

The second thing in your kit is a medallion, which you can hang around your neck. On one side in beautiful jeweled letters, it says, "YES". Underneath that "YES" it says, "Thank you for noticing me. What you ask of me at this time fits just fine. The answer is YES." And on the other side in equally beautiful jeweled letters is the word, "NO". Underneath, it says, "Thank you for noticing me. What you ask of me at this time doesn't fit at all. The answer is NO." This is the key to your integrity. YES and NO are both loving words. When you say YES and you feel NO, or when you say NO and you feel YES, you have eroded your integrity and weakened yourself. So keep your medallion fresh within your awareness, and always say the real YESes and the real NOs – keeping your integrity intact and keeping your strength strong. And now both YESes and NOs become gifts, gifts that help you stay in harmony. "Yes, this fits me well. No, this doesn't fit me, it is out of harmony with me." And as you use these two words and their meanings as gifts for yourself, you are also giving gifts to others. You are keeping your flow of harmony, which is the most powerful force in the world for good and for nurturing.