

7 SIMPLE LIVING CENTERS



A new way to learn about language, emotions and our health.

This is more about HOW TO LEARN

一種學習語言，情緒和健康的新方法。

這是有關如何學習的更多信息。了解了這一點，您會發現它更容易學習。

Yīzhǒng xuéxí yǔyán, qíngxù hé jiànkāng de xīn fāngfǎ.

Zhè shì yǒuguān rúhé xuéxí de gèng duō xìnxī. Liǎojiěle zhè yīdiǎn, nín huì fāxiàn tā gèng róngyì xuéxí.

7 SIMPLE LIVING CENTERS



7个简单的生活中心

7 Gè jiǎndān de shēnghuó zhōngxīn

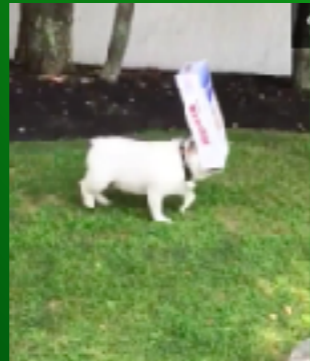
2

New doors are opening for you and all mankind.

为您和全人类打开了新的大门。

Wèi nín hé quán rénlei dǎkāile xīn de dàmén.

SIMPLE LIVING CENTERS



3

Are we holding on to a box.

我们拿着箱子吗？

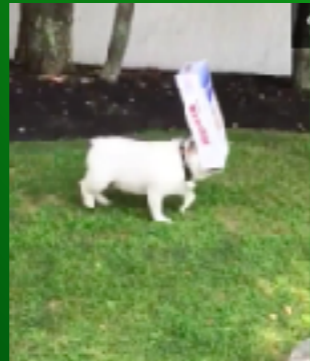
Wǒmen nǎzhe xiāngzi ma?

Do we keep running into walls?

我们会继续撞墙吗？

Wǒmen huì jìxù zhuàngqiáng ma?

SIMPLE LIVING CENTERS



4

We can choose to look into new open doors
or keep hitting the wall.

我们可以选择探索新的方式
或继续撞墙

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5

We may have some serious health concerns,
fears of the future, or problems in relationships. There is hope.

我们可能有一些严重的健康问题，
对未来或人际关系的恐惧。还有希望。

Wǒmen kěnéng yǒu yīxiē yánzhòng de jiànkāng wèntí,
duì wèilái huò rénjì guānxì de kǒngjù. Hái yǒu xīwàng.

SIMPLE LIVING CENTERS



6

Are you willing to receive a new way of life?

您愿意接受一种新的生活方式吗？

Nín yuànyì jiēshòu yī zhǒng xīn de shēnghuó fāngshì ma?

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7

Consider that there are seven centers of intelligence or light in all mankind.

考慮到所有人都有七个智力或光明中心

Kǎolǜ dào suǒyǒu rén dōu yǒu qī gè zhìlì huò guāngmíng zhōngxīn



7 SIMPLE LIVING CENTERS



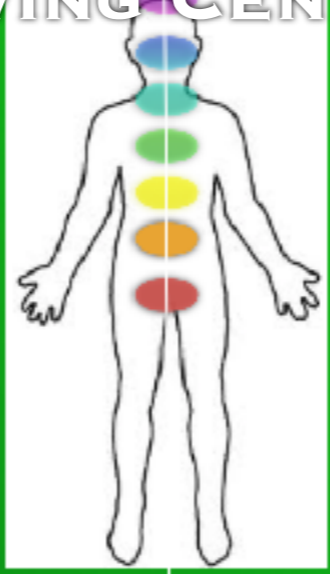
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Please also consider that each of us has a simple life language that we can learn.

还请考虑我们每个人都有一种可以学习的简单生活语言。

Huán qǐng kǎolù wǒmen měi gèrén dōu yǒuyī zhǒng kěyǐ xuéxí de jiǎndān shēnghuó yǔyán.

**SIMPLE
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Learn a language
for listening within

学习一种语言来帮助您听
Xuéxí yī zhǒng yǔyán lái bāngzhù nǐ tīng

9

A language that leads us to noble healthy peaceful way of life

一种使我们拥有高贵，健康与和平生活方式的语言

Yī zhǒng shǐ wǒmen yǒngyǒu gāoguì, jiànkāng yǔ hépíng shēnghuó fāngshì de yǔyán

SIMPLE LIVING CENTERS

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Two key ideas as you enter this journey for a new life and new way to use language.
First, everything has its opposite.

**SIMPLE
LIVING CENTERS**

Inside
Good
Joy
Pleasure
Light
Centered

Pain
Sorrow
Outside
Not centered
Bad
Dark

Find the opposite

This side is for those wanting to learn English. We teach HOW TO LEARN more easily, not what to learn. To begin Practice finding and speaking the opposites for these words.



As adults we all have emotions or energy in motion in these living centers.

作为成年人，我们在这些生活中心拥有情感或活力。

Zuòwéi chéngnián rén, wǒmen zài zhèxiē shēnghuó zhōngxīn yǒngyǒu qínggǎn huò huólì.



We have emotions behind ALL words. For Example. We can say YES in three ways.

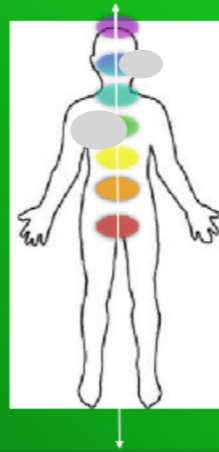
We do not care when we say yes,we care and mean yes, we are angry or forceful when we say yes.

我們所有的話語背後都有情感。例如。我們可以通過三種方式說“是”。

當我們說“是”時，我們不在乎，我們在乎並說“是”，或者當我們說“是”時，我們感到憤怒或強大。

Wǒmen suǒyǒu de huà yǔ bèihòu dōu yǒu qínggǎn. Lìrú. Wǒmen kěyǐ tōngguò sānzhǒng fāngshì shuō “shì”.

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Learning to listen to our honest feelings is part of great journey to a higher way of life.

学习倾听我们的诚实感受是迈向更高生活方式的伟大旅程的一部分。

Xuéxí qīngtīng wǒmen de chéngshí gǎnshòu shì mài xiàng gèng gāo shēnghuó fāngshì de wěidà lǚchéng de yībùfèn.

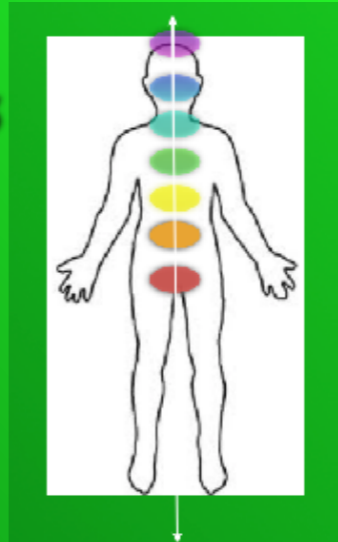
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1.



2.



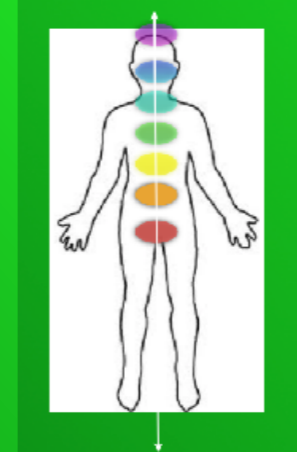
3.

How well we listen depends on where we choose to live. 1, 2, or 3.

SIMPLE LIVING CENTERS



1.



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1. Dim or dark lights. Not wanting to listen. Perhaps even fighting, with ourselves and fighting or competing with others. Maybe we are ignoring our feelings or staying in anger or fear, or illness and pain.

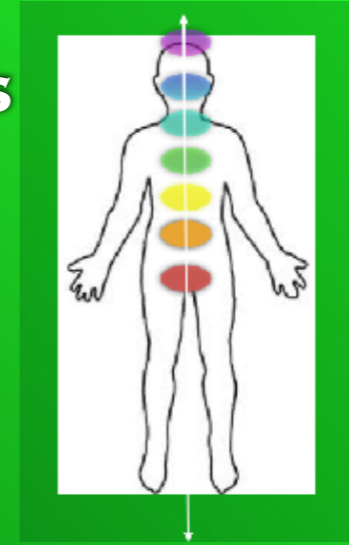
昏暗或黑暗的灯光。不想听。也许甚至与自己战斗，与他人战斗或竞争。也许是在无视我们的感受，或者是在生气，恐惧，疾病和痛苦中。您愿意接受一种新的生活方式吗？

Hūn'àn huò hēi'àn de dēngguāng. Bùxiǎng tīng. Yěxǔ shènzhì yǔ zìjǐ zhàndòu, yǔ tārén zhàndòu huò jìngzhēng. Yěxǔ shì zài wúshì wǒmen de gǎnshòu, huòzhě shì zài shēngqì, kǒngjù, jíbìng hé tòngkǔ zhōng. Nín yuànyì jiēshòu yī zhǒng xīn de shēnghuó fāngshì ma?

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2.



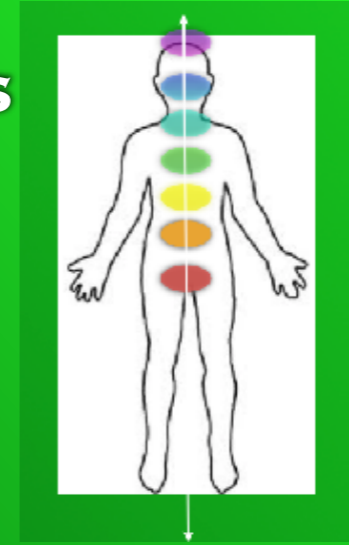
2. Starting to be honest and learn from our emotions or motions of energy within us. Starting to forgive and get out of anger and or replace fear with gratitude perhaps.

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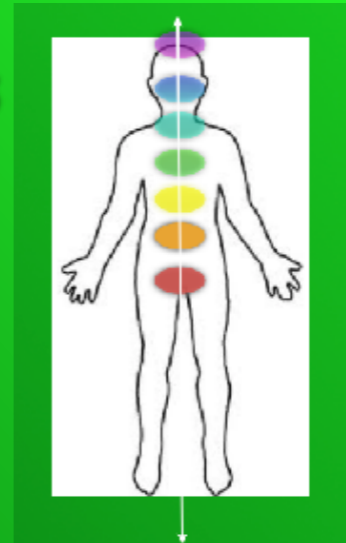
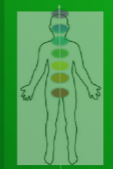
2.

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2. At this level we may choose to be afraid to leave our tribe or group and receive more light. We may resist receiving the higher language that quietly comes to us when we are open to listen and ask.

SIMPLE LIVING CENTERS



3.

3. We learn to live in the present with all light and truth. We learn to use our honest feelings and our entire being to help create with the earth and with others others, a simple peaceful joyful healthy way of life. We find wonderful surprises in life. We discover a higher language and way.

SIMPLE LIVING CENTERS



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Many men and women work with many different men and women in creating a higher way of life together, caring for all light and truth, and our healthy earth.

SIMPLE LIVING CENTERS



How do we love. Our seventh or highest center of life is the top of our head called Love. We can command our heart to open to receive love. Many feel love comes from their mind. The heart receives feelings of love and leads the way. This is the center of our emotional self, our higher self. Learning to trust in the heart will lead the mind to understand in time.

SIMPLE LIVING CENTERS



Our seventh or highest center of life is the top of our head called Love or living in the present moment in our highest state. We can command our heart to open to receive love. Many feel love comes from their mind. The heart receives feelings of love and leads the way.

SIMPLE LIVING CENTERS

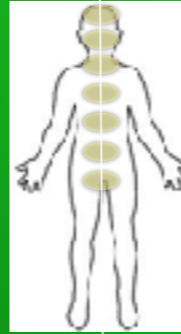


[Link](#)

So many choices on each side of us.

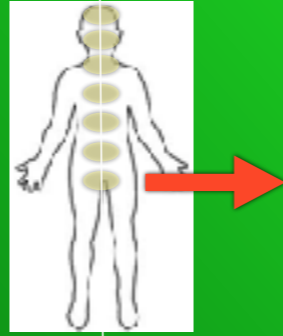
link to Proclamation

Simple Living Centers



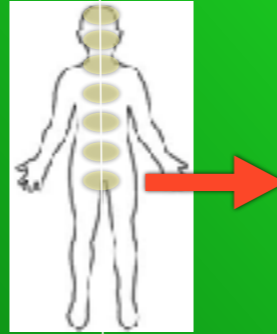
Our souls can know. We are each given a path to discovering
seven simple living centers inside of us.

Simple Living Centers



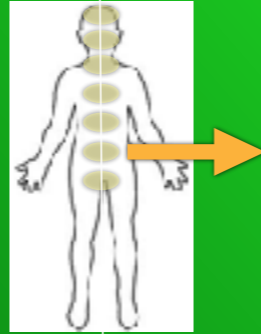
We can learn how to listen and discover a higher way of life.

Simple Living Centers



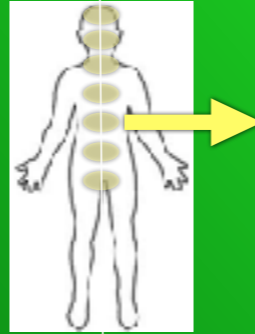
Repeating three long phrases helps us slow down and go deep. Some may say, "Oh please, hear the words of my mouth" slowly or some other phrase of your choice. This helps us live in the present and get our fears of past or future.

Simple Living Centers



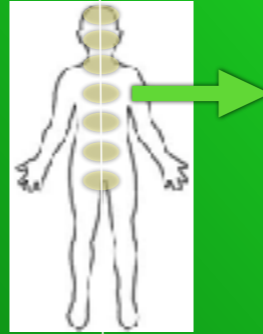
We progress as we learn by asking honest questions and having complete integrity.

Simple Living Centers



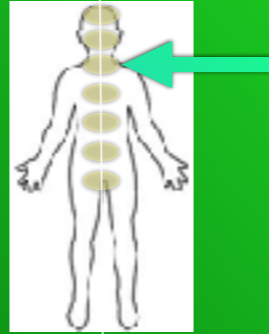
Honest questions regarding honest feelings we may have?

Simple Living Centers



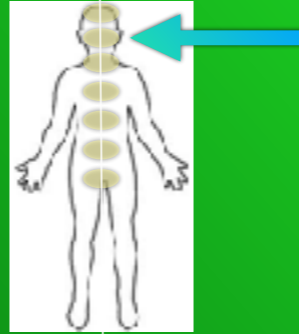
It is learning to talk with God about how we really feel.-
our true desires...
good or bad as they may be.

Simple Living Centers



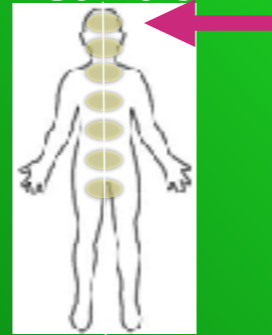
We can increase our capacity to receive revelation.

Simple Living Centers



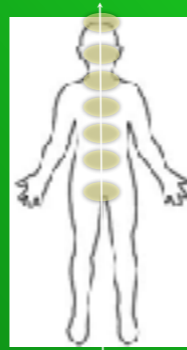
We may have feelings in one or more of our Simple Living Centers
We may have dreams about our hands..
We may
find each center of life can be like a compass - guiding us,

Simple Living Centers



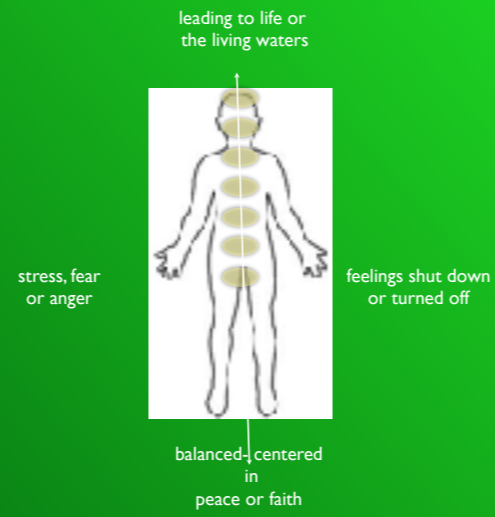
or a way or connection to the heavens and earth.

Seven Living Centers



Our centers of life are in one of three conditions
each moment of each day.

SIMPLE LIVING CENTERS 7 Living Centers



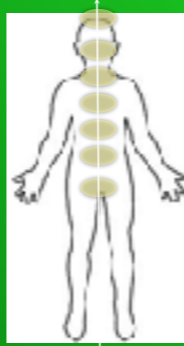
Understanding these centers of our spiritual anatomy or *our living constitution* can entirely shift how we view our health, change our language, our connections with others, and our life journey. We can make simple choices

Seven Living Centers



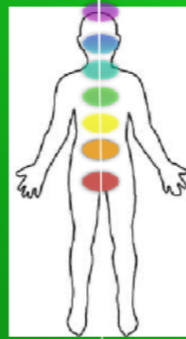
Sometimes we feel all over the place
- sick - afraid - or maybe nothing at all.

Seven Living Centers



We can learn how to make choices
and receive from the heavens or earth ways to keep centered in LIFE.

Seven Living Centers



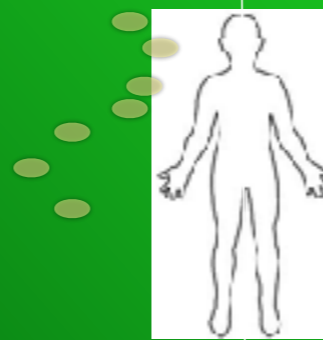
We may be centered in peace...
-awakened to some form of learning, health, joy, love, or life.

Seven Living Centers



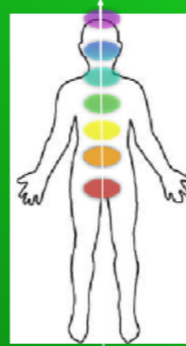
Or we may choose to be in anger, blame or some form of fear.

Seven Living Centers



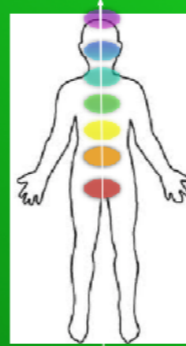
Or we may decide to not care, turn our feelings off, and feel numb or nothing.

Seven Living Centers



To be awakened
Each center has a test or lesson to learn.

Seven Living Centers



Life is a journey to learn to trust our simple living centers

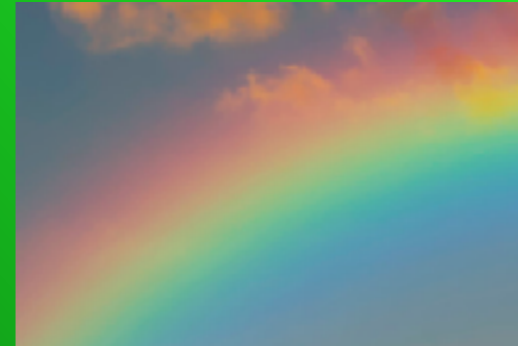
Seven Living Centers



[Click here for a film clip on someone finding their center and work on this earth.](#)

With our choices
We can learn to turn all of our lights on inside us

Seven Living Centers



They are like a rainbow

Seven Living Centers



One of our first lessons to learn or questions to ask ourselves is ...



Is my strength from the earth
from choosing healthy foods and turning the lights on
or following the crowd in fear of being different?



Is my strength from the earth
from choosing healthy foods and turning the lights on
or following the crowd in fear of being different?



"Wait! Will Listen to me!
We don't have to be just sheep!"

Seven Living Centers



Do I simply not care and turning off my feeling of what I know?
Do our foods make us sleepy?

Seven Living Centers



Am I tired of fighting the crowd?

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or Stressed.

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Is there another way?

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We are in one of three states
I DONT CARE

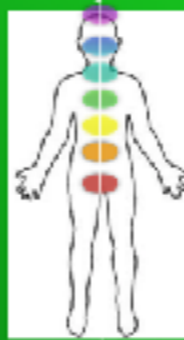


In peace or awakened to listen within to what we need.



Or in some form of stress or fear.

Simple Living Centers



When do our foods bring us strength - awaken us to life and love and learning?

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Do our foods bring a feel of stress, congestion, a running nose, or sickness?

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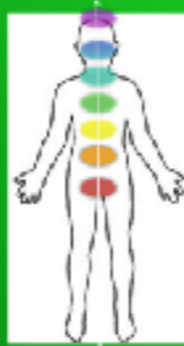
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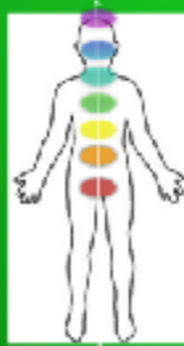
We make choices everyday that matter ...that add to our personal wisdom
or bring illness and pain.

Seven Living Centers



We make choices everyday that matter.—in higher ways.

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Choices that can turn all our lights on.

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We make choices that turn the lights off

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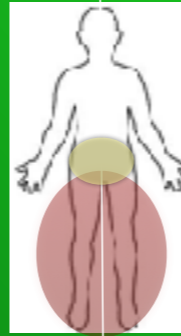
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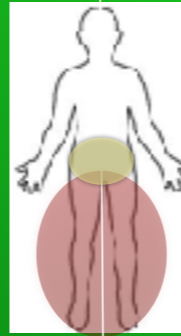
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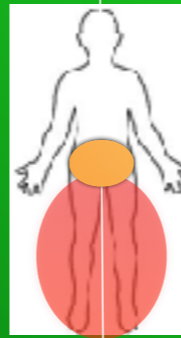
When we pass our first test or learn our first lesson,

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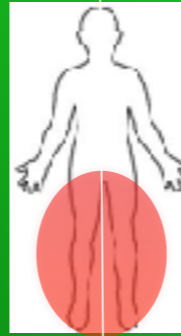
Making healthy choices... begins with our connection to the earth.
What are we connected to.

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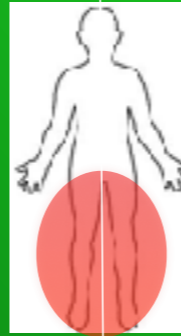
How do we honor others
when we seek God's will or inner peace with healthy choices?

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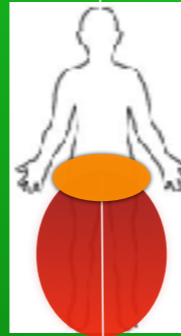
Do we turn our feelings off. We don't care about others?

Seven Living Centers



Do we feel we are better than others? Feel we need to control them?

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Our do we have the inner peace to just quietly lead, by example and faith in God's timing or the timing of the universe?
Our tests or lessons may be very personal to us
If we listen within.

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Our our healthy choices become a way to be better than others?
Can pride get in the way and get us off the center.

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Or can we simply keep our focus on making healthy choices to better love and serve God or the higher good?

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Honor self

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Love Self- listen to self

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As we listen to our self, more inspiration or light comes

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A piece at a time.

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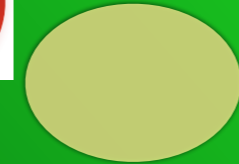
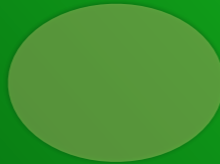
For healthy living, do we listen to this area of our body.

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Our do we make choices that we do not care.

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Or make choices from **fear** to run too fast or work too hard to get what we need.

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Listening to each center of life will help awaken the next center of life.

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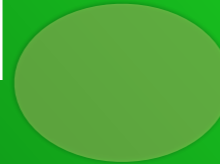
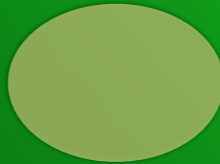
Listening to each center of life will help awaken the next.

Seven Living Centers



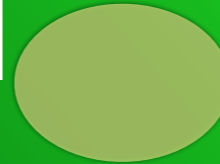
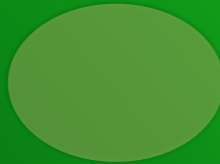
In this center of life, we receive divine directed love.

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Not man's lustful nature - some call love

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Or choices to control others, stressful ways, or anxious efforts that get us off the path.

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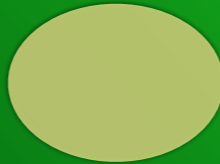
Receiving divinely directed love can change everything if we will listen to what comes.

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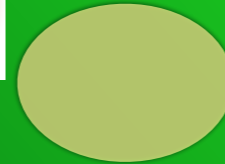
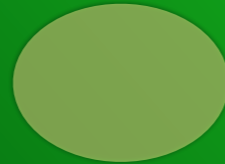
The next level or lesson comes to seek a higher will or use our life for selfish ways.

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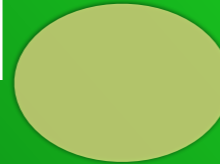
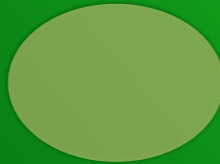
Are we just concerned for our self? Turning off feelings of a higher way?

Seven Living Centers



Or working and stressed by our own ambition and own timing?

Seven Living Centers



Or working and stressed by our own ambition and own timing?

Seven Living Centers



Learning to trust in divine timing as we are directed to a higher way can bring new light and understanding.

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New living foods to help us heal!

Seven Living Centers



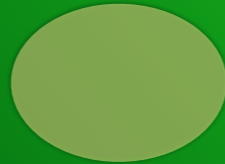
New living foods that bring us strength, life, and learning.

Seven Living Centers



We will decide to follow and learn truth?

Seven Living Centers



Or decide we do not care what is true?

Seven Living Centers



Will we pursue learning to the point of stress and anxiety? Fearful of what other say or how they judge us?

Seven Living Centers



Or will we decide to trust in revelation and inspiration that comes and where it takes us?

Seven Living Centers



As we learn each lesson or pass our individual tests, we can awaken and be in the presence of divinity.

Seven Living Centers



We can receive of God's love, healthy simple ways, or purpose.
We can receive all we need each moment.
Live in the present.

Seven Living Centers



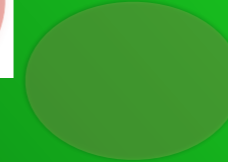
And Presence of God - the presence of love.
We can learn that we receive or block love.

Seven Living Centers



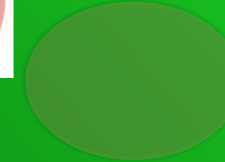
With all our heart.
When we open our hearts to all God or divinity of the universe has to send us -
we truly learn to love others in God's way or a higher way.

Seven Living Centers



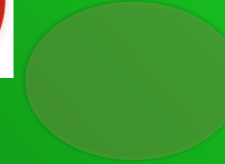
With all our might.

Seven Living Centers



With all our mind.

Seven Living Centers



With all our strength.

Seven Living Centers



To honor and love others.

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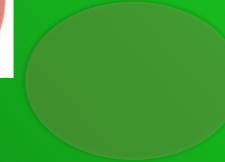
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Seven Living Centers



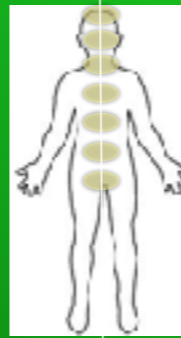
To honor and love self.

Seven Living Centers



Full - healthy joy-filled living.

SIMPLE LIVING CENTERS

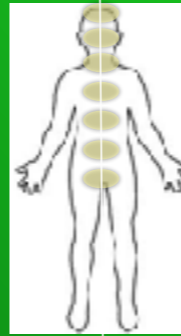


Consider the slide ahead as an added resource or go to
[the website here](#)

SIMPLE LIVING CENTERS

7 Living Centers

Consider that each of these centers
store our personal and family emotional
histories
- as our biographies are influenced to
become
our biologies.



7. Connecting to a higher purpose or higher self. - finding your work or mission, by living in the present.

6. Seeking and speaking truth (Mind)

5. Choosing a higher will over selfish fear based desires. (Might)

4. Charity for all- and learning to forgive and love our enemies with proper virtuous principles. (Heart)

3. Honor self

2. Honor others

1. All sufficient needs are provided. (strength)

This begins with our connection and trust with mother and "mother earth", and a peace that comes through the atonement, taught with the proper use of authority while providing living foods that bring peace, joy or emotional trust - a unity of our spirit and body.