Practice Guide for COMPUTER

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