# Living Minutes for Your Living Self

Living Minutes Academy
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Living Minutes.com





# Minute for your Living Self

- Here we are going to nurture both your living, physical self as well as your spiritual life
  - No religion here for our purposes, spirituality refers to the method of connecting with your inner self and your relationship with the outer universe
- From a tidy home to a meditative practice, these 45 Minutes will focus on treating your life more holistically



- Smiling (Minute 87) and laughing both provide positive benefits to overall health
  - Same benefits, but laughing provides more than smiling
  - Mood elevation, stress/anxiety reduction, positive thinking, longer lifespan
  - Tension relief, reduced blood pressure, higher blood oxygenation levels, improved organ function, stronger immune system





- This is a fun way to practice Gratitude (Minute 80)
  - Being grateful is a powerful tool in changing your outlook toward life – you focus on what's good in your life rather than what's bad
- Hide a gratitude rock or other gratitude object around the house. Whenever someone finds it, they have to pause and be grateful for something. They then hide the rock in a new location for someone else to find.







# Living Mindfully...

While all of the Living Minutes are geared to creating a foundation for your journey into mindfulness, many of these Minutes, in particular, are crucial to mindful living and will be expanded upon later in the program.



## Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
  - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



### Your Mission

### Living Minutes for your Living Self

► Find five (5) Living Minutes for your Living Self from Just a Minute! (or make up your own) that you will incorporate into your daily life, beginning this week.

