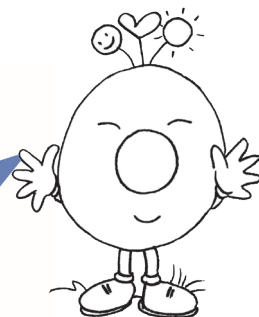


# OUR SUPER-POWER

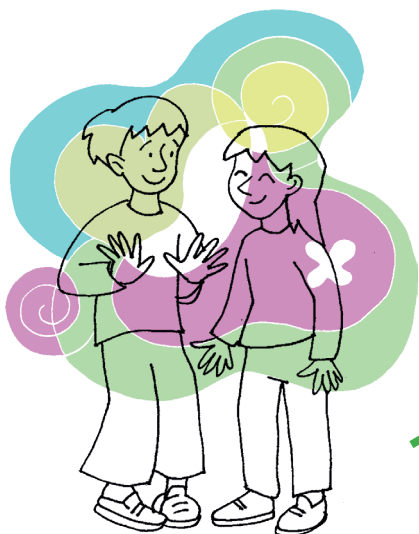
Humans are gifted with an extraordinary and very powerful faculty. What is it? That's simple...

...IT'S The hUMAN MIND!



**S**hiny thoughts, kinds words and good behaviour are important traits to have on planet Earth. They make us feel positive and spread positivity around us! But the opposite is true, too! That's why it is so important to "watch". Not others! "Ourselves". It is the only way to find out if we are acting out of tune with respect to Human Values. Even if we don't see it our emotions and feelings vibrate and create energy fields all over. If the vibrations are positive we feel happy and

healthy. If they are negative our inner balance is upset and we become grouchy, our emotions take over and bad thoughts fill our minds. To think good, to speak softly and to behave well is the biggest responsibility humans have! We need to learn how to use our super-power at its best!



Look at the beautiful energy field we created thanks to our positive thinking!

And look what happens when our thoughts .... sigh!... are not positive!

## ACTIVITY

You need: paper, pencils, coloured markers, paint and paint brushes.

Draw swirls and round light shapes, or shapes with smooth and soft edges. Now draw other shapes that are darker and squared, zig-zagged and stiff looking. Make two compositions using the different shapes. Which do you like most. Why?



*Our brain is always changing. It is shaped by the music we listen to, the movies we watch, the things we read, and by the company we hang out with! Our senses connect us to images, sounds, forms, colour, scents and tastes, and give life to feelings, emotions and thoughts. We should select the type of "food" we will nourish our senses with, and make this a habit. Our mind becomes strong and healthy if we are nourished with positive inspiration. And our heart is happier! Happiness and laughter, charge our batteries!*