

# **SIMPLE LIVING CENTERS**

A simple way for mothers to teach their children with their hands  
and with those of from a variety of cultures.

A Simple Sign language of healthy living.

# **SIMPLE LIVING CENTERS**

this is in development  
with hopes to make this into a film presentation or  
training video.

# 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.*



**The three joints or  
knuckles of the thumb**

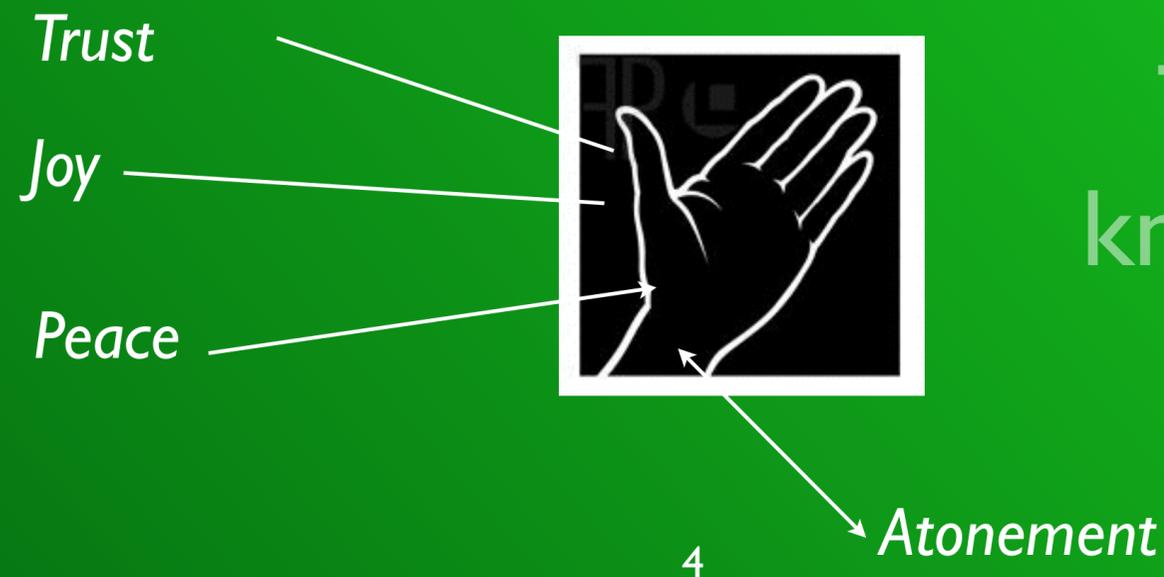
Hold 4 fingers horizontal

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.*



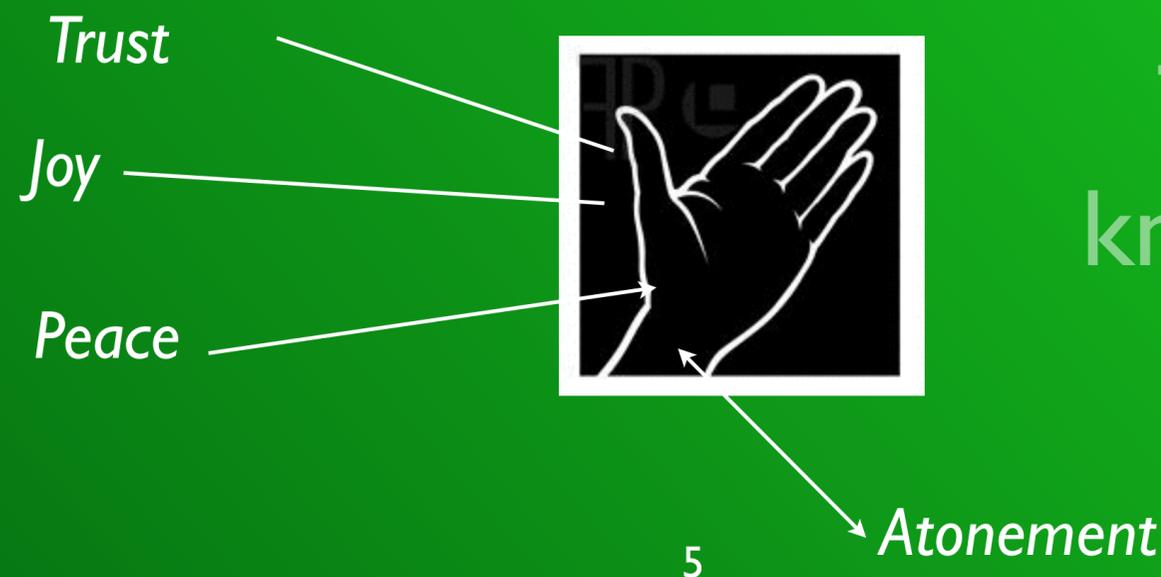
The three joints or  
knuckles of the thumbs  
Hold 4 fingers horizontal

# SIMPLE LIVING CENTERS

## Using the Left Hand to Teach

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.

*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 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.*

*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.*

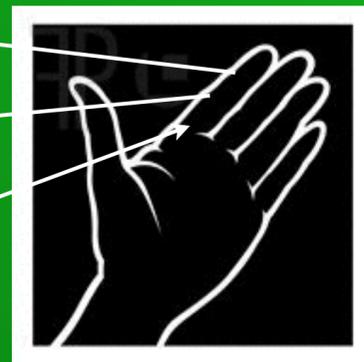
*For adults this may develop into the seventh finger and seven centers of life's journey.*



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.*

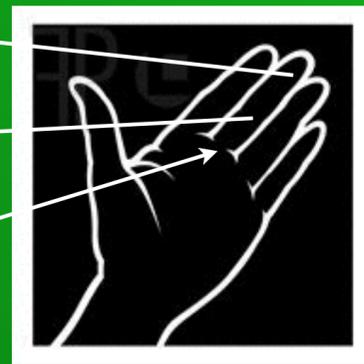
*for (our actions, commitment of decision in a direction of)*

*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

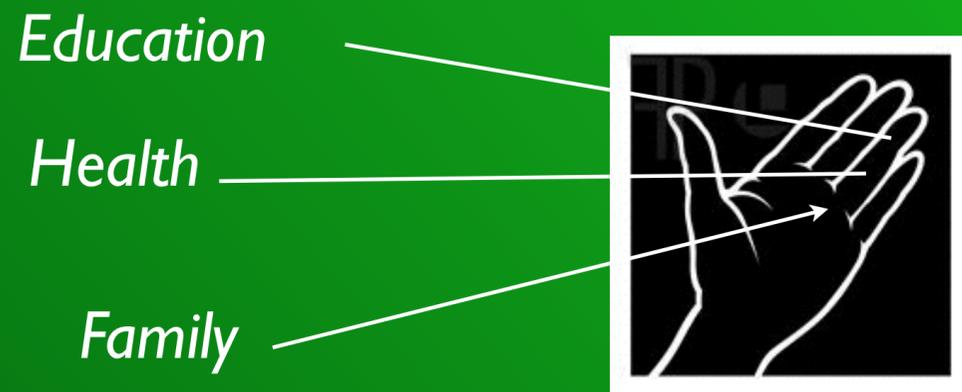
Hold 4 fingers horizontal

**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

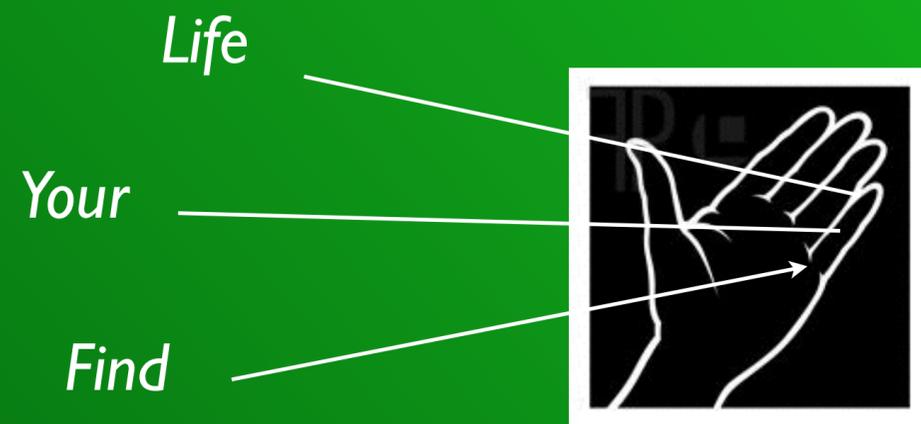
# SIMPLE LIVING CENTERS

## 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

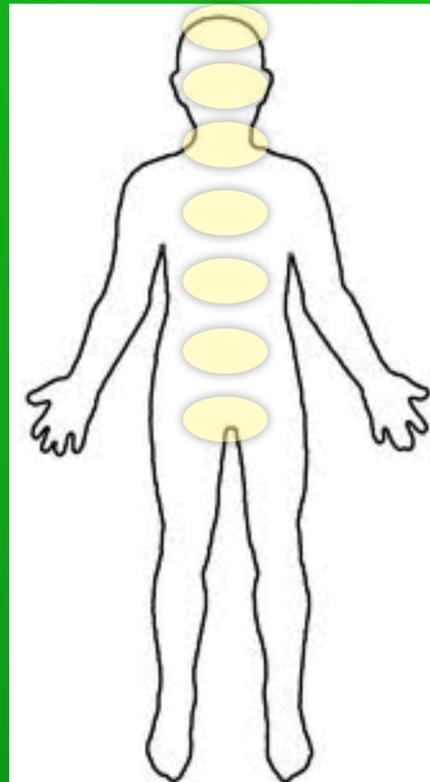
**Simple Living Centers** *A name with levels of meaning and vision.*

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.

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.**

# 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.*

A golden sunset or sunrise scene with silhouettes of evergreen trees framing the text. The sky is filled with soft, glowing clouds, and the sun is low on the horizon, creating a warm, golden light. The trees are dark silhouettes against the bright sky.

*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*