



Bodymind Vibrance



Integrity is at the heart of our work.

We have developed a specific definition of integrity that has great practical value in both your personal and professional activities.

- Integrity is being aware of your own feelings, needs and life purpose. When human beings are oblivious to their feelings and needs, this inner wobble affects not only their own health and happiness but also the people around them. When human beings don't know their chosen life purpose, they are rudder-less and adrift in a fast-moving world. When we are resonating with our own feelings and a clear sense of our life purpose, we can move rapidly and confidently toward creating the life of our dreams.
- Integrity is speaking honestly about your inner feelings and outer actions. When human beings are overlooking or concealing important truths, they cannot maintain healthy relationships with themselves or others. Learning to speak authentically about inner and outer truths is one of the most important skills in all of life. Most unfortunate life occurrences can be prevented and healed through honesty with self and others.
- Integrity is taking full responsibility for what happens in your life, while simultaneously creating a space for others around you to take full responsibility, too. When human beings are out of integrity with genuine responsibility, they devolve to blame and claiming victimhood. When we resonate together in a state of mutual responsibility, we can accomplish miracles.
- Integrity is living in gratitude. When human beings fail to appreciate the wonders of themselves, their lives and the people around them, they fall into despair and a perception of themselves as victims. When we experience and express appreciation as an ongoing practice in our lives, we bring in more things to appreciate. Living in waves of increasing appreciation feels great and makes your presence a joyful force in other people's lives.