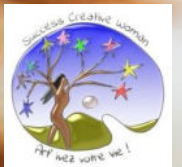


**RÈGLE N°1 :  
CONNAIS TOI  
TOI-MÊME**

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**RÈGLE N°2 :  
CONNAIS TON ART**

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**RÈGLE N°3 :**  
**APPRENDS**

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**RÈGLE N°4 :  
APPLIQUE LE SAVOIR  
AVEC SAGESSE**

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**RÈGLE N°5 :  
MANIFESTE  
L'ÉQUILIBRE**



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A young woman with long dark hair, wearing a brown wide-brimmed hat and a red and white plaid shirt, is smiling broadly with her eyes closed. She is standing in a field of tall grass or reeds. The background is a soft, golden sunset sky with a faint rainbow visible on the right side. The overall mood is warm and positive.

**RÈGLE N°6 :  
SURVEILLE LA  
QUALITÉ DE TES  
PAROLES**

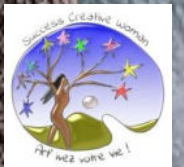
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**RÈGLE N°7 :  
SURVEILLE LA  
QUALITÉ DE TES  
PENSÉES**

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**RÈGLE N°8 :  
CÉLÈBRE LA VIE**

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**RÈGLE N°9 :  
HARMONIÉS TOI AUX  
CYCLES NATURELS DE  
LA TERRE**

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**RÈGLE N°10 :  
RÉSPIRE ET MANGE  
CORRECTEMENT**

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**RÈGLE N°11 :**  
**DONNE DE L'EXERCICE à TON CORPS**



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**RÈGLE N°12 :  
MÉDITE**

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**RÈGLE N°13 :**  
**HONORE LE DIEU ET**  
**LA DÉESSE**

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