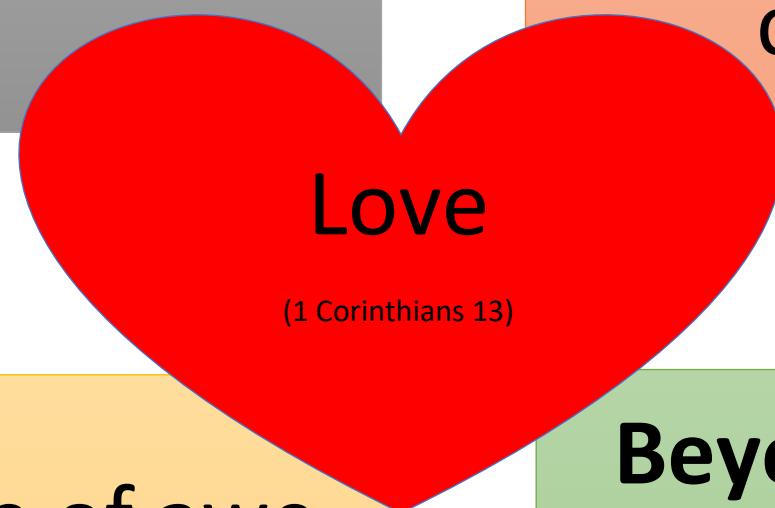


Self: knowing, looking after and loving myself

Others: my relationships with others, empathy and compassion



World: sense of awe and wonder at the universe

Beyond: something outside of this world that is bigger than everything (God)