

Practice Guide for COMPUTER

Adapted from oneirophage's practice-guide-for-computer¹

Before starting your daily practice routine, read and seriously consider the following:

A. DAILY AFFIRMATIONS

- 1 How fortunate I am that in this life I am one who has been allowed to create beauty with COMPUTER.
- 2 It is my responsibility to create peace, beauty, and love with COMPUTER.

B. I WILL BE KIND TO MYSELF

- 1 IT IS ONLY COMPUTER
- 2 No matter my level of development in COMPUTER, how good or bad I think I am, it is only COMPUTER and I am a beautiful person.
- 3 I will not compare myself with my colleagues. If they do COMPUTER beautifully, I will enjoy it and be thankful and proud that I live in fellowship with them.
- 4 There will always be someone with more abilities in COMPUTER than my own as there will be those with less.

C. REASONS TO DO COMPUTER

- 1 To contribute to the world's spiritual growth.
- 2 To contribute to my own self-discovery and spiritual growth.
- 3 To pay homage to all the great practitioners of COMPUTER, past and present, who have added beauty to the world.

D. RID YOUR SELF OF THE FOLLOWING REASONS FOR BEING A PRACTITIONER OF COMPUTER

- 1 To create self-esteem
- 2 To be "hip"
- 3 To manipulate
- 4 To get rich or famous

¹ <https://codeberg.org/oneirophage/practice-guide-for-computer>