

# SIMPLE LIVING CENTERS

- *Presents*
- *transitioning our health, our families, neighborhoods ,  
and our nation from the inside out.  
“feeding nations”*

*The Story of Adam and Even  
Part II*

*Leaving the Garden and the  
History of the earth  
within each of us.*

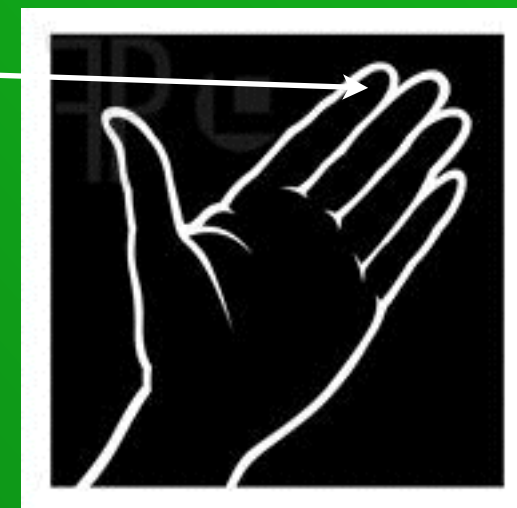
# SIMPLE LIVING CENTERS

## Learning to asking inspired questions:

*Am I centered in faith? If am not at peace or have turned feelings off - regarding something I see in the world, I am straying or departing from what is intended for me (Peace, Joy, and Living Faith). We can sense which centers of our spiritual anatomy are “Living” or not “living.” This may come from listening to our own thoughts, journaling our feelings in the living center we call the “heart”, or acknowledging pains in areas of our body. It may come from asking inspired questions about each center. Perhaps our heart feels numb or anxious- not centered in faith. Moving the hand from side to side can communicate this. A firm centered hand with thumb up indicates our heart is centered. We can command centers of our body. We can ask God for help in understanding or getting them centered.*

### Centers

*this is the tip of the finger  
symbolic of our seven  
centers - or our entire  
being centered in faith.*

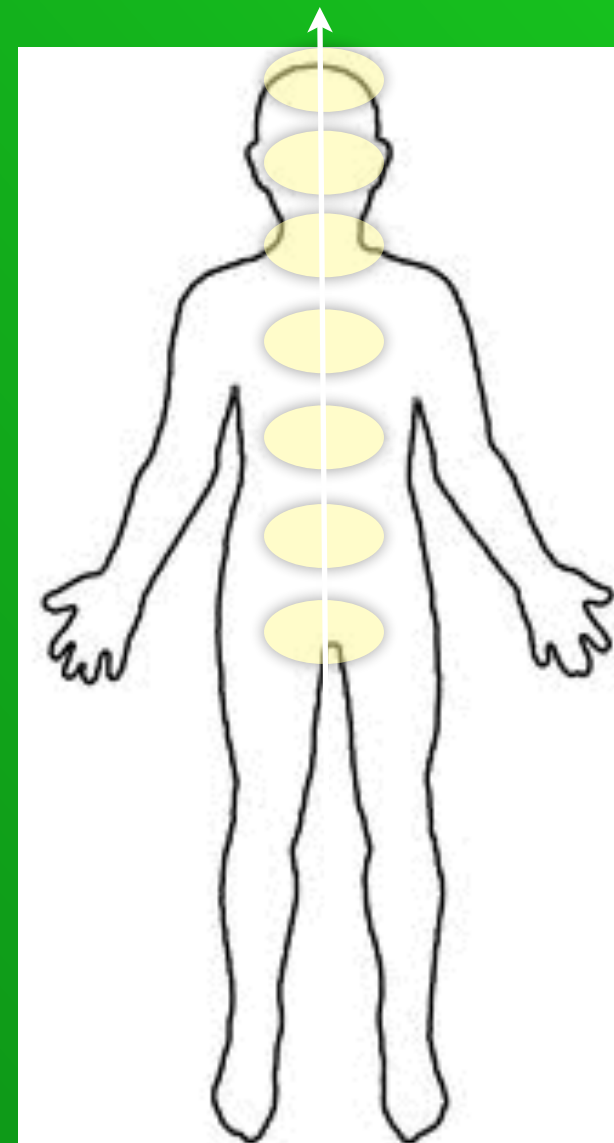




# SIMPLE LIVING CENTERS

## 7 Living Centers

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.

6. Seeking and speaking truth

5. Choosing a higher will over selfish fear based desires.

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

3. Honor self

2. Honor others

1. All sufficient needs are provided.

*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*

*...bringing peace, joy or ...it and body.*

Our bodies higher self is designed to know what foods they need. Through site, touch, smell or perhaps simple intuition. We often tell others what they will eat and fail to listen to one another's healthy desires or ask simple questions. Trust between parents and children can suffer at times when we fail to honor one another. Anxiety or fears can develop when we fail to listen. Conversely, health comes from peaceful respectful listening to others and self... and asking our “souls” what healthy foods they need. We may also ask ourselves as parents what healthy options to provide our children.

*major religions.*



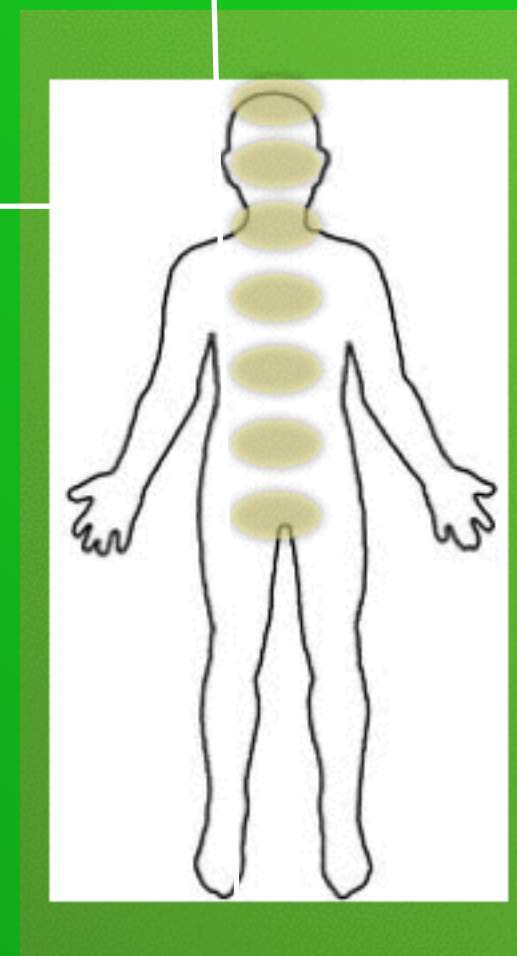
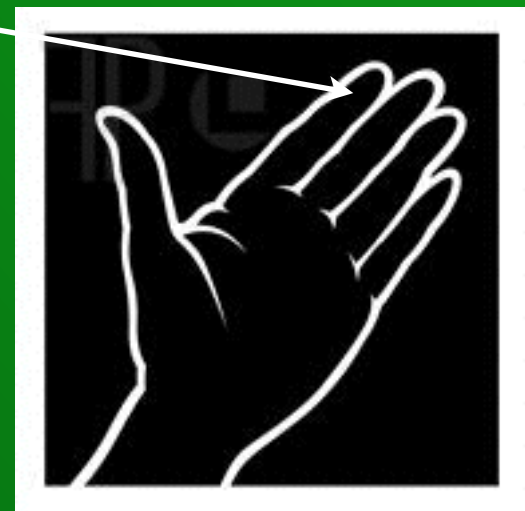
# SIMPLE LIVING CENTERS

## Acknowledge Feelings:

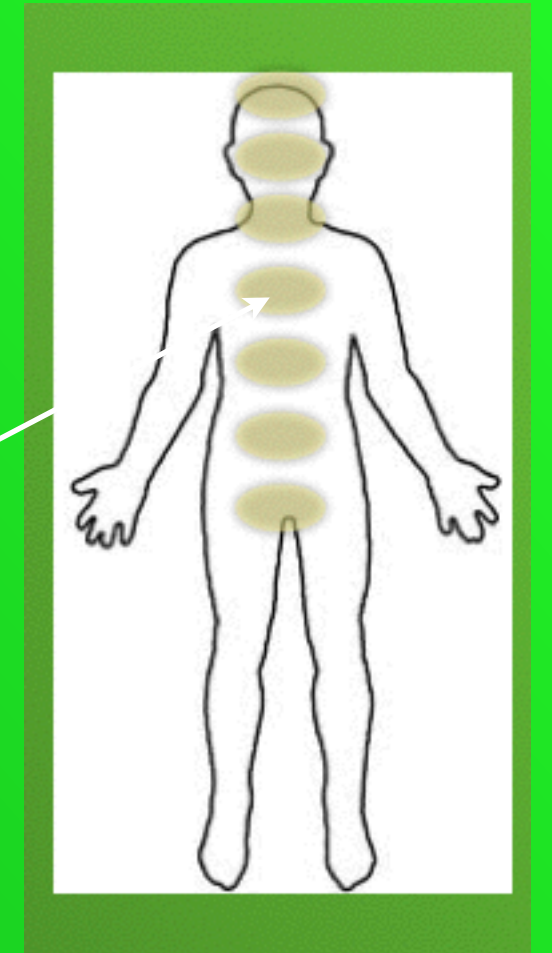
*When my young daughter feels sad when mom leaves the home, I put my hand on my heart and in a circular motion acknowledge “you feel sad mom is leaving.” She often quickly gets over this loss when I simple acknowledge and respect her feelings with genuine empathy. I hold my hand firm when at peace and move it when the heart is stirred or anxious.*

*When she watches with me - movies of Jesus- we may touch the wrist with the tip of index finger and say “Jesus was hurt.”*

**Centers**



# SIMPLE LIVING CENTERS



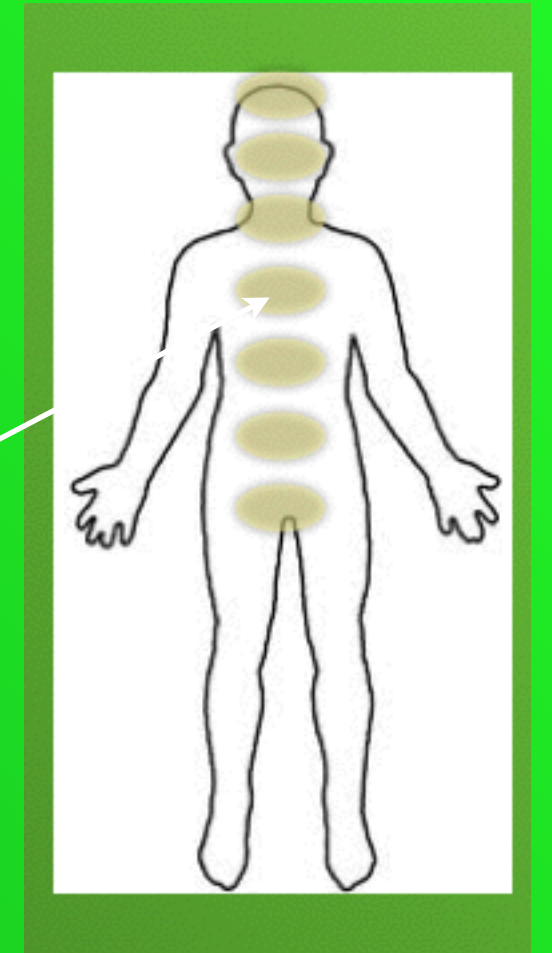
Heart

**Simple Applications:** *Our biography and biology.*

I knew a man for many years. He became a doctor against the feelings of his heart felt passions, but felt he could not change his course in life for almost 30 years. He became disabled in his early 50's - forced to leave his lucrative profession. He eventually passed away in his mid 50's of heart failure. I wondered if years of turning his heart felt feelings off took a toll on his spirit and in time his body.



# SIMPLE LIVING CENTERS

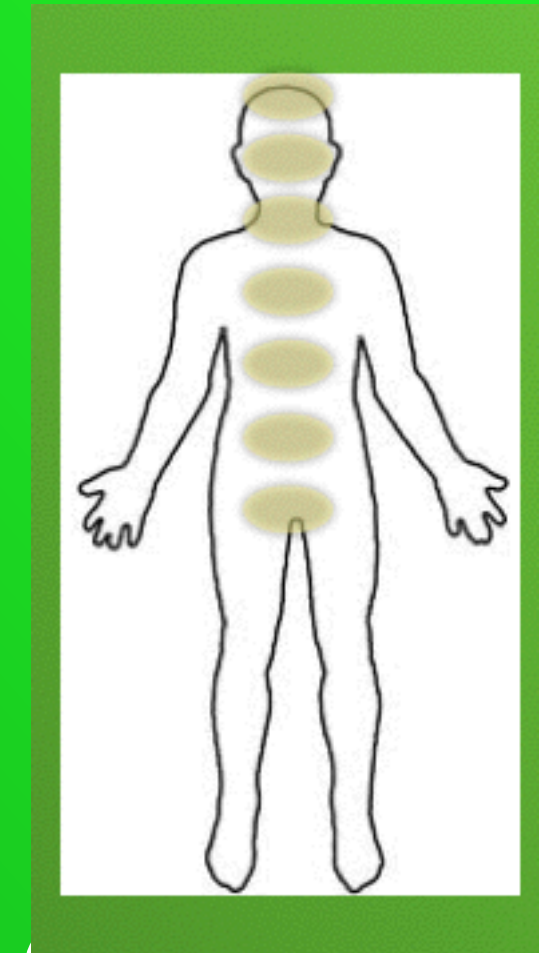


**Simple Applications:** *Our biography and biology by heart*

*Sometimes living faith or being "awake or alive" is so simple as changing my views or language to bring a healthier spirit and body connection and being willing to listen within. Sometimes I have shut off love for self, for others, or even God - for some reason. I can explore my fears, and better understand what needs to change.*

*Am I seeking to please God or Man? Simply changing my views to a healthy perception can be simple at times and it can begin a "life" journey. I have gotten better with practice, and feel my ancestors and Heavenly influence is with me more and is key to this work.*

# SIMPLE LIVING CENTERS



## Understanding an Agency Based Education

*Our higher self, or divine spirit is designed to be in a state of peace, joy and living faith. (this is one basic idea in most eastern health cultures in addition to what Nephi taught). Man are that they might have joy. 2 Ne 2:25. Learning our bodies spiritual emotional make up is part of this earth life; as is understanding the “natural man” designed within us. Understanding both of these natures, we may become (with God) the creator of our lives and improved health - overcoming generations of health issues. The natural man “our survival- fear based mode of thought” is designed into our existence. Peace and joy are designed into our spiritual anatomy. Choice is key to our spiritual growth. Choice is how our centers of life grow and develop into our eternal nature.*



# SIMPLE LIVING CENTERS

## Our Natural Man

What is the nature of our natural man?

*For myself, it may manifest in many ways. Anxious feelings, I am afraid to go to. Being stuck in my mental ideas or views and not trusting in the spiritual peace that comes with new views or listening to others.*

As I open myself to new views, peace comes and in most cases anxiety leaves. In some cases it takes more time. I have learned to explore my anxieties, with God or perhaps with those I can trust.

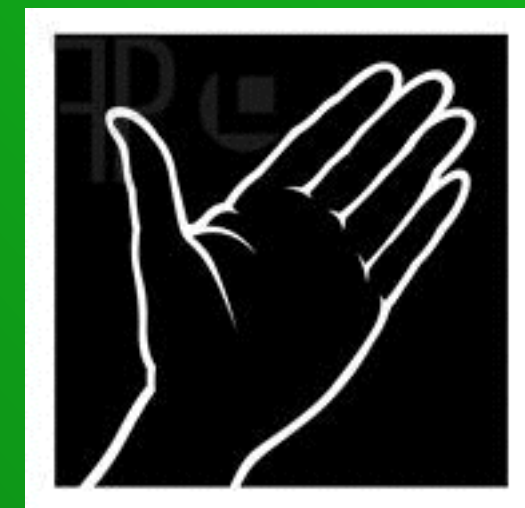
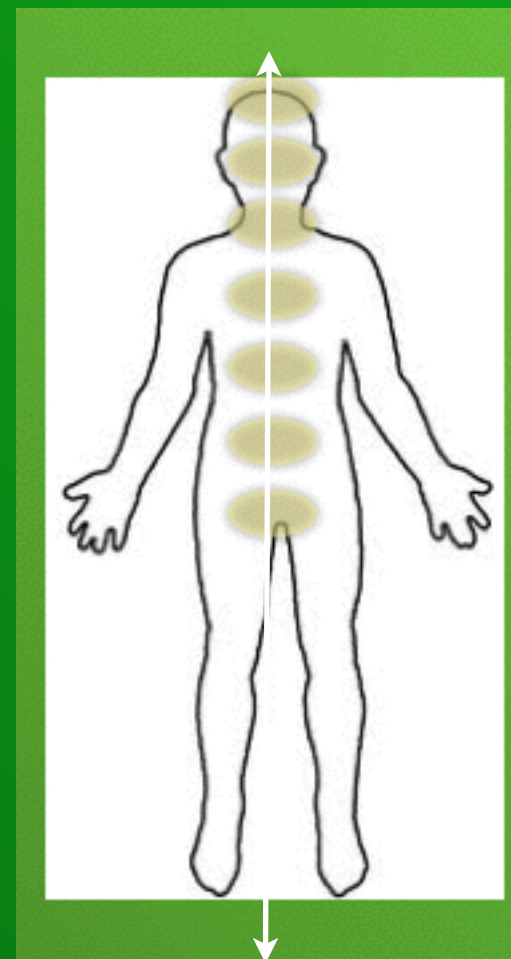
*The natural man may be selfish desires. It may be fears I will not have enough. It may be in the form of pride is see in others, but fail to see in myself. It may be in comparison with others, or partial truths. It may be an unwillingness to listen to the spirit or forgetting my eternal views. Peace and joy come with eternal perspectives and letting go our natural man.*



# SIMPLE LIVING CENTERS

## Using the HAND to teach .

*Whatever takes us away from this peaceful - joyful state - has influence over time in our healing and health. Likewise, the natural man, is designed in opposition to our higher self or God. Our 7 centers of life are centers of our anatomy or constitution designed to work - based on our personal choice. We can command our eyes to see heavenly views, our ears to hear spiritual promptings.*

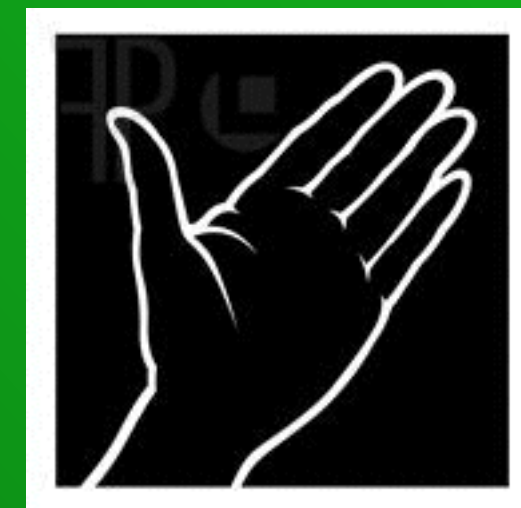
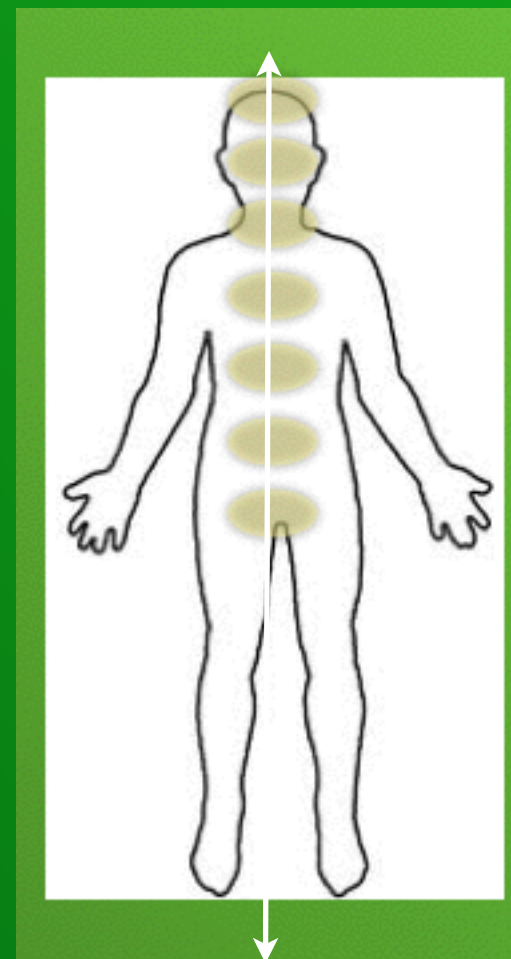


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The Natural Man  
or  
The Man Centered in  
a divine spiritual path



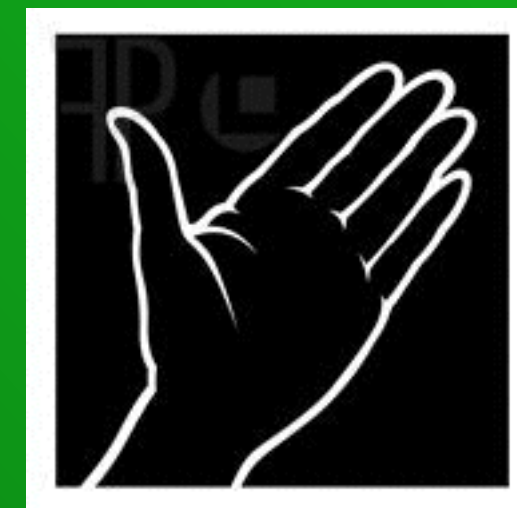
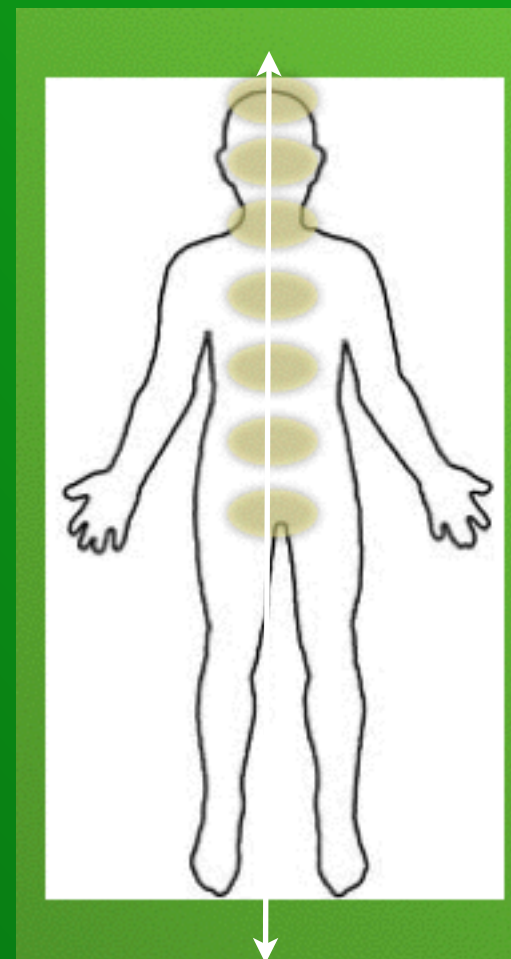


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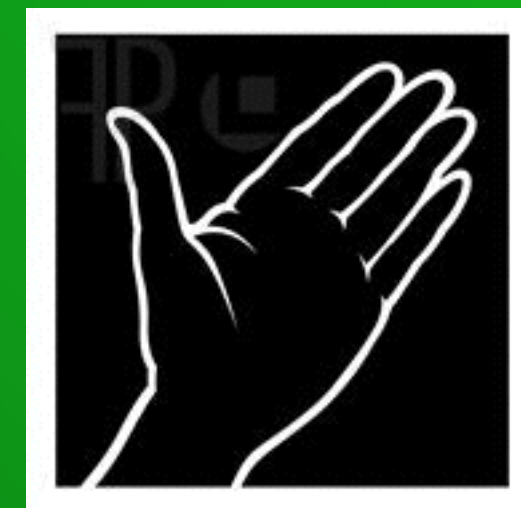
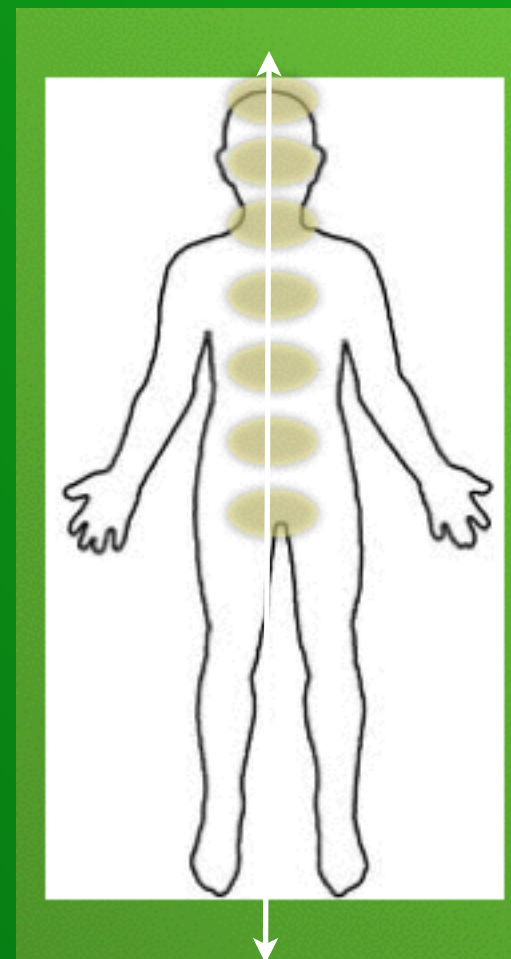
II

When we are centered  
move the hand-  
thumb up-  
to the center we are  
referring to.  
Go up and down the line  
when centered or hold  
firm.  
When not centered pass  
to the right and left -

# SIMPLE LIVING CENTERS

## Using the HAND to teach .

*Agency is designed into our anatomy. As we learn to work with these “living centers”, we can be in a healthier place to appropriately help and lead through service - or our neighborhood “Councils.” Others will feel our centeredness, even without words at times.*





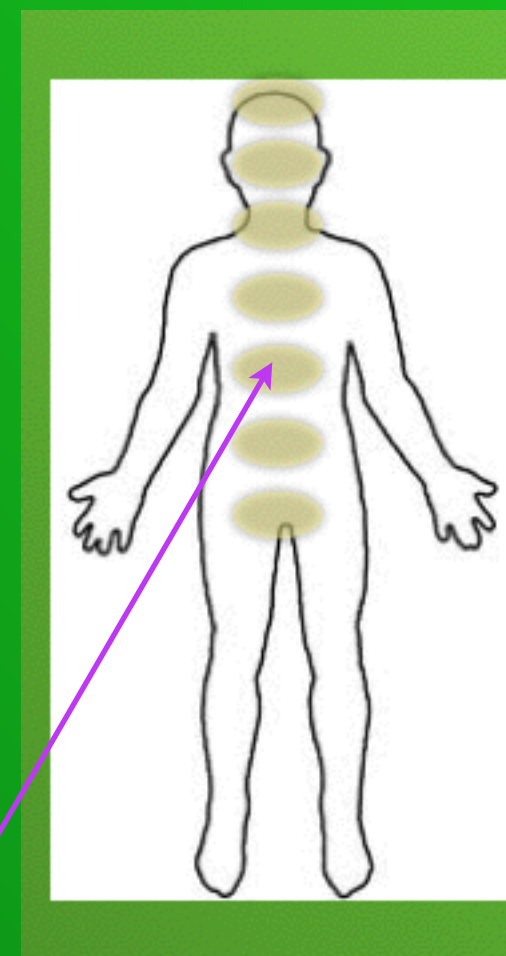
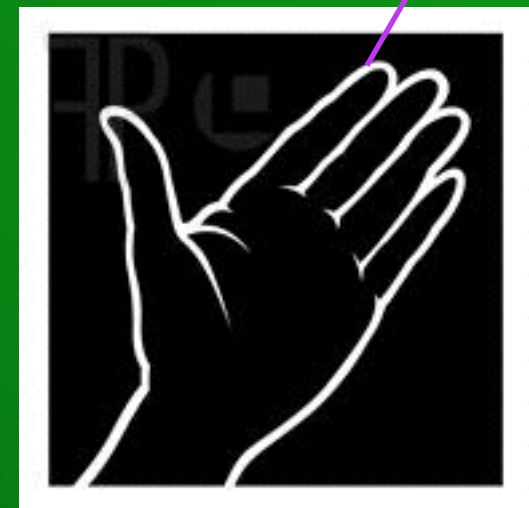
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## Using the HAND to teach .

When we are centered  
move the hand-  
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Go up and down when  
centered or hold firm.

When not centered pass to the  
right and left -



For example-- when  
teaching about living  
foods the body wants- we  
point with finger  
“centers” and place it on  
the 3rd center. Hold the  
palm toward self and  
thumb extended up - to  
listen to each center. See  
what comes to mind as  
you learn to discern the  
messages of our souls.



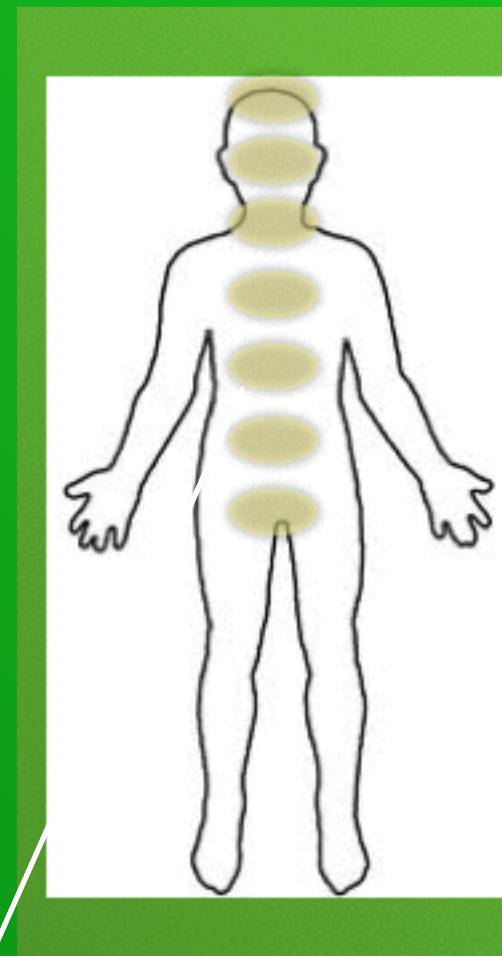
# SIMPLE LIVING CENTERS

Using the **HAND** to teach connections between the body and spirit.

When we are centered  
move the hand-  
thumb up-  
to the center we are referring  
to.

Go up and down when  
centered or hold firm.

When not centered pass to the  
right and left -



We may feel to place our  
hand over the fifth area  
and consider “God’s will”  
Allow the spirit to bring  
to mind what our body  
may need or may need to  
avoid to heal illness  
related to that area of our  
lives. Issues may be our  
own or generational.





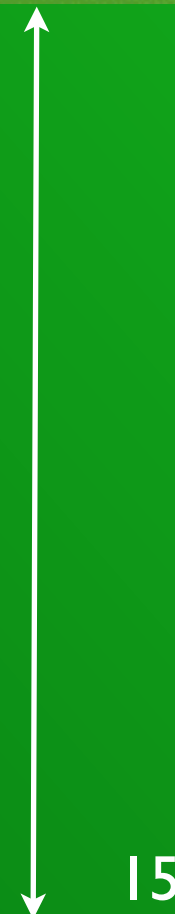
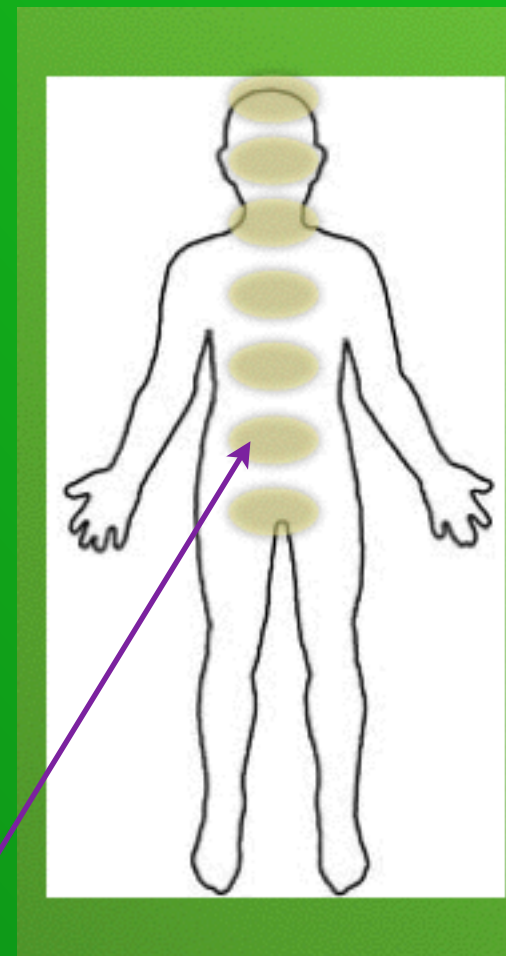
# SIMPLE LIVING CENTERS

Using the HAND to teach connections .

When we are centered  
move the hand-  
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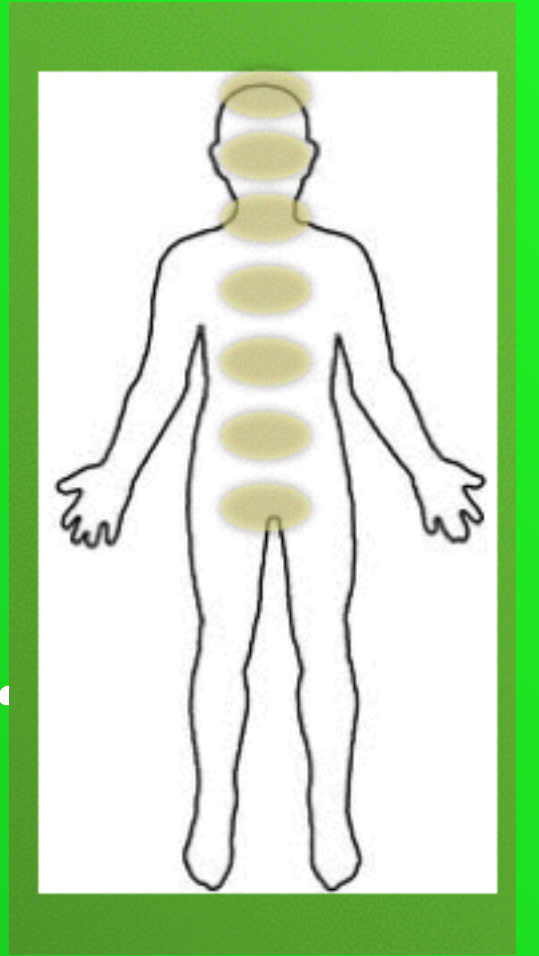
Go up and down when  
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When not centered pass to the  
right and left -





# SIMPLE LIVING CENTERS



## A Key focus

*Family and Community transition starts with ourselves.*

*Understanding key connections between our health, our sins, our history and our ancestors is significant to understanding how to create healthy lives. This understanding can expand our understanding of our own repentant process, both spiritually and in terms of our generations of health issues passed to us.*

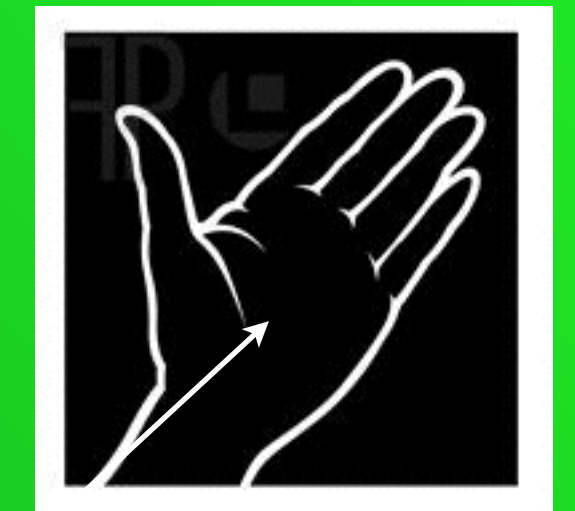
*Patterns of illness or addictions may get passed down to the next generation when we lack the understanding of the power of the Wisdom and how our “seven centers of life” work within us. Understanding these key connections has been a journey the spirit has guided me on for much of my life- particularly in our relations with others. Consider teaching and learning these principles with the hand, and as you learn these -- consider using this method with those of another culture who may come here now or in the future (perhaps refugees.)*



# SIMPLE LIVING CENTERS

## Cleansing Self and Generational influences first.

*The “blood and sins of this generation” has two key parts.*



*“Sins” relates to our own understanding of truth and not living in harmony with it. Our need to repent is clearly taught by our leaders.*

*The “blood of this generations” or that which is passed to us by ancestors may be our transgressions, or disobedience to laws that bring consequences to us. They may be partial truths, false or fear based ideas (traditions of our fathers) as symbolized with the palm. Those parts of us that lack a deeper understanding of our nature. As the Savior was nailed to the cross, those who did this, lacked a deeper understanding of their own anatomy, they feared the nails would not support Him on the cross and then nailed him to the cross at the wrist.*

# SIMPLE LIVING CENTERS

**Cleansing Self and Generational influences first.**



*Understanding the seven “Simple Living Centers” of your spiritual anatomy is helpful to learning how they relate to cleansing ourselves and cleansing past generational issues we are not conscious of. This is key to healing, to the work of “turning the hearts” and not passing on generational issues. It may be our work or mission to break the chains or habits of past generations - cleanse the blood (passed on falsehoods) and sins (our own lessons) of our generation.*



# SIMPLE LIVING CENTERS

**Cleansing our own sins and health patterns passed to us.**

Assuming we know clearly the process to repent of our own sins, this leadership session will deal with cleansing generational patterns and exploring our feelings in the seven centers. Patterns or desires may be passed to us from our ancestors, health issues perhaps, emotional history perhaps, or tendencies toward addictions.

*We can each lead out in stopping the chains of difficulty that get passed from one generation to the next. Leading with truth, an understanding of the atonement and a willingness to live as the Savior directs us. This healing is highly individualized and directed by the spirit.*

# SIMPLE LIVING CENTERS

**Cleansing our own sins and health patterns passed to us.**

Those on the other side will help us. This can be a deep and personal tutoring that I will not go into with great detail. Our ancestors and Heavenly inspiration will teach you how this is done. How we can become Saviors in Mount Zion not only through temple work for those that have passed on, but for future generations. This session provides guiding principles to assist you, but details are best left to the spirit.

*Simple Living Centers will be family education centers to assist all parents in this process and those of all faiths or of no particular faith.*

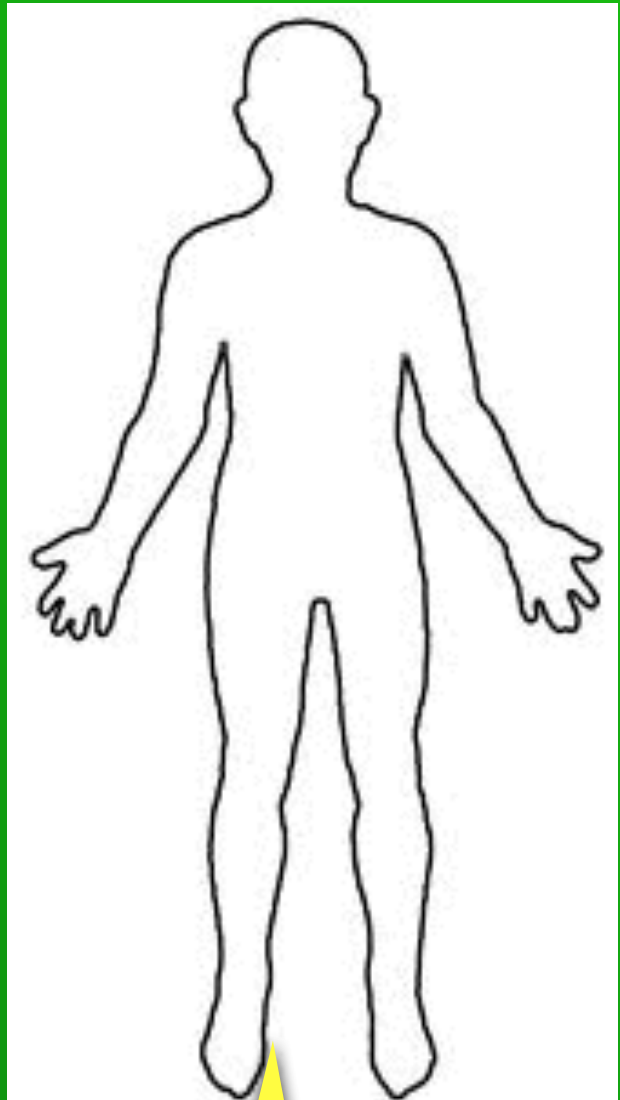


# Each Hand and Finger will help us teach and identify

*key ideas in making these changes in ourselves*

- 1. *Peace Joy and Trust*
- 2. *Simple Living Centers*
- 3. *Habitat for Health*
- 4. *Family Health Education:*
- 5. *Find your life.*

right



- 1. *Peace Joy and Trust (6)*
- 2. *Simple Living Centers (7)*
- 3. *Habitat for Health (8)*
- 4. *Family Health Education: (9)*
- 5. *Find you life. (10)*

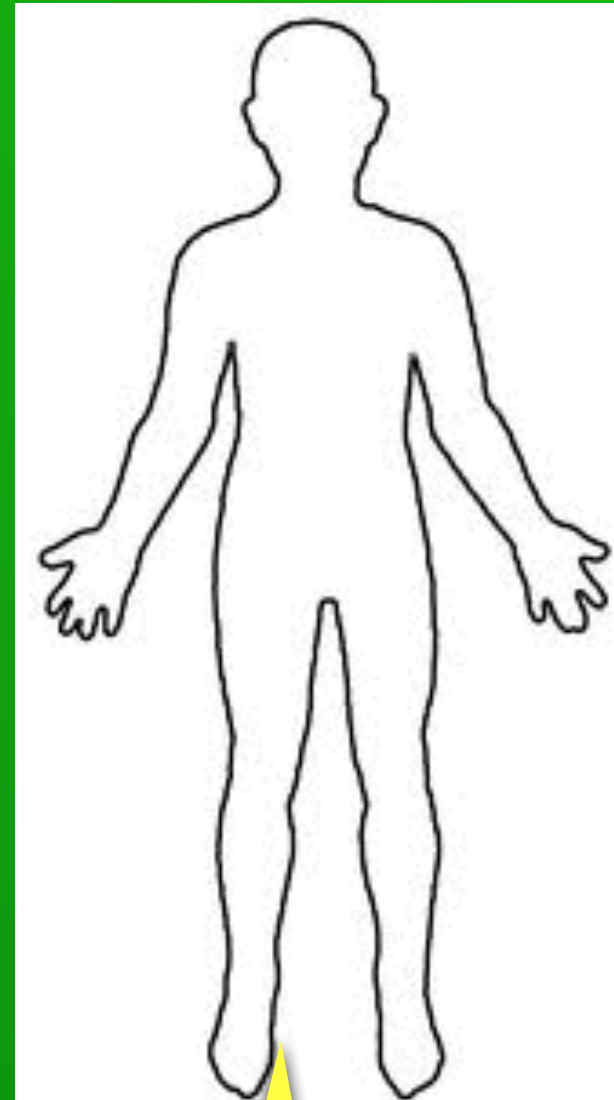
left

Choice of the right and left being the same is up to each person.

# Each Hand and Finger will help us teach and identify *key ideas in making these changes in ourselves*

1. *Peace Joy and Trust*
2. *Simple Living Centers*
3. *Habitat for Health*
4. *Family Health Education:*
5. *Find your life.*

right



1. *Peace Joy and Trust* (6)
2. *Simple Living Centers* (7)
3. *Habitat for Health* (8)
4. *Family History Education:* (9)
5. *Awaken your life.* (10)

left

Overcoming sins or past generational patterns may be simple and it may as focusing on “finding our work” or we may be guided to using all these principles. Peace and Joy bring a desire for living foods. (1) We can listen to what foods the body needs (2). We can create a home producing those foods in the home (3) We can explore our history and find forgiveness for a relative (4) and we can get on with our work (5)



# SIMPLE LIVING CENTERS

**Cleansing our own sins and health patterns passed to us.**

Often as we are quiet, or grow older; feelings or issues surface as pains or impression in our body. Desires (healthy or contrary to our nature) may surface or come to mind. Consider these pains as a message to understand something in a new way or a path to cleansing. If we are conscious of the issues, they are part of our own personal history. If we are not conscious of the issues but feel the desires or pains, they are likely part of our history passed to us.

# SIMPLE LIVING CENTERS

## The Seven” Simple Living Centers.”

Past generational issues can be cleansed by honestly acknowledging them, giving them a name, asking how they relate to your journey in life, or what we need to learn from them. We can ask God how they can be removed from us when we have learned needed lessons. Quiet reflection, guiding principles, prayer, or journal writing can assist in these being understood and released from us. Only the spirit can guide this process - knowing us completely and perfectly. Not knowing of the atonement or having faith in the Savior - these patterns may manifest in our lives when they go unaddressed. Many fall away from who they are - not knowing of how willing our Creator is to assist us.



# SIMPLE LIVING CENTERS

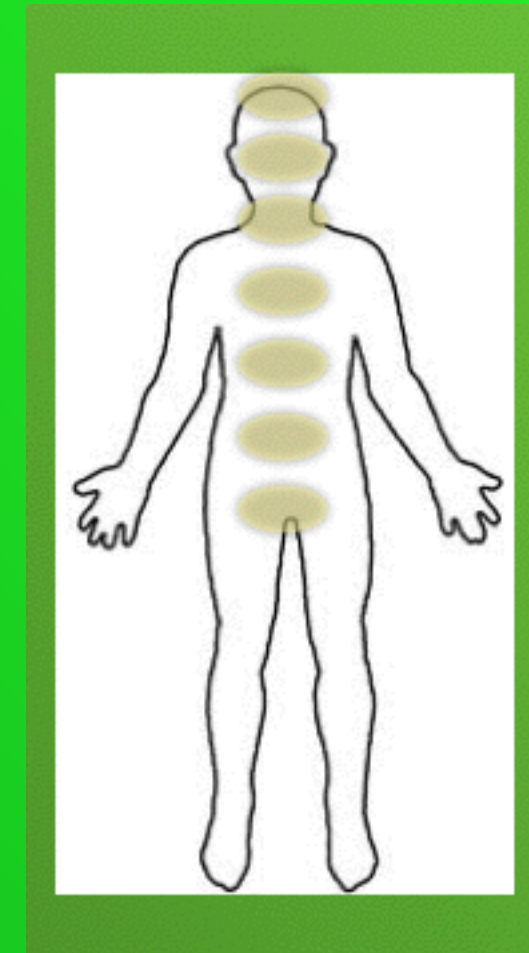
## The Seven” Simple Living Centers” within.

The number seven deals with creation. This is a personal heavenly approach to healing, health, and the work of connecting us to our ancestors. This is an approach to understanding our journey of creating healthier lives, healthier homes, and a healthier nation.

*Please feel free to individualize this to your own family and as guided by the spirit. Having some common “global views” of health can help us communicate with other cultures who may come here or are here now. That is the purpose of this general outline.*



# SIMPLE LIVING CENTERS

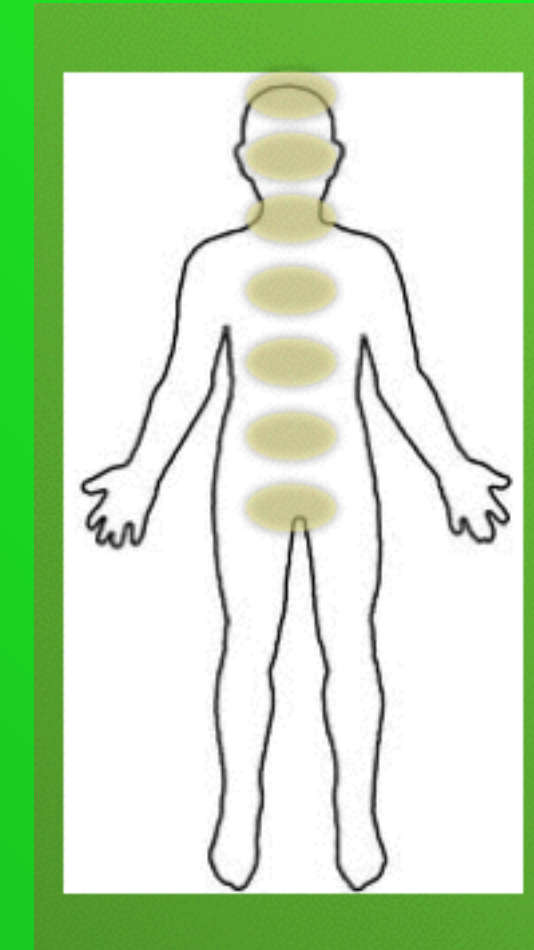


## Our Spiritual Anatomy- our Constitution

“Simple Living Centers” are planned as facilities to be used by all interested neighbors, and for older youth or adults have reference to The kingdom of God within - our spiritual anatomy or constitution within us - governed by laws, with seven centers that operate with perfect integrity - influence our well being, our health, and our energy to do what we are here to do. These centers are working together throughout your life - - each with a specific mission or divine law (or divine program) with perhaps fore knowledge of your mission in this life, influencing one another and connected to one another **and those around us**. They may relate to our life and generational history, and those on the other side may help us with this effort. We can learn to listen to each of these centers - more carefully - more prayerfully.



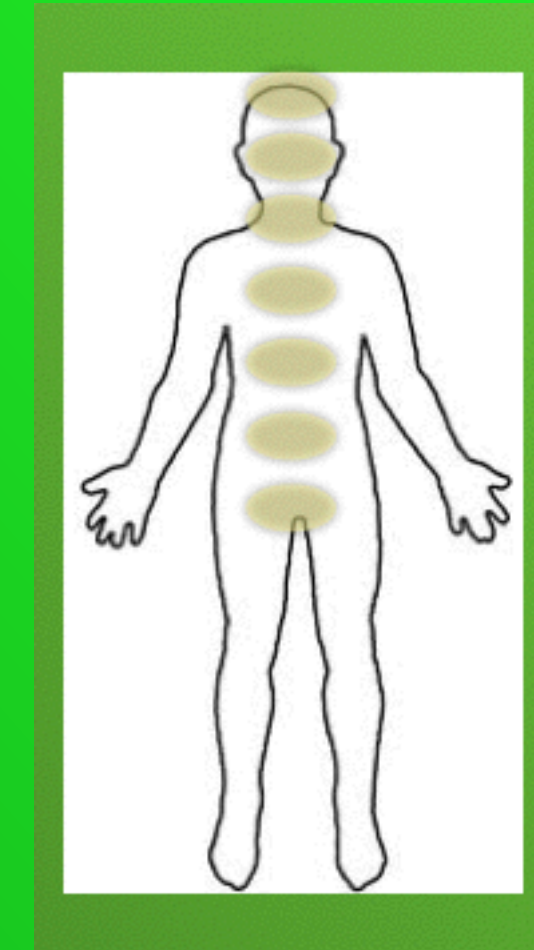
# SIMPLE LIVING CENTERS



## Our Spiritual Anatomy- our Constitution

Being a member of record with the Church does not imply we are part of God's Kingdom. This takes effort, choice, and letting our Heavenly Fathers will be our guide. It involves overcoming worldly ways and becoming part of a network of this world and the other side. "On earth as it is in heaven."

# SIMPLE LIVING CENTERS



## Our Spiritual Anatomy- our Constitution

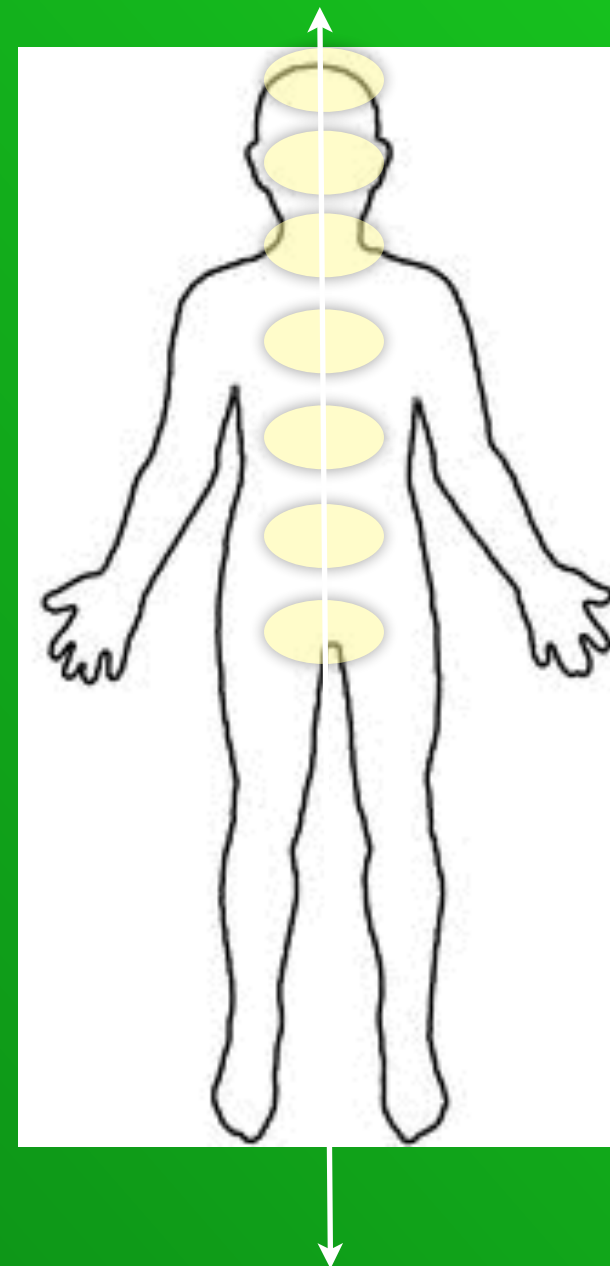
*Divine living centers or guides are within you - centers - that our language and choices can help develop, grow, and manage to support our health and carry out our life work when we find it. They are connected intelligently to other people through the power of faith, hope, and charity or God's Love. We can learn how God can change our hearts in ways we can not. We can learn to listen to each of these centers messages for us - as they relate to our journey in mortal life, our histories, and to making healthier choices to bless ourselves and future generations.*



# 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.

6. Seeking and speaking truth

5. Choosing a higher will over selfish fear based desires.

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

3. Honor self

2. Honor others

1. All sufficient needs are provided.

*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.*

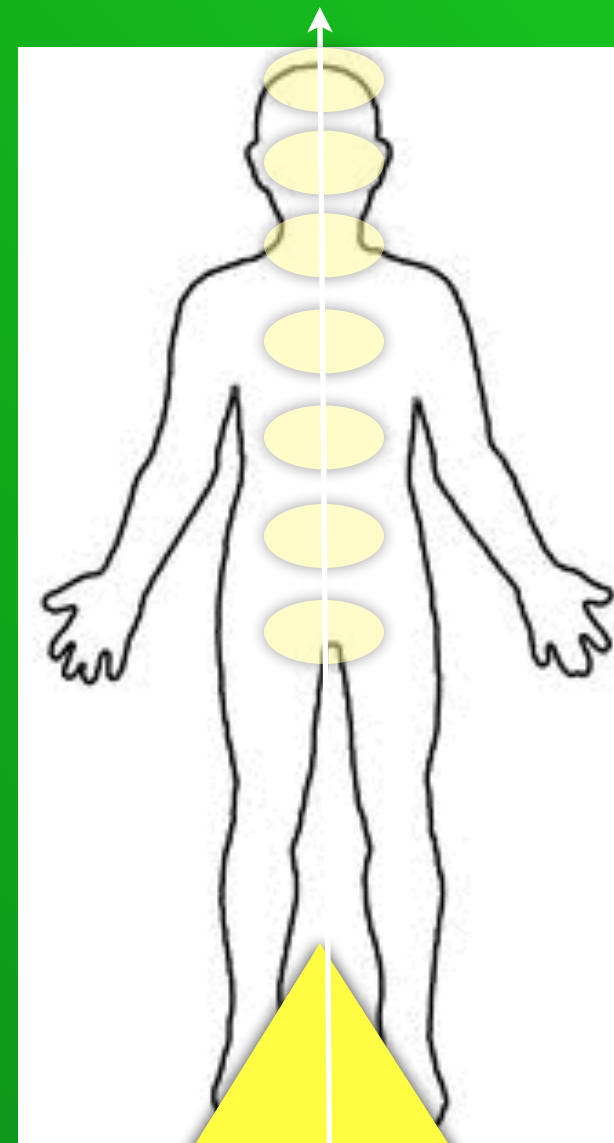
These are common to all major religions.



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1. One with the earth and mankind- that all sufficient needs are provided.

*This begins with our connection and trust with mother earth", and a peace that comes through thought with the proper use of authority in the foods that bring peace, joy or trust - a unity of our spirit and body.*

Our bodies physical center is at the navel or 3rd center- meaning honor or care for self.  
Learning to listen to this center is key to begining to understand our health. We honor each other when we help each other listen to this center.

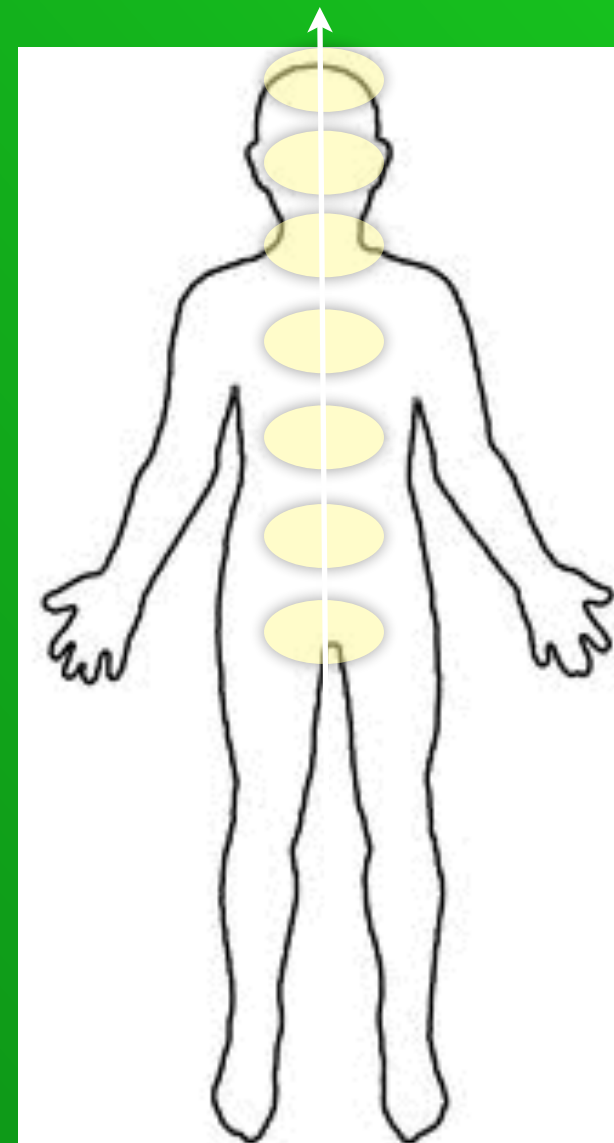
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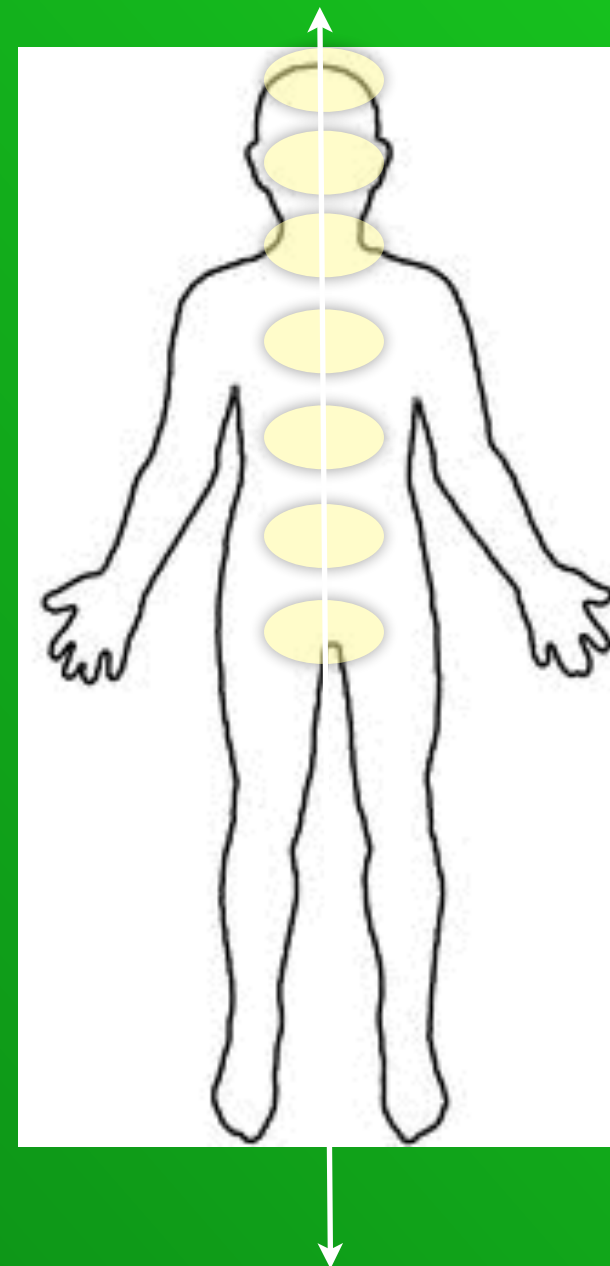
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Our spiritual center is the heart or 4th center. Both vital  
and working together.

7. Connecting to a higher purpose or higher  
self. - finding your work or mission.

6. Seeking and speaking truth

5. Choosing a higher will over

Reflecting on these simple centers and choices we  
make can help us understand new foundations for creating  
healthy living.

principles

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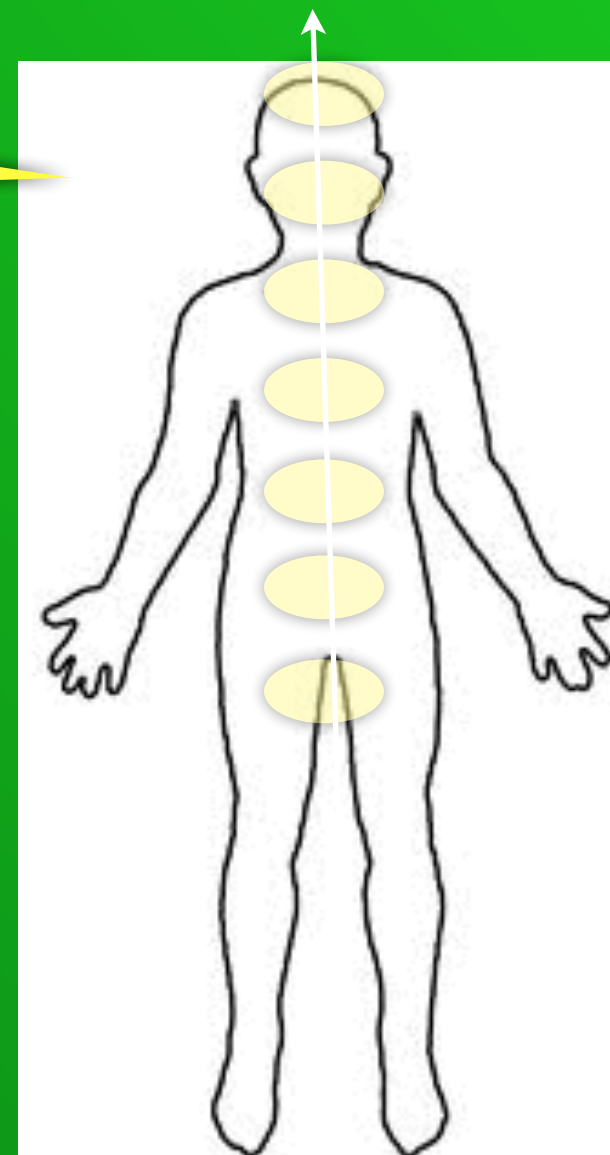
# SIMPLE LIVING CENTERS

## 7 Living Centers

Explore your biographies and how they influence your biologies. At each moment each center is in fear, faith or shutdown (*shutdown meaning - past feeling- or turning feelings off*).

stress, fear  
or anger

leading to life or  
the living waters



feelings shut down  
or turned off

balanced-centered  
in  
peace or faith

7. Connecting to a higher purpose or higher self. - finding your work or mission.

6. Seeking and speaking truth

5. Choosing a higher will over selfish fear based desires.

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

3. Honor self

2. Honor others

1. All sufficient needs are provided.

*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.*

These are common to all major religions -laws that govern each center.

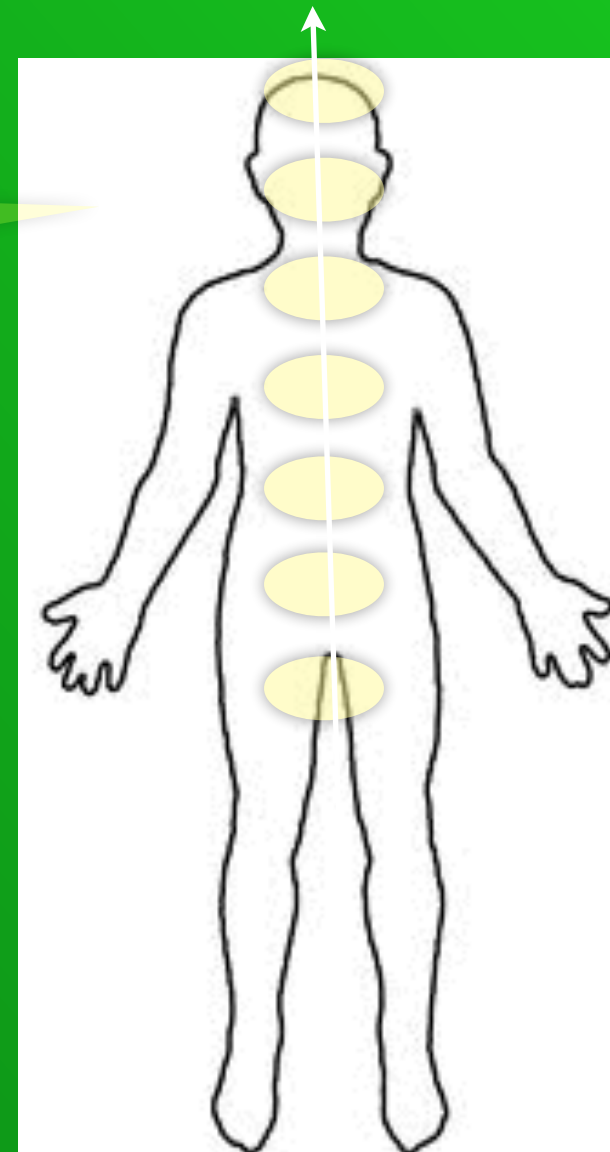
# SIMPLE LIVING CENTERS

## 7 Living Centers

Explore your biographies and how they influence your biologies. At each moment each center is in fear, faith or shutdown (*shutdown meaning - past feeling- or turning feelings off*). In views of faith the body is balanced, or at peace. The energy flows best in this state and can help heal the body. As we have complete integrity within ourselves- and listen - we can learn from each center. Health challenges can be our teachers.

stress, fear  
or anger

leading to life or  
the living waters



feelings shut down  
or turned off

balanced-centered  
in  
peace or faith

7. Connecting to a higher purpose or higher self. - finding your work or mission.

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These are common to all major religions -laws that govern each center.

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 that keep us centered in faith, learning and the atonement- the Kingdom of God

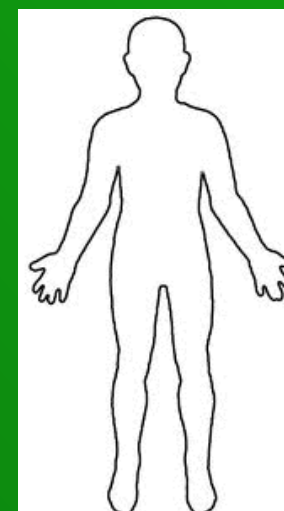


# Simple Living Center

A simple way to heal and create healthy lives.

The HAND provides a simple way to teach and remind us of these principles. An encompassing approach to life.

1. *Peace, Joy and Trust* (thumb up- palm facing you)
2. *Simple Living Centers* (index finger next to thumb)
3. *Habitat for Health* (middle finger)
4. *Family History Health:* (ring finger)
5. *Awaken to your work.* (small finger)



# Simple Living Center

## Five Principles taught with the Left Hand and five with the Right Hand

This second idea - needs to be called Simple Living Centers- On the left hand - the seventh finger - reminding us of the 7 simple - living - centers.

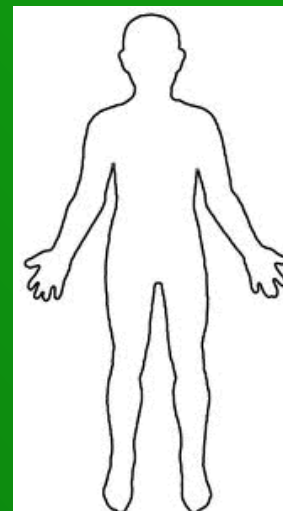
*1. Peace, Joy and Trust (thumb up- palm facing you)*

*2. Simple Living Centers (index finger next to thumb)*

*3. Habitat for Health (middle finger)*

*4. Family History Health: (ring finger)*

*5. Find your work. (small finger)*





# Simple Living Center

## Five Principles taught with the Left Hand and five with the Right Hand

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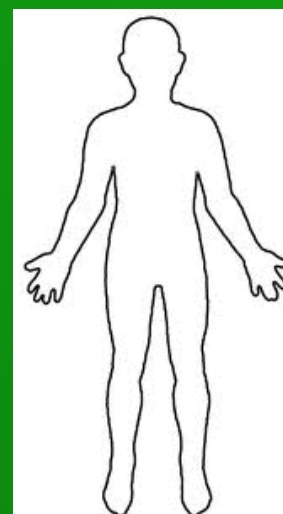
2. *Simple Living Centers* (index finger next to thumb)

3. *Habitat for Health* (middle finger)

4. *Family History Health:* (ring finger)

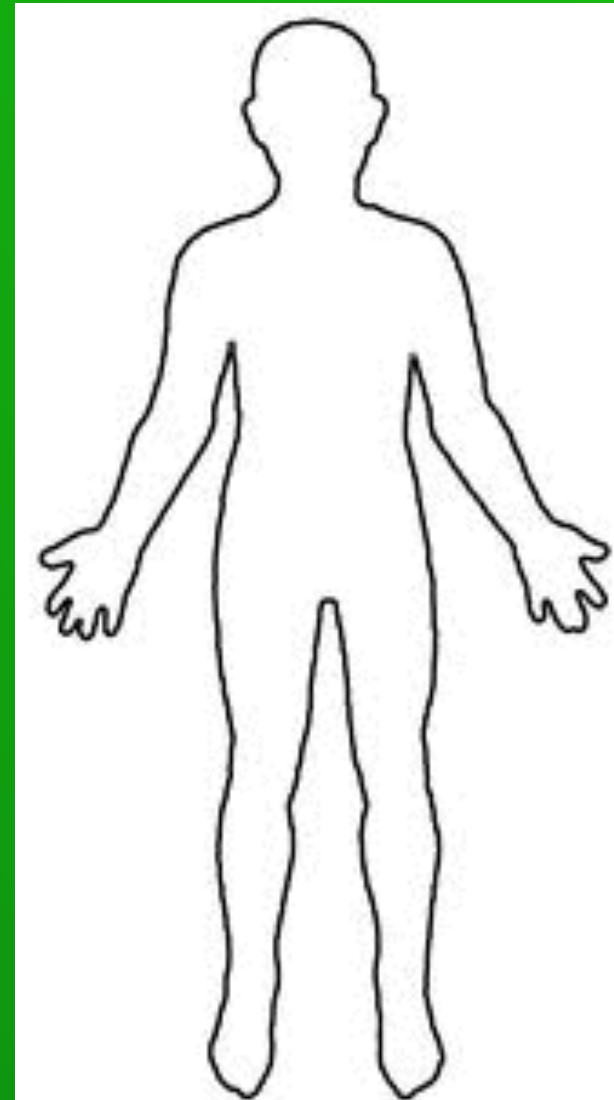
5. *Awaken your work.* (small finger)

The right hand represents the simple principles or ideas common to ones particular faith or simple principles of life. For LDS Saints, the right and left principles can work together if you choose to see them that way.



# Both Hands - A choice

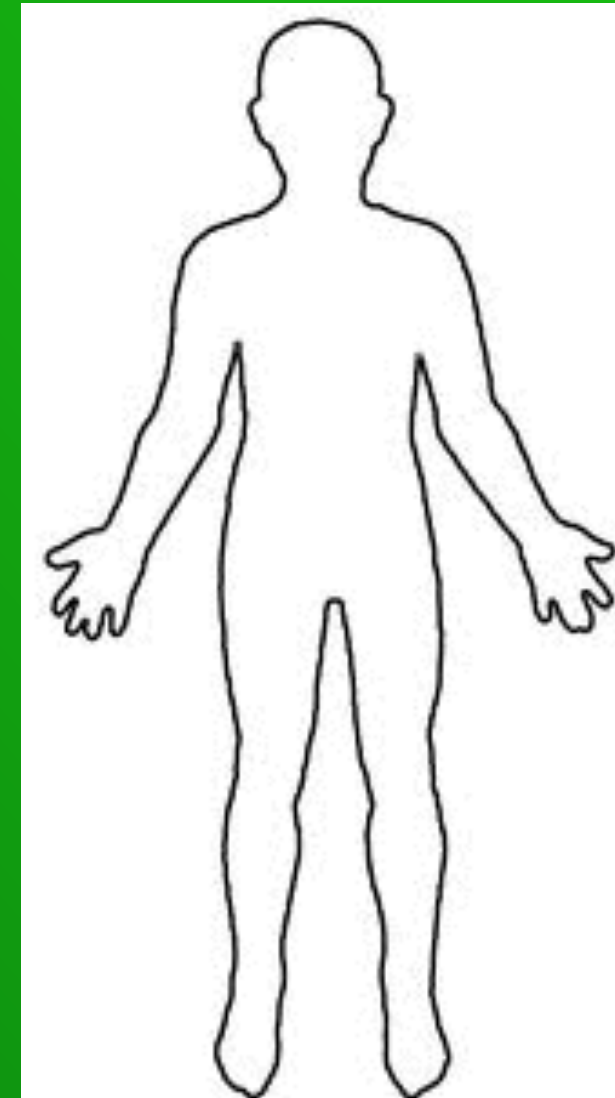
- 1. Peace Joy and Trust*
- 2. Simple Living Centers*
- 3. Habitat for Health*
- 4. Family Health Education:*
- 5. Find your work.*



right



# Both Hands - A choice



- 1. Peace Joy and Trust*
- 2. Simple Living Centers*
- 3. Habitat for Health*
- 4. Family Health Education:*
- 5. Find your life.*

right

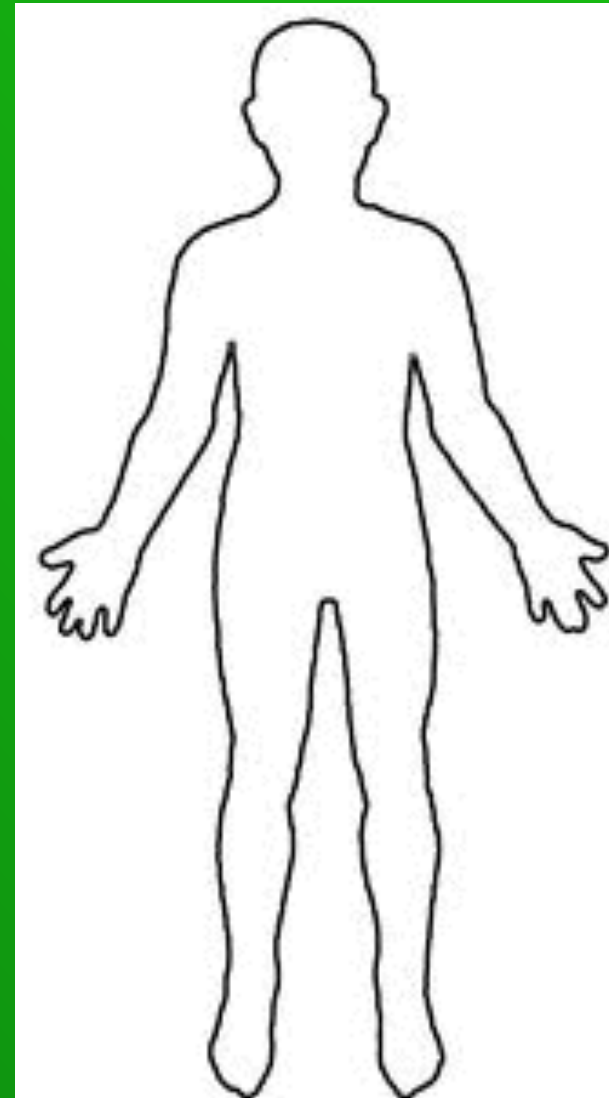
- 1. Peace Joy and Trust (6)*
- 2. Simple Living Centers (7)*
- 3. Habitat for Health (8)*
- 4. Family Health Education (9)*
- 5. Find your life. (10)*

left

# Both Hands - A choice

- 1. *Peace Joy and Trust*
- 2. *Simple Living Centers*
- 3. *Habitat for Health*
- 4. *Family Health Education:*
- 5. *Find your life.*

right



- 1. *Peace Joy and Trust*(6)
- 2. *Simple Living Centers* (7)
- 3. *Habitat for Health* (8)
- 4. *Family Health Education:* (9)
- 5. *Find your life.* (10)

left

Seeing the right and the left principles  
working together --  
*is a choice each person makes.*



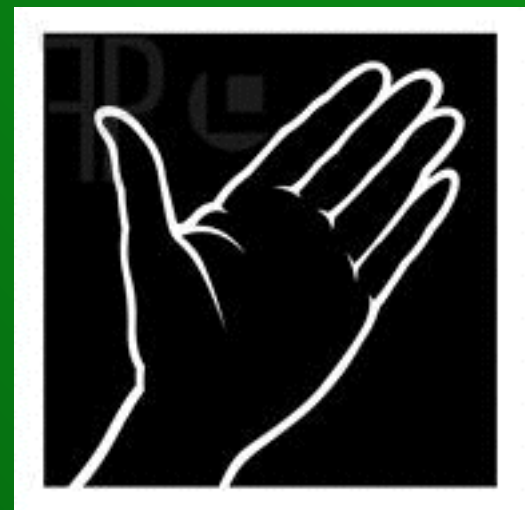
# SIMPLE LIVING CENTERS

## Using the Right HAND to Introduce

*The hands shake is an common sign of agreement or friendship.*

## Using the Left Hand to Teach

*The hand is a mirror. All we see in others and the world, the “divine spirit” and “natural man” is to some degree a reflection of something in ourselves. If we become upset or have some negative emotions stir within, that is a reflection or signal that we need to look within ourselves or to our family history to find something that needs to change to return us to peace and joy. In Gospel terms this is an introduction to repentance, but connected with our bodies emotions, our health, our journey and family history.*



Hold 4 fingers horizontal - thumb up

# SIMPLE LIVING CENTERS

## Using the Left Hand to Teach

*The thumb up starts with the idea we are much like a spirit or seed being planted somewhere on this earth, with our higher self - designed - to be in a healthy state of peace, joy and faith.*



The three joints or  
knuckles of the thumbs

Hold 4 fingers horizontal



# SIMPLE LIVING CENTERS

## Using the Left Hand to Teach

*The mind/body connection or higher self is our soul - designed to to be in a state of peace, joy and living faith. That is also the state in which the body helps heals itself. Both western and eastern medicine understand this idea.*

*When taught with the peace that comes through the proper use of authority - health begins when we connect with mother, by learning of the atonement. This brings **Peace**, peace that mistakes will be made, but we are here to learn and repent and weakness can become strengths - God's love is for us all. This peace brings healing, and desires for health and healthy relations.*

Faith

Joy

Peace



The three joints or  
knuckles of the thumb

Hold 4 fingers horizontal

Atonement or proper use of authority

# SIMPLE LIVING CENTERS

## Using the Left Hand to Teach

*Our peace that comes from repentance brings joy to our spirits and bodies - creating desires for healthy living foods. Parents that listen to their own bodies can help their children listen to theirs. This strengthens the trust between parents that leads to joy and trust for parents and in time Heavenly parents.*



The three joints or  
knuckles of the thumbs  
Hold 4 fingers horizontal



# SIMPLE LIVING CENTERS

## Using the Left Hand to Teach

*Not only can we repent of our own sins but we can be in a small degree like the Savior- helping to cleanse the sins of past generations. Our peace that comes from repentance brings **joy to our spirits** - creating desires for healthy living foods when they are available. This strengthens the trust cycle that leads to **love** with a deep or natural trust for parents and Heavenly parents creating an earth that provides all of mankind what is sufficient for our needs.*

The opposite of this path would be individuals and a world fighting for what they need. Little trust in a Savior, living in a survival or fear based mode. Desires or cravings for overly processed foods - and forms of addiction.



The three joints or  
knuckles of the thumbs

Hold 4 fingers horizontal

Atonement

# SIMPLE LIVING CENTERS

**Using the Left Hand to Teach-** *teach all things have their opposites.*

*The opposite may look like this. If we are taught with force and without agency, or if early sickness or difficult with birth exists, then this may lead to patterns of stress and survival (fear based) modes of living. This may unfold as a desire for foods not pleasing to God for our bodies or cravings for foods that are a not designed for our bodies higher spiritual functions - even foods or substances that are addictive.*

unhealthy forms of love, distrust, or anger

unhealthy desires

Stress or fear



The three joints or  
knuckles of the thumbs



# SIMPLE LIVING CENTERS

**Using the Left Hand to Teach-** *teach all things have their opposites.*

*Children can unconsciously learn that survival means lying, manipulation or control of others to get what they need. This can lead to a pattern of anger - unaware or blinded of the deeper fears or pains driving them. This leads to difficulty with trust, struggles with learning with others, and difficulty developing love for parents or a higher power. Unhealthy desires may develop in all the living centers of the body as a result of this foundation that may be weak or missing. Health in the first connection to mother is key to all “living”*

unhealthy forms of love, distrust, or anger

unhealthy desires

Stress or fear



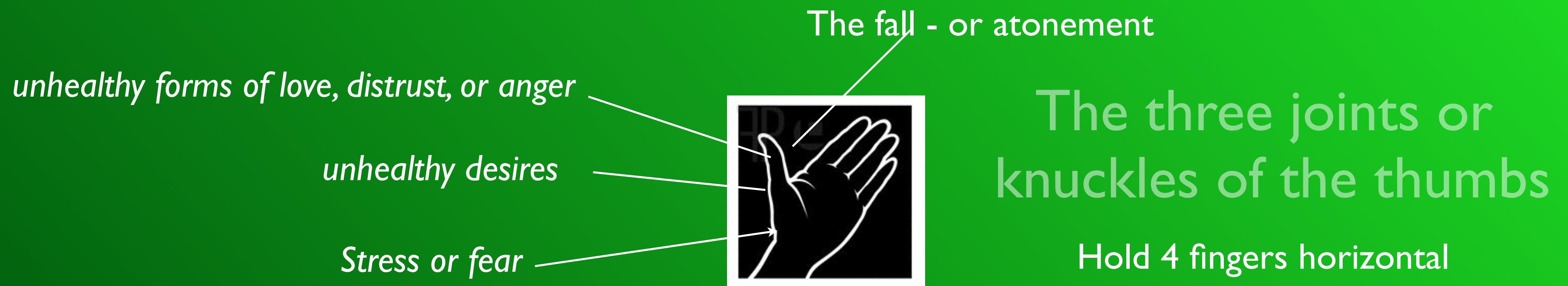
The three joints or  
knuckles of the thumbs

Hold 4 fingers horizontal

# SIMPLE LIVING CENTERS

**Using the Left Hand to Teach-** *teach all things have their opposites.*

*This can be taught as a story, beginning with Adam and Eve. We fall (down the thumb) and experience life in the development of seven centers of growth- the seven simple living centers) Growth happens best, when it is line upon line, from grace to grace.*





# SIMPLE LIVING CENTERS

**Using the Left Hand to Teach-** *teach all things have their opposites.*

*Develop these depending on the age of the youth or background of the adult. **Simple** foods (whole).  
**Living** foods, fresh foods -with living enzymes. **Centers**, keeping us centered or healthy.*

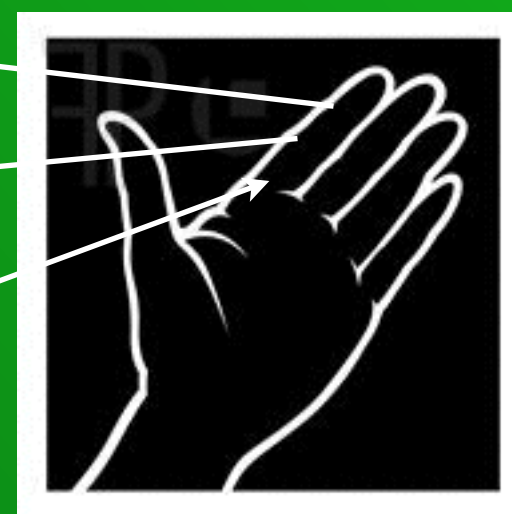
*For adults this may develop into the seventh finger and seven centers of life's journey.*



Centers

Living

Simple



**The the two joints and  
knuckle of the index finger**

Hold 4 fingers horizontal

# SIMPLE LIVING CENTERS

**Using the Left Hand to Teach-** *As the story unfolds we can create homes and a world for health, or create unhealthy homes and a world of sickness. We can choose. Have a session with your family to create a home for health.*

**Habitat** *or homes we create, a world we create from choices in our homes.*

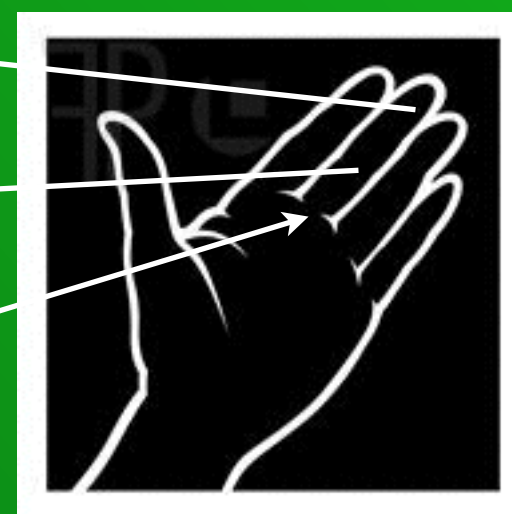
*for (our actions, commitment of decision in a direction of)*

**Health** *healing that brings peaceful, joyful emotions that unite the body and spirit.*

Health

For

Habitat



The the two joints and  
knuckle of the middle finger

Hold 4 fingers horizontal

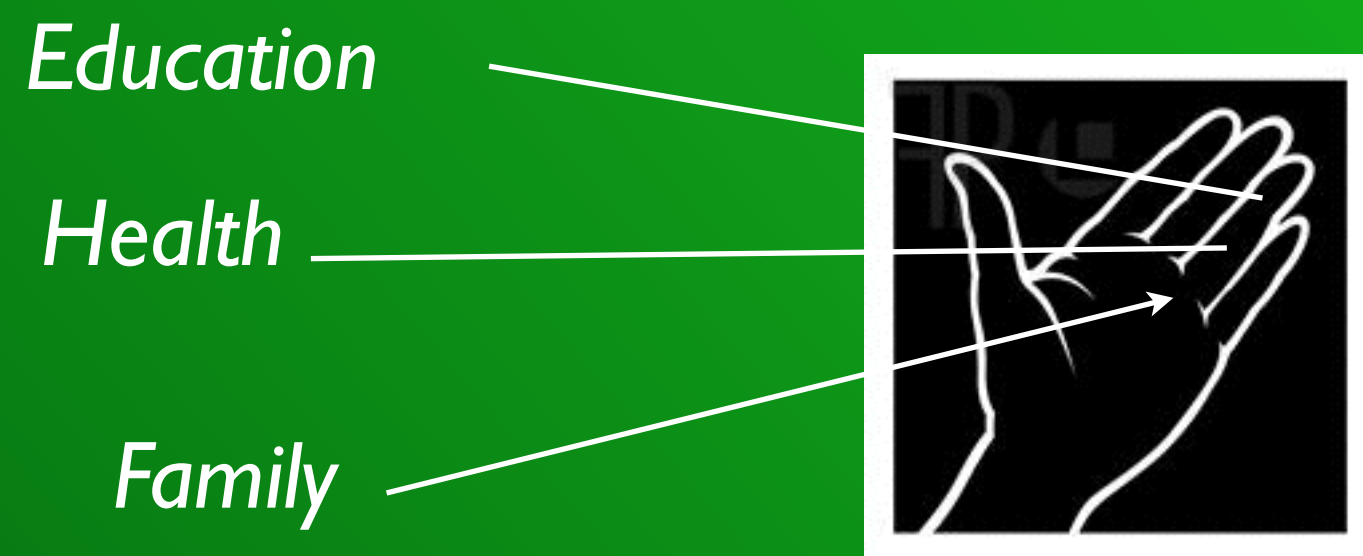


**Using the Left Hand to Teach-** *The story of our family histories develop with skills to use what we have learned in dealing with our personal issues and family issues. We can become aware of issues that are our own or perhaps passed to us from others (our ancestors)*

*Family* hour personal and family history.

**Health history** or the story of how we choose to see life - creates our health and desires. We can choose how we learn from our history, and with forgiveness change how we see our family history.

**Education** means to bring forth from within. It comes comes as we release those tensions or stress, as we command them to leave, let them go, or if we feel lead to -- ask God to take them from us.



**The the two joints and knuckle of the ring finger**

Hold 4 fingers horizontal

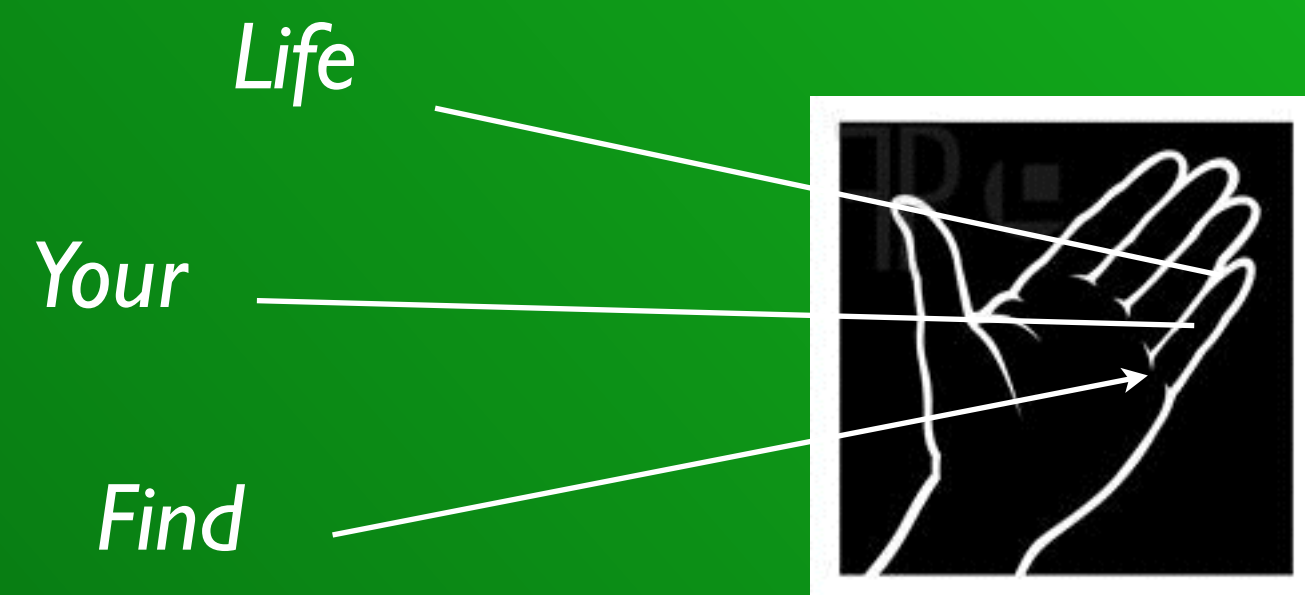
# SIMPLE LIVING CENTERS

## Using the Left Hand to Teach-

*Find - to find your work through study and prayer and service*

*Your - unique, personal work, what you learn from your personal and family history,*

*Life - why you are here, what brings you energy and passion for life to serve others  
and for your own growth. Find your higher work.*



The the two joints and  
knuckle of the small finger

Hold 4 fingers horizontal



# SIMPLE LIVING CENTERS

## A Story

This story below could be my own story, as I been “an Eve” on a number of occasions with a spouse or child.

*Adam and Eve observed two children. One raised -- I believe by quiet example. They observe the child as caring, trusting and named him Abel. From that quiet example, he learned to trust, to tend the sheep and care for animals. He learned to trust parents and learned to trust God, and give back to God the better part of the sacrifice when called upon, not entirely knowing why perhaps, but trusting.*

# SIMPLE LIVING CENTERS

**Improper use of authority - destroys trust - and has consequences.**

*Cain on the other hand was observed as “Cain” or the one with a rod or spear wanting to kill, not tending the animals or perhaps impatient to trust he would find needed foods from parents, in nature or by growing such food. Eve, perhaps in her fear of losing her son - said he was from the Lord and may not reject God. (See Mose 5:16). This was a parenting approach of force, not agency. Cain clearly could choose to follow God or not, just as Eve had. However when in fear - parents lose the spirit and children feel it and may rebel. Cain rebelled at Eves style of parenting, in the only way an innocent child know. knew, getting angry at a his caregiver, then Adam, God and eventually Abel is brother whom he killed.*



# SIMPLE LIVING CENTERS

**Improper use of authority has consequences.**

*Eve just removed from the presence of heavenly beings, and being cast out to a new existence experienced the fears of being abandoned. Fear was felt by Cain, acted on, and passed on to his descendants. Cain's fear drove his desires to withhold from God, not trust parents, and eventually kill others for what he needed. In short the story of nations and kingdoms of man's making.*

# SIMPLE LIVING CENTERS

## The proper use of authority:

16 And Adam and Eve, his wife, ceased not to call upon God. And Adam knew Eve his wife, and she conceived and bare Cain, and said: I have gotten a man from the Lord; wherefore he may not reject his words. But behold, Cain hearkened not, saying: Who is the Lord that I should know him?



# SIMPLE LIVING CENTERS

**The story of life can be taught with the Hand.**

*The proper use of authority in teaching the atonement (wrist) - leads to peace (1a)- peace leads to joy (1b) - joy leads to living (1c) faith with trust in authority figures as parents and God. (down the thumb)  
The fall brings our test to be centered with the (2a) simple 7 centers (2b) Living - living foods, living centers of trust we will have sufficient for our needs - we can learn to honor others - honor self - develop charity- commit to do God's will - seek and speak truth - and awaken to our purpose or work in this life.*

# SIMPLE LIVING CENTERS

**The story of life can be taught with the Hand. - so can the opposite**

*Force - not respecting agency (wrist) - leads not be peace- but stress or anxiety (1a)- which leads to a dark or depressed state without the spirit. Children abandoned at birth can bring the same survival patterns in children, survival skills of lying, manipulation or force can be learned very early. (1b) - this brings a desire for unhealthy non-living foods or addictive patterns (1c) faith is lost, with distrust in authority figures as parents and God. Many must fight -kill- afraid for his survival (down the thumb) The fall brings our test to be centered with the (2a) the first simple centers is in fear to get what he needs- fighting- killing or using power of fear to gain control or money. Instead of honoring others, this center may develop unhealthy desires both in terms of relations with others- killing or warfare for gain - killing animals to survive, unhealthy sexual desires may take take over - misuse of sexual powers result from this second center - we are lead through the third center to dishonor or lack care for self - not trust or listen to our own body- leading to efforts to love that are unhealthy or impure - followed by self will dominating and not higher or heavenly will- leading to our 6th center of manipulation and lying to get what we need in life, a lack of focus on seeking truth or speaking truth - leading toward a mission drive by worldly ways or others ideas of what we are to become.*



# SIMPLE LIVING CENTERS

## Agency Education;

In a public school classroom I worked to entirely take force and manipulation out of the classroom. Our entire classroom shifted. We taught that learning is fundamental a choice. We talked about how we learn instead of what others think we must learn. We were not disrespectful of law and also taught there are things the state law wants us to learn to benefit ourselves and society, but were open to what the best way it was for youth to learn. Some wanted a quiet time alone in the library, some wanted to learn more with parents or in groups with friends. Some needed a break to explore other interests.

# SIMPLE LIVING CENTERS

## Agency Education

We had more open and honest discussion and problems solving than forced teaching methods. We ended up creating a class town, writing our class constitution, developing service learning with other classes, putting a student run school musical, and bringing life and love and community to our little school classroom. The spirit of learning came into our classroom. Most students actually wanted to come to school, some got off their depression medication, and others discovered new talents and interests.



# SIMPLE LIVING CENTERS

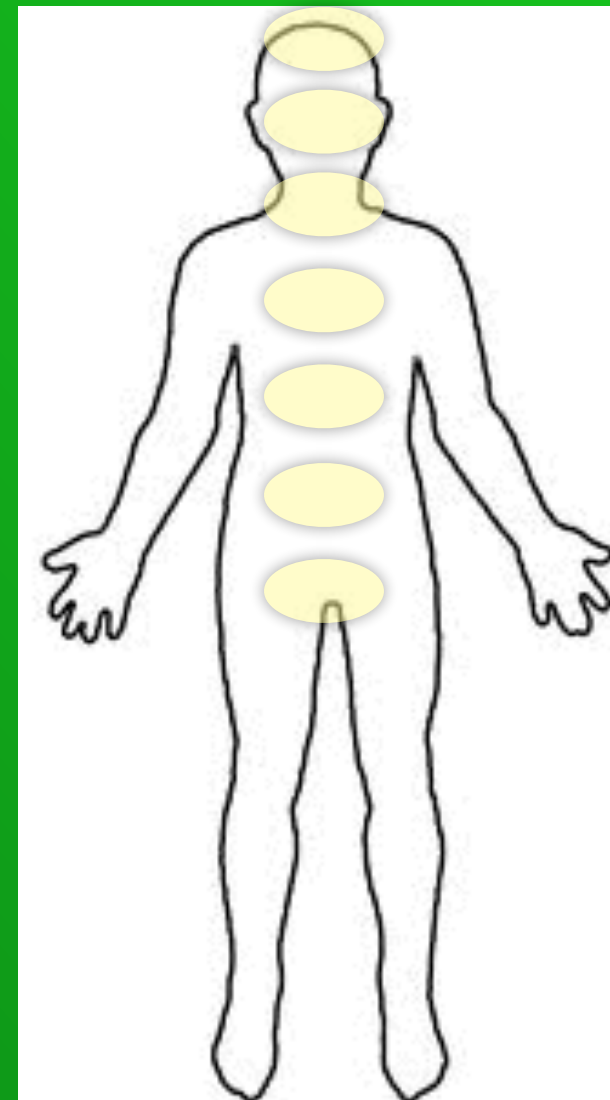
**Simple Living Centers** *A name with levels of meaning and vision.*

These simple centers describe the seven centers of our spiritual anatomy or our living constitution, some call the kingdom of God within each of us. The name Simple Living Centers was given by revelation in April of 2010.

*Simple Living Centers are also facilities for your neighborhoods - to be built for a vital purpose you will learn about now, and for the future - built that they may one day be turned into temples.*

# SIMPLE LIVING CENTERS

## 7 Living Centers



7. Connecting to a higher purpose or higher self. - finding your work or mission.

6. Seeking and speaking truth

5. Choosing a higher will over selfish fear based desires.

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**These are common to all major religions.**



# Some Applications of the Five Principles

*Developing trust with Mother and mother earth, through healthy emotions and healthy foods develops bonds of trust and healthy patterns and desires in relationships. Simple Living Centers may develop youth cooperatives in neighborhoods to support mothers and children being together - with an educational approach to both grow, store and create wonderful simple living foods for health as our first medicine. (see presentation 3)*

*Learning to listen and understand day to day issues with the centers of life may significantly shift how we view our life journey, understand the roots of all language, or view the power of scripture or temple attendance. As we decide to develop our skills in reflective listening and learning within, we can begin to see why it is vital to build Simple Living Centers for neighborhoods as a foundation for family and community health, and for becoming a people the Lord can bless in new ways.*

*The trust and relationship that develops between generations as we share talents, produce foods, and enjoy living foods -- can be life changing -- in contrast to many habits families have today in our busy modern culture.*




# Some Applications of the Five Principles

*Personal and family history takes on an important focus on writing and rewriting our own emotionally honest histories - learning from our personal histories and realizing that God is often willing (with the atonement) to help remove unhealthy generational patterns or pains within us- as we feel them in our bodies, are open to learn needed lessons and submit to trust him and follow his guidance. Ancestors become involved in helping us understand our family history and create healthier patterns for current and coming generations.*

*Awakening to our higher purpose, mission or work can be a daily task and entirely redirect our educations, and life projects. New ways to use schools part time, develop more family centered education, community service and community projects can all develop.*





*And he (Elijah)  
shall turn the heart  
of the fathers to the children,  
and the heart of the children to their fathers  
Malachi 4:6*