

## Complete the statements

When I send out  
Love, I get back...

This happens  
when I send out  
joy...

When I think  
happy thoughts,  
this happens...

I feel this, when I send  
out an unkind thought...,  
so then I can ....

If I send out a negative  
thought, next time I can ....

I can change my thought  
by ....

When I feel angry,  
before speaking, I can ....

Once a thought is gone,  
what happens ....

I can help others,  
even if they are far  
away by...