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### Daily Affirmations To Live Nonviolently:

*I regularly reflect on what peace means.  
I admire and appreciate nature.  
I tell the truth and speak honestly from the heart.  
I greet everyone and everything with openness and acceptance.  
Children are held tenderly in my thoughts and actions.  
I respect my feelings honestly and nonviolently with respect for myself and others.  
Today, I choose to be a peacemaker.  
I pause regularly for reflection.  
I let go of the past, forgiving others who have hurt me.  
I choose healthy relationships.  
I share laughter and joy with all.  
The choice of the company I keep is mine.  
I listen and I learn.  
I choose love.  
I surrender to my higher good.  
I love myself as God loves me.  
I love others as God loves me.  
I forgive myself completely.  
I am worthy of receiving love from others.  
I will protect and defend my inner self.  
I choose abundance. There is enough for everyone.  
I think positive thoughts to create a positive life.  
I share laughter and joy with all.  
I honor my dreams and visions.  
I am an equal part of all humanity and life.*



**Michael Allen Harrison**  
Aaron Meyer & The  
Metropolitan Youth Symphony  
Featuring music from  
Michael's newest CD!

**"Seasons of Peace"**  
January 16, 1999  
6:00 pm and 8:30 pm

In Concert at:  
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Benefit concert for the Season For Nonviolence  
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### Ma "n" Pa Strong's



You've tried the rest . Some say their's the best, we jest say.

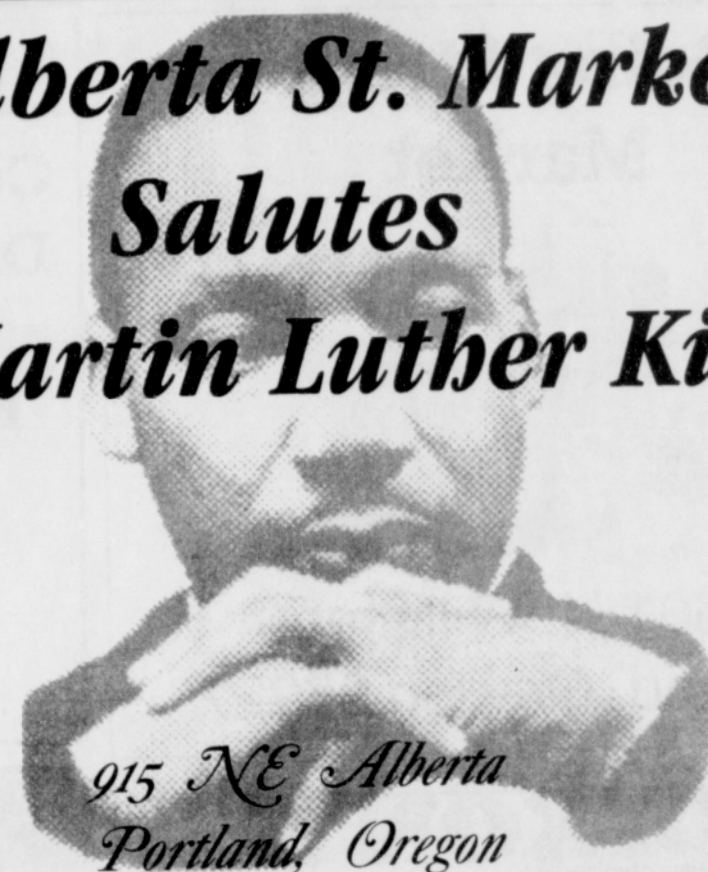
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*"SEI makes me believe I can be somebody."*

Let us not wallow in the valley of despair. I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream It is a dream deeply rooted in the American dream."



~ Martin Luther King, Jr.

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*"Life Does Have Options"*

Tony Hopson,  
President