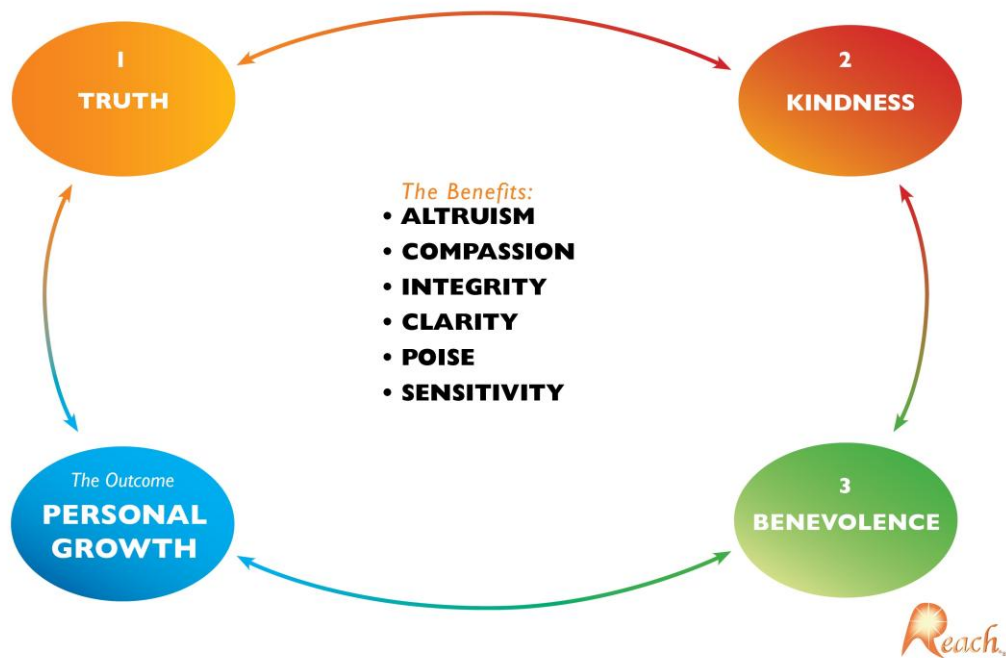


THE 3 GATE KEEPERS



1. Truth - until we are willing to use truth kindly we will fail to see that it can in fact be a destructive weapon. A virtue is only a virtue when used in the right way and so if my truth does not consider the heart of others I am in danger of doing more harm than good.

2. Kindness - kindness is the 360 degree virtue... it considers everything before it acts. It is thoughtful and patient, it never rushes in. When dealing with others it treads with great caution and care.

3. Benevolence - benevolence asks the question, "is there really any benefit in taking this course of action?" If it can see no benefit it remains silent, it recognises sometimes the best action we can take is to do nothing.

4. Personal Growth - one who is truthful, kind and benevolent is destined to grow. These virtues expand the mind and heart, they enable the individual to rise up to and meet life's challenges and they choose victory over victimhood. Such a mind becomes a custodian of hearts, caring for the self and others equally.