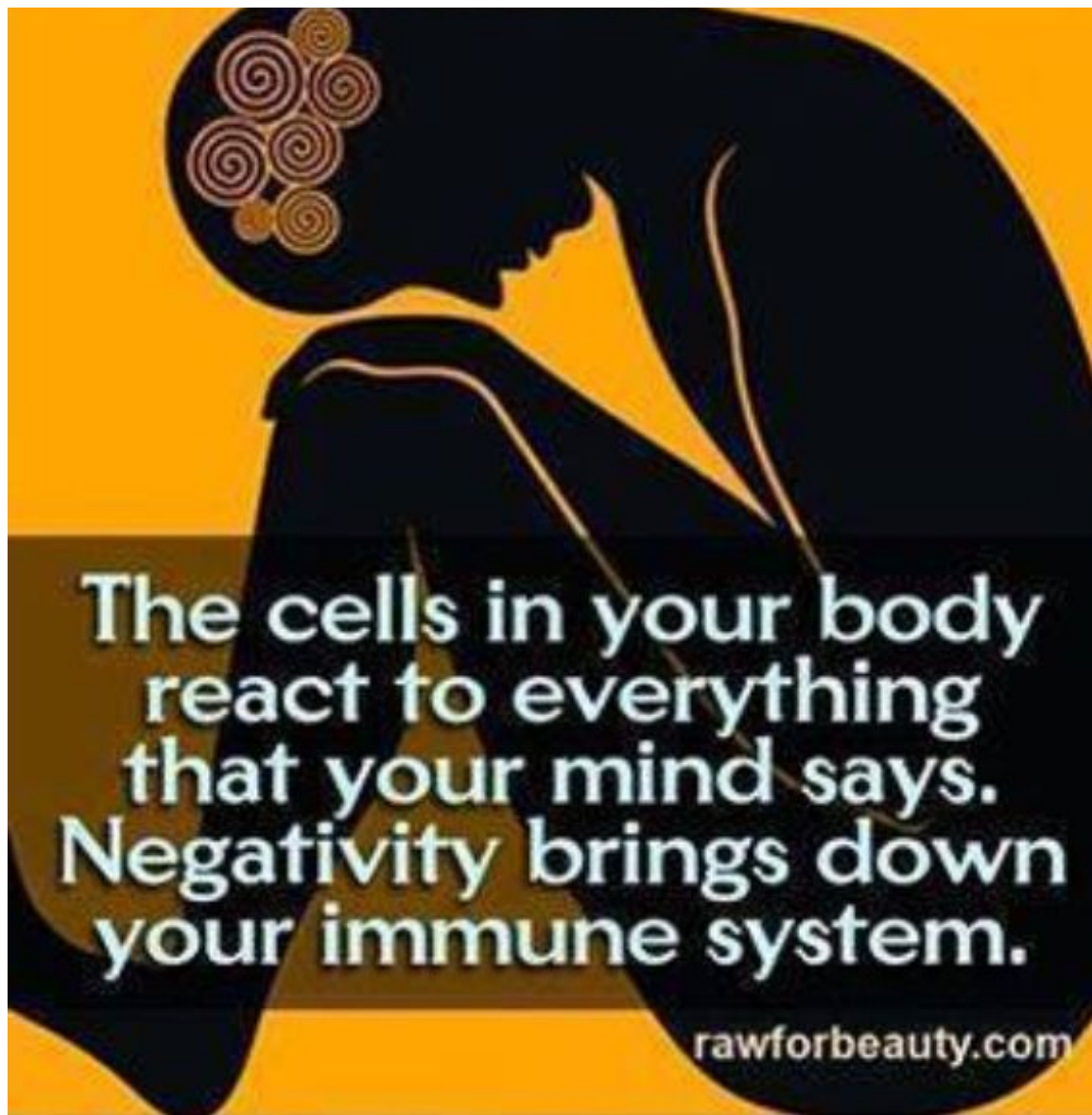
Water before &
after Buddhist
prayer





Photos by Dr. Emoto

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.



Rule 1: No matter what happens, be kind.

Regel 1: Wat er ook gebeurt, wees vriendelijk.

A large orange circle is positioned on the left side of the slide, partially overlapping the white background. Inside this circle, the text 'Focus on staying in your power & authenticity' and 'Focus op blijven in je kracht & authenticiteit' is written in white. The circle's edge is smooth and it has a solid orange fill.

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 accepts 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 four thick, yellow, hand-drawn style brushstrokes are located in the bottom right corner of the slide. They are arranged in a curved, upward-pointing pattern, resembling a stylized '4' or a decorative flourish.

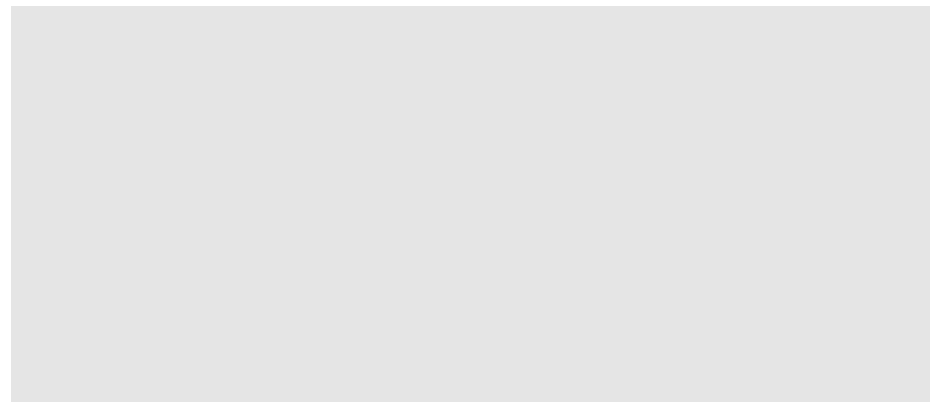
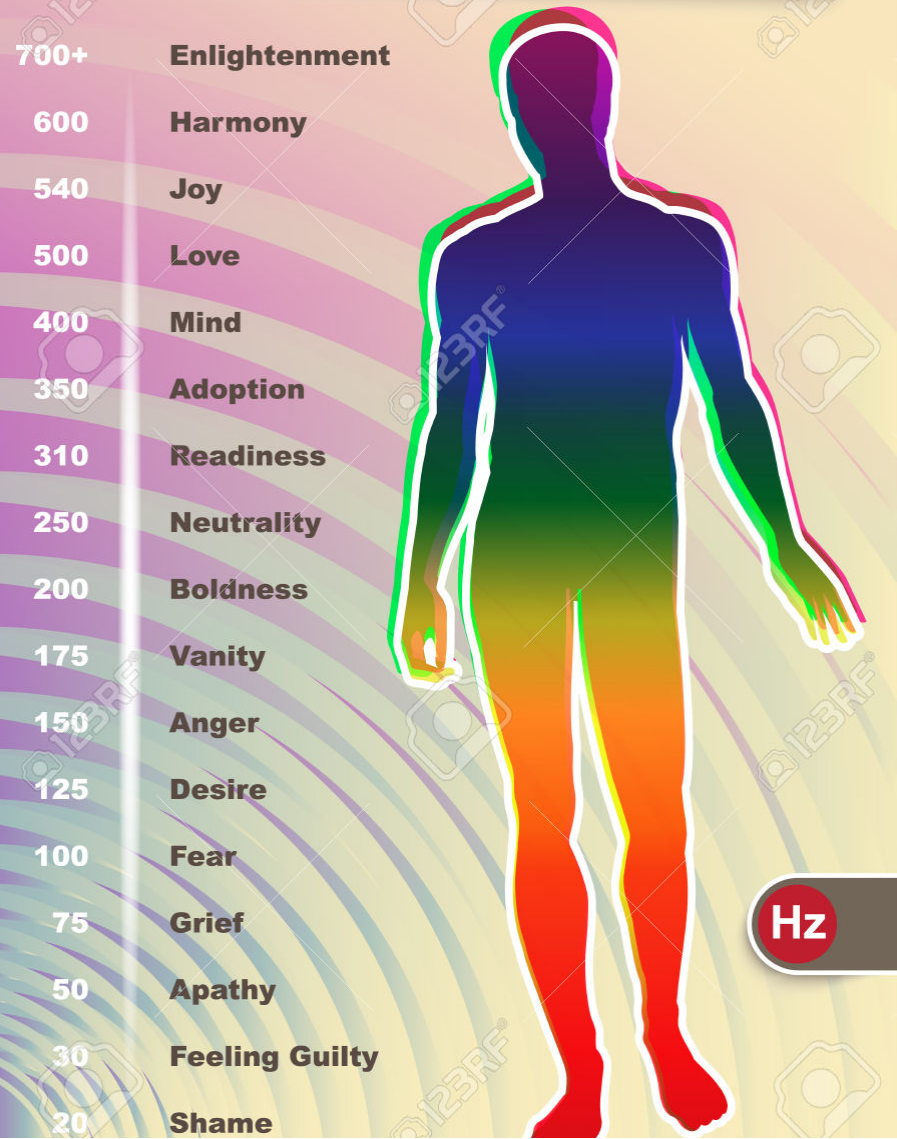
Kindness is a
wonderful way
to let another
struggling soul
know that there
is still love in this
world.

Live Purposefully Now.com

Focus on the hidden
greatness of others!

Focus op de verborgen
grootseheid van
anderen!

SCALE ENERGY VIBRATIONS





Lees de pdf elke dag
tot de volgende
commitment!

Read the pdf every day
till next commitment!



Er wordt van
je gehouden!