

SIMPLE LIVING CENTERS

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

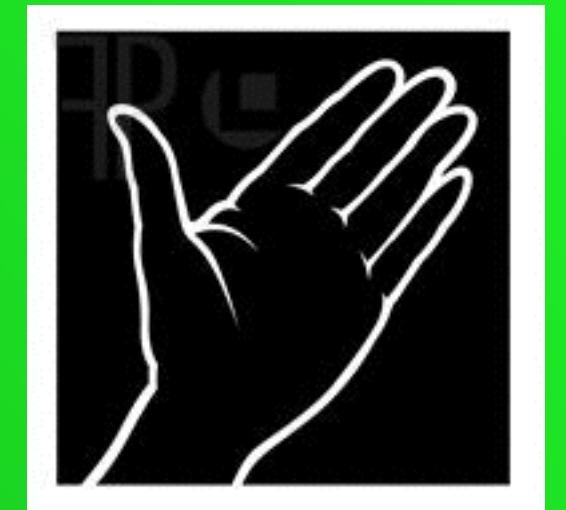
SIMPLE LIVING CENTERS

Begin this effort in your home. We all have a need to have quiet meditative areas to listen and be in tune with our own bodies, with nature and with *God*. *Today's modern world can make this difficult. The Home curriculum is designed to help with this. This is intended to help us understand*

- 1. How our spirits can be strengthened and united with our bodies.*
- 2. How neighborhood Simple Living Centers can assist parents and youth with this.*
- 3. How we can develop a simple language of health for children, youth, and adults; exploring how our biographies (family history) are connected to our health (our biologies) .*
How to change our stories by understanding and acknowledging our honest emotions.
- 4. How to create new generational patterns for health.*

SIMPLE LIVING CENTERS

Beginning with Ourselves: *Using the Hand to teach.*



Needed change always starts with ourselves, understanding the world around us is often a mirror of ourselves. That which we see mirrors our natural man or our higher divine nature. When something in another bothers me, or stresses my body -- one healthy practice is to consider this a sign or message from my soul (spirit and body) to address some issue within myself. Moving down each of the centers with my hand and listening to our conscious thoughts or spiritual revelations is a skill to develop or fine tune.

Help our children make connections with this idea using the hand - fingers horizontal with thumb extended up - is like a mirror. It is also applying the principles - with the thumb representing the idea of keeping centered.

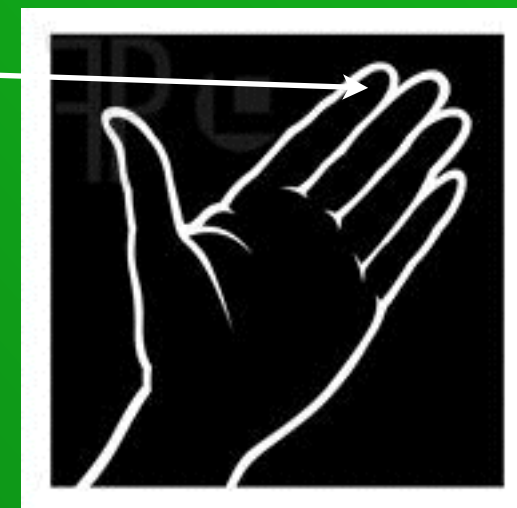
SIMPLE LIVING CENTERS

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

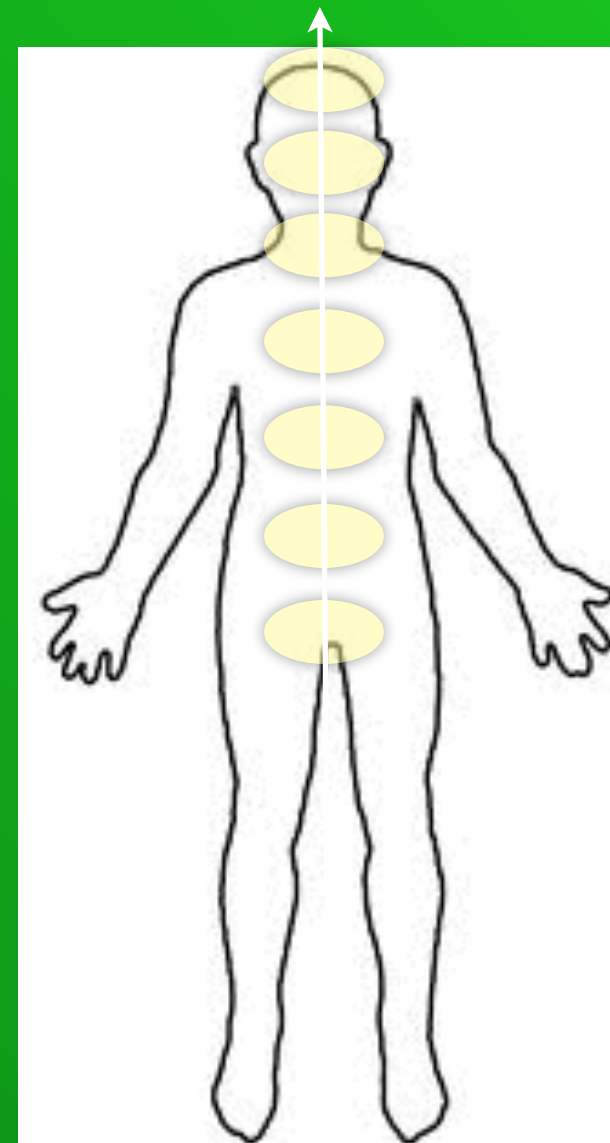
*this is the tip of the finger
symbolic of our seven
centers - or our entire
being centered in faith.*



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 while providing living foods that bring peace, joy or spirit 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.

all major

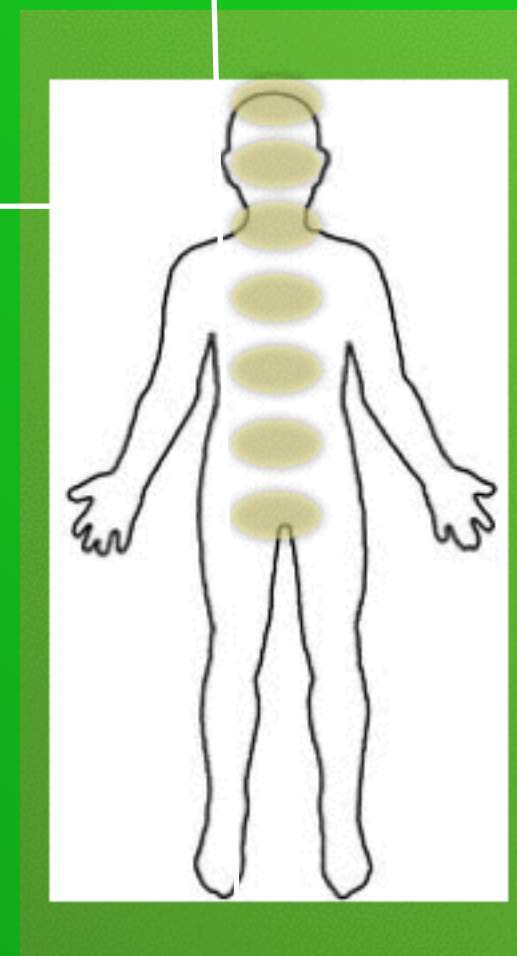
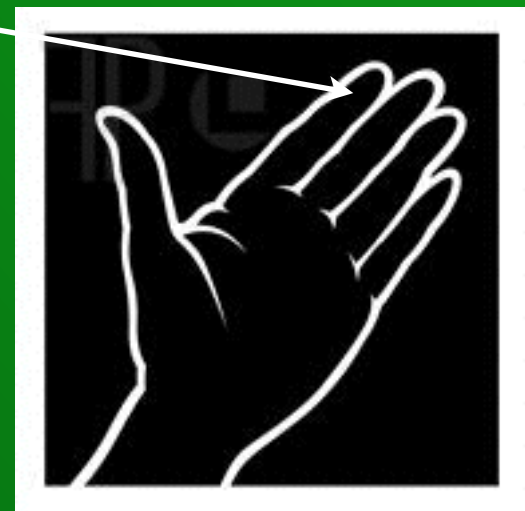
SIMPLE LIVING CENTERS

Acknowledge Feelings:

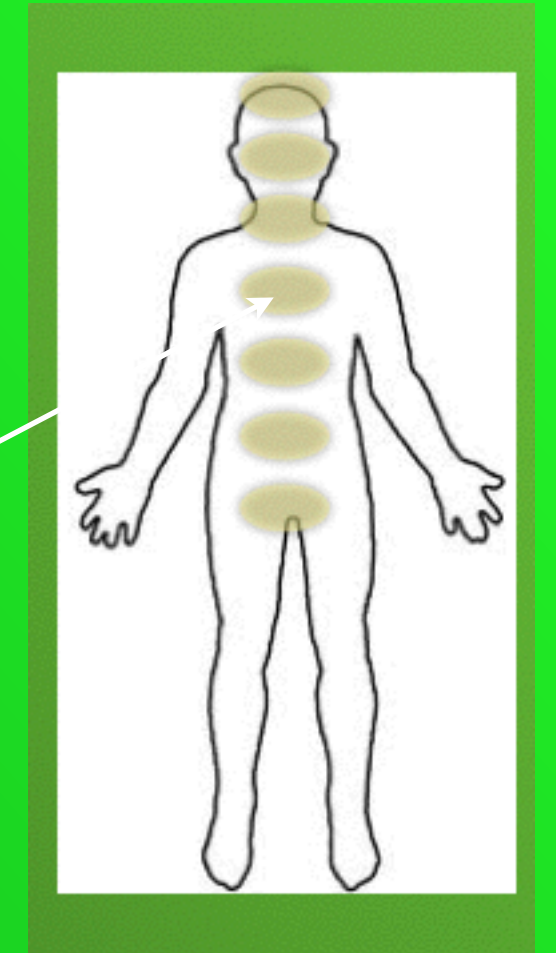
When my young daughter feels sad when mom leaves the home, I put my hand on my heart and in a circular motion acknowledge “you feel sad mom is leaving.” She often quickly gets over this loss when I simply acknowledge and respect her feelings with genuine empathy. I hold my hand firm when at peace and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

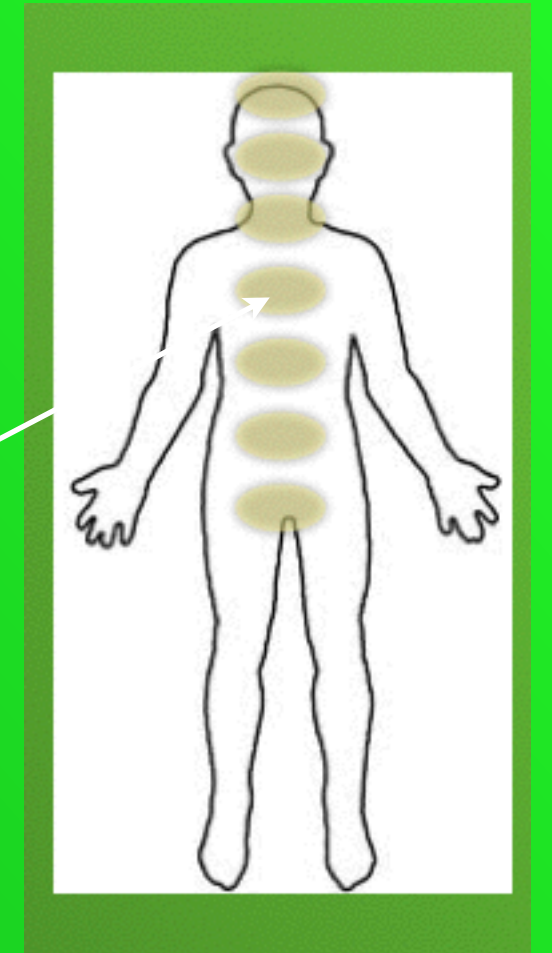


Heart

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.

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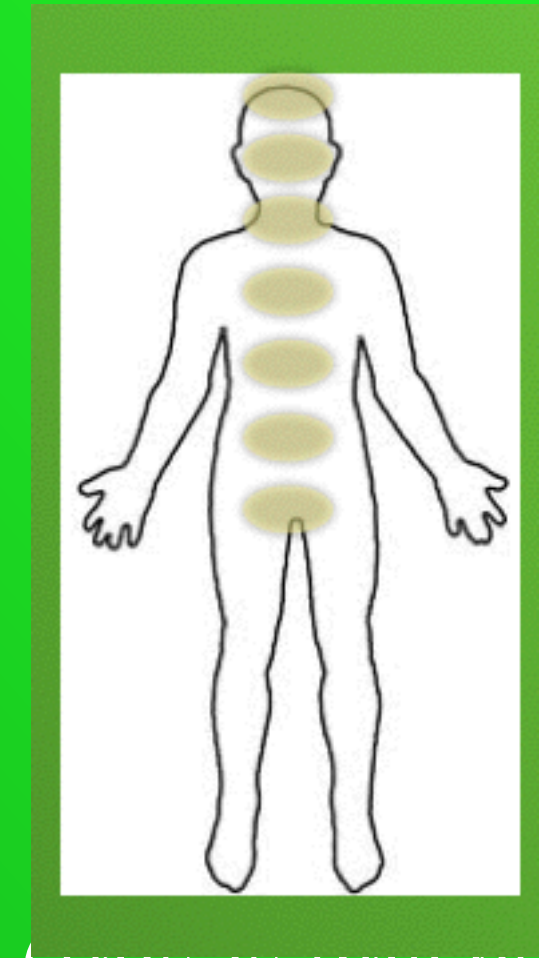


Simple Applications: *Our biography and biology* **Heart**

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.

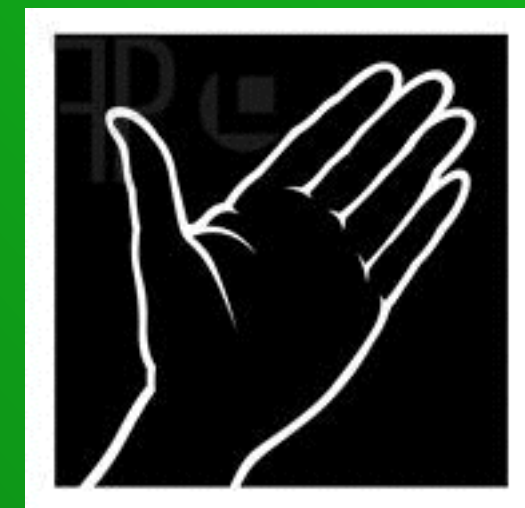
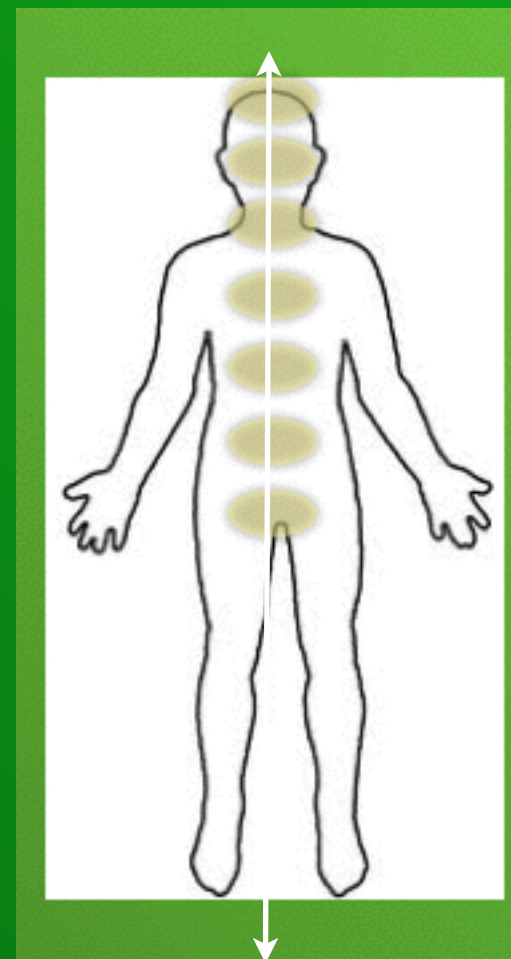
As I open myself to new views, peace comes and in most cases anxiety leaves. In some cases it takes more time. I have learned to explore my anxieties, with God or perhaps with those I can trust.

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.

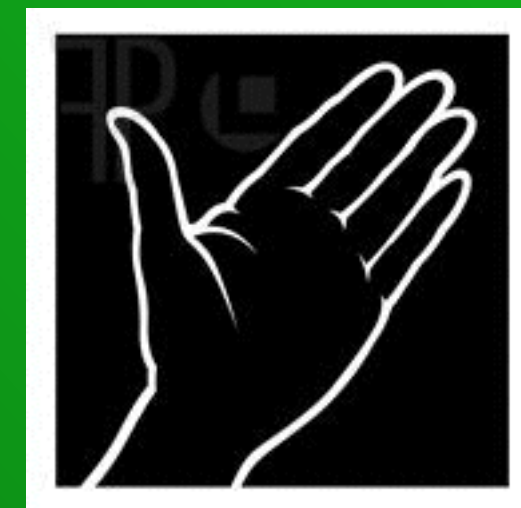
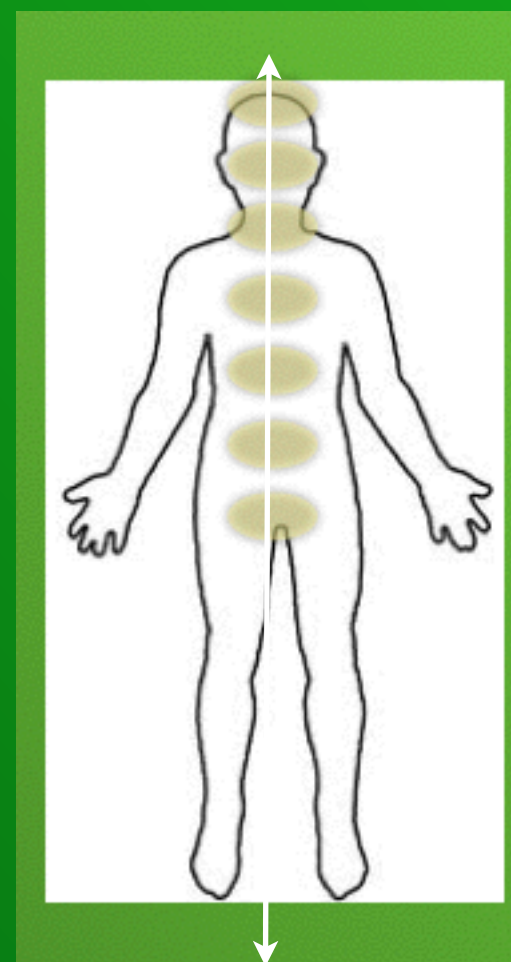


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The Natural Man
or
The Man Centered in
a divine spiritual path

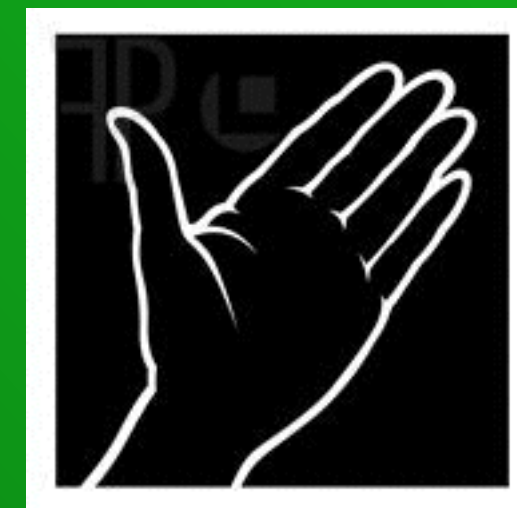
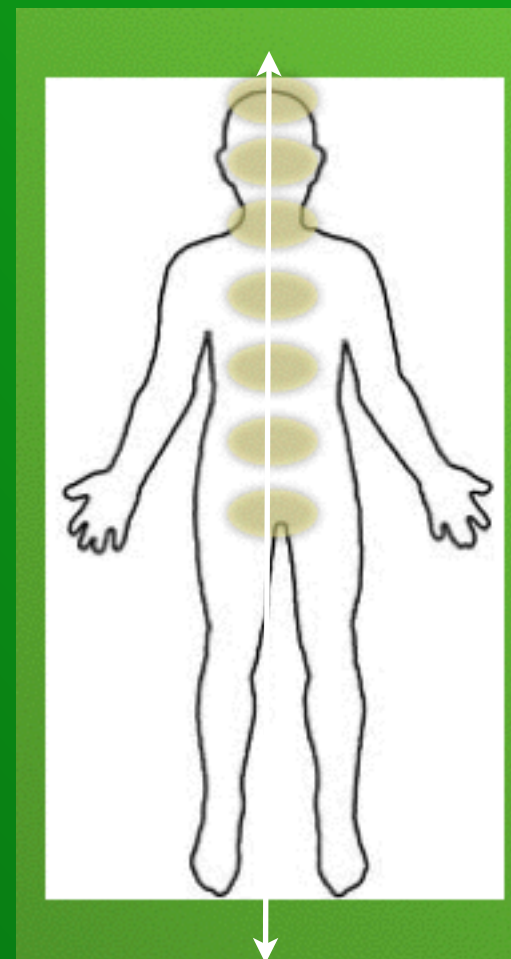


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When we are centered
move the hand-
thumb up-
to the center we are
referring to.

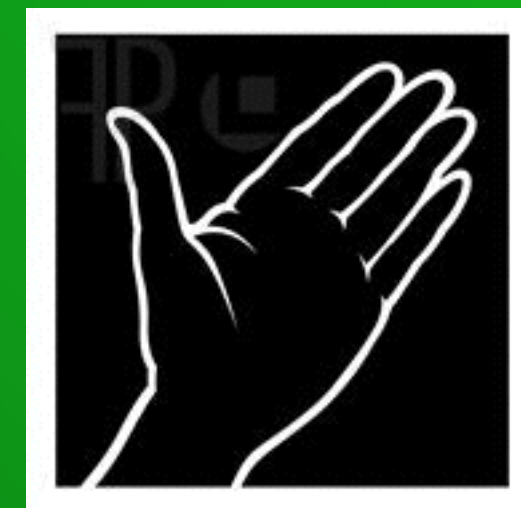
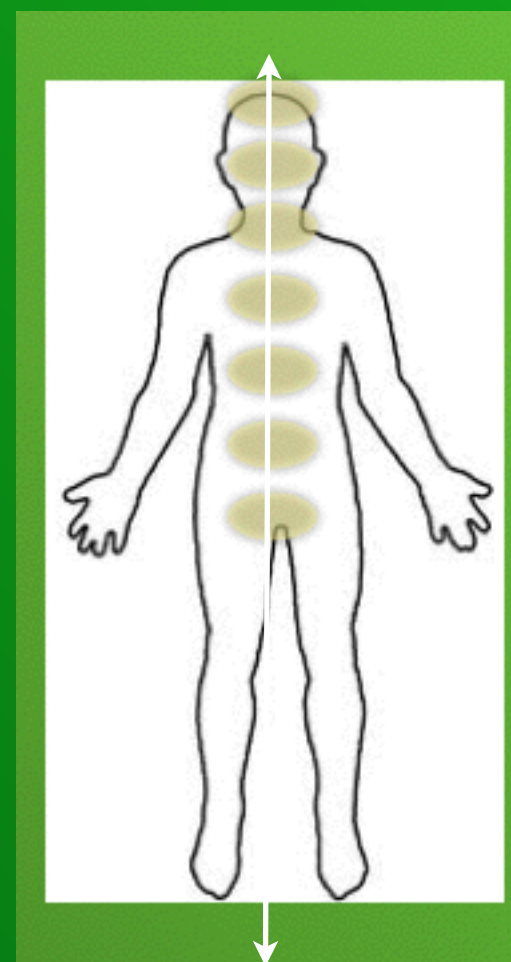
Go up and down the line
when centered or hold
firm.

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 “Counsels of 50.” Others will feel our centeredness, even without words at times.



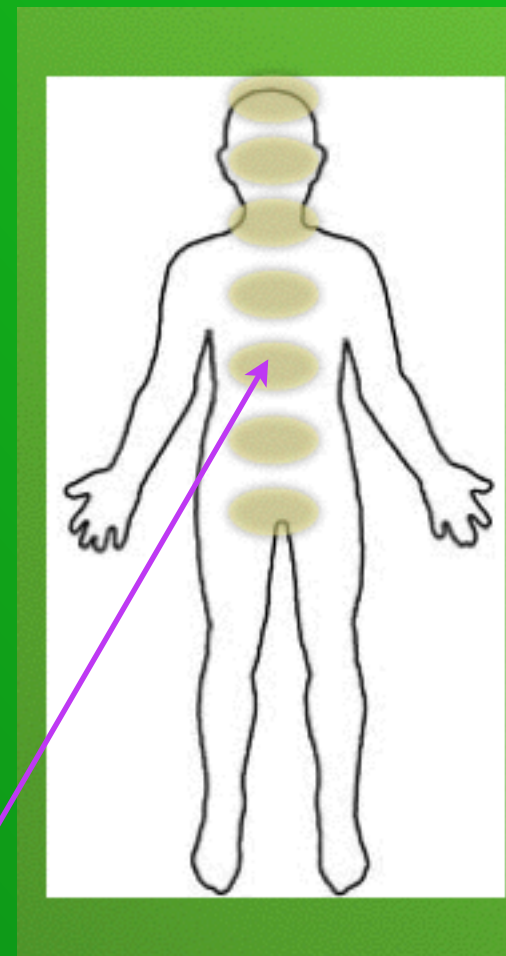
SIMPLE LIVING CENTERS

Using the HAND to teach .

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 -



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.



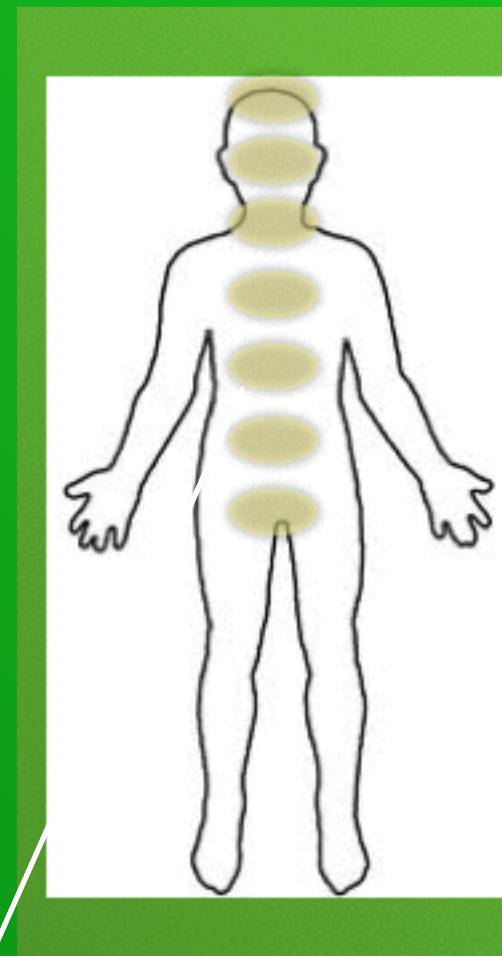
SIMPLE LIVING CENTERS

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.



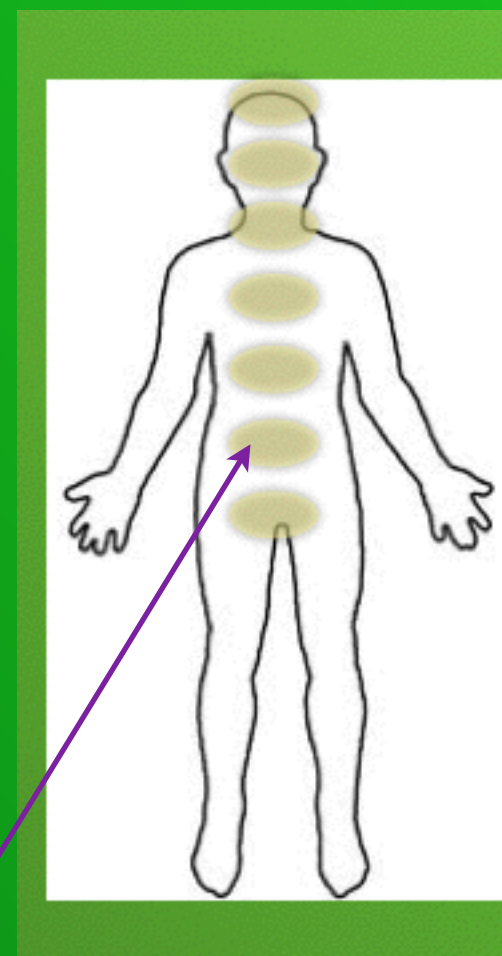
SIMPLE LIVING CENTERS

Using the HAND to teach connections .

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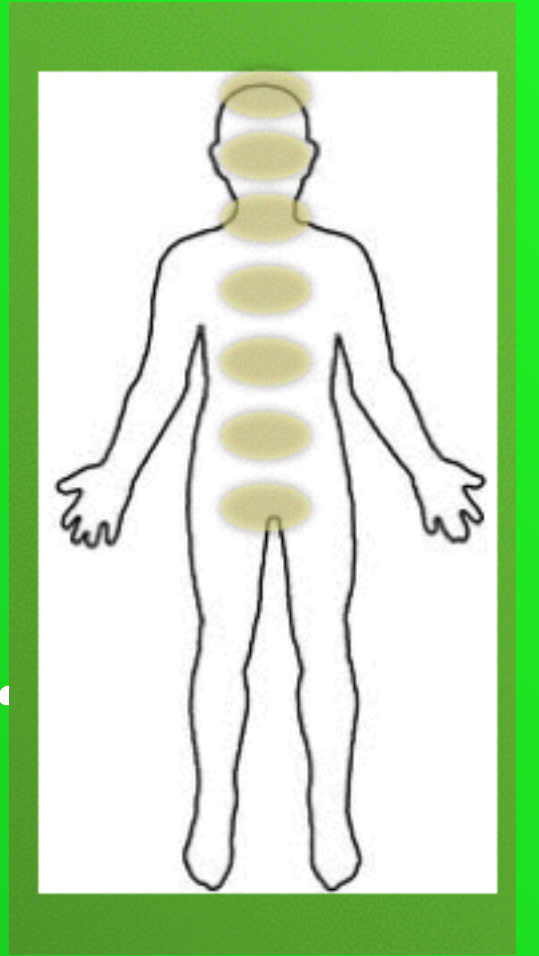


Skills for listening to these
centers will be put to film
and iPad devices, but are
intended to be shared in
quiet Simple Living
Center rooms where we
can reflect and learn by
the spirit.





SIMPLE LIVING CENTERS



A Key focus

Family and Community transition starts with ourselves.

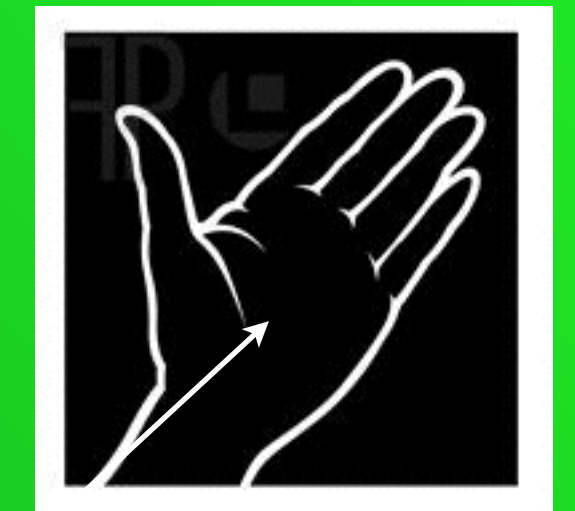
Understanding key connections between our health, our sins, our history and our ancestors is significant to understanding how to create healthy lives. This understanding can expand our understanding of our own repentant process, both spiritually and in terms of our generations of health issues passed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

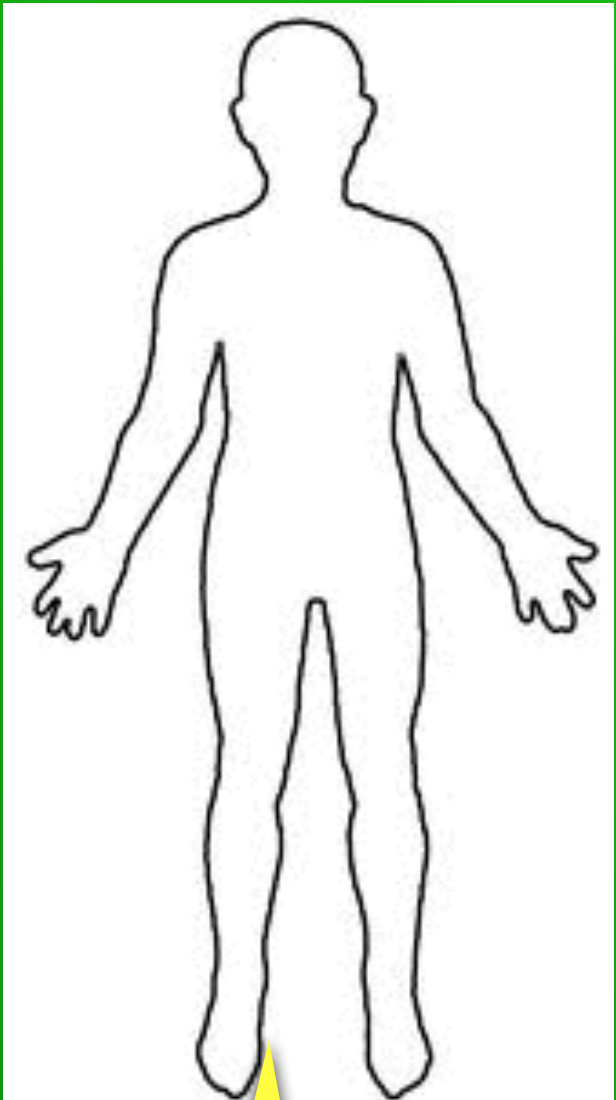
Simple Living Centers will be family education centers to assist all parents in this process and those of all faiths or of no particular faith.

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)*

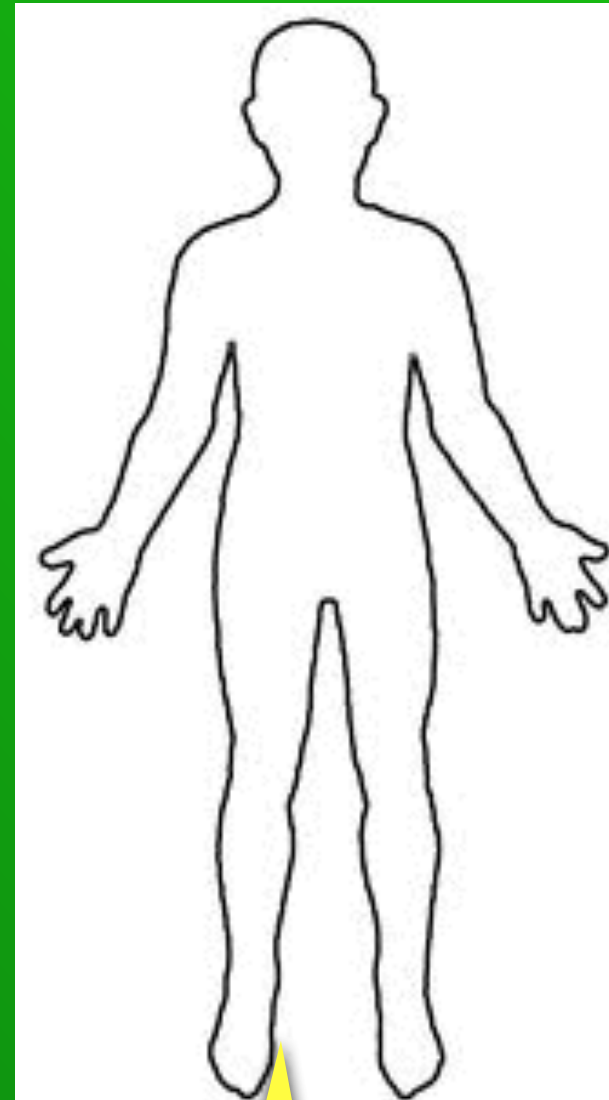
left

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

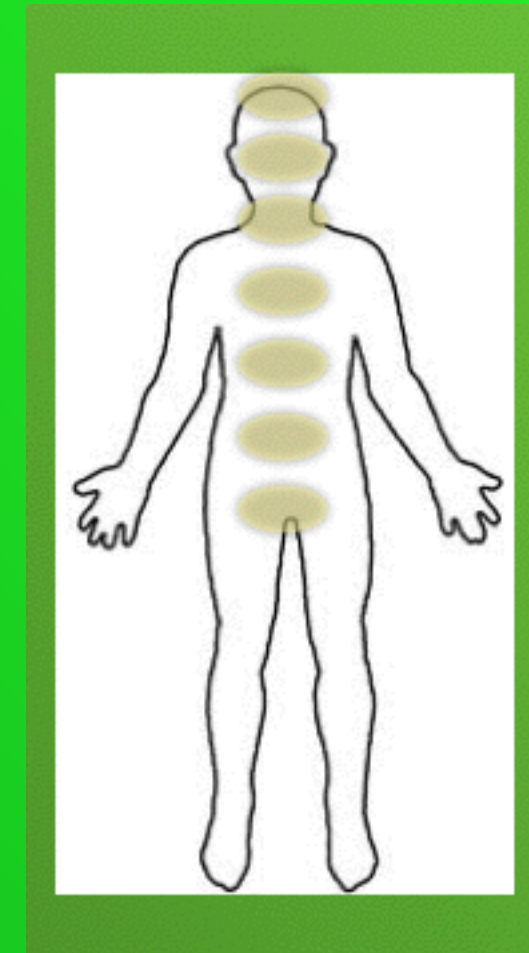
The Seven” Simple Living Centers” within.

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.



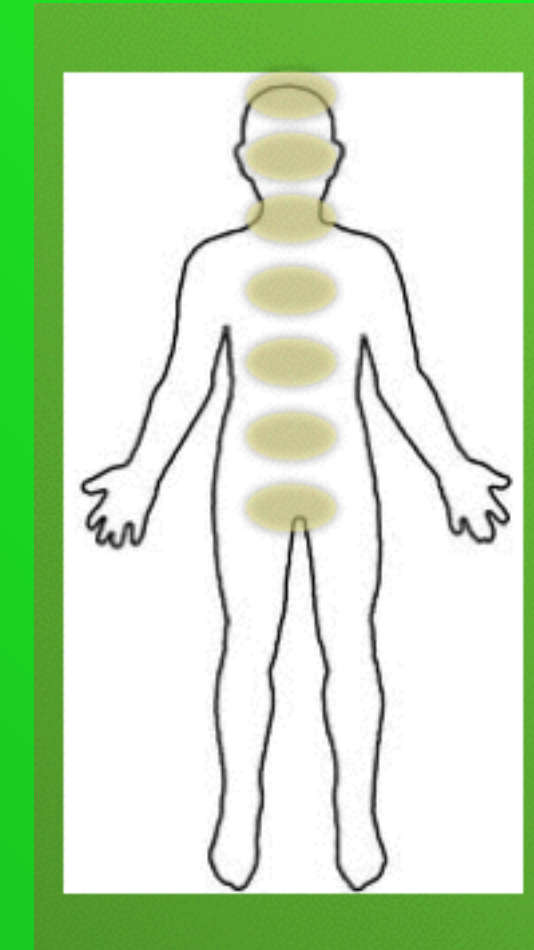
SIMPLE LIVING CENTERS



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.

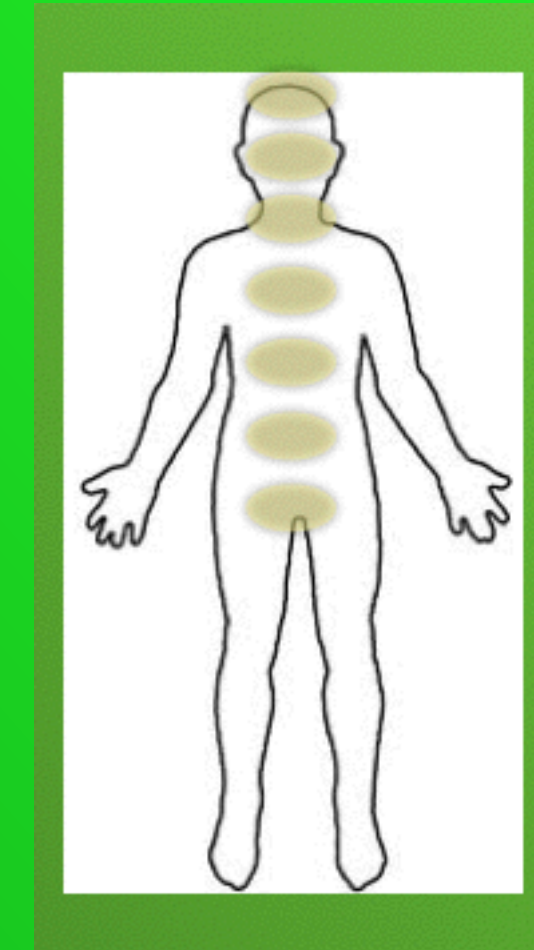
SIMPLE LIVING CENTERS



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



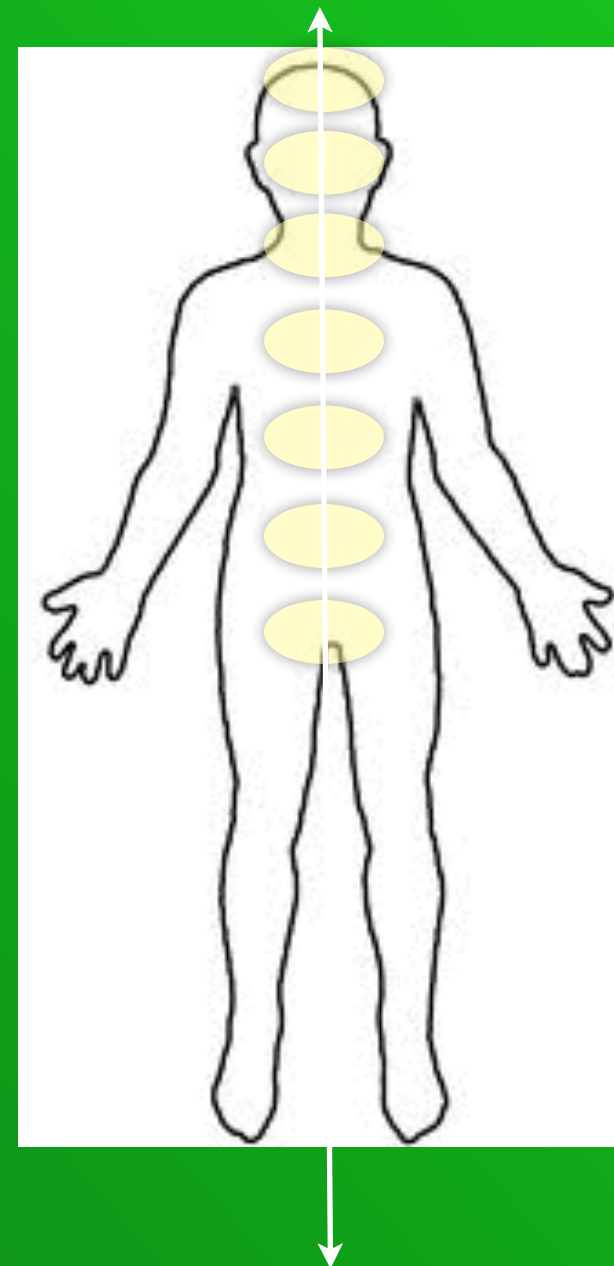
Our Spiritual Anatomy- our Constitution

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.

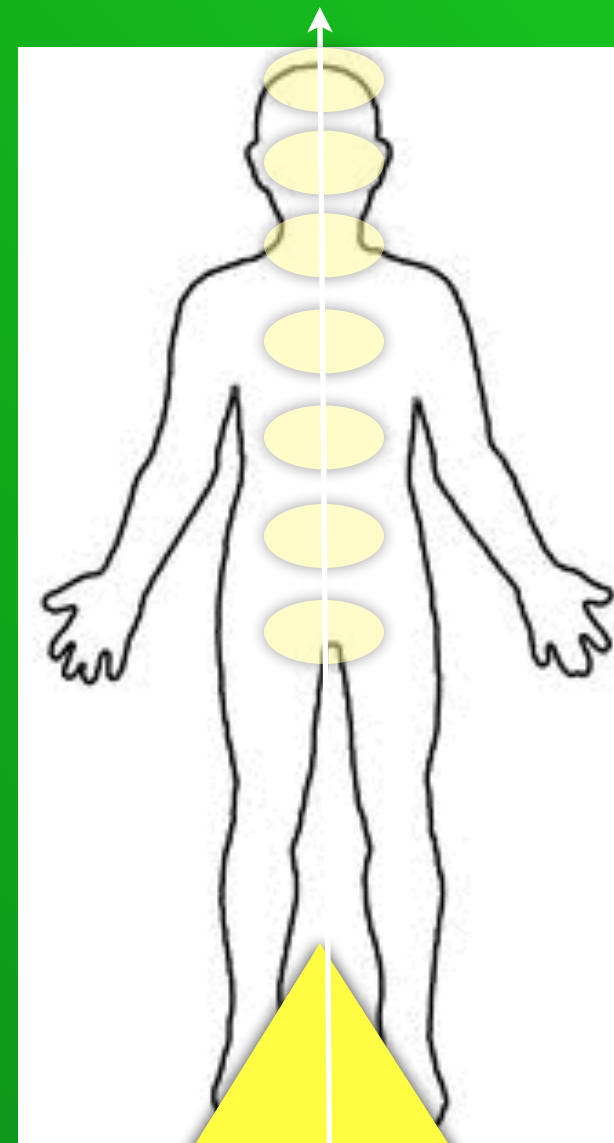
This begins with our connection and trust with mother and “mother earth”, and a peace that comes through the atonement, taught with the proper use of authority while providing living foods that bring peace, joy or emotional trust - a unity of our spirit and body.

These are common to all major religions.

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.



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.

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

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

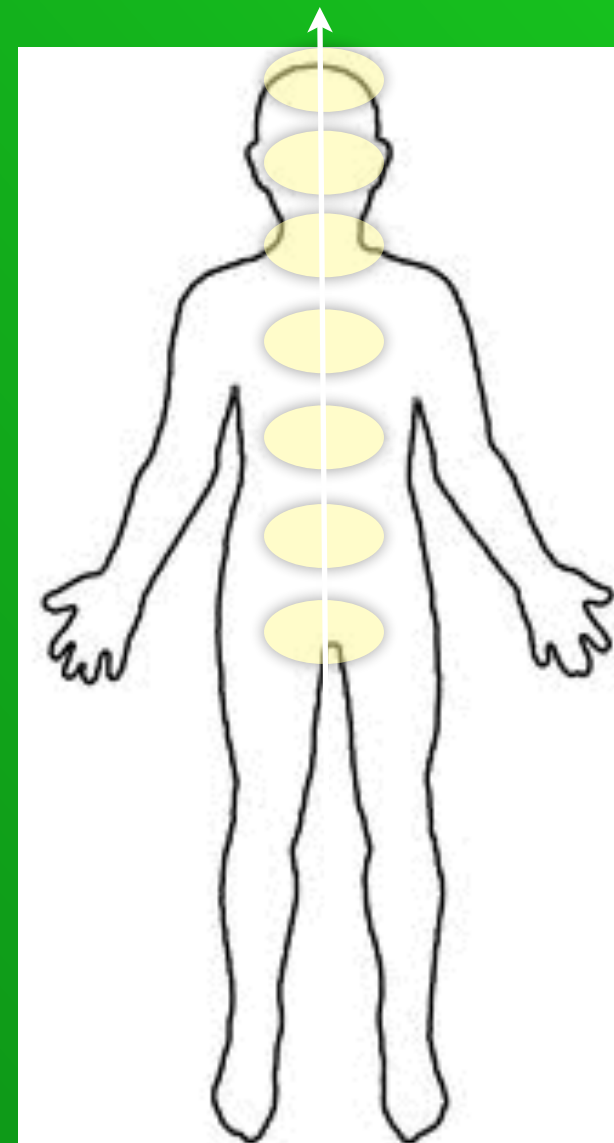
This begins with our connection and trust with mother and “mother earth”, and a peace that comes through being taught with the proper use of authority. We are taught to eat foods that bring peace, joy or health - a unity of our spirit and body.

These are common to all major religions.

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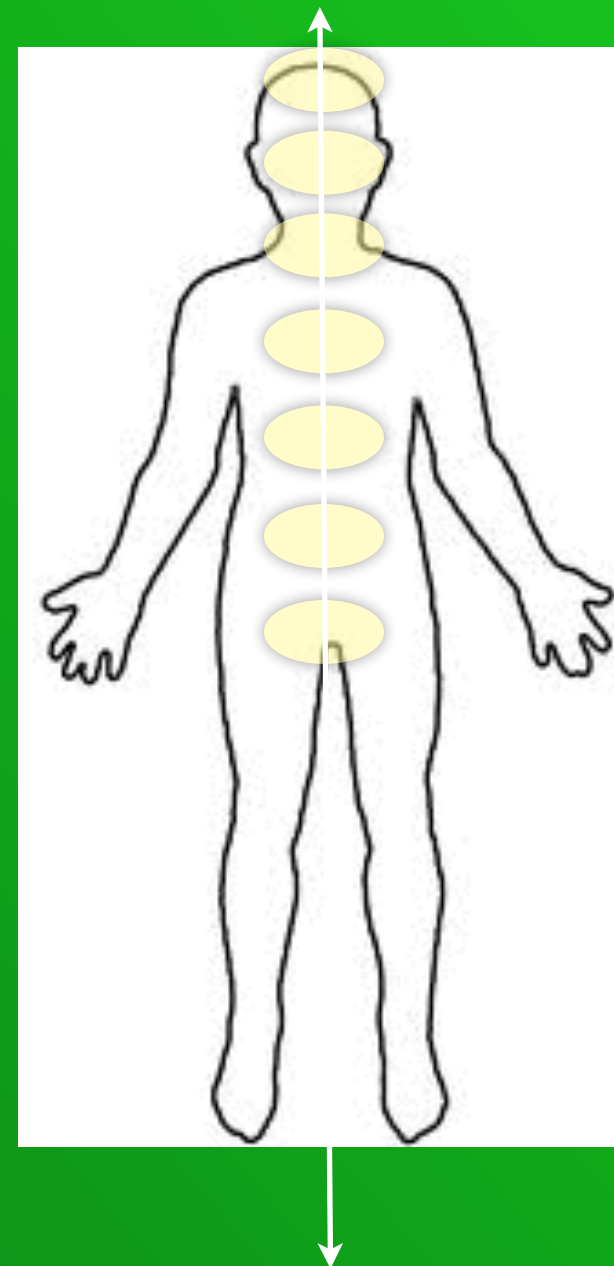
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Anxiety or fears can develop when we fail to
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Our bodies physical center is at the navel or
3rd center- meaning honor or care for self.
Our spiritual center is the heart or 4th center. Both vital
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.

3. Honor self

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1. All sufficient needs are provided.

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and “mother earth”, and a peace that comes through
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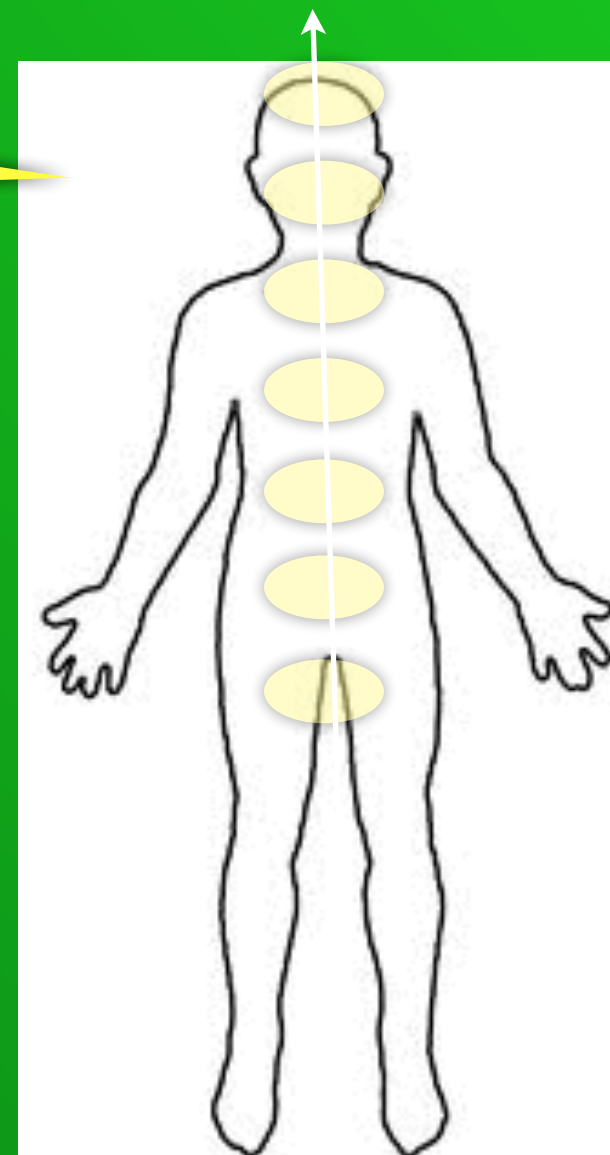
SIMPLE LIVING CENTERS

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.**

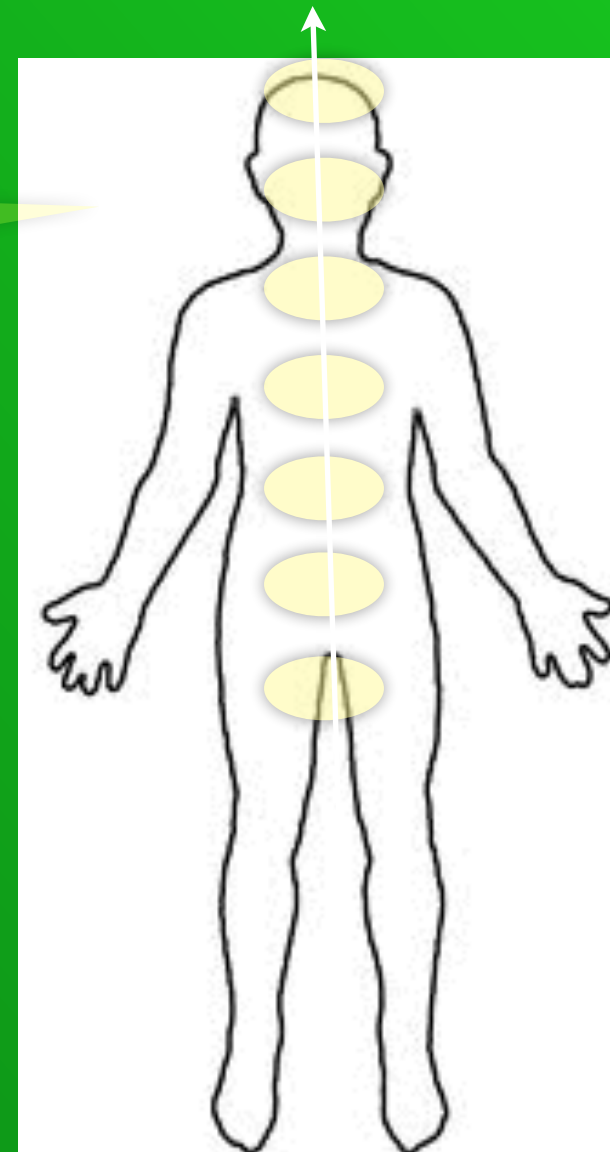
SIMPLE LIVING CENTERS

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

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

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.

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.

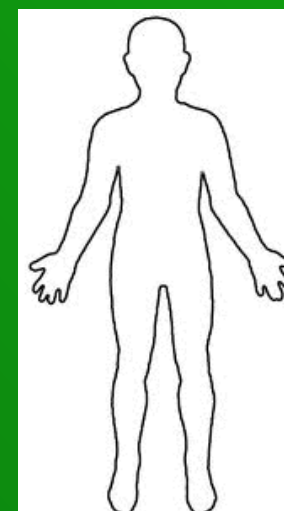
1. Peace, Joy and Faith (thumb up- palm facing you)

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.

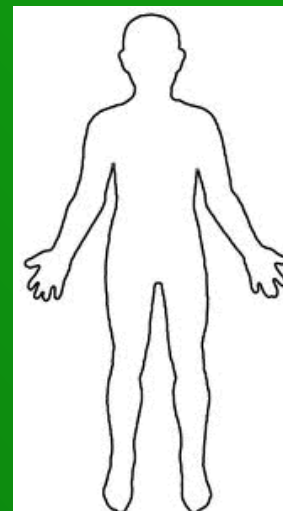
1. Peace, Joy and Trust (thumb up- palm facing you)

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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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1. *Peace, joy and Faith* (thumb up- palm facing you)

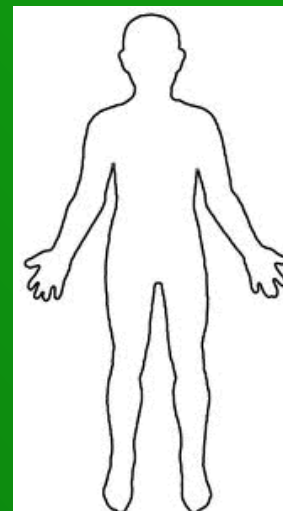
2. *Simple Living Centers* (index finger next to thumb)

3. *Habitat for Health* (middle finger)

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

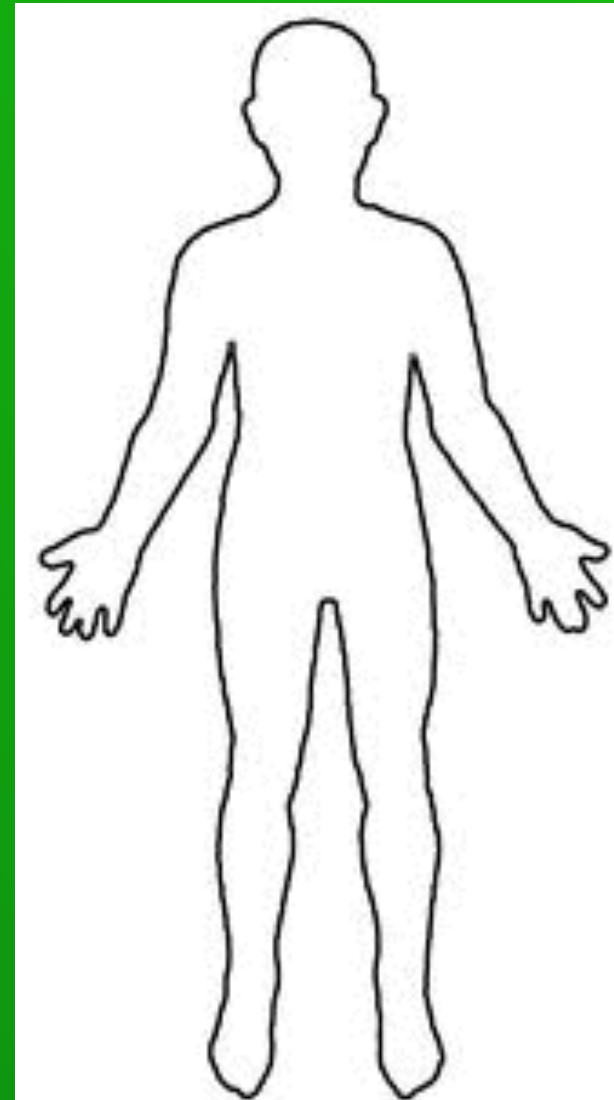
5. *Awaken your work.* (small finger)

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.



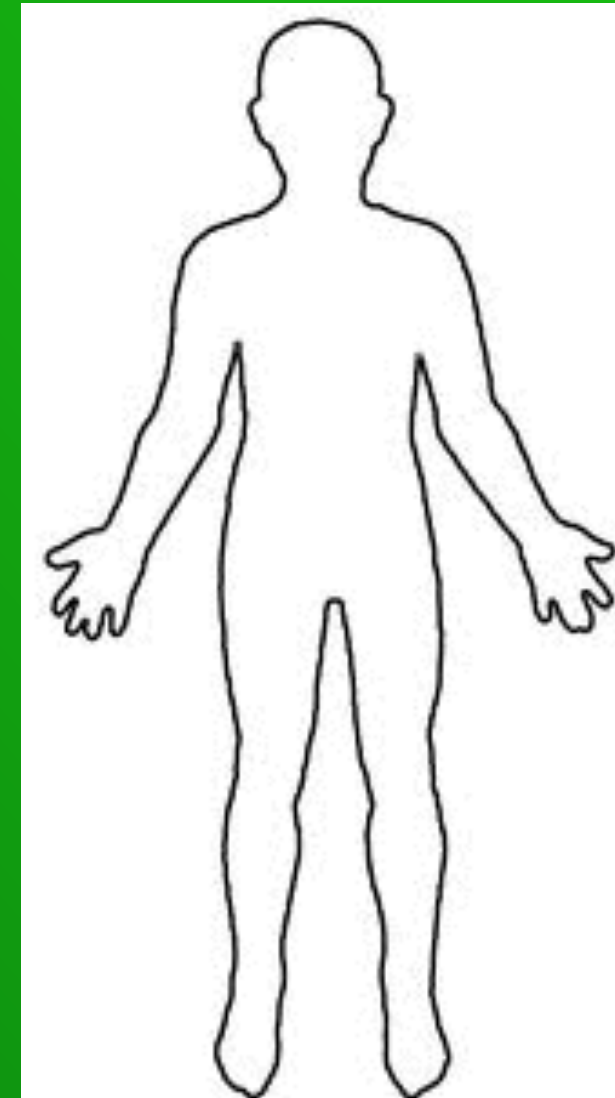
Both Hands - A choice

- 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

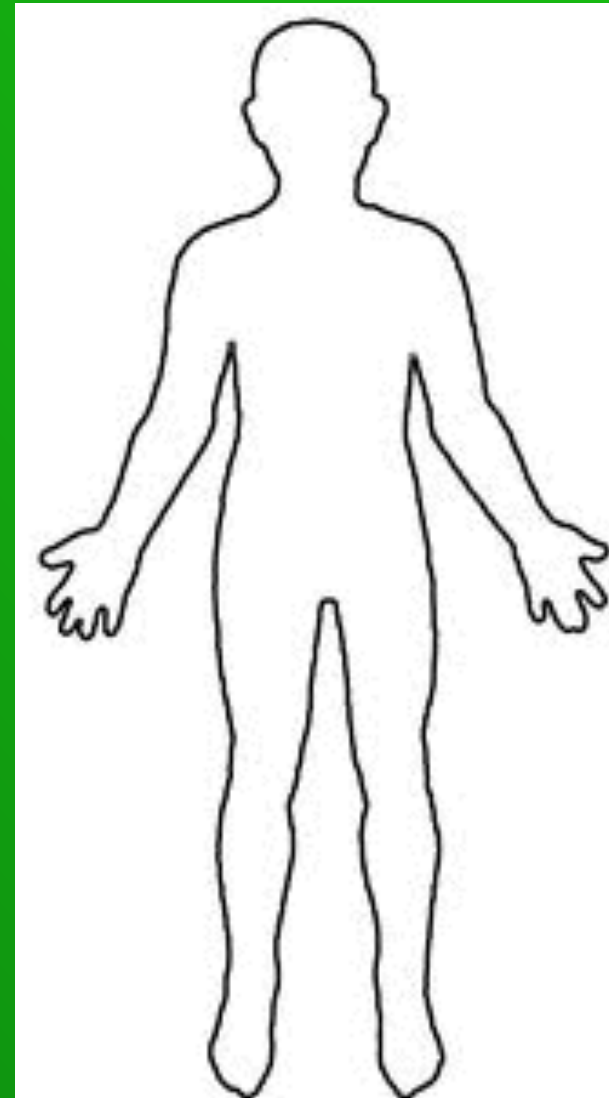
- 1. Peace Joy and Trust (6)*
- 2. Simple Living Centers (7)*
- 3. Habitat for Health (8)*
- 4. Family Health Education (9)*
- 5. Find your life. (10)*

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.

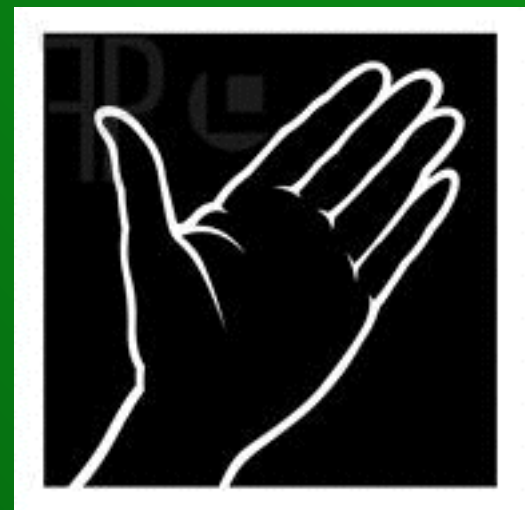
SIMPLE LIVING CENTERS

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

Trust



The three joints or
knuckles of the thumb

Hold 4 fingers horizontal

Atonement

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 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



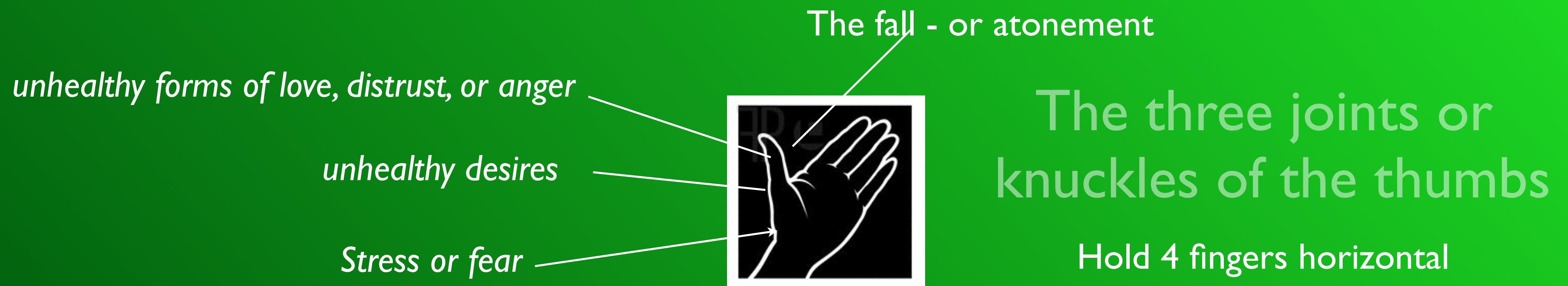
The three joints or
knuckles of the thumbs

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.*

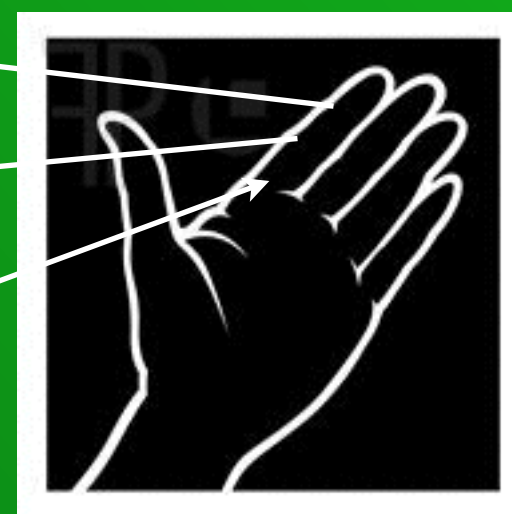
For adults this may develop into the seventh finger and seven centers of life's journey.



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.*

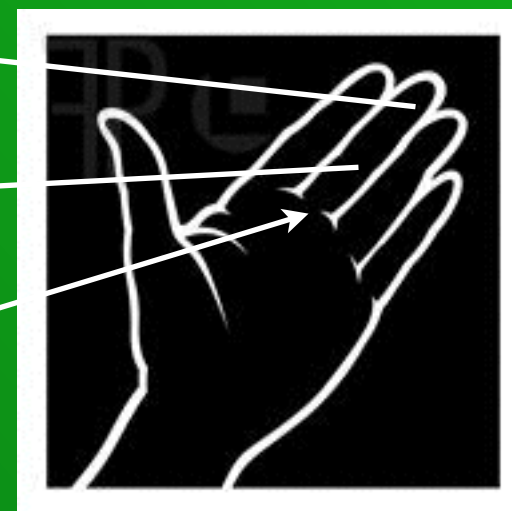
for (our actions, commitment of decision in a direction of)

***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**

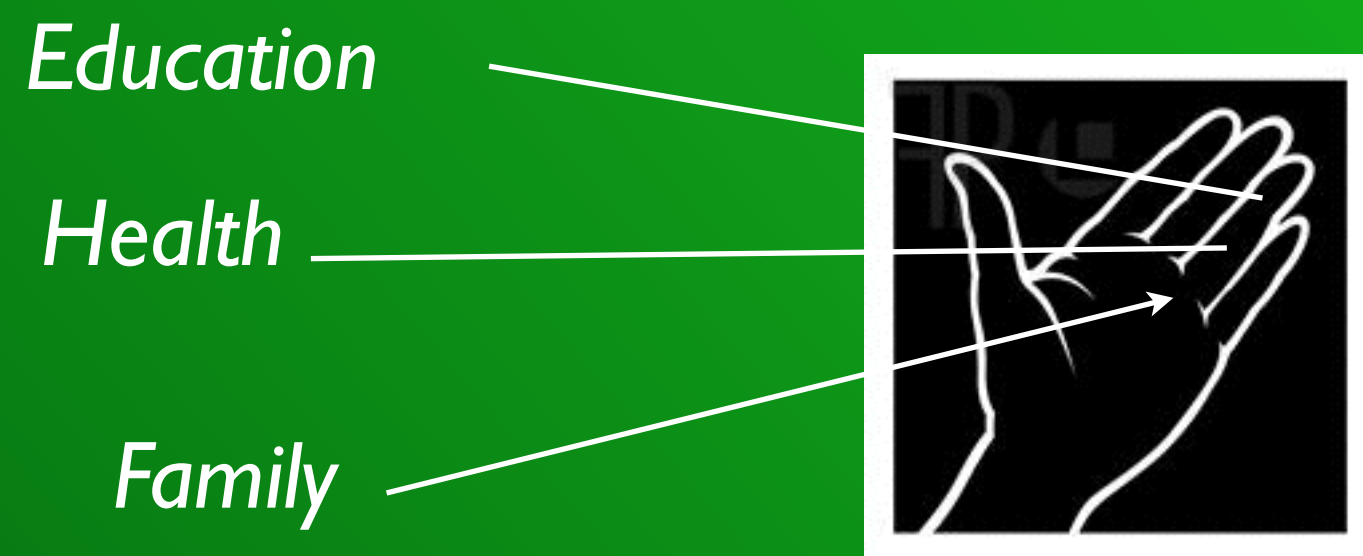
Hold 4 fingers horizontal

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 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

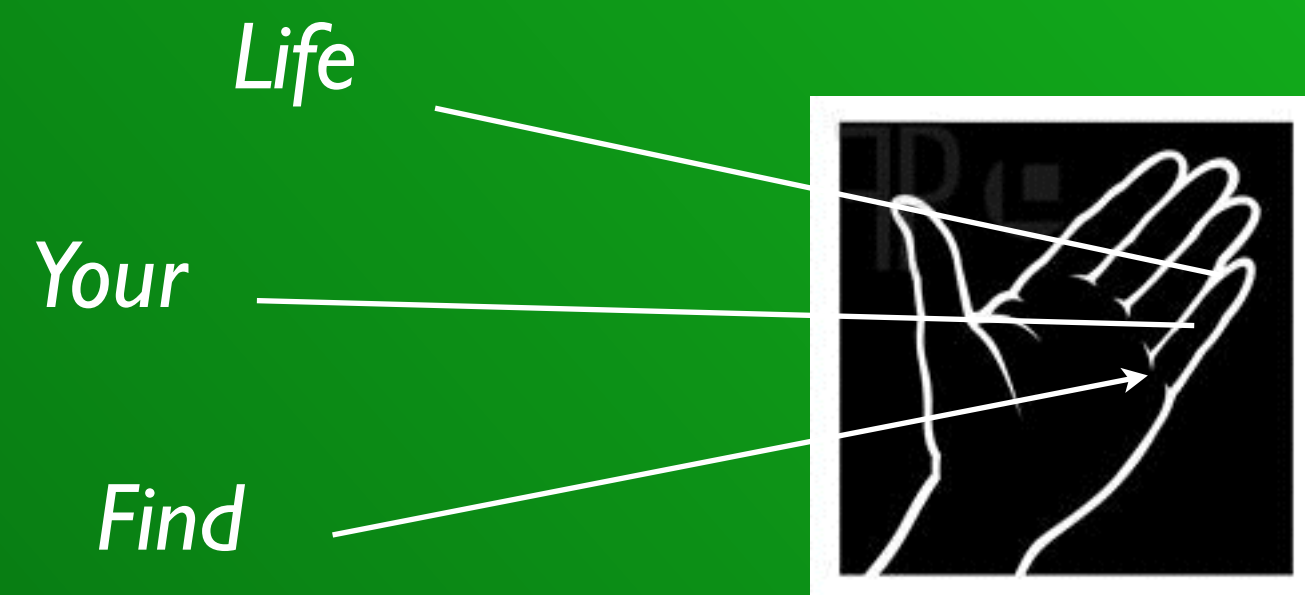
SIMPLE LIVING CENTERS

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? (Moses 5:16)

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

A Quiet Grass Roots Effort:

Films and quality teaching materials will be developed using these basic guidelines. Those familiar with this work may want to assist in developing what you can for this effort.

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SIMPLE LIVING CENTERS

Projects

First, become familiar with the web site and projects you can begin in your home. As you start working with others it will be attended by daily miracles. This is an effort I testify has been brought to me, and is parallel support to the Church and many neighbors and churches worldwide. There has been a clear impression that many of Chinese ancestry need this work of family history health in particular. Efforts to translate into mandarin will begin when this is done in English.

SIMPLE LIVING CENTERS

Our Living Constitutions, our neighborhood Counsels of 50, and our Nations Constitution.

As we begin to manage our “living constitution” we will eyes to clearly see how our neighborhood “Counsels of 50” best function, and then how our national constitution can best function.

SIMPLE LIVING CENTERS

“Counsels of 50” and funding these efforts.

We encourage you to read about tithing and filling our storehouse locally. You are encouraged to pledge the monthly \$3 token donation on line: Remember; 90% will be committed to your community “storehouse” or” Counsel of 50”, and 10% or a tithe (*of sorts*) to an international organization (Habitat for Health) to support local food production town wide with the building of sustainable, potentially off the grid facilities called Simple Living Centers. There are three key aspects of funding for Simple Living Centers. This was given to me while in the temple in the Summer of 2010.

\$3/month donations:

Habitat for Health's vision for fundraising in communities begins with .10 a day or \$3/month: 90% of these funds support the expansion of local community gardens and community support agriculture (CSA's) and building Simple Living Centers. Affiliate agreements will be set up with Habitat for Health where 10% goes for international support organization (a penny a day).

Training/Bartering

The cost for training and getting involved with others - is \$1/day for 8 weeks or \$56 or 4-8 hours of bartered time working with these centers in appropriate way sharing talents and gifts.

A Locally Managed Micro Loan Program

Simple Living Centers each organize “Councils of 50” developing - A Living Constitution to guide them to decide on uses of monthly donations - developing a neighborhood barter and micro loan system.

A Locally Managed Micro Loan Program

Simple Living Centers each organize a “Councils of 50” to use decide on monthly donations - to develop a neighborhood barter and micro loan system.

Five working groups form with perhaps 10 in each group. Transition Town.com and Transition Neighborhood have many ideas and resources in developing these local organizations and local economic systems.

SIMPLE LIVING CENTERS

A Living Constitution for Simple Living Centers

The spirit of our US constitution and the spirit of our democracy was intended for very local government - or governance *by the people*. In today's language our neighborhoods and homes are perhaps our most local form for governing our lives and serving the greater good. Each community company develops a "Living Constitution" patterned after our US constitution, and our spiritual "living constitutions" or our 7 simple living centers. These are used for governing neighborhood Simple Living Centers and dealing with funding issues and affiliate agreements with Habitat for Health.

SIMPLE LIVING CENTERS

“Councils of 50”

Councils of 50 may address issues related to a \$3/month/person fundraising campaign, a 2 month barter/education program, and a neighborhood micro loan program for those in need. Councils work as a parallel organization to many churches and community civic organizations on issues related to health, children’s K-college educations and ways to help those in ones own neighborhood. “Councils of 50” may form 5 working groups of about 10 neighbors each.

SIMPLE LIVING CENTERS

A New Generation

Centers built to teach simple guiding principles of life, with communities committed to support families and all neighbors - brining up a new generation of youth skilled in ways to produce and use foods as our first medicine. Teaching and learning with them, how to grow food and return to simple guiding principles of health, with an approach to health and foods that can help transition generational patterns.

SIMPLE LIVING CENTERS

A Unified Way to Teach Diverse Cultures

As Saints we can lead an effort to provide a unified way of teaching those principles with the body and hand so we can work with those of all cultures -- realizing to --parents will have their own ways to individualize “their story” for their children. Please realize, I am open to your ideas and talents in developing this.

SIMPLE LIVING CENTERS

This web site is an outline of what we plan to develop with volunteer resources, before start up funding comes. See “Projects” underway on the web site.

- 1. Translating this web site to Chinese (mandarin) by March 10th before we travel and introduce this to Taiwan.*
- 2. iPad applications of the 7 Simple Living Centers of the body and simple sign language story.*
- 3. iPad applications for those from Taiwan or China, that instruct them on emergency preparedness and teach connections between family history and ways to create healthier lives.*
- 4. Funding is needed for a film by a living food specialist <http://www.agisrawfoods.com/> with a specific application of creating a 3 month emergency living food storage bucket, and a way to keep all your family history, and needed music and educational tools on a simple iPad device for times of transition. In addition, we can create one we can ship to help those in need.*

SIMPLE LIVING CENTERS

Here is a Brief review *of some projects to become familiar with.*

This is about connecting generations in a local and national movement to produce and share simple living foods, to work together in communities. Old and young working together to understand our bodies, and produce living foods they need.

SIMPLE LIVING CENTERS

Living Food Production.

Living foods are typically defined as foods not processed over 115F as with dehydration or fresh foods. This method preserves key enzymes, and when the majority of our diet are “living” the bodies ability to fight disease typically grows. Perhaps this was referred to in the Word of Wisdom as “in the season thereof.” A diet of primarily plant based - living - healing foods are powerful in protecting us from disease, cleansing us spiritually, and generationally, and awakening us to a greater power and understanding to fulfill our work on the earth.

SIMPLE LIVING CENTERS

Changing our desires-

As simple as this may sound, changing our desires for these fresh foods can be easy or difficult, and future lessons will help with that be developed on the Web and with Simple Living Centers. We are asking for those in these four states to share what has worked for them. In addition, to share creative ways these foods can be produced in homes, and neighborhoods, or with local community farms. Share deeply- ways that move beyond changing behavior, but changing hearts or desires. Listening within.

SIMPLE LIVING CENTERS

Leadership and our own Health

When assisted by Habitat for Health and an international campaign, the shift can be significant and become town wide. *Most people realize many of our foods come from foreign sources and we are at risk as a nation. A positive health and food production campaign that gives neighborhoods a vision of Simple Living Centers in helping to transition their own homes*

(You may want to watch films as The Power of Community, of Food Inc.)

SIMPLE LIVING CENTERS

Start saving now and pledge each month with an email.

We are asking for 150,000 individual temple recommend holders or their family members to make a pledge each month, by reporting back to the person who connected you with this web site. Personal contact, a phone call or email - what ever works for you to keep in touch.

SIMPLE LIVING CENTERS

Building Relationships and Cooperation.

This web site is about real practical changes in our personal lives, educational settings, church, work or community settings. Someone may want to start a monthly “Heart and Soul” meeting locally or in your home, sharing of ideas about changes in desires. Remember this is about building relationships and cooperating more with those around you.

SIMPLE LIVING CENTERS

Councils of 50 -Teamwork

Leadership that looks to improve self then works as team is key. We can all let go of the need to judge what others should be doing, particularly in a diverse community of neighborhood life styles. We can come together in love and with the *common ground* of growing food.

In most cases, I have found leadership comes from many individuals, but a few at a time, and often involved working together, and few simple ideas. Being open to those simple ideas using pure knowledge, not persuasion with ones opinions. Pure knowledge generally comes from a group process after many views are looked at and unity for steps of change is clear. Change in the Lord's time or in many cases with the unity of each group, and with the Lord's spirit is key. Change does not happen in my own or through some other individuals time frame, through force, manipulation, or any unrighteous means.

Leading with Love

While many are called to lead, few are chosen to lead, meaning a few are called at a time to bring change, and few use righteous means to do it, “we have learned by sad experience.”
D &C 121:39.

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.

Doctrine and Covenants 121

34 Behold, there are many called, but few are chosen. And why are they not chosen?

35 Because their hearts are set so much upon the things of this world, and aspire to the honors of men, that they do not learn this one lesson—

36 That the rights of the priesthood are inseparably connected with the powers of heaven, and that the powers of heaven cannot be controlled nor handled only upon the principles of righteousness.

37 That they may be conferred upon us, it is true; but when we undertake to cover our sins, or to gratify our pride, our vain ambition, or to exercise control or dominion or compulsion upon the souls of the children of men, in any degree of unrighteousness, behold, the heavens withdraw themselves; the Spirit of the Lord is grieved; and when it is withdrawn, Amen to the priesthood or the authority of that man.

38 Behold, ere he is aware, he is left unto himself, to kick against the pricks, to persecute the saints, and to fight against God.

39 We have learned by sad experience that it is the nature and disposition of almost all men, as soon as they get a little authority, as they suppose, they will immediately begin to exercise unrighteous dominion.

40 Hence many are called, but few are chosen.

41 No power or influence can or ought to be maintained by virtue of the priesthood, only by persuasion, by long-suffering, by gentleness and meekness, and by love unfeigned;

42 By kindness, and pure knowledge, which shall greatly enlarge the soul without hypocrisy, and without guile—

43 Reproving betimes with sharpness, when moved upon by the Holy Ghost; and then showing forth afterwards an increase of love toward him whom thou hast reproved, lest he esteem thee to be his enemy;

44 That he may know that thy faithfulness is stronger than the cords of death.

45 Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven.

46 The Holy Ghost shall be thy constant companion, and thy scepter an unchanging scepter of righteousness and truth; and thy dominion shall be an everlasting dominion, and without compulsory means it shall flow unto thee forever and ever.

SIMPLE LIVING CENTERS

Two organizations: The Church and the Kingdom of God

This is a way for those of you who feel drawn to this - to organize with neighbors and your families. In short, what I have come to understand is an encompassing neighborhood organization that is a parallel yet separate organization to the Church - to be lead by those that feel personally they are called, and for those who go through a process you will learn about to be called, a new name process that clarifies what companies or groups each is to work in.

SIMPLE LIVING CENTERS

An Encompassing Organization

The Church of Jesus Christ of Latter-day Saints serves a key mission to testify of Christ and bring needed Priesthood ordinances for our salvation, but this is another organization for our temporal and spiritual support - encompassing everyone that is interested in our nations neighborhoods - your neighborhood. A parallel organization with agency and guiding simple principles to support one another. Each organization having their unique missions, perhaps much like the branches of our system of government we have in America.

SIMPLE LIVING CENTERS

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

As mentioned, one organizational name given to me was Simple Living Centers. This has several layers of meaning. 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.

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

New Organizations for Our Time

For teaching one another and our youth, this presentation will first introduce you to three key organizations closely related - with names you are familiar with - and taught with the body. One is a religious organization - the Church of Jesus Christ of Latter-day Saints - lead *by Priest and Priestesses* - a religious organization. If this were our body, we may teach our children this is represented with the right hand and would be the Church - much like we experience with baptism. The encompassing community neighborhood organization would be represented with the left hand much in the same manner.

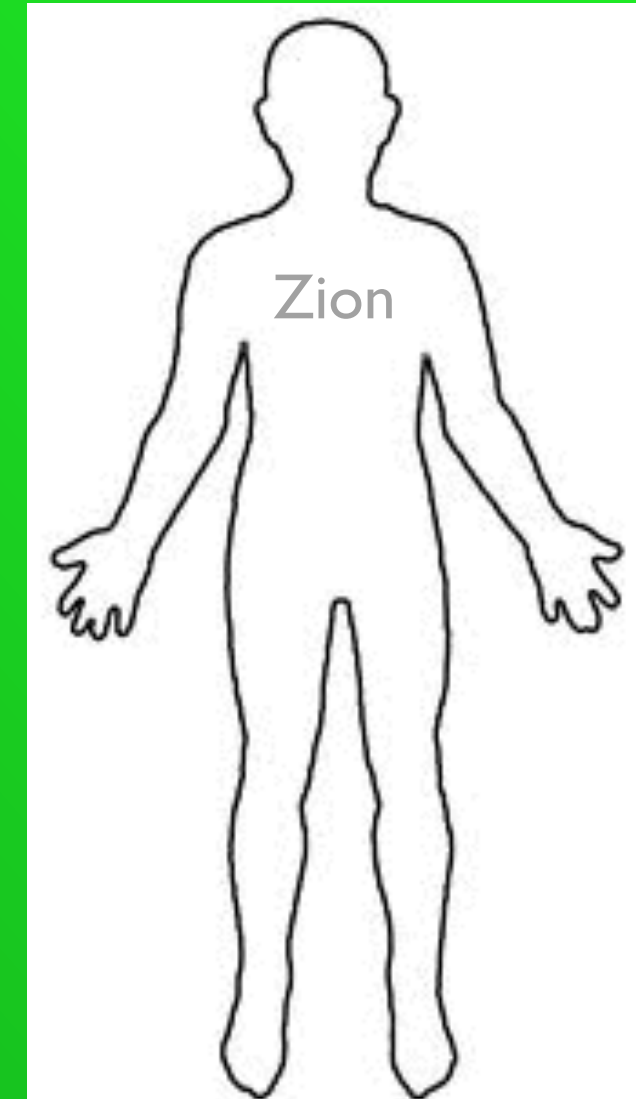
SIMPLE LIVING CENTERS

New Organizations and shared leadership

The Kingdom of God is led by Kings and Queens, assisted perhaps by Princes and Princesses as old english refers to these names. These Kings and Queens are community leaders; leaders that would use proper and inspired ways to exercise authority for the community. Proper use of authority applies to a servant of the people that may be in government roles, working as a teacher, with a community organization, or a local business. In this sense adults that go to the temple can all be leaders in our communities or in the Church. In this sense - leadership happens with all participants in an organization each bringing their own work or mission to the whole - however seemingly significant or seemingly small - each is vital and none more important than the other.

SIMPLE LIVING CENTERS

Church of
Jesus Christ
of Latter-day
Saints



Kingdom of
God
Members of
Church and
neighbors
working
together

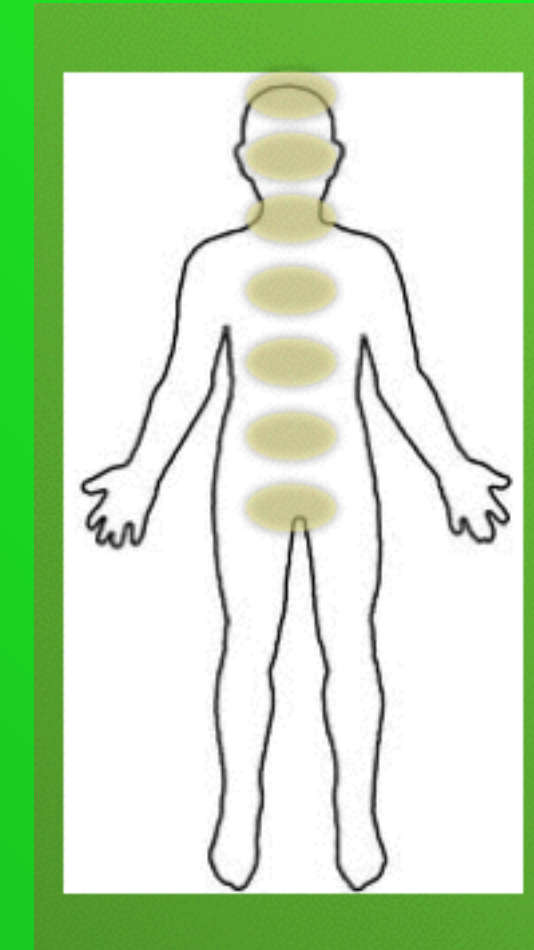
Zion

Right

Left

Then the third organization or name used with Latter-day Saints is Zion - one meaning of which refers to both a group of people from our Church and our neighborhoods - working together with a common righteous cause - seeking to help one another - serve one another - that there are no poor among us. This may be viewed as our heart - or the pure in heart - connected to both hands. This name has many meanings to those in the world, and it will not be used in this presentation, but may be best understood in your own hearts.

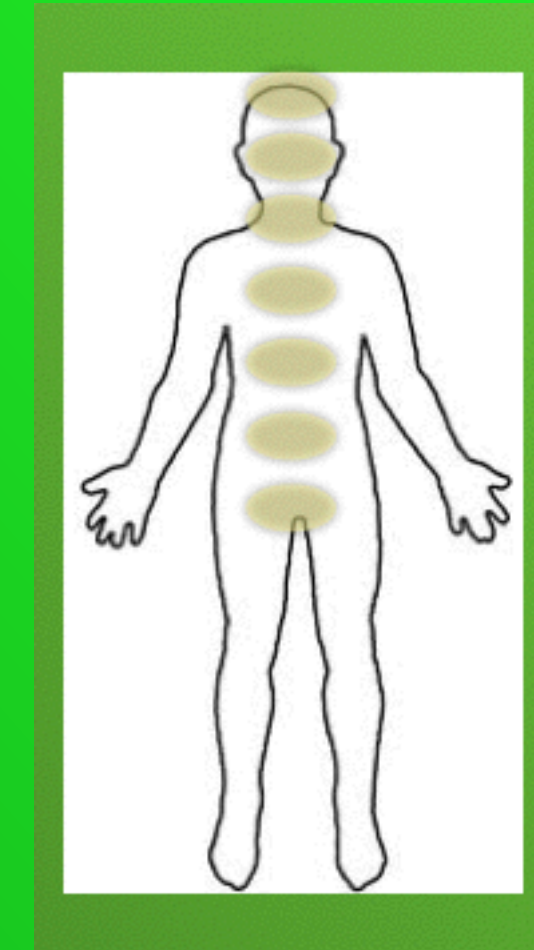
SIMPLE LIVING CENTERS



Our Spiritual Anatomy- our Constitution

“Simple Living Centers” are 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 program) with perhaps fore knowledge of your mission in this life, influencing one another and connected to one another **and those around us.**

SIMPLE LIVING CENTERS

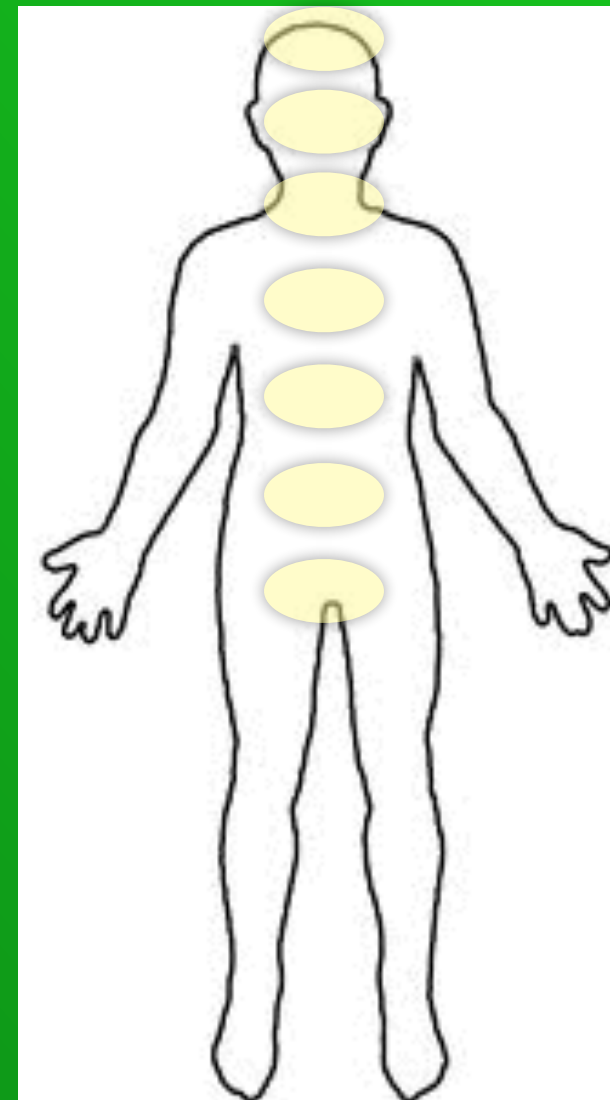


Our Spiritual Anatomy- our Constitution

Divine guides within you - centers - that our language and choices can help develop and manage to support our health. They are connected intelligently to other people through the power of faith, hope, and charity or God's Love. We can learn to listen to each of these centers messages for us - as they relate to our journey in mortal life and to making healthier choices.

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.

SIMPLE LIVING CENTERS

Here are 3 simple real world applications of these principles I had this Sunday.

1. Coming home from Church after a not so healthy meal after the baptism, my wife said she was sick and needed to call in to work tomorrow to take the day off. I suggested she change her language. *(She was expecting to get sick and living in fear that she would be sick tomorrow. Instead of telling her body she was sick, and her body listening to her sick command, ... I asked her what her body needs to get better so she could feel better. She quickly had three things come to mind. Garlic, juice for dinner and a hot pad. I got her some garlic drink, made some fresh carrot/apple juice she desired, warmed the hot pad -- while she got to bed early. She felt she needed to stay home from work the next morning, but was back to work in the afternoon for some important appointments she had.*

SIMPLE LIVING CENTERS

Here are 3 simple real world applications of these principles I had this Sunday.

2. Another brother at Church and I were talking and he said he has a chronic illness. I suggested he change his language. His language said, this is the illness I have for a long time and it is just not going to change. It is likely his body listened to himself. I suggested he restate this issue. He said, I have a health challenge and then stumbled for words. I suggested he might say it like this- a little stronger. I have a health challenge and I am open to learn what I need to get over it- perhaps as part of my life journey. We talked about the 7 centers and what center it may be involved with and how to search through his personal history or generational issues related to the illness. Both can be cleared, and we discussed what “living foods” were and how the atonement at times can clear issues of the past that we are not conscious of. The bodies ability to regenerate itself when simple foods are used can be powerful. We can be guided to needed herbs at times.

SIMPLE LIVING CENTERS

Here are 3 simple real world applications of these principles I had this Sunday.

3. My son visited and was trying to figure out in his head a health problem. He had many complex ideas from health officials that he was researching and seemed anxious about. I asked what his body was telling him. He struggled to trust his bodies messages, yet in listening to him I felt to offer him 10 gallons of ph water with trace minerals as a Christmas present. He started to leave to home without it then felt to ask for it. Was it the answer to his fix, I don't entirely know, but I am convinced some doors of understanding were opening- through the love we shared and a simple gift we exchanged this Christmas.

SIMPLE LIVING CENTERS

Organizations funded with two - small - token donations.

Both donations support these local and international efforts that teach principles symbolized on the hand, both closely linked - as fingers - the first is for a smaller local neighborhood mission for building Simple Living Centers and producing local food. This is indicated with the index finger on the left hand, and the second - a larger international mission worldwide - or the center finger, linked as the two fingers join each other between the knuckles on the left hand, keeping this in mind as we make choices or covenants with both hands.

Some Applications of the Health Principles

Practical applications of these principles can entirely change our life and local economies -as living foods are perhaps 5-10% of what is offered in stores- changing how we shop, store food, produce and process foods in our kitchens, and listen to the foods our bodies are designed for. And as changing diet is generally a temporary change, changing our emotional health is foundational to lasting and generational change. Emotional health education will be central in Simple Living Centers - facilities used for many reasons for neighborhoods. Taught by parents with tools they select to use for lessons they design and lessons youth help design.

Test the healthy foods and water sources that energize the body. Develop wisdom by listening to those which bring healthier more energized feelings and power to the individual - to accomplish his or her work on the earth.

Regularly using these foods may reverse some levels of diabetes, in some cases reverse later stages of cancer (according to The China Study, T.Colin Campbell 2006.) Living foods are foods not processed over 115F and can ignite the creativity of families and neighborhoods in making them. Doctors are becoming trained in advising patients regarding diet. This training is listed in these presentations.

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.

SIMPLE LIVING CENTERS

What if we learned most of our foods we are currently using in the US are helping us operated at 25% of the energy, health and inspiration we are capable of?

Neighborhood Centers

Simple Living Centers are a plan for neighborhood facilities -
to be built with professionals and local volunteers
working together.

Centers to be used at first - for local neighborhoods - and for town transition to food producing communities - yet only needed for a limited number of years depending on the community. As entire towns catch the vision of this, and as operations are in place, these centers could be completed or remodeled from existing facilities to be completed almost on a monthly basis- neighborhood by neighborhood.

SIMPLE LIVING CENTERS

Simple Living Centers - a key to town transition

These are facilities in your neighborhood to support home and local *living* food production, a way to strengthen families, show key connections between creating healthy lives and our family histories, with tools to guide parents and youth to discover another way to redesign K-12 and life education; tools to help change our health and way of life - in both our families and neighborhoods. Facilities needed in our time for OUR communities and entire towns for reasons that you will learn are clear and simple, and will likely be of interest to everyone in a community as challenges , complexities, and insecurities with existing systems unfold.

SIMPLE LIVING CENTERS

We may be the Lower lights burning for our neighbors.

“Let the lower lights be burning”

Consider selecting a You tube presentation of this song to watch at this point in the presentation.

*Consider reading: To The Rescue: There are feet to steady, hands to grasp, minds to encourage, hearts to inspire, and souls to save.
Thomas S. Monson April 2001.*

SIMPLE LIVING CENTERS

Start Up. Don'ts

Please -- **Do not attempt to initiate efforts to share this on the web or through other media or in print or any form.** You may send a friend or relative a simple link to this web site with the password if the spirit brings them to you or is prompted in some way. This is a quiet start up effort, is not to alarm or bring media attention and create any fear or stress to families or the community. This presentation is about the work that needs to be done before the initial start up and national launch of this effort in the United States.

SIMPLE LIVING CENTERS

The four leadership States:

For a number of years, I reflected on how this would start, when in 2013, the states I was shown in vision were New York, Florida, California and Washington. Other reasons were given for these areas which were very practical. Those in these states are invited to work together to be leaders in both supporting this international movements start up and contributing to the web site development that will be launched. In addition, these states are asked to work with us on ways to produce and share food in both year around climates and four season climates. (see fourseasonfarm.com with Elliot Coleman)

SIMPLE LIVING CENTERS

Working with local Church units

If you are in these states and want to seek a confirmation that you are called to this work by local home teachers, or if desired by local church leaders, that is something they may consider. I have sent this to Church headquarters and the Church has counseled me to work with your local leaders. Yet like any non profit local effort, and for reasons of personal agency, the Church does not endorse any particular organization. This is up to the individual areas and local wards and most importantly YOUR agency.

SIMPLE LIVING CENTERS

Working with any Church units

This is a way to work and serve alongside neighbors, rich and poor, young and old, learned and unlearned,- to create another way of life in our local communities. Agency is a key aspect of this work and any uses of this material requires the written permission of the founder and approval through an advisory board that is forming. For those reasons, and any others I am not aware of, the views expressed herein are the responsibility of the founders and do not necessarily represent an official position of any church, or university.

Founder David Andrew Cassani 2014

SIMPLE LIVING CENTERS

Conflict can fuel needed change

What I have received relates to plans for an encompassing neighborhood organization and to plans for an international organization that are closely linked - to come forth in the last days to support members of all churches and others during challenging and wonderful times of transition. Perhaps the conflict and troubles that surround many of us, will provide the fuel or motivation for more fundamental change needed in our modern society - a society that has lost key foundations for health, and life.

SIMPLE LIVING CENTERS

Working to establish Zion:

Simple Living Centers would be grass roots effort that would start from the ground up or the inside out. I could see two organizations in the last days, one an encompassing organization with our neighbors that I was given, and another the Church organization for those who have made covenants to lead. Both working together, - hand in hand. This is a way local Church members that have been to the temple - can start this effort to lead this - by helping to organize neighborhoods in way to serve families, neighbors and neighborhoods.

SIMPLE LIVING CENTERS

Groundwork for the future:

In 2014, encouraged by blessings, for the first time - I studied and learned in the early days of the Church, during the times when Temple endowments started, a “Council of 50” was organized - an encompassing organization of Church and community members. Names as a “Living Constitution” were discussed and some felt -- given by revelation.

SIMPLE LIVING CENTERS

Groundwork for the future:

What this “Living Constitution” was for -- was unclear in the 1840’s. Some considered it the principles or leadership of the Church, others tried to write it and could not. Apparently, it was not time for this clarity to come, yet provisions seemed to put in place like pieces of a puzzle - for the temporal salvation for future generations and the start up of this organization.

SIMPLE LIVING CENTERS

A New Generation

In addition, this is about a way to develop an educated and trained generation- with an economic plan to transition to more agriculturally based communities. A new generation educated with ways to use whole foods, grains, and herbs as our first medicine or preventive care - and develop a neighborhood center for this.

SIMPLE LIVING CENTERS

A vision for our Nation

As Latter-day Saints may know, Joseph Smith foresaw a model of an agriculturally based community in the millennium - -- an encompassing organization of Church members, friends of other faiths, and interested neighbors - who would form a united effort with a common cooperative purpose to help and support one another - that there would be no poor among us.

SIMPLE LIVING CENTERS

Building Simple Living Centers.

While organizing neighborhoods for healthy food production, plans are to support interested neighborhoods to help build Simple Living Centers. These will be neighborhood education centers to teach guiding principles of health; principles to help us change to healthier desires using quiet reflective learning rooms , family history centers, and simple “living food” kitchens. These centers will have education materials for parents and youth to strengthen families and neighborhood relations with the arts and talents of one another.

SIMPLE LIVING CENTERS

Helping our neighbors

I reminded my wife recently as she was helping a neighborhood friend find work-- that our bishop was responsible for both members and all those in a ward area. Our bishop helped our friend find work with the humanitarian center. Yet, clearly - the resources of the Church would be limited in helping everyone. This organization made so much sense in expanding the effort to love and work with our neighbors in a common cause. One lingering question I had through these years was how this organization would start.

The Mission of Simple Living Centers

**1. To develop charity and cooperation within our families
and neighborhoods**

as we teach simple guiding principles of health

with an education and economic plan for neighborhood councils

to help neighbors in need - and change our way of life.

Perhaps this

may start much like a relief society effort.

Our Mission

2. to build neighborhood Simple Living Centers

*to help transition our way of life in neighborhoods or apartment complexes;
facilities modeled after the style of learning that happens in temples,
facilities needed for perhaps 10-30 years - and built that they
may and can one day be turned into small temples.*

Our Mission

3. to support primarily home and local living food

production, processing and storage -

*redesigning K-12 education to re-skill our communities to both
change our way of life - develop local food based economies,
and be better prepared for times of crisis or disruption
of existing food, energy, education, health, or economic systems.*

Our Mission

4. to learn together

how families are creating healthier lives - beginning with a discussion focused on a simple language and a conservative life style - centered around 5 simple guiding principles of health and five simple principles from one's own faith or belief system.

Our Mission

5. As part of the spirit of Elijah

sharing how this transition to healthier living is part of developing bonds of love and support between older and younger generations of those living and those who have passed on.

Explore

SIMPLE LIVING CENTERS

Redesigning Life Education with a foundation grounded in our health.

This is a work from the ground up -growing food and dealing with the roots of change and a deeper simple view of our spiritual anatomy. For older youth and adults learning this anatomy made up of 7 centers of life or consciousness will be covered briefly -- later in this presentation.

SIMPLE LIVING CENTERS

Education - learning within, by study and by faith.

In addition, this is about an approach to heal using food and receiving from the earth, the power of healing designed into many of plant based foods of the earth.

- ◆ Simple Living Centers will support an educational journey that is rooted in strengthening and healing family relations, and awakening to find one personal mission or work on the earth.
- ◆ Simple Living Centers will provide a vision for redesigning how we use schools,
- ◆ (See “Called to Teach: The Legacy of Karl G. Maeser “ by A. LeGrand Richards, and “The Education of the Heart”, by Russell T. Osguthorpe.)

SIMPLE LIVING CENTERS

Receiving from Heaven & from the earth.

Apparently, the Lord needs an organization working with all churches and communities to bring them together in these challenging days. The primary mission of many churches are to testify of Christ and His work - we might say - receiving from Heaven what we need on earth. We might call this the rod connecting heaven and earth.

SIMPLE LIVING CENTERS

Confidentially for Start up.

For leaders supporting this, we ask you to agree to keep this work confidential during the start up period for a number of reasons.

1. A board will need to develop needed legal policies and public relations materials.

SIMPLE LIVING CENTERS

Confidential:

2. We do not know how long it will take to attract donors and organize the board.

SIMPLE LIVING CENTERS

New Names

This information is confidential.

3. Attorney's have advised me that the name "Habitat for Health" will not be able to be used until we have national figures on the board supporting it and we have a sizable movement able to handle the costs of yearly co-branding.

Therefore, all leaders agree to NOT use the name Habitat for Health for any promotion purposes.

The domain and name Simple Living Centers may be used once the board has formed and legal policies are in place. We have legal incorporation rights to have this name in the state of Utah.

SIMPLE LIVING CENTERS

Vision

What has unfolded over time is a vision for a neighborhood organization patterned after the “Council of 50” -meaning church members and community members working together, with a representative that is called for every 2 or 3 interested homes. These representatives form a council that develops a “Living Constitution” to govern communities to both build and manage neighborhood Simple Living Centers and carry out this mission.

SIMPLE LIVING CENTERS

Vision

Clarity has come that this organization would assist those in all churches in working with those that seek God's will or a higher will or consciousness in healing our hearts, and teaching important guiding principles. Regardless of what religious or non religious affiliation we have , we can learn a great deal from one another without any particular faith dominating others. Consciousness, a commitment to these basic principles, and openness with a democratic process, with above all, "charity" -- are foundations for this work.

SIMPLE LIVING CENTERS

Start Up:

You will see in this presentation that this work has unfolded for many years, but more recently has come forth into more clarity beginning in the year 2000, and then with added clarity from 2010 to 2014. In sending this to the Church in 2010, and again in 2013 and 2014, I have sought counsel from my local leaders, I have been amenable to feedback. This does not imply any endorsement from the Church. I have referenced some scriptural references, but encourage personal scripture study and temple attendance as you consider this work.

SIMPLE LIVING CENTERS

Visible National Leaders:

As you read this material, realize it is not for the public - as legal approval for branding is needed. Our job as a grass roots leadership team is to prepare a Web Site and materials for the public by providing feedback and funding support. In addition, a national visible leader or leaders will be needed on the board to use that name “Habitat.” I will not be that spokesman. We will need a spokesman for the organization to the world as most in the world will not understand how this organization started- nor my role.

SIMPLE LIVING CENTERS

An Overview

Simple Living Centers are neighborhood education centers intending to ignite the creativity of families and neighborhoods to work together for a healthier more cooperative way of life. They will provide a vision for a new way to design our homes. Our goals are to be producing more basic needs locally, promoting simple health principles, strengthen families and tip the consciousness of towns to create healthy food, and primarily plant based “living food” producing communities and economies.

SIMPLE LIVING CENTERS

Turning Hearts

Core to this work is connecting present and past generations with an appreciation, forgiveness and love,... *or turning the hearts of the fathers to the children and children to the fathers.* This presentation will explain these important connections after a review of some of the more basic aspects of these neighborhood facilities called Simple Living Centers.

SIMPLE LIVING CENTERS

Introduction to Simple Living Center facilities


Generally speaking, these are facilities neighbors can walk to with no provisions for large expense parking spaces. Construction and design will be directed to facilities that produce energy, food, healthier life styles, wholesome entertainment, and community. They will be model homes of health and energy use, and learning centers for redesigning K-12 and college education to help re-skill our communities.

SIMPLE LIVING CENTERS

Introduction to Simple Living Center facilities

Phase 1 may be a Simple Living Center in a few different homes- with a few friends visiting.
Phase 2 may be a rental facility in the neighborhood with policies in place for all neighbors.
Phase 3 may a full remodel or construction project with a function neighborhood counsel and living on site coordinator.

Simple Living Centers



Tools for Searching
how
health and
our personal and
family histories
connect


20x40 or 800sf

Reflective
Learning
Rooms

20x40
or 800sf

Film
rooms
supporting
agency education and
emotional health
education

20x40
or 800sf



Offices and- or
Caretaker
Quarters

20x40 or 800sf

Activity Center with
Creative Arts
and Sciences of the
earth
and heavens

20x40
or 800sf

Working space for
Creating, Producing
Storing and enjoying
Living and whole Foods
and herbs

20x40 or 800sf

SIMPLE LIVING CENTERS

8 Weekly Sessions:

There are 8 weekly sessions or workshops to help transition and prepare communities.

Materials will be developed and refined by our community who is reading this material -
Monthly Updates will be provided as a result of the groups contributions.

Eight sessions have been outlined. The first **three** may be done in homes and 5 **designed for a group setting**. We are asking the leadership group who have talents in these areas to submit materials to develop and support these sessions.

California 1,2, Washington 3,4 Florida 5,6 New York 7,8.

1. *The Home, family, & Neighborhood : Why Simple Living Centers direct funding for local agriculture. Funding for local projects and international support (90% local, 10% international). Introduction to the calling process, Council of 50, and general design of a “Living Constitution.”*
2. *Family Health Education: Home Health - five principles taught with the hand. Three levels for each principle. New ways to look at your personal and family history as it relates to health. A basic understanding of the 7 Life or consciousness centers of our bodies for creating health. Issues of fear and anger in contrast to learning and faith.*
3. *Home living food processing, production and storage. Applying basic principles in daily live, school settings, and processing production centers. Simple Living Center facilities to support this.*
4. *Sharing, listening, learning: How shared leadership works. Setting up working groups with a workshop to draft a “Living Constitution” by the neighborhood councils. Managing \$3/month donations, barter-education funds and micro loan projects.*
5. *Neighborhood - Simple Living Centers - A vision to manage health needs, educational needs and living food processing and production in the home. Also, year around gardening. Barter/Education and Micro loans.*
6. *Education: Transitioning how families and neighbors use the home, schools, Simple Living Centers and other community resources with full or part time public or private school.*
7. *Town and Neighborhood Transition, Life Leadership, and the flow and networking of working groups: Materials from Transition Town and Transition Street. Preparedness, and crisis management.*
8. *Sharing - the journey - strengthening one another. Bimonthly or monthly “heart and soul” meetings are encouraged where there is an open forum for those who feel to share a short message or experience with the group.*

SIMPLE LIVING CENTERS

Our Organizational Plans

Once the board is in place and elected by our local leaders, plans are to seek approval to call our international support organization “Habitat for Health.” The mission of this organization is to raise funds to support primarily - local plant based food production and the construction of Simple Living Centers in interested neighborhoods, along with collecting and developing educational materials to support these centers and local projects.

SIMPLE LIVING CENTERS

Plans to build Simple Living Centers

Habitat for Health will then seek to work with interested local “Habitat for Humanity,” organizations in having neighborhoods involved in appropriate ways as volunteers in building these centers and in supporting projects approved for those with special needs in homes.

Habitat for Health will then seek to work with interested local “Habitat for Humanity,” organizations in having neighborhoods involved in appropriate ways as volunteers in building these centers and in supporting projects approved for those with special needs in homes.

COUNCILS OF 50



COUNCILS OF 50



COUNCILS OF 50



COUNCILS OF 50



Habitat
For Health
International

Habitat For Humanity
International

Overview of Training for Neighborhoods:

- 1. For Parents and Youth:** Home Workshop Sessions for weeks 1-3: *Free online with this web site. These sessions are done as families or individuals at home. The first three sessions cover an introduction to Simple Living Centers, basics of Home Health, & a foundation we call “Family History Health Education”.*
- 2. For Neighborhoods:** Group Workshop Sessions for weeks 4-8: *These are best done at your local church or neighborhood organization - or perhaps at a neighborhood home suited for a group of 8-20 people. To attend - charges are \$7/week for an 8 week 1 or 2 hour training. For those not able to afford this, it is encouraged to explore barter or trading of \$56 of community/neighborhood work with projects the group determines and work appropriate to the needs the individual and the group. Use of Transition Town US web site may be considered.*
- 3. For those considering construction of Simple Living Centers:** **A Health and Design Workshop:** *Groups interested in training for 3-4 days. We can set these up at a local international hostels near you, or a community center or home of your choice. Options to train at a future demonstration site will be presented to the the board, with plans in California and Utah.*

Overview of training: *(continued)*

4. For Health PROFESSIONALS: Educators: **Nutrition Fundamentals, Diseases of Affluence , Principles in Practice: Offered by Cornell University Extension.** *The audience for this course includes healthcare professionals (doctors, nurses, chiropractors, dietitians, nutritionists, and pharmacists), lifestyle coaches, personal trainers, patients, teachers, and parents. It also includes anyone in the general public with an interest in the relationship between nutrition and health, and anyone who wants to be able to analyze the science behind nutrition recommendations. This training is about \$1200 through Cornell University extension.*


5. Simple Living Center caretakers or Restaurant Living Food Chefs: The Living Light Institute in Fort Bragg California will be used for the food education and preparation for caretaker positions in these Simple Living Centers.

SIMPLE LIVING CENTERS

Discussion of this overview of Habitat for Health and local neighborhood Simple Living Centers is completed

I have some personal messages for
those who may want to read
this on their own.

For additional updates
go to
simplelivingcenters.us



*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*