

# **SIMPLE LIVING CENTERS**

# SIMPLE LIVING CENTERS

*With modern complex world food systems and nations focused on economic gain —we may forget the power of inner guidance to provide all we need. We unknowingly may adopt a lower language that blocks us from what we need. In these latter days this work has come forth to help us return to the simple ways of life, a powerful yet simple language of life, or the simple ways of God.*

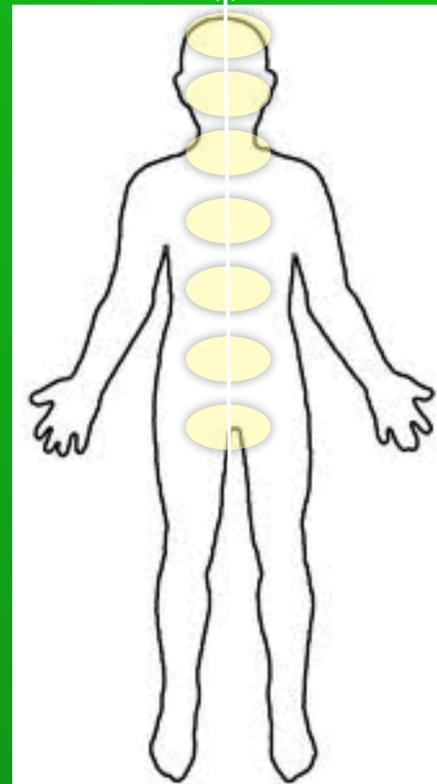
*Additions and corrections are welcome in helping us get there.*

# SIMPLE LIVING CENTERS



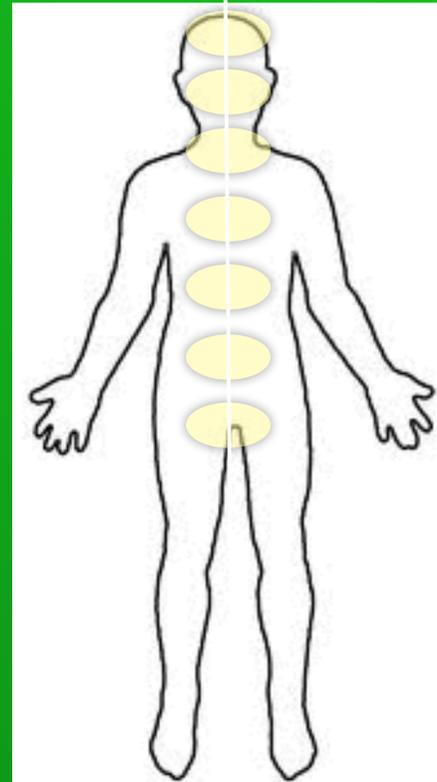
So many choices on each side of us.

# Simple Living Centers



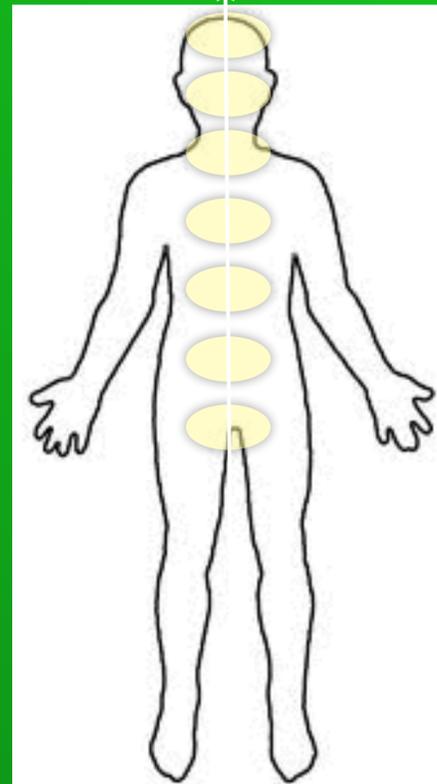
Our souls can know. We are given seven simple living centers.

# Simple Living Centers



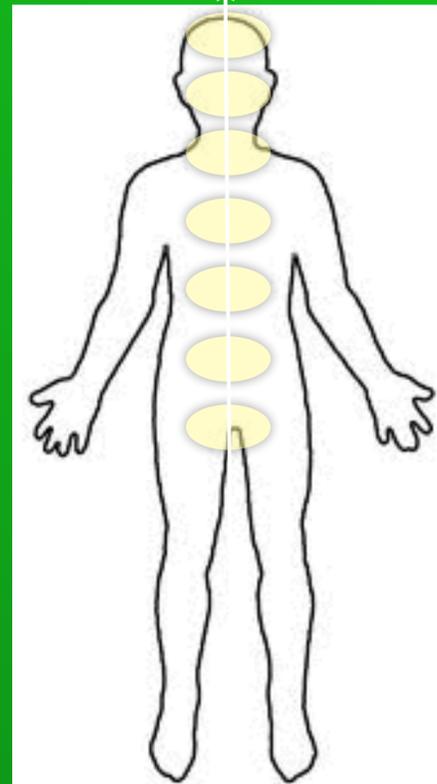
We can learn how to listen to each of them.

# Simple Living Centers



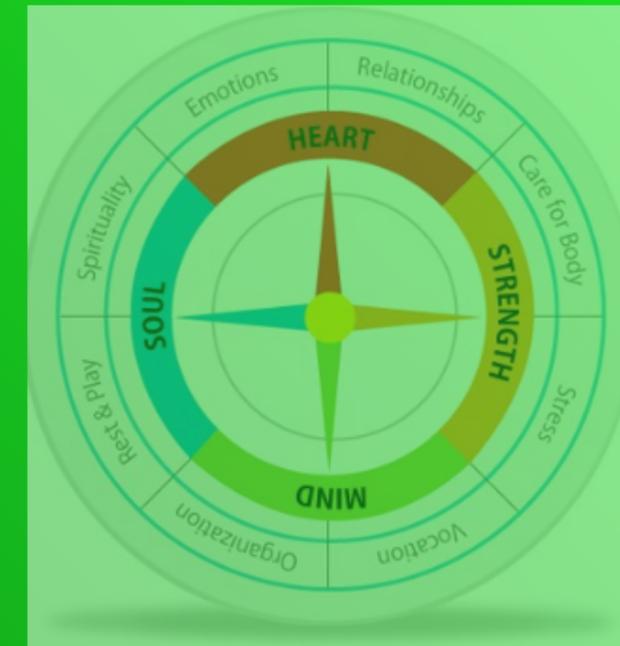
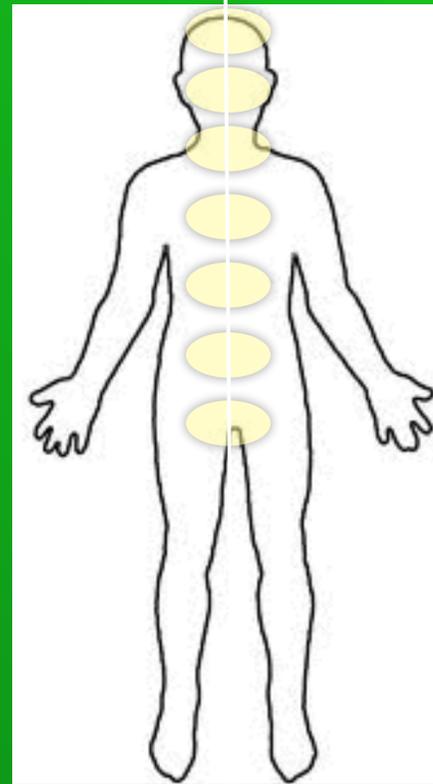
How to ask honest questions?

# Simple Living Centers



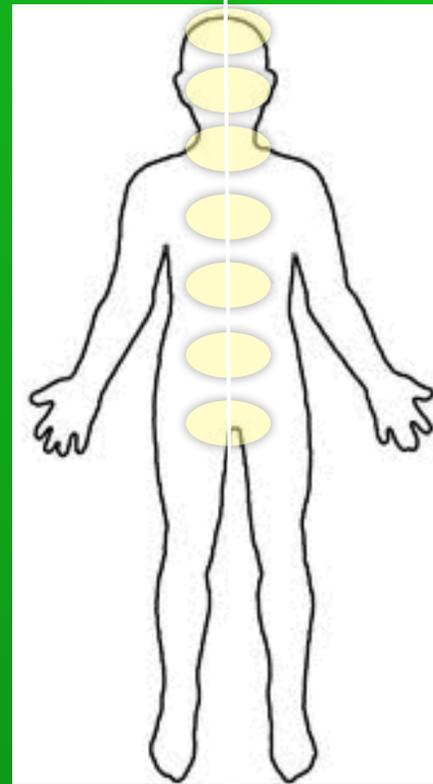
How to receive and follow inspired answers.

# Simple Living Centers



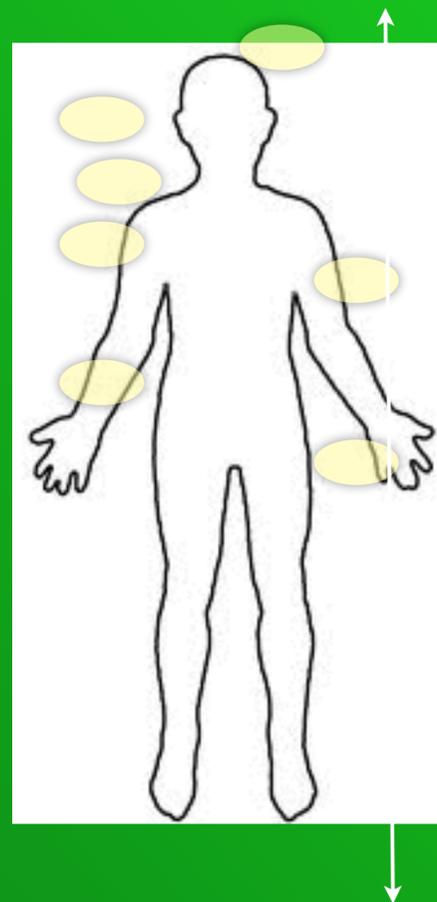
Simple Living Centers  
can be like a compass guiding us,

# Simple Living Centers



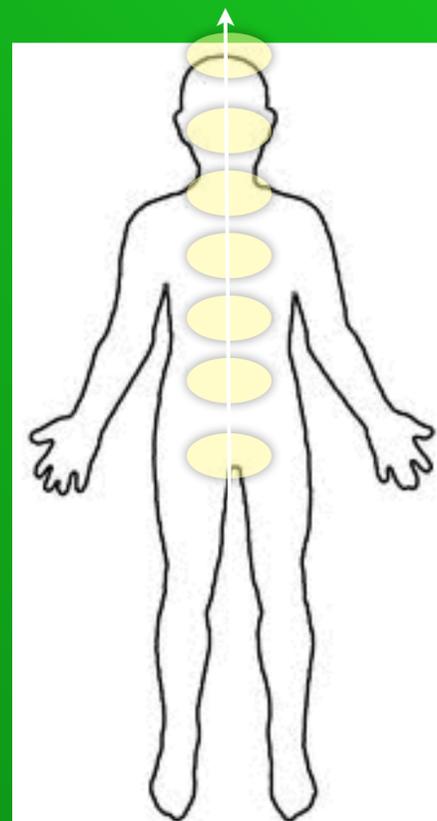
or a way of connection the heavens and earth.

# Seven Living Centers



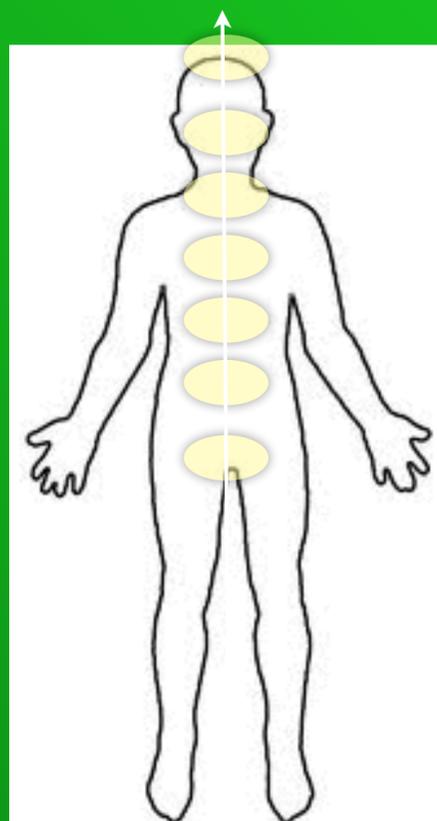
Sometimes we feel all over the place  
- sick - afraid - or maybe nothing at all.

# Seven Living Centers



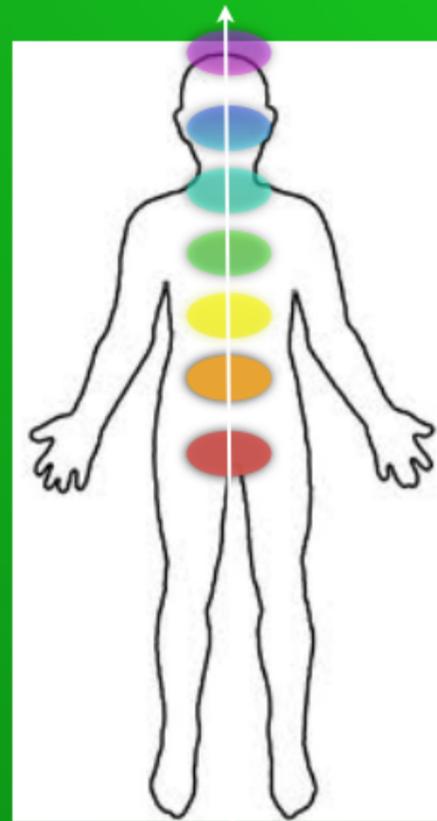
Our centers of life are in one of three conditions each moment of each day.

# Seven Living Centers



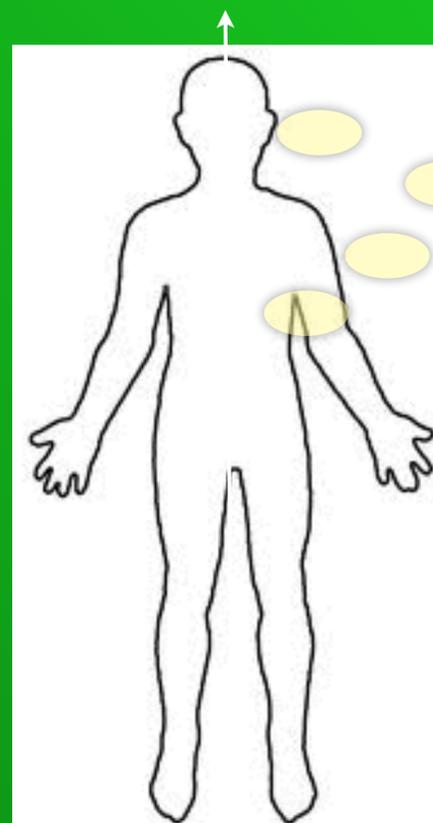
We can learn how to make choices  
and receive from the heavens or earth ways to keep centered in LIFE.

# Seven Living Centers



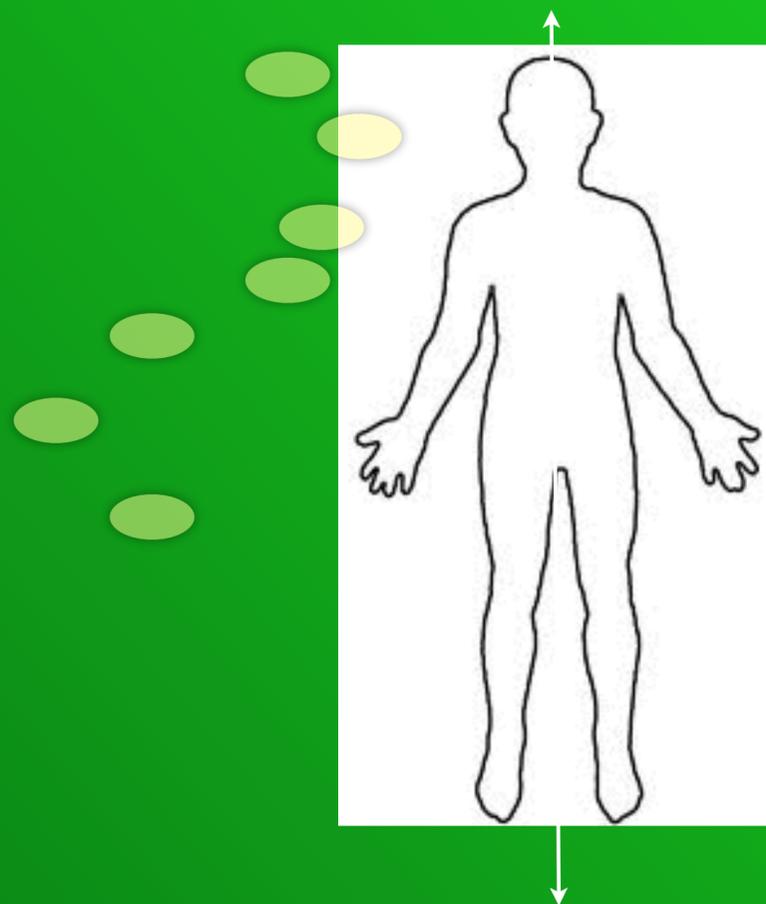
We may be centered in peace. ...  
-awakened to some form of learning, health, joy, love, or life.

# Seven Living Centers



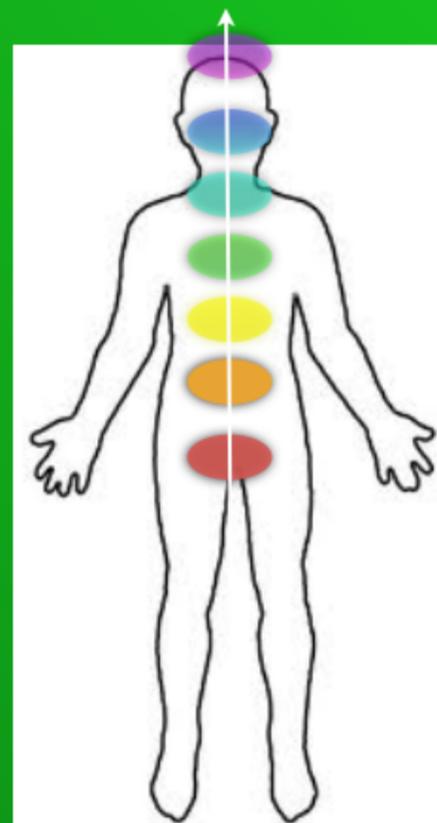
Or we may choose to be in anger, blame or some form of fear.

# Seven Living Centers



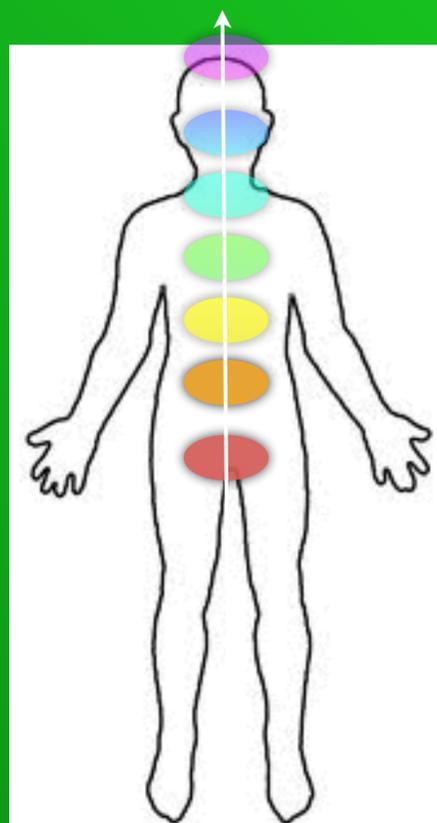
Or we may decide to not care, turn our feelings off, and feel numb or nothing.

# Seven Living Centers



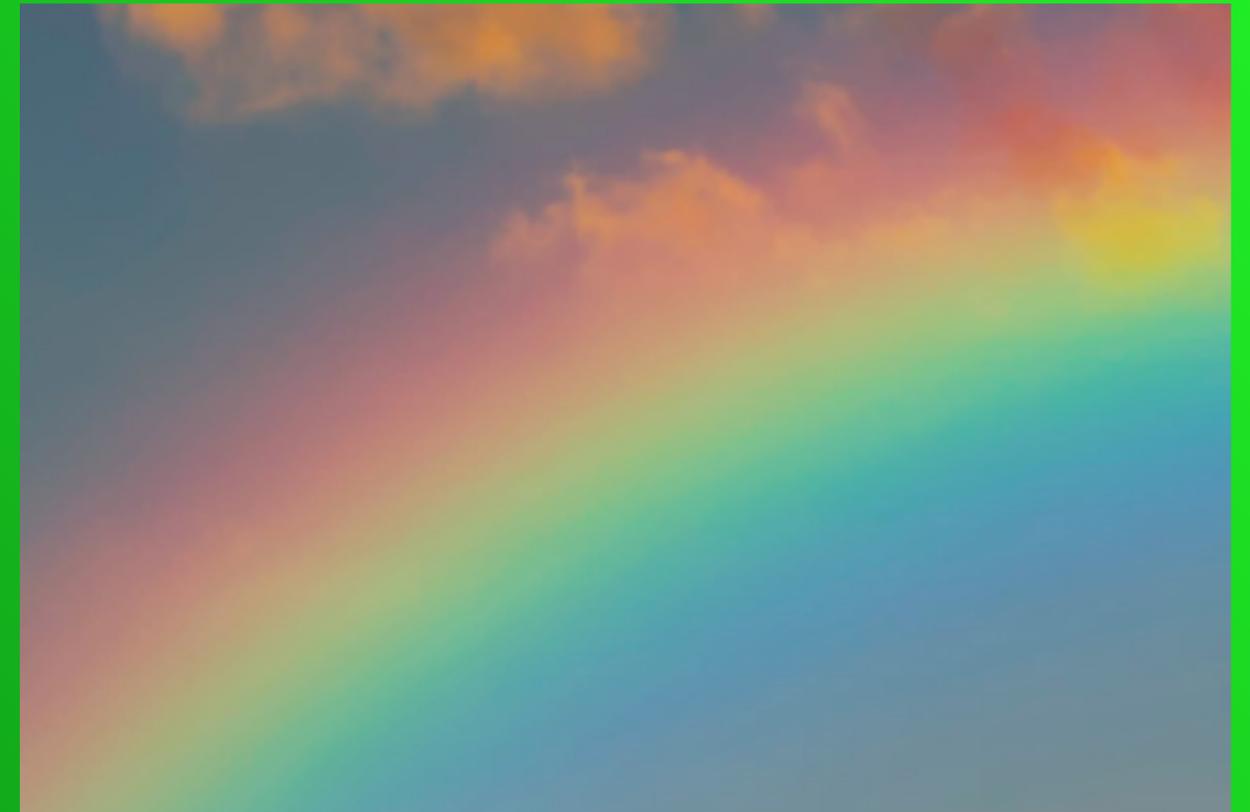
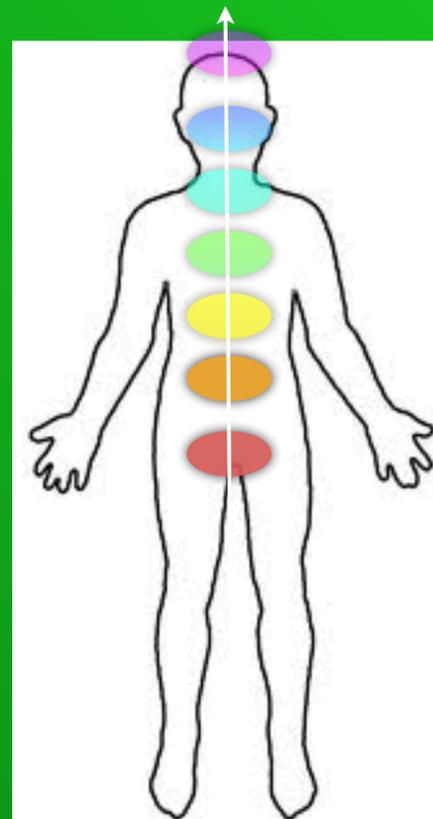
To be awakened  
Each center has a test or lesson to learn.

# Seven Living Centers



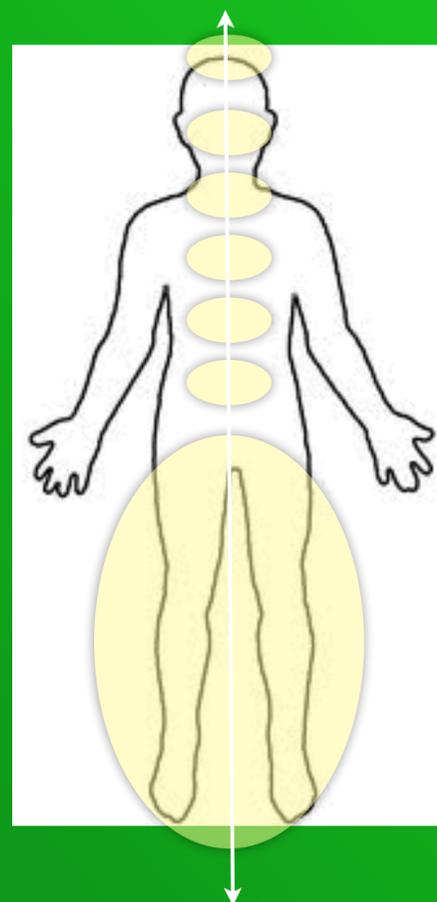
With our choices  
We can learn to turn all of our lights on inside us

# Seven Living Centers

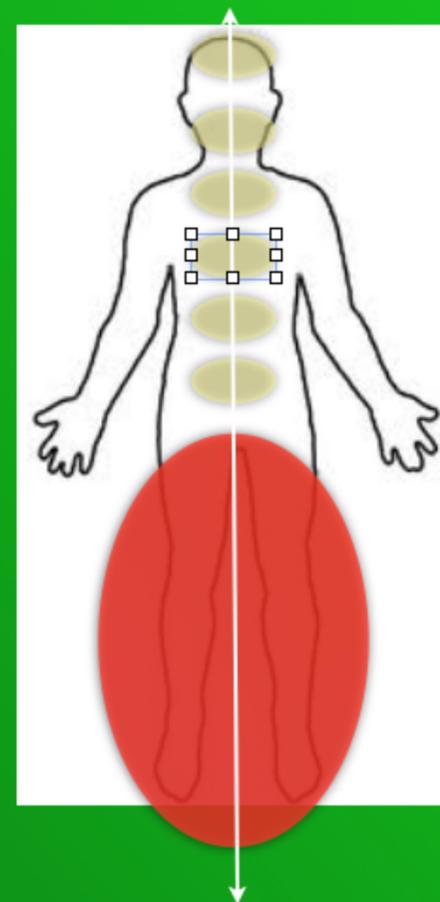
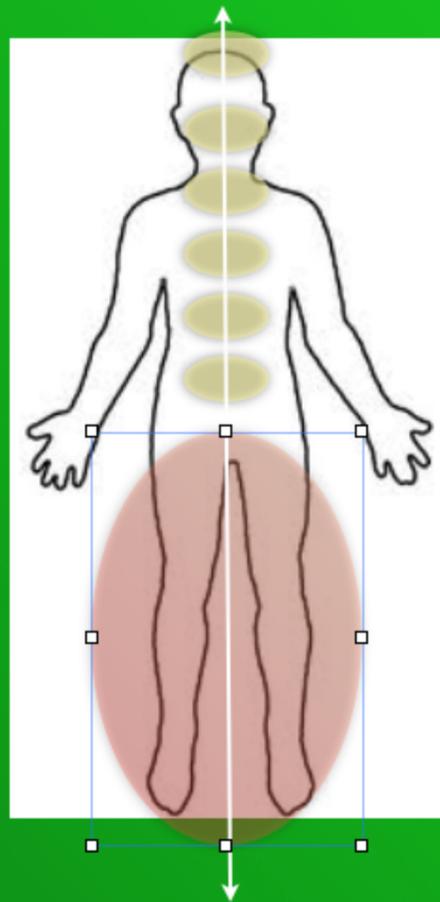


They are like a rainbow

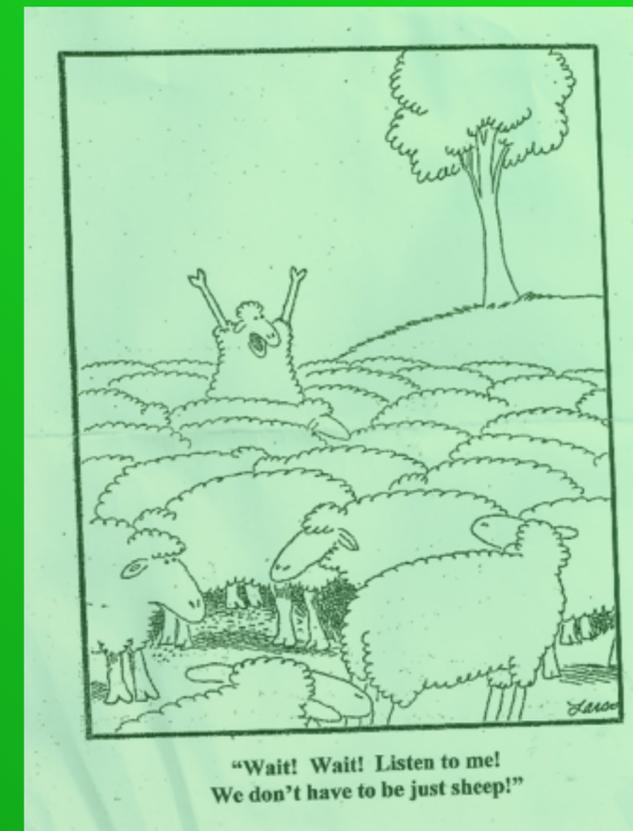
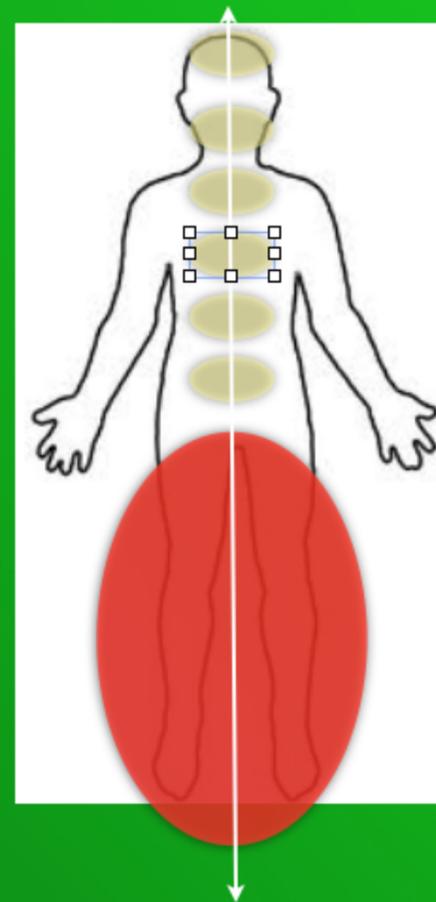
# Seven Living Centers



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

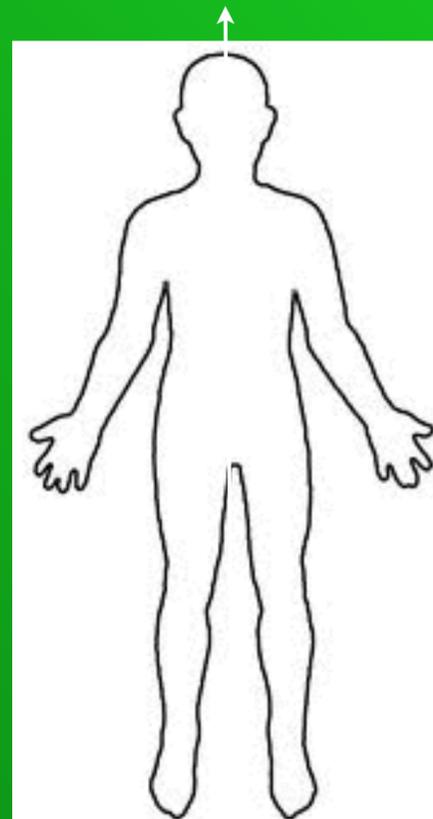


Is my strength from the earth  
from choosing healthy foods and turning the lights on  
or following the crowd in fear of being different?



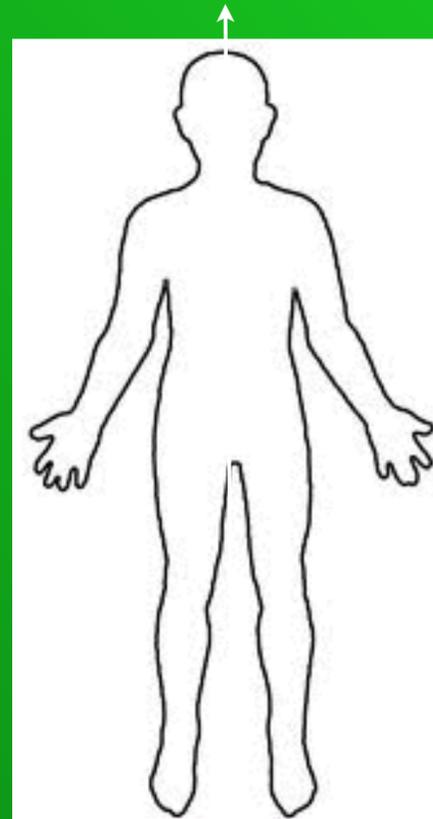
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# Seven Living Centers



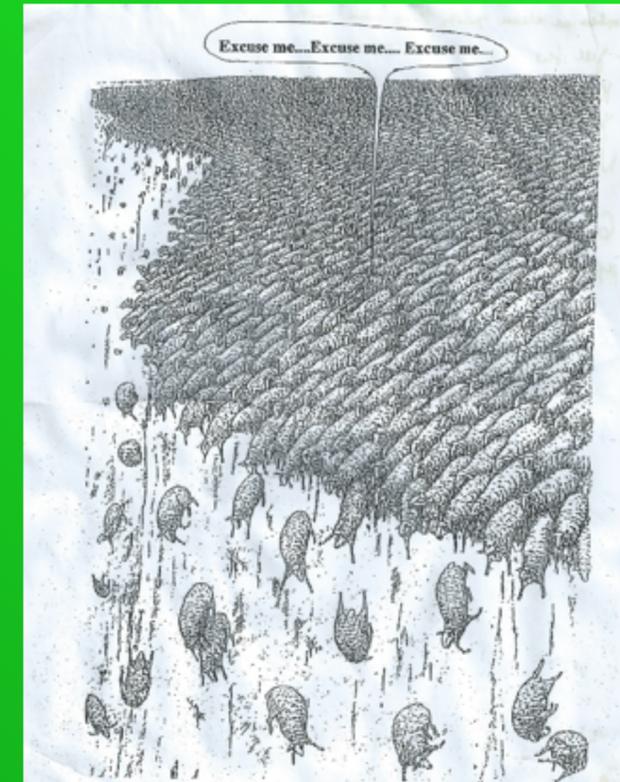
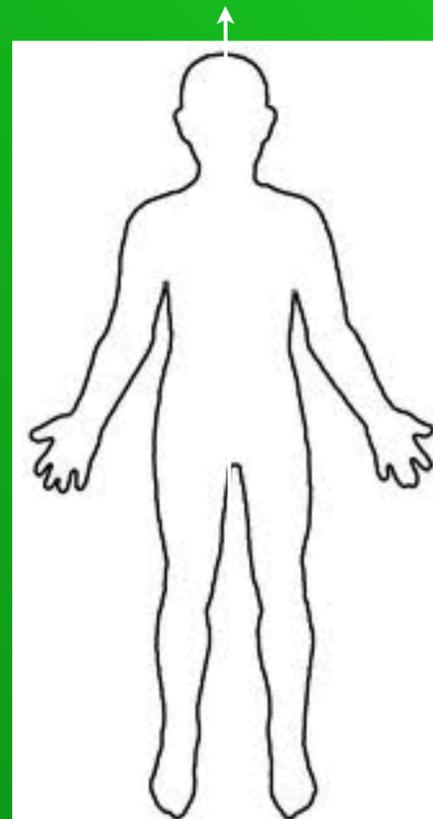
Do I simply not care and turning off my feeling of what I know?  
Do our foods make us sleepy?

# Seven Living Centers



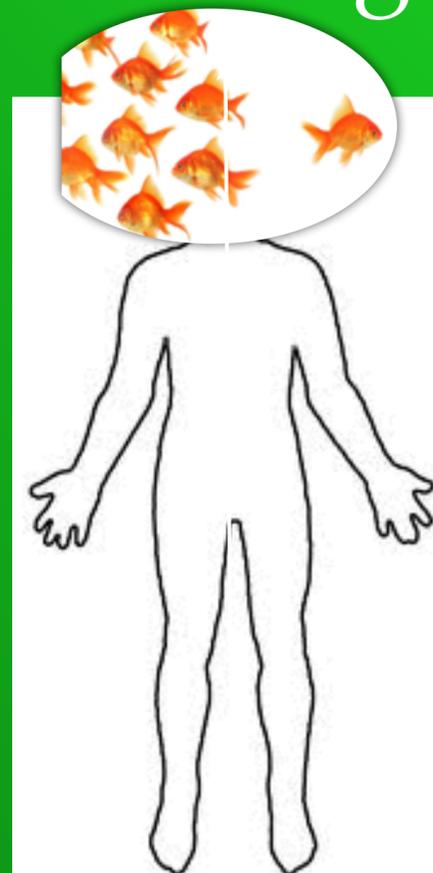
Am I tired of fighting the crowd?

# Simple Living Centers



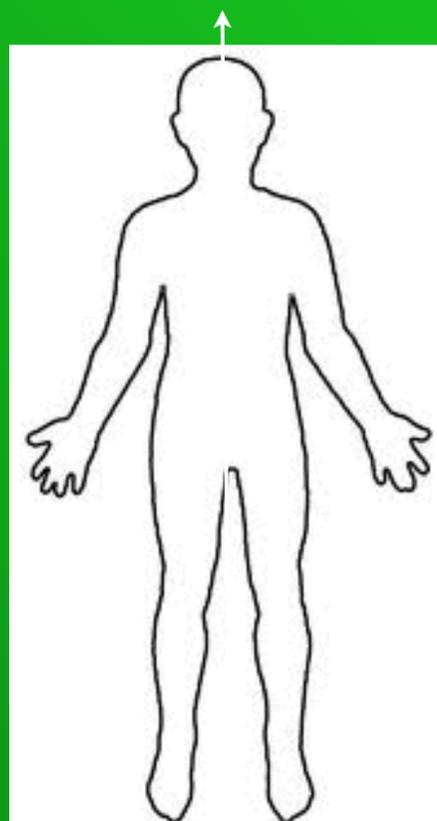
or Stressed.

# Seven Living Centers

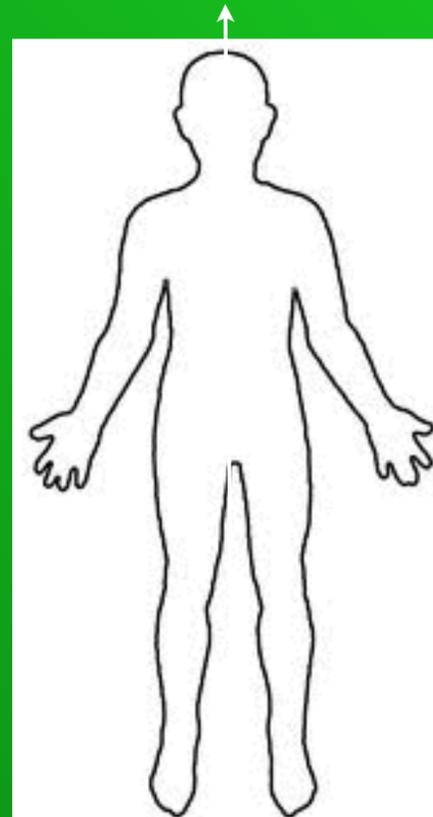


Is there another way?

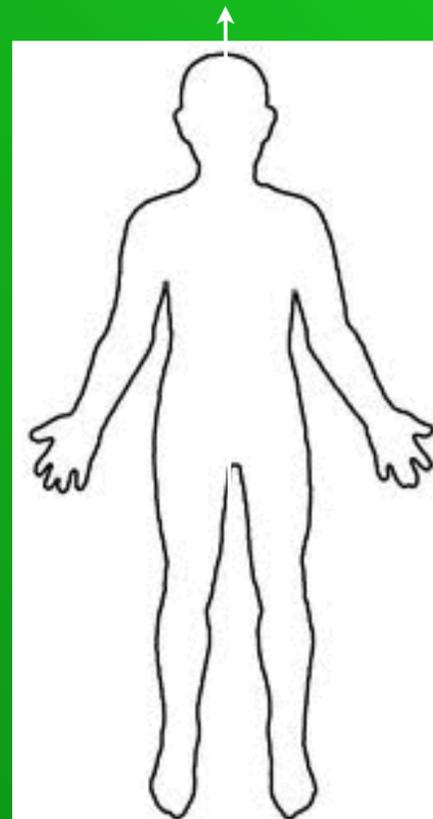
# Seven Living Centers



We are in one of three states  
I DONT CARE

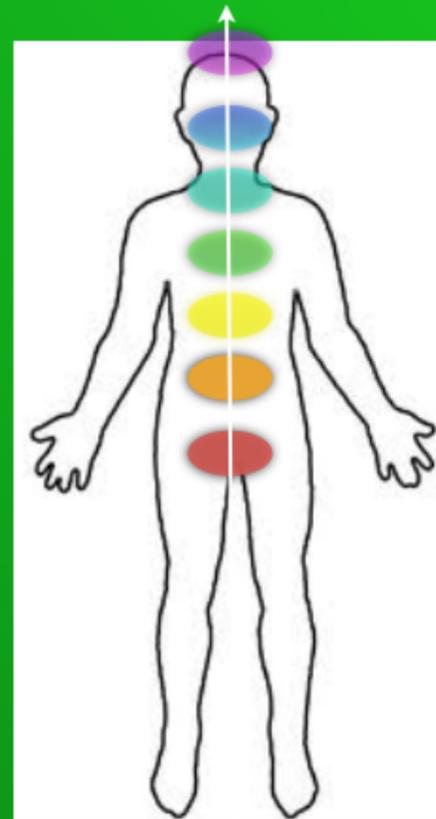


In peace or awakened to listen within to what we need.



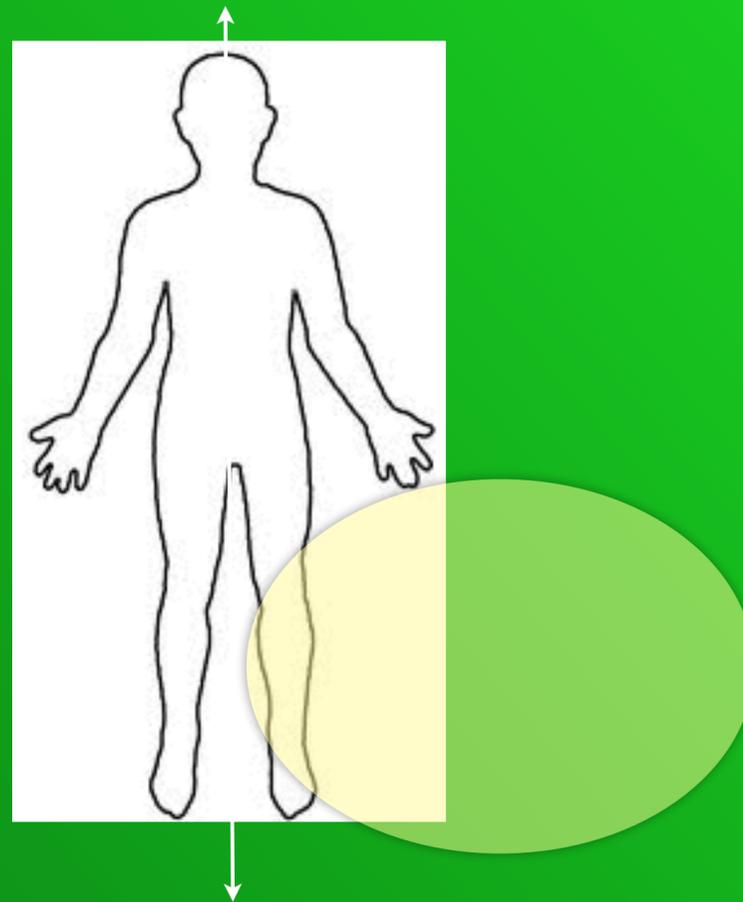
Or in some form of stress or fear.

# Simple Living Centers



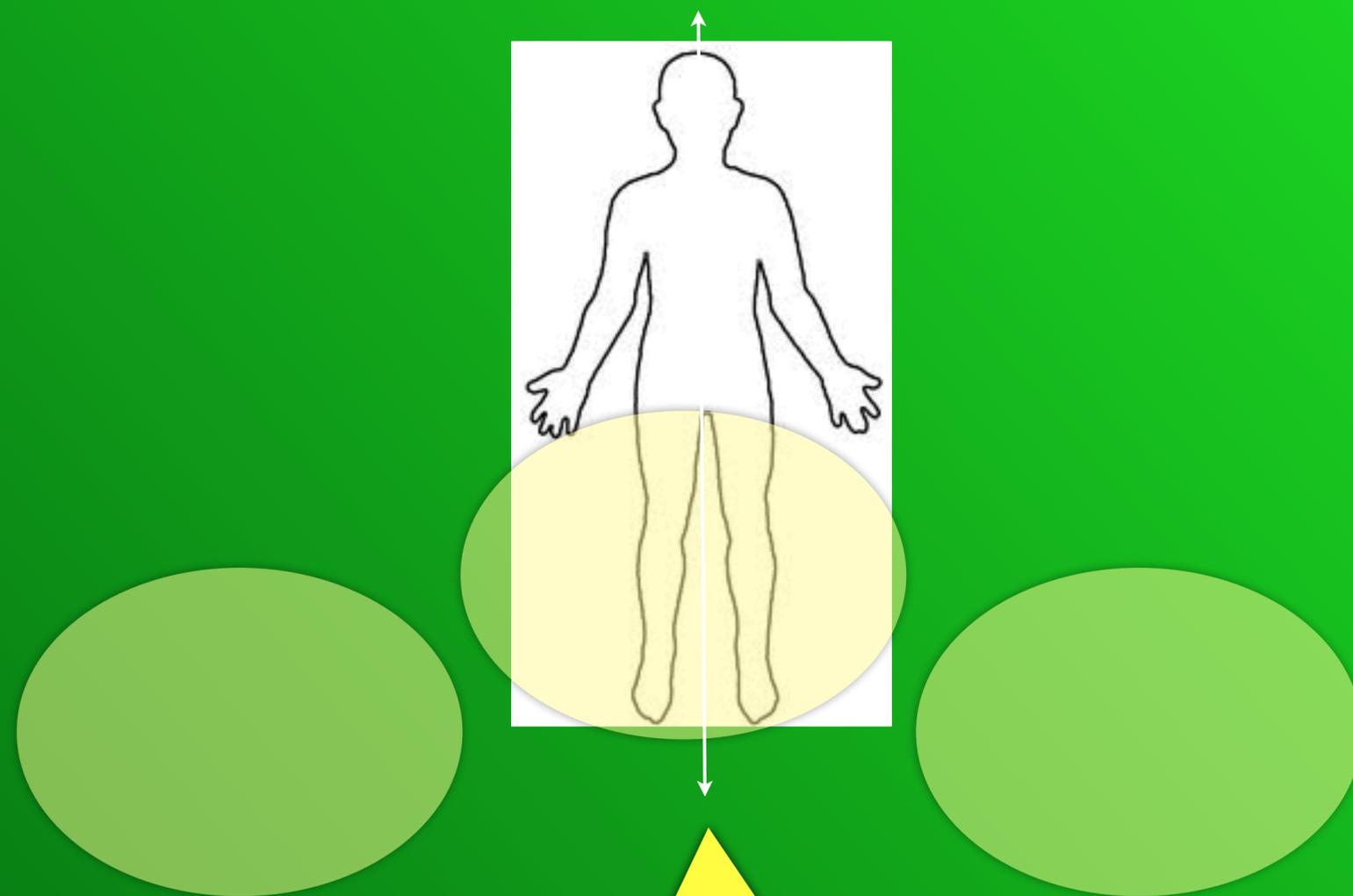
When do our foods bring us strength - awaken us to life  
and love and learning?

# Seven Living Centers



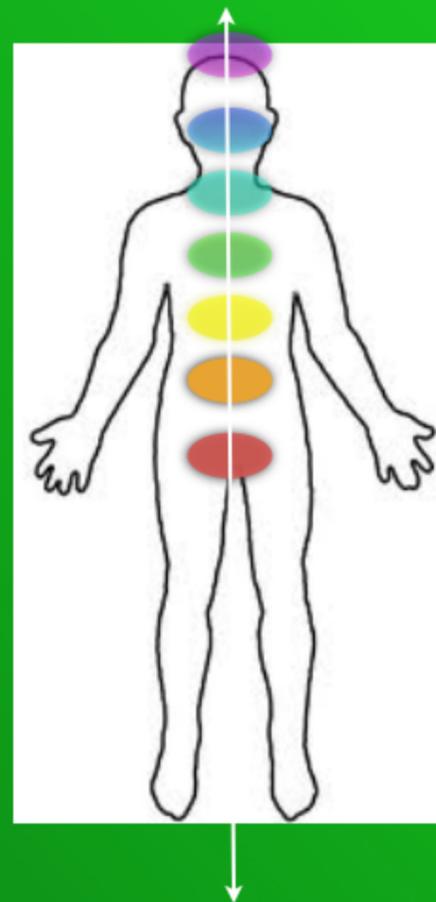
Do our foods bring a feel of stress, congestion, a running nose, or sickness?

# Seven Living Centers



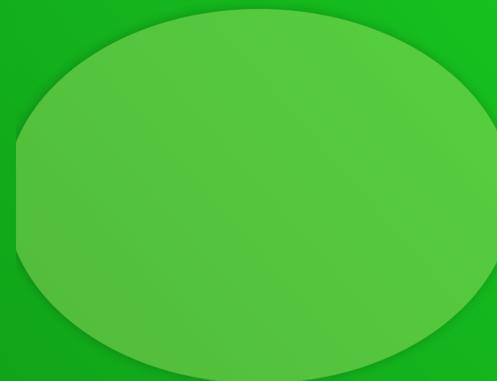
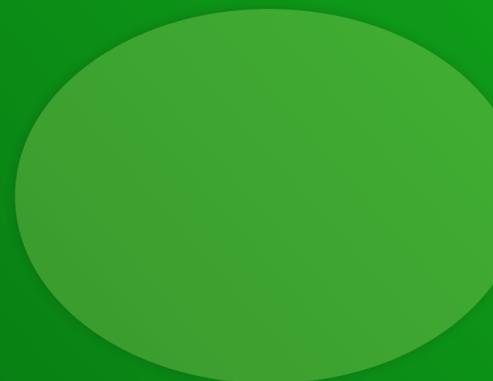
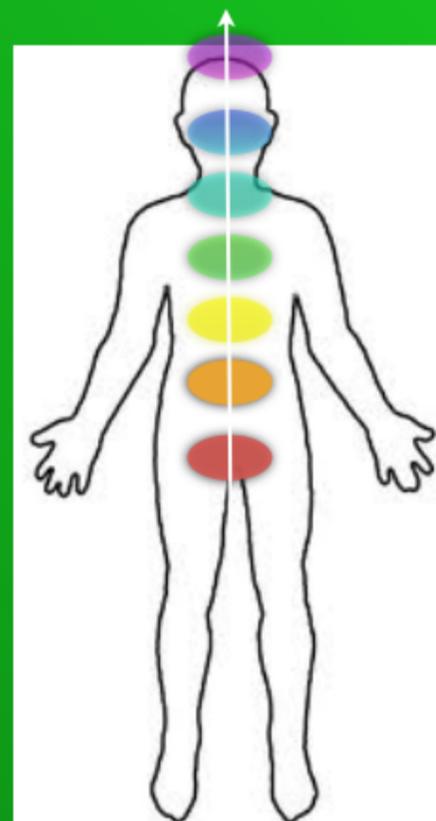
We make choices everyday that matter ...that add to our personal wisdom  
or bring illness and pain.

# Seven Living Centers



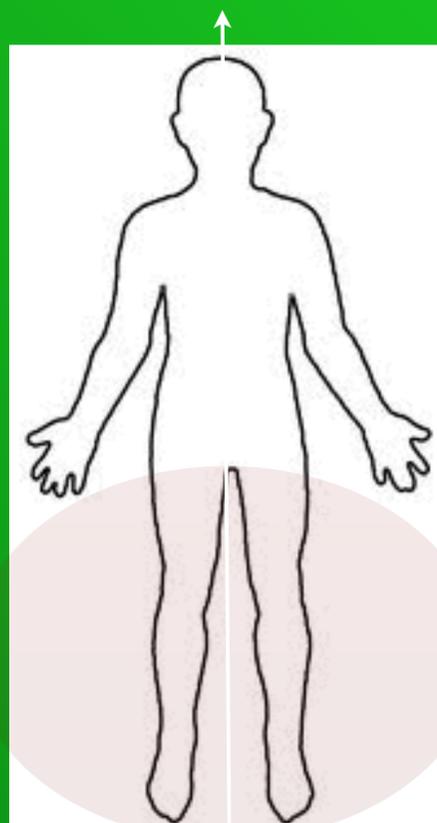
We make choices everyday that matter.—in higher ways.

# Seven Living Centers



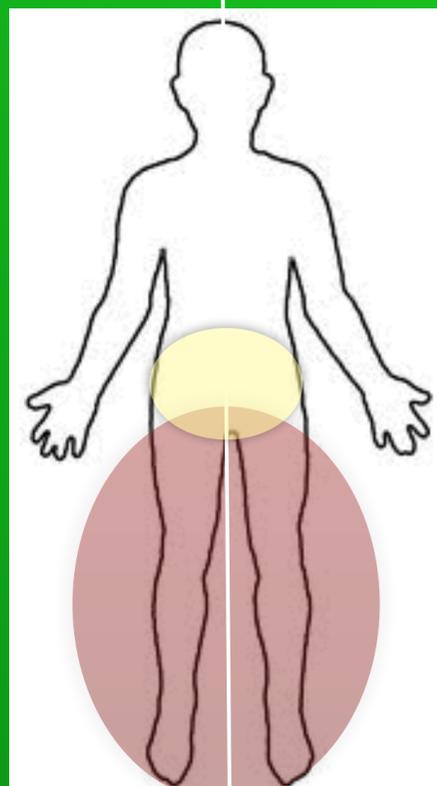
Choices that can turn all our lights on.

# Seven Living Centers



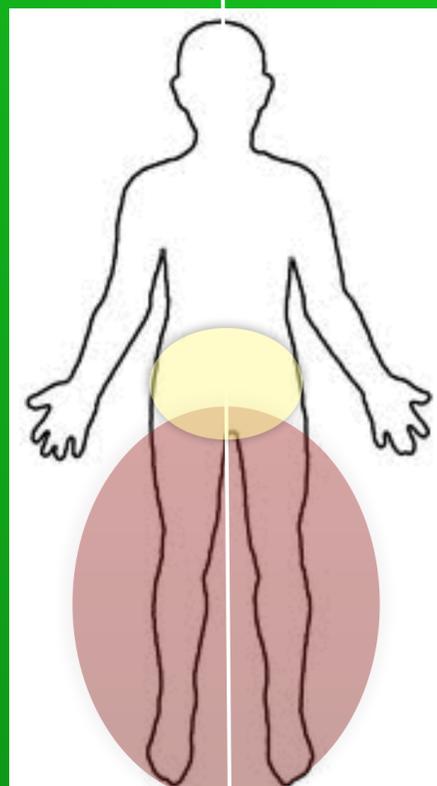
We make choices that turn the lights off

# Seven Living Centers



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

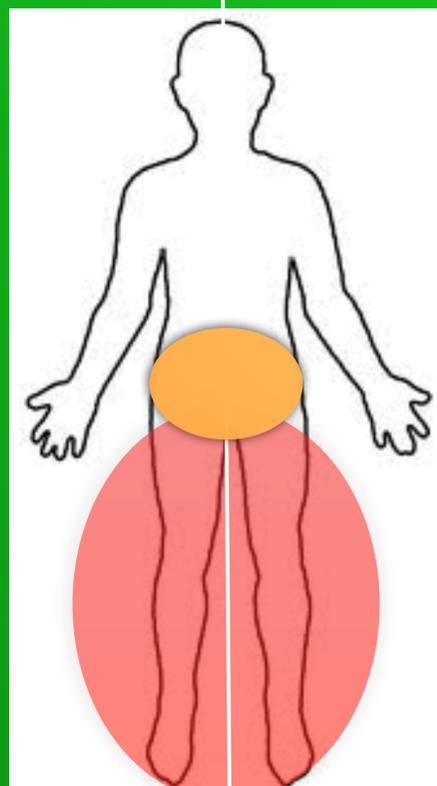
# Seven Living Centers



Making healthy choices...is for the least of the Saints. D & C 89

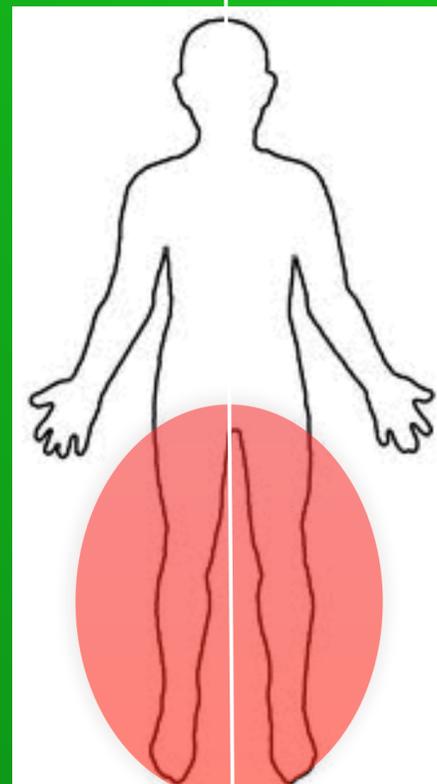
those making their first choices.

# Seven Living Centers



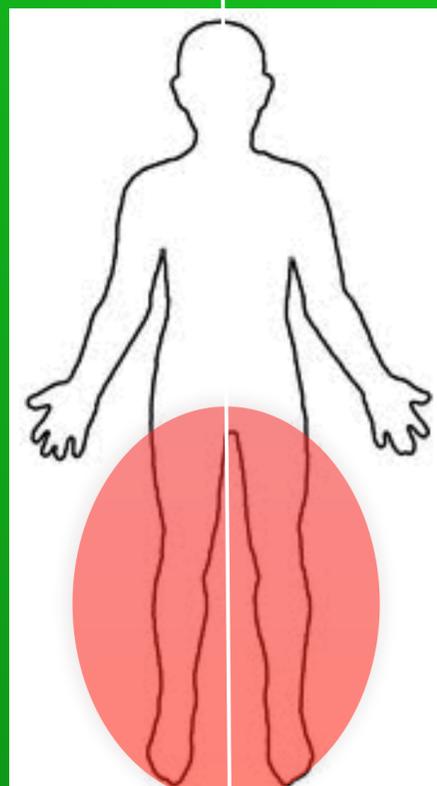
How do we honor others  
when we seek God's will with healthy choices?

# Seven Living Centers



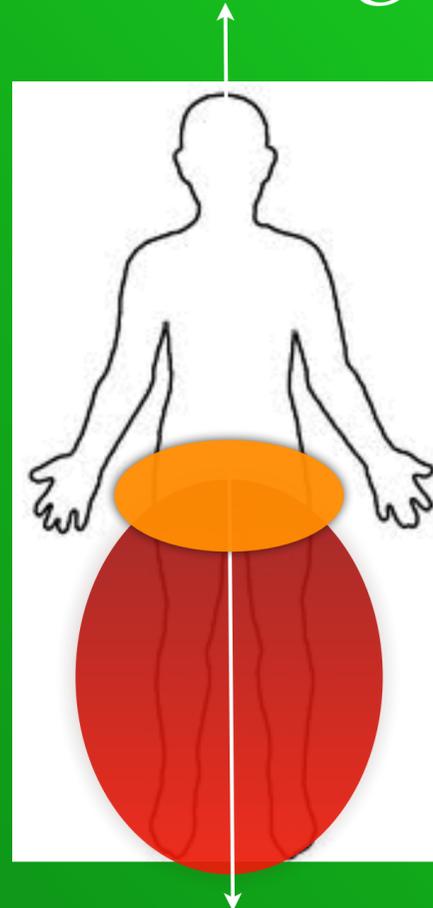
Do we turn our feelings off. We don't care about others?

# Seven Living Centers



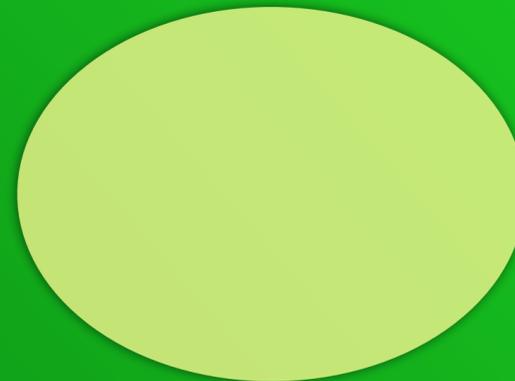
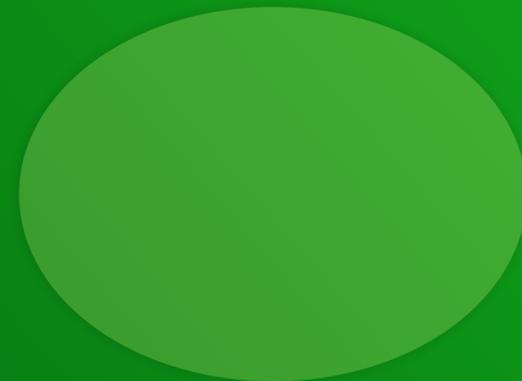
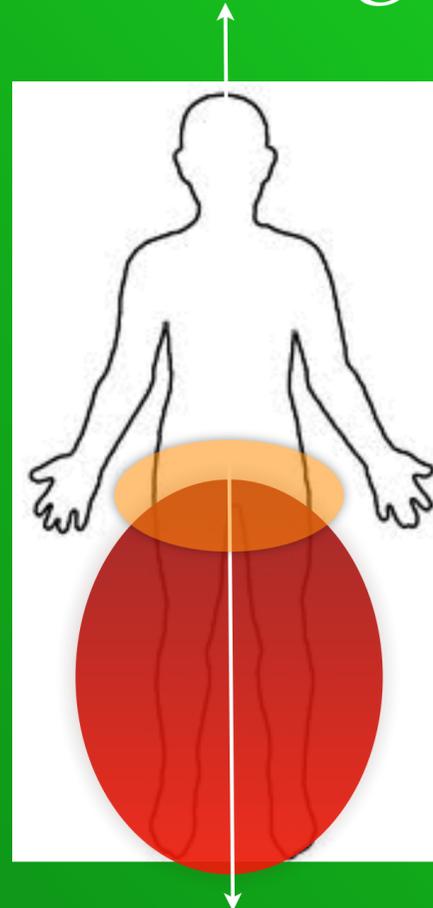
Do we feel we are better than others? Feel we need to control them?

# Seven Living Centers



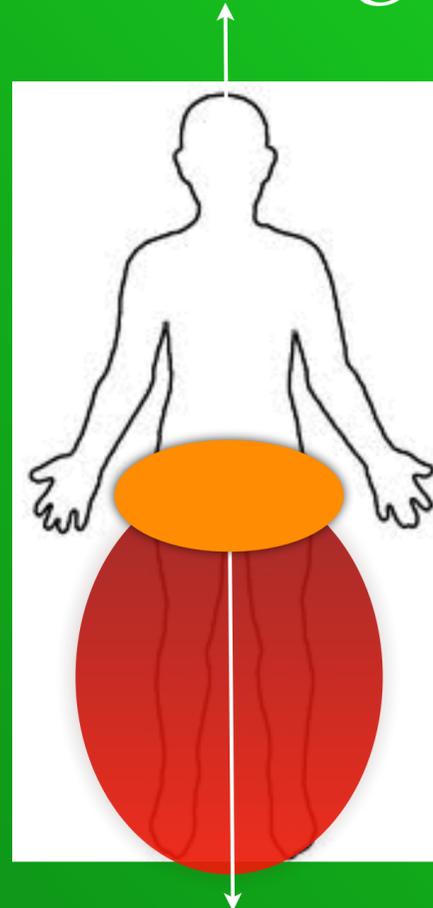
Our do we have the inner peace to just quietly lead, by example and faith in God's timing?  
Our tests or lessons may be very personal to us  
If we listen within.

# Seven Living Centers



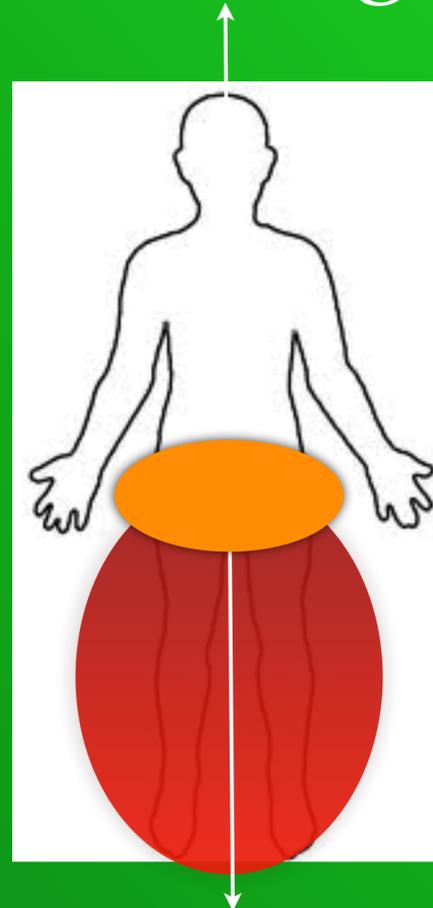
Our our healthy choices become a way to be better than others?  
Can pride get in the way and get us off the center.

# Seven Living Centers



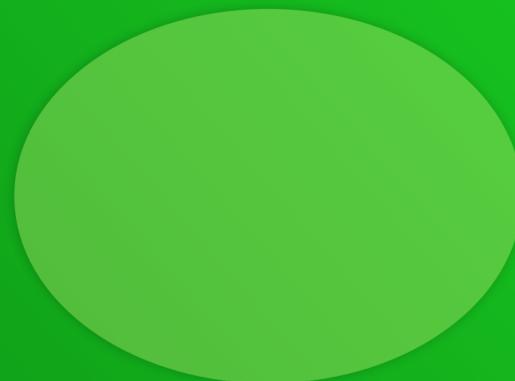
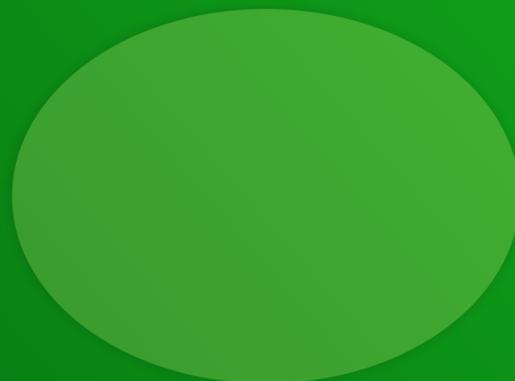
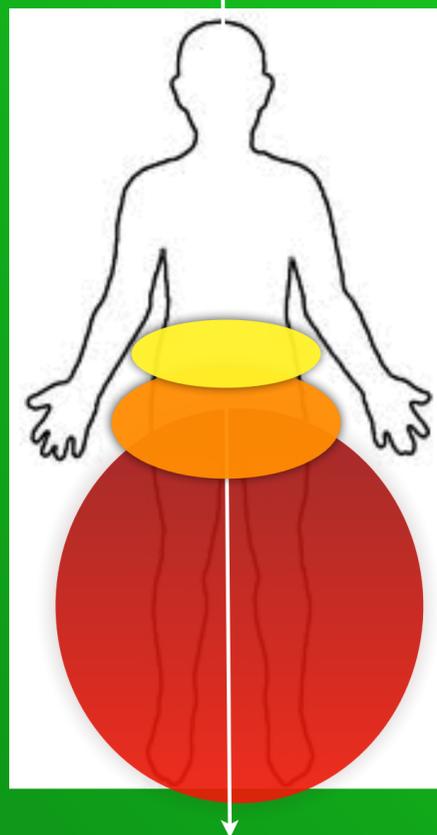
Or can we simply keep our focus on making healthy choices to better love and serve God?

# Seven Living Centers



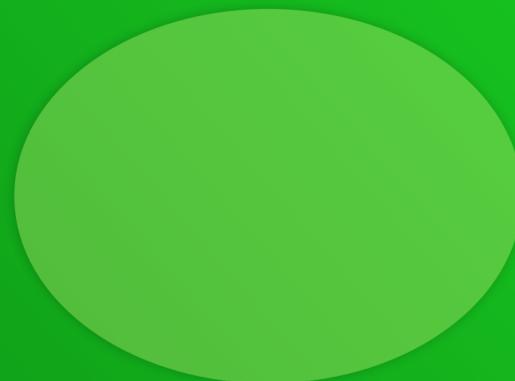
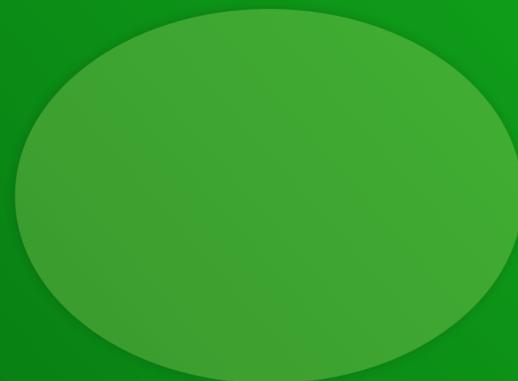
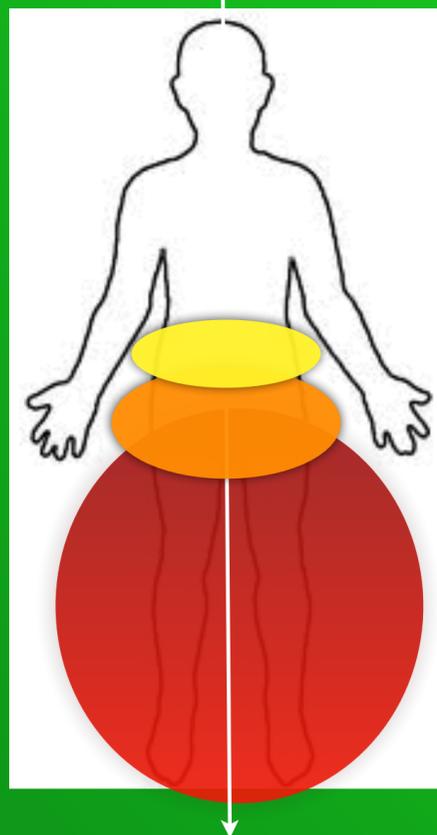
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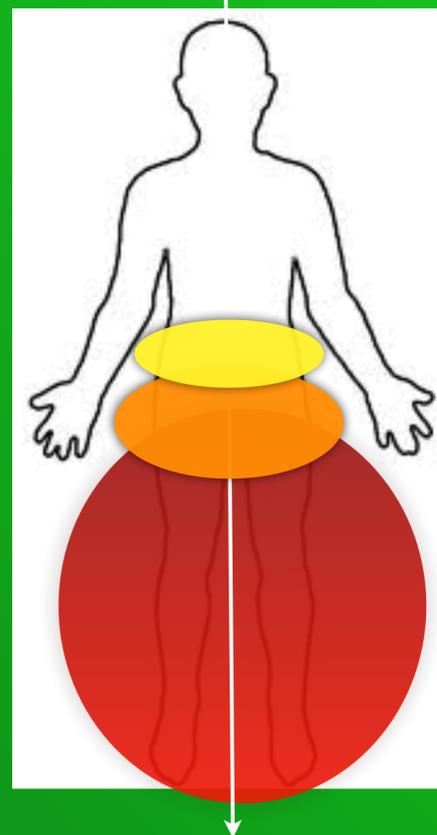
Honor self

# Seven Living Centers



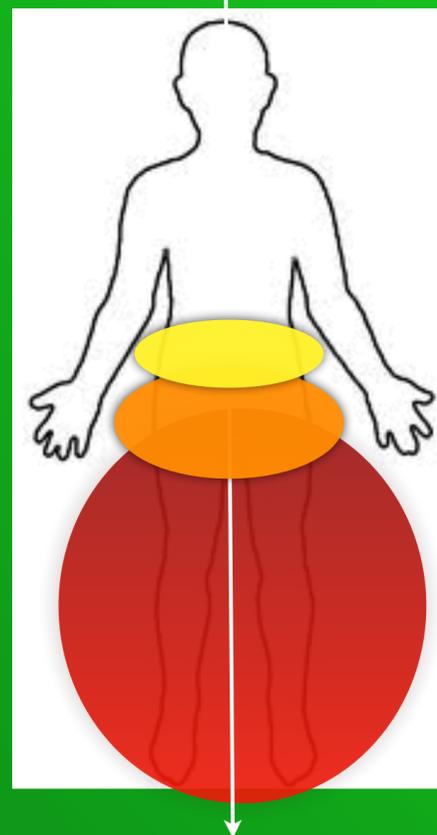
Love Self

# Seven Living Centers



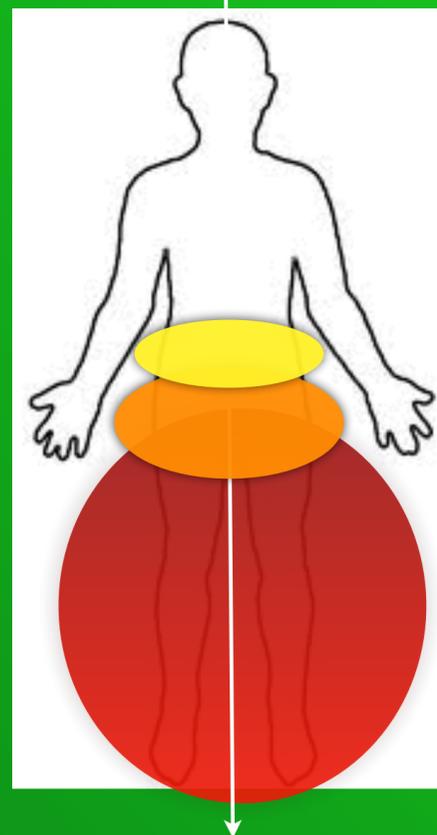
As we listen to our self, more inspiration comes

# Seven Living Centers



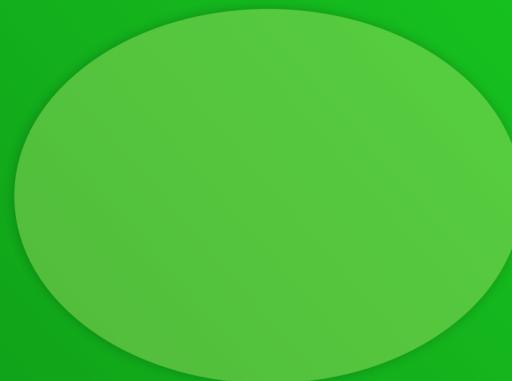
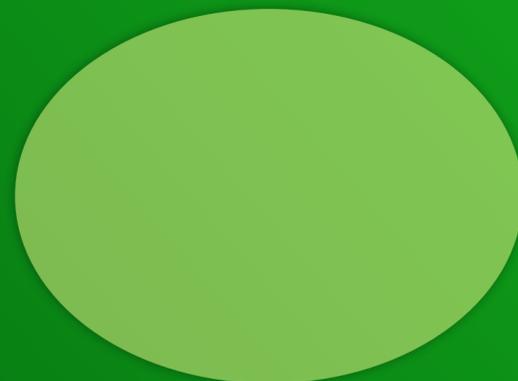
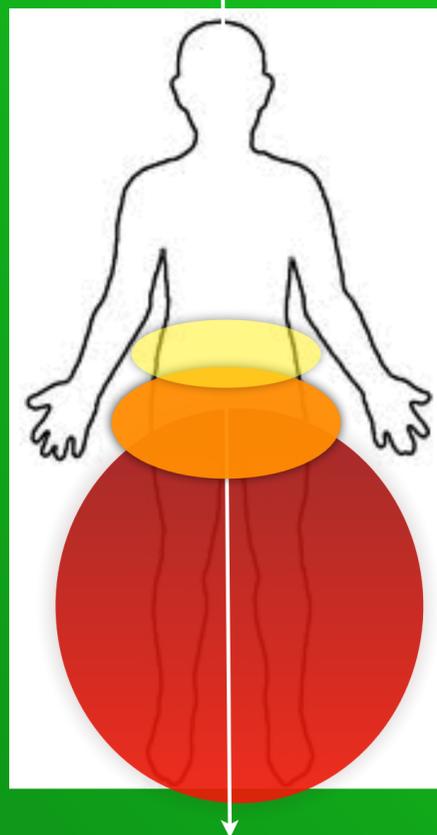
Nephi said, line upon line.

# Seven Living Centers



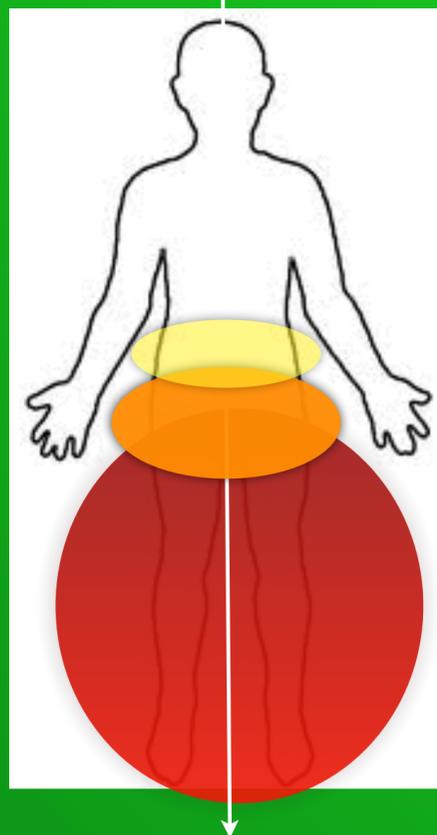
For healthy living, do we listen to this area of our body.

# Seven Living Centers



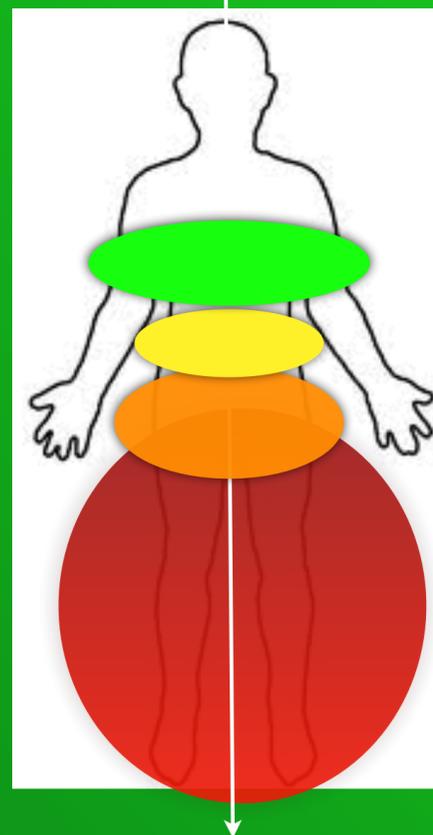
Our do we make choices that we do not care.

# Seven Living Centers



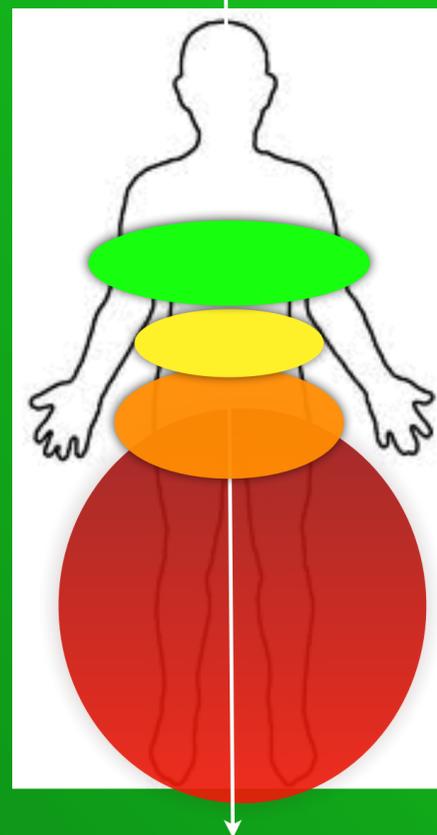
Or make choices from **fear** to run too fast or work too hard to get what we need.

# Seven Living Centers



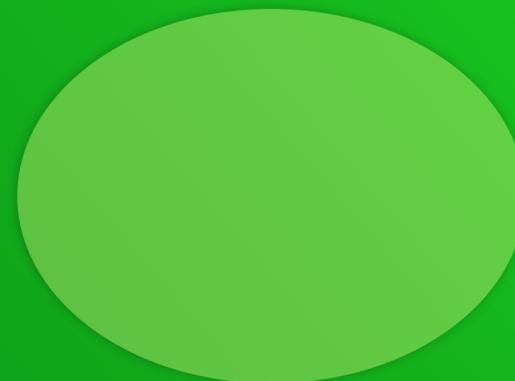
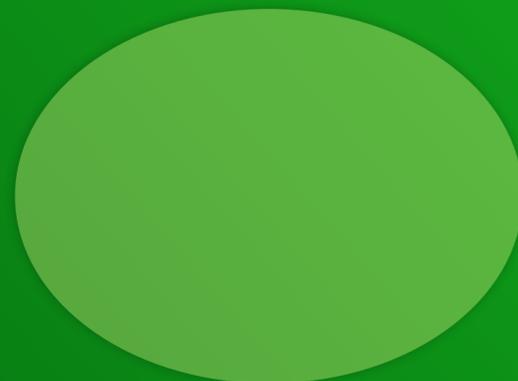
Listening to each center of life will help awaken the next center of life.

# Seven Living Centers



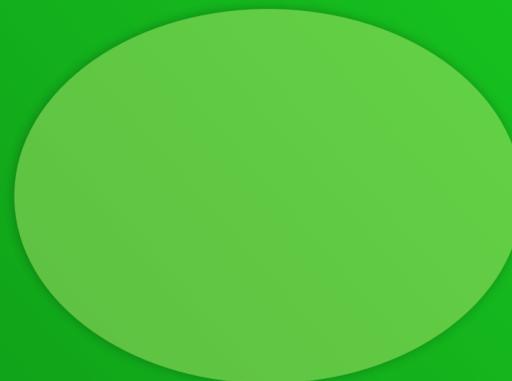
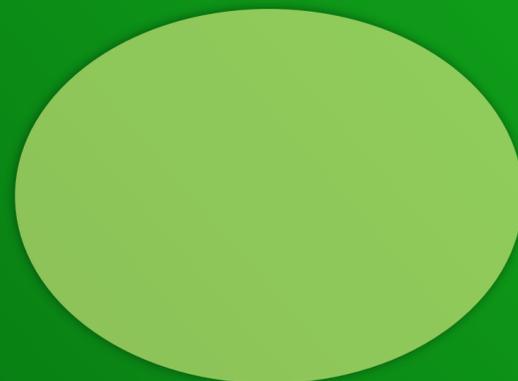
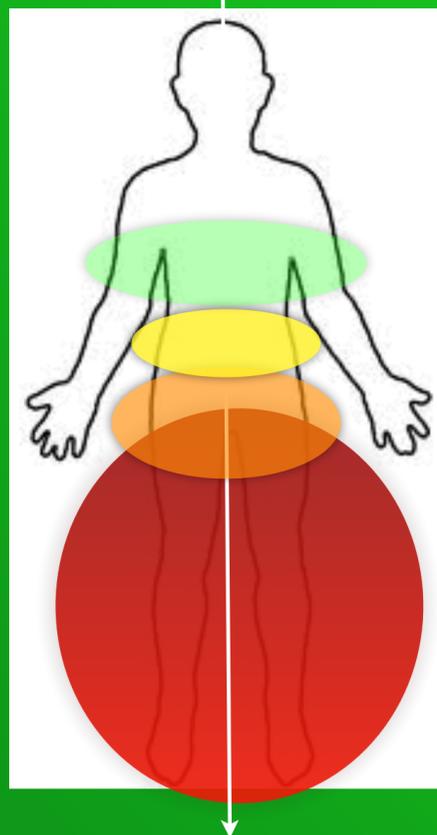
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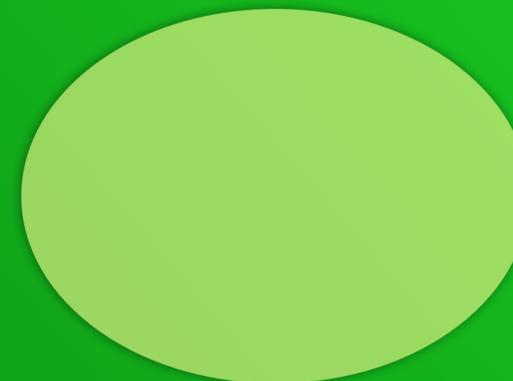
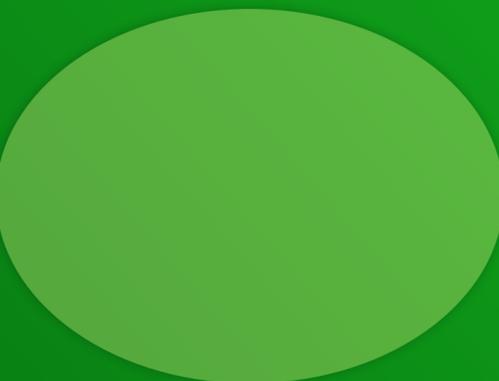
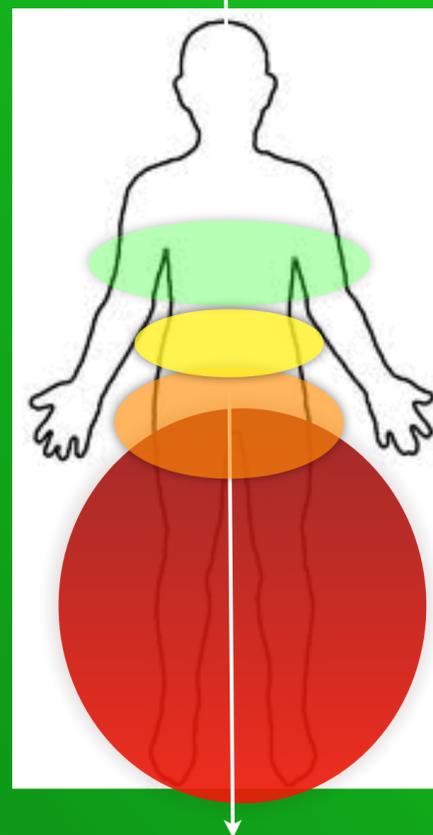
In this center of life, we receive divine directed love.

# Seven Living Centers



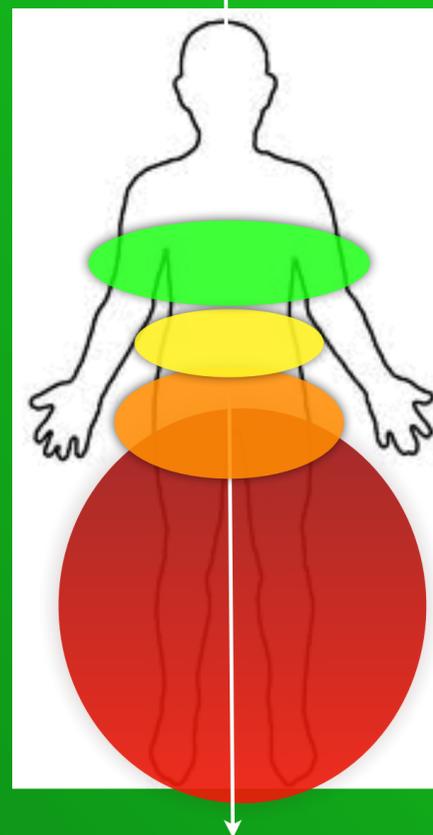
Not man's lustful nature - some call love

# Seven Living Centers



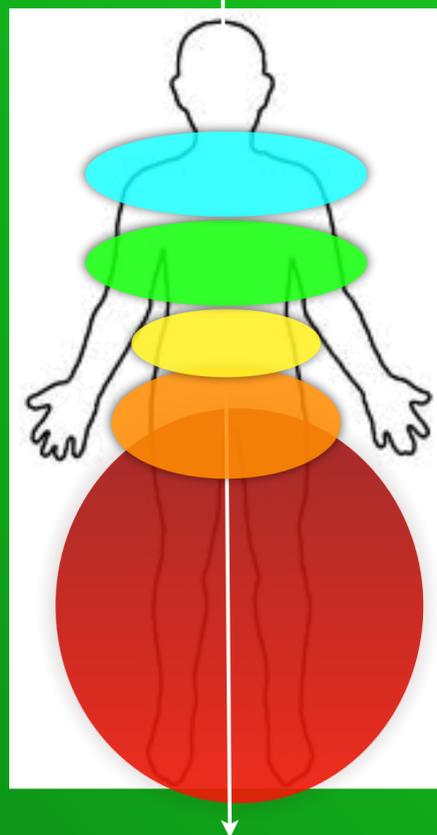
Or choices to control others, stressful ways, or anxious efforts that get us off the path.

# Seven Living Centers



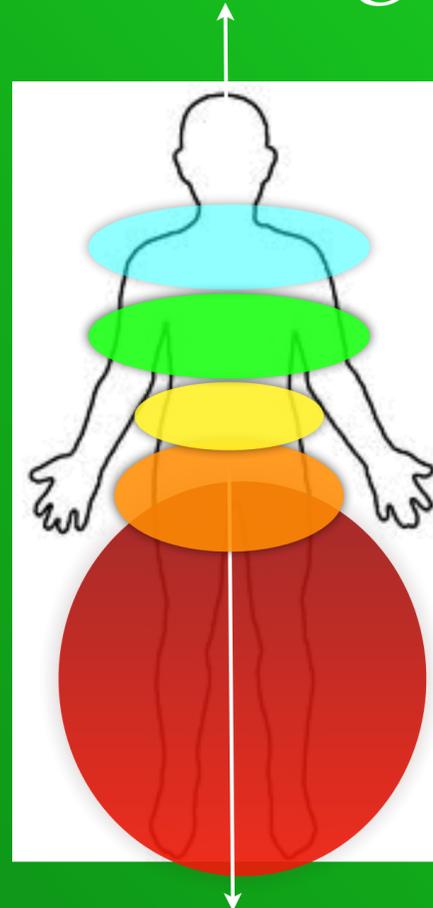
Receiving divinely directed love can change everything if we will listen to what comes.

# Seven Living Centers



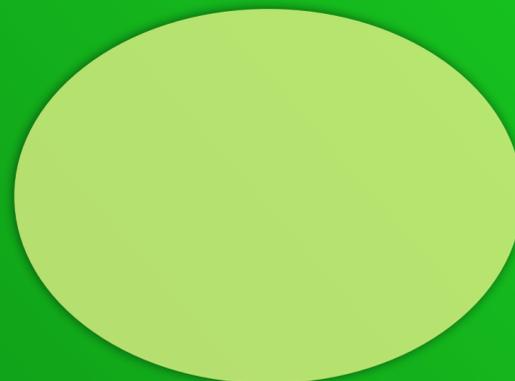
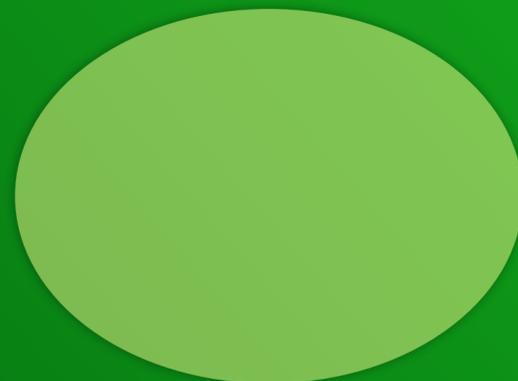
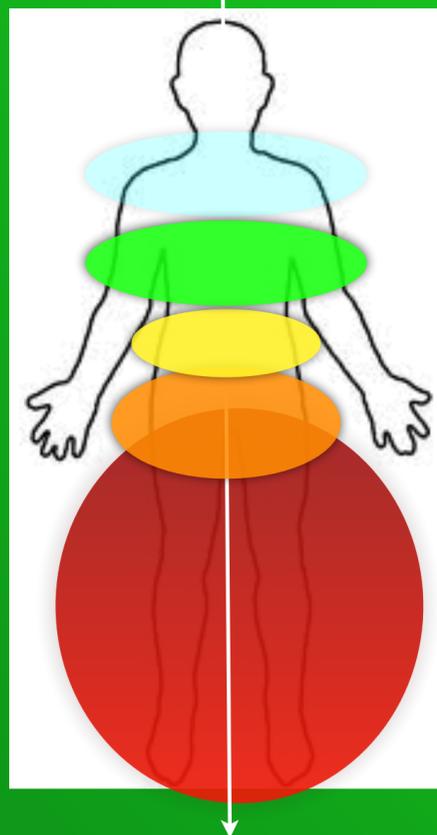
The next level or lesson comes to seek a higher will or use our life for selfish ways.

# Seven Living Centers



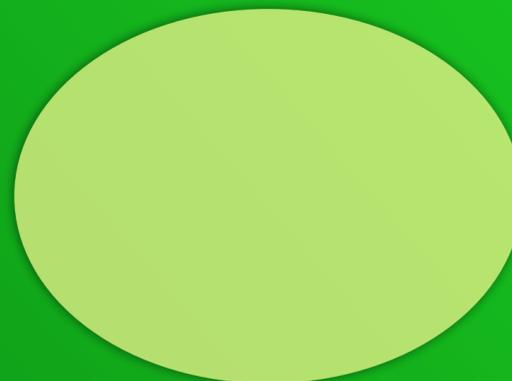
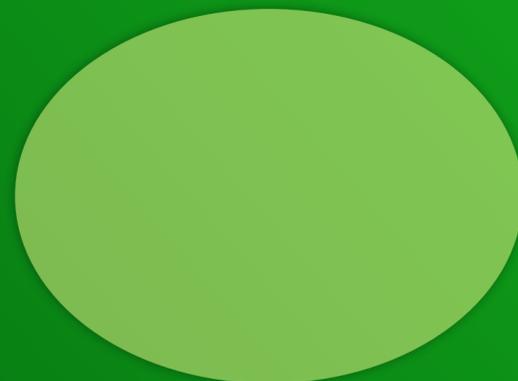
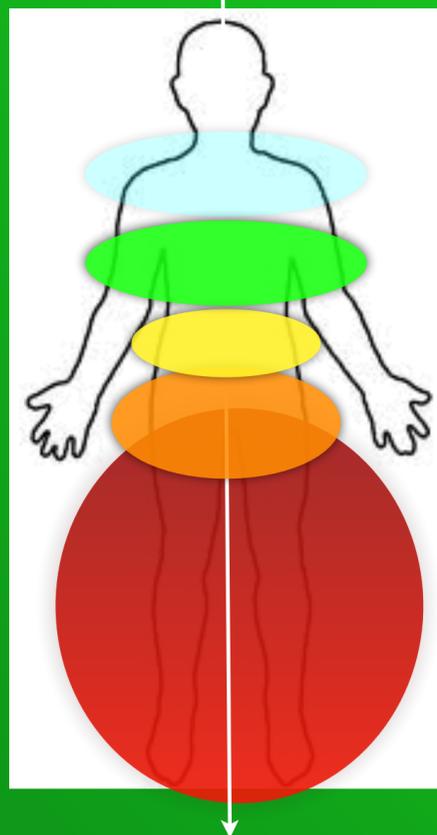
Are we just concerned for our self? Turning off feelings of a higher way?

# Seven Living Centers



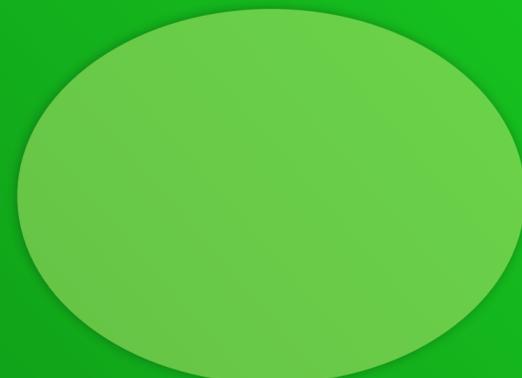
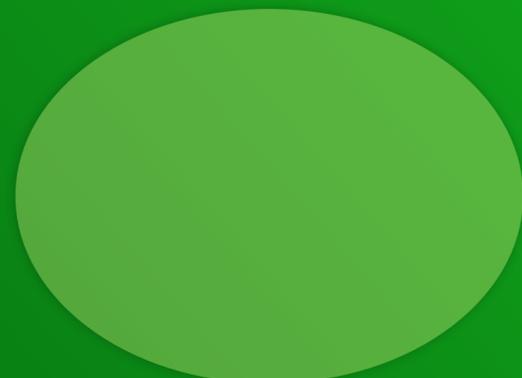
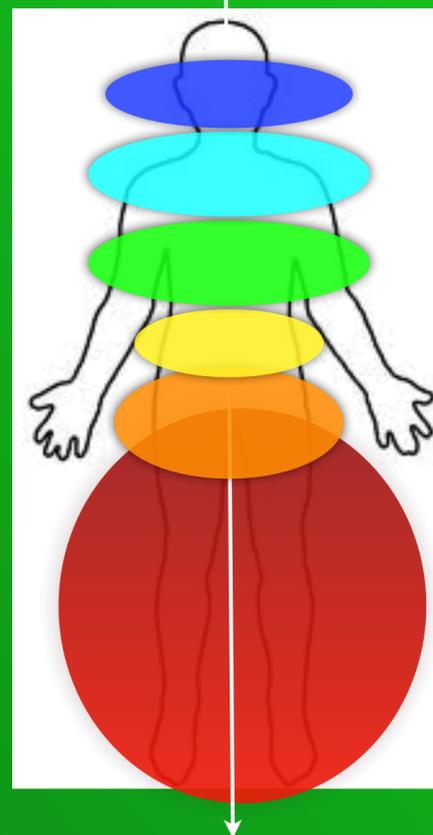
Or working and stressed by our own ambition and own timing?

# Seven Living Centers



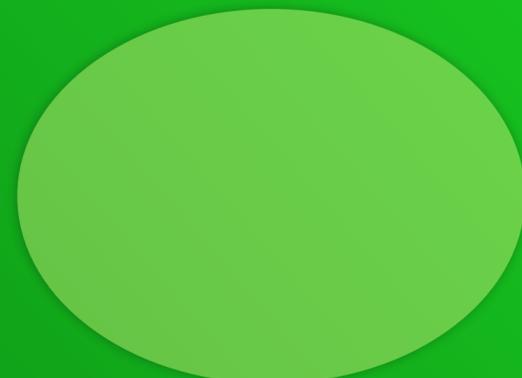
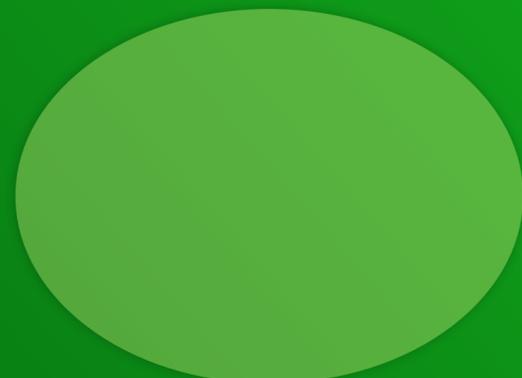
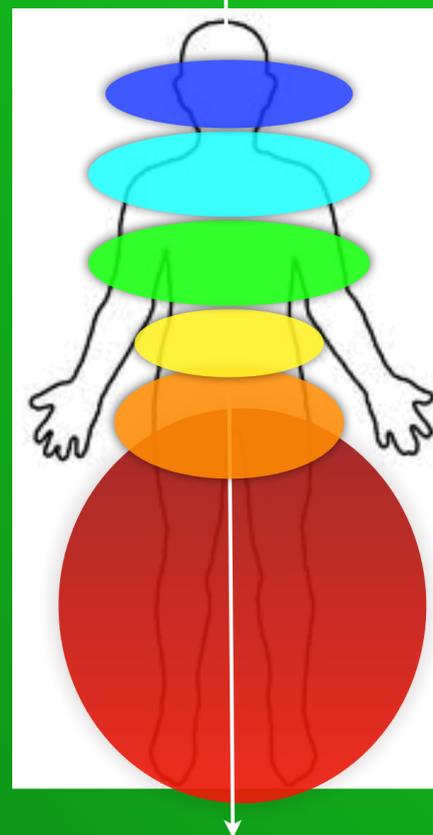
Or working and stressed by our own ambition and own timing?

# Seven Living Centers



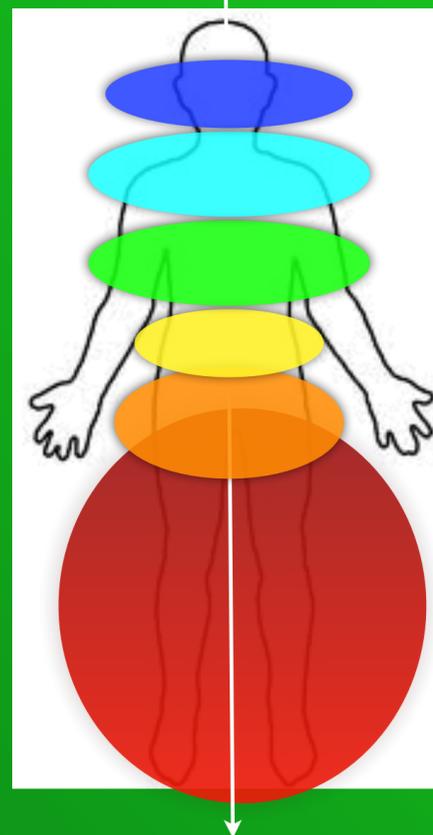
Learning to trust in divine timing as we are directed to a higher way can bring new light and understanding.

# Seven Living Centers



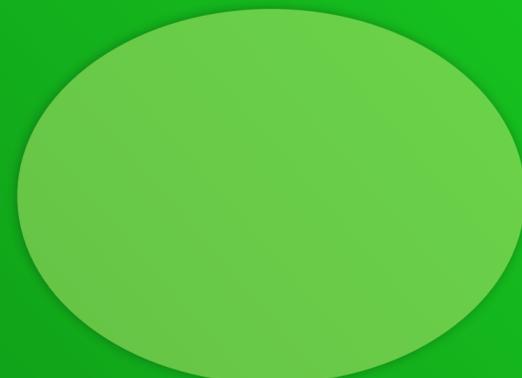
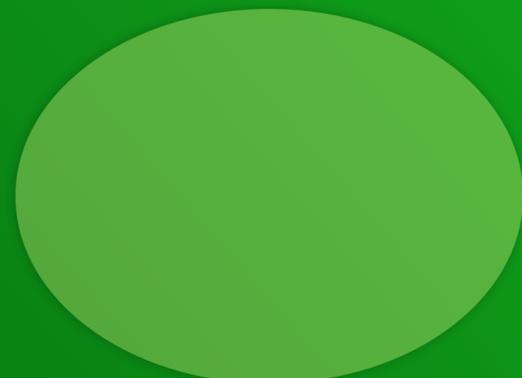
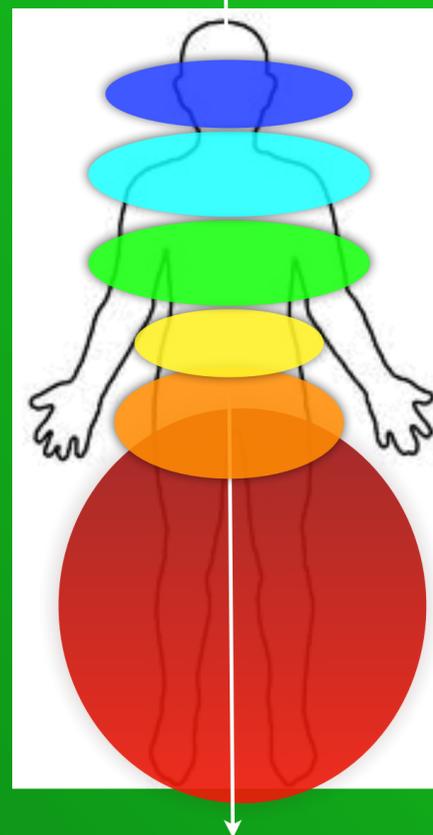
New living foods to help us heal?

# Seven Living Centers



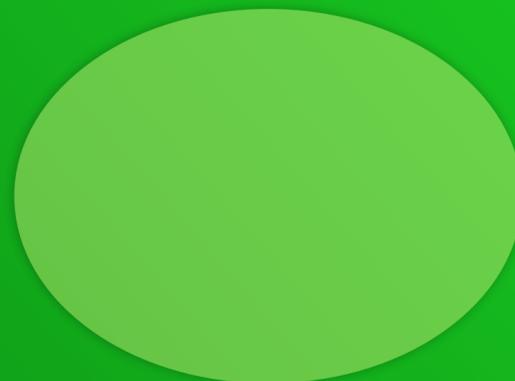
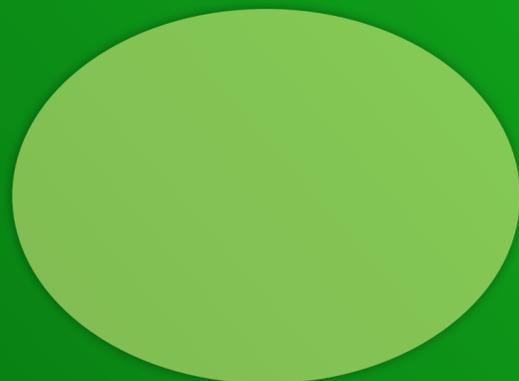
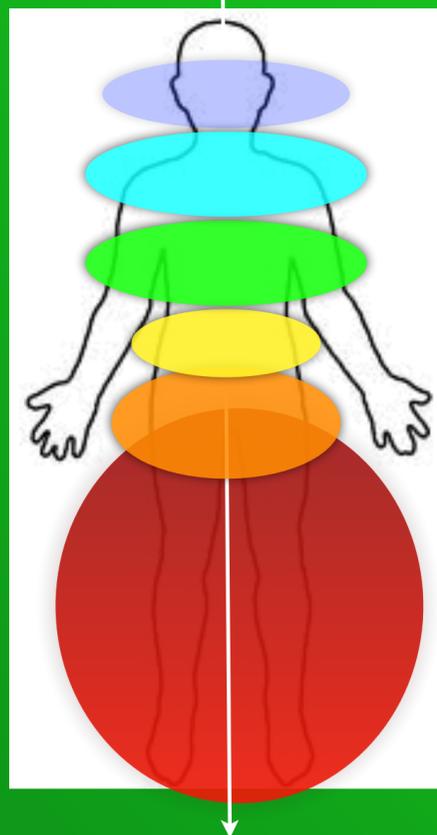
New living foods that bring us strength, life, and learning.

# Seven Living Centers



We will decide to follow and learn truth?

# Seven Living Centers



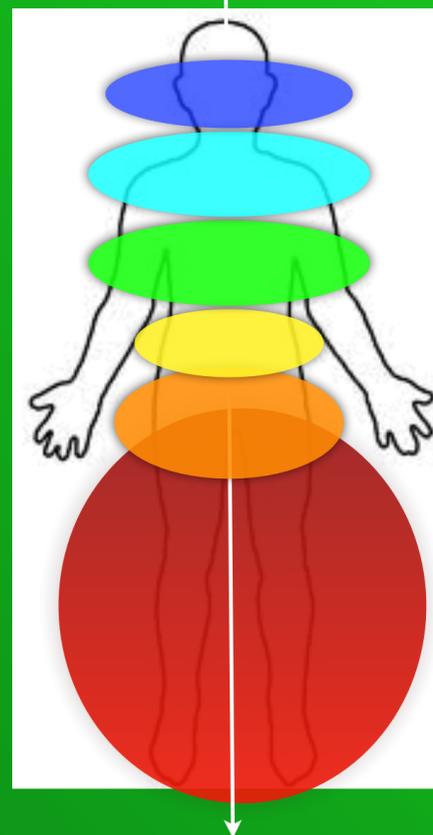
Or decide we do not care what is true?

# Seven Living Centers



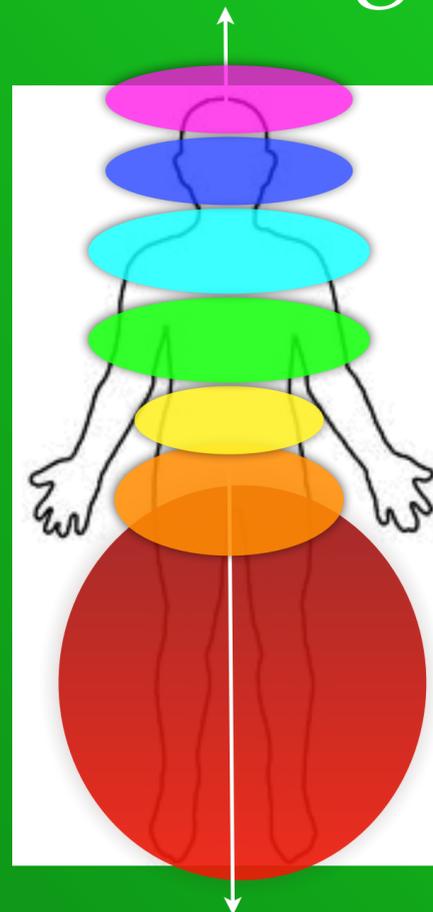
Will we pursue learning to the point of stress and anxiety? Fearful of what other say or how they judge us?

# Seven Living Centers



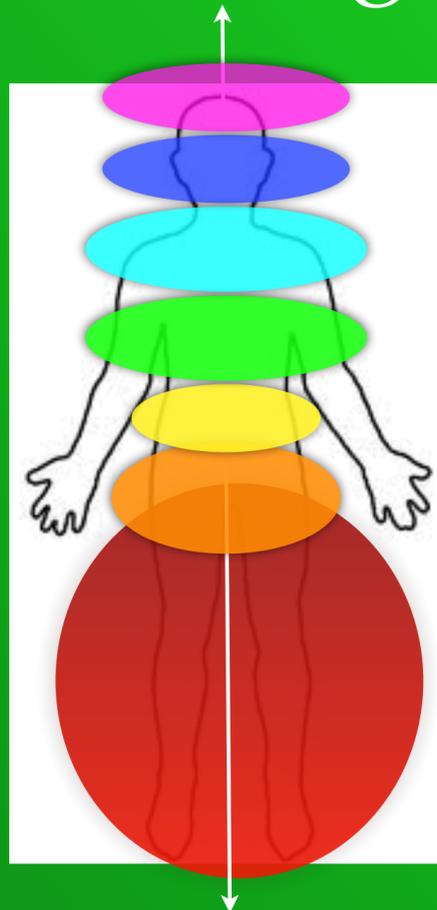
Or will we decide to trust in revelation and inspiration that comes and where it takes us?

# Seven Living Centers



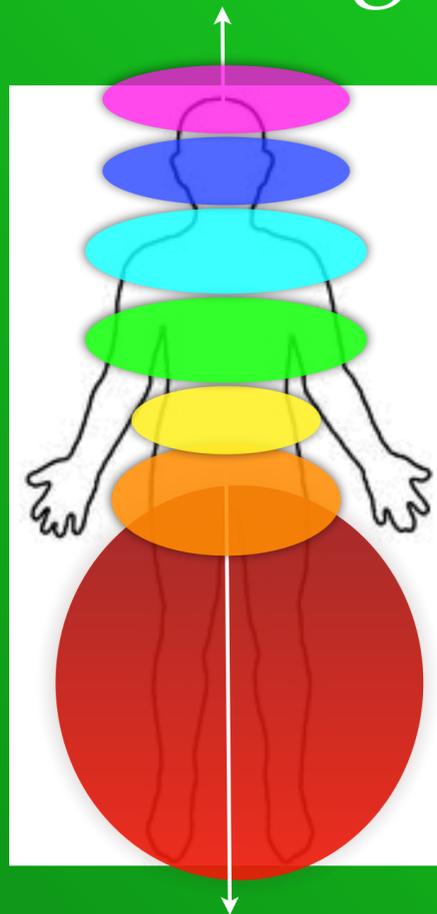
As we learn each lesson or pass our individual tests, we can awaken and be in the presence of divinity.

# Seven Living Centers



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

# Seven Living Centers



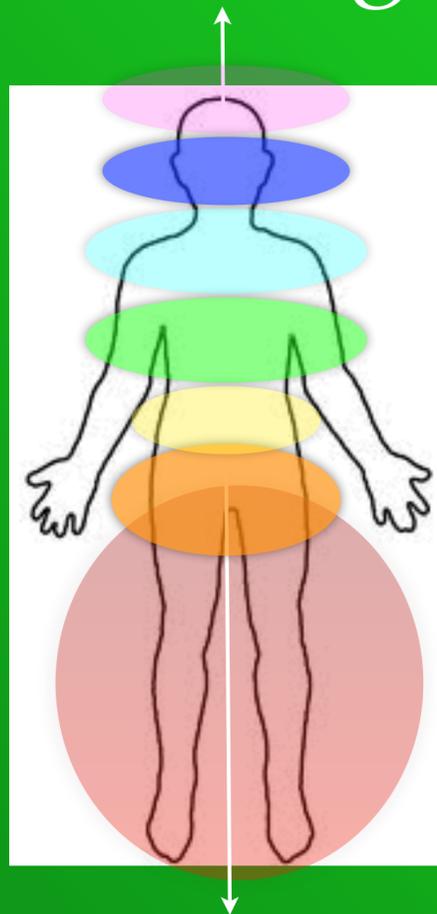
And Presence of God.  
We can learn to Love God.

# Seven Living Centers



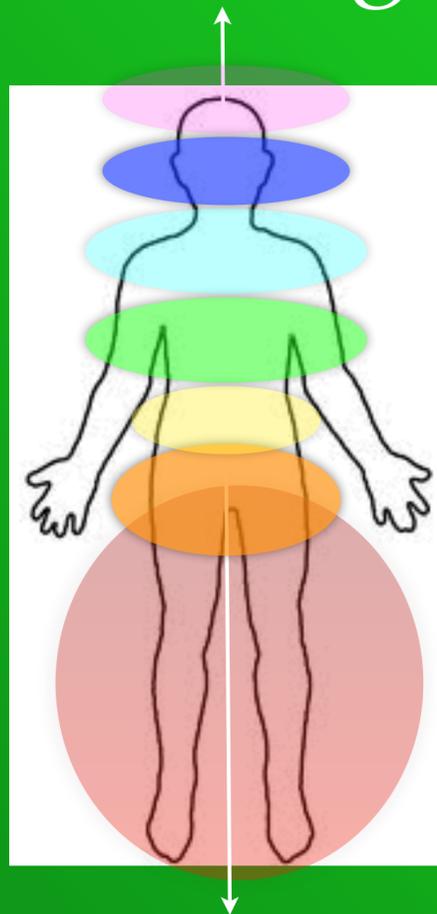
With all our heart.  
When we open our hearts to all God has to send us -  
we truly learn to love others in God's way.

# Seven Living Centers



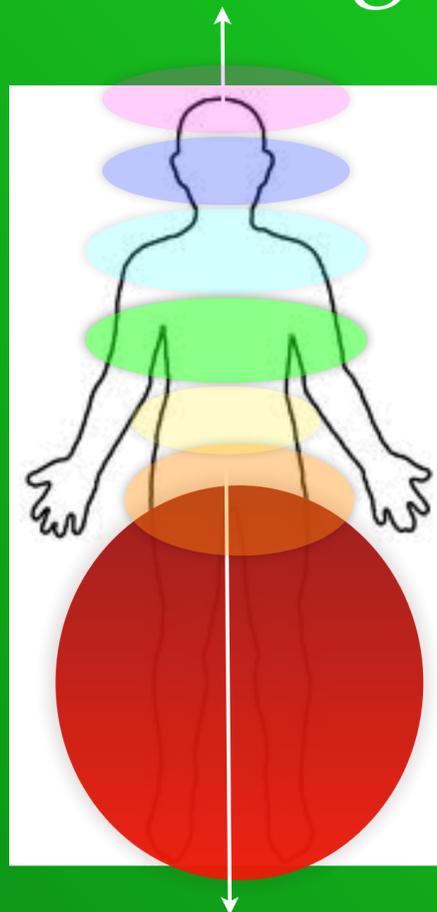
With all our might.

# Seven Living Centers



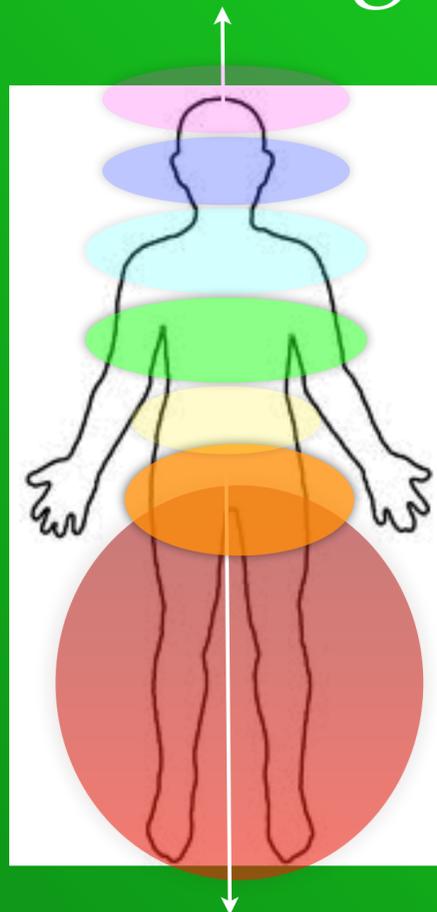
With all our mind.

# Seven Living Centers



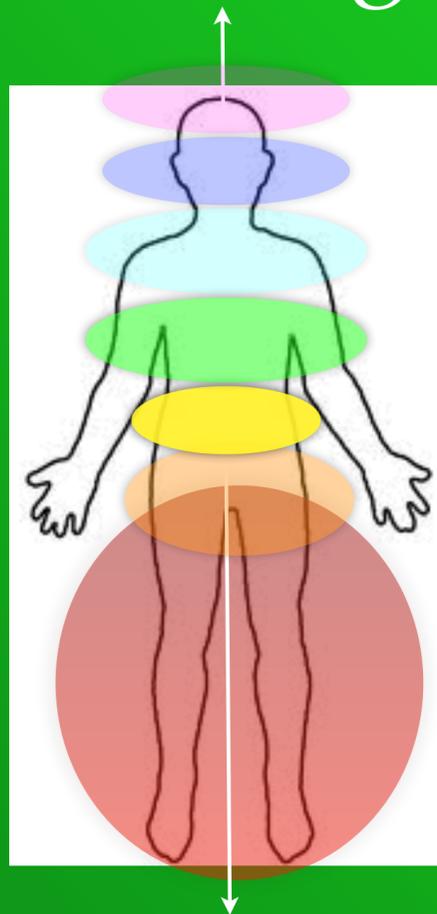
With all our strength.

# Seven Living Centers



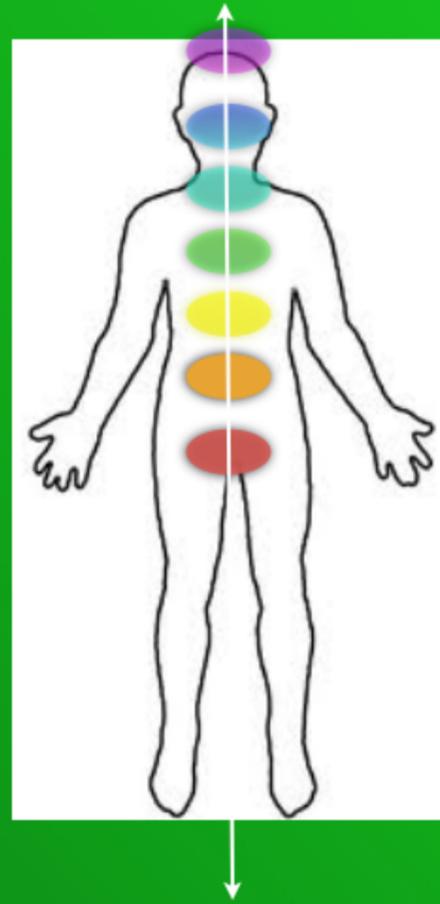
To honor and love others.

# Seven Living Centers



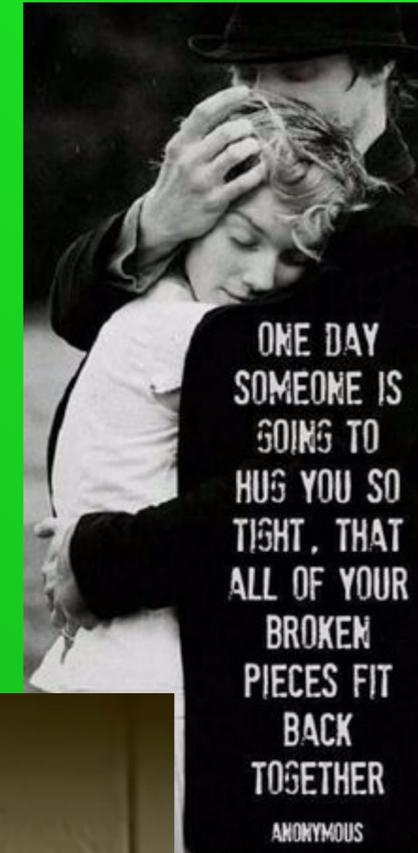
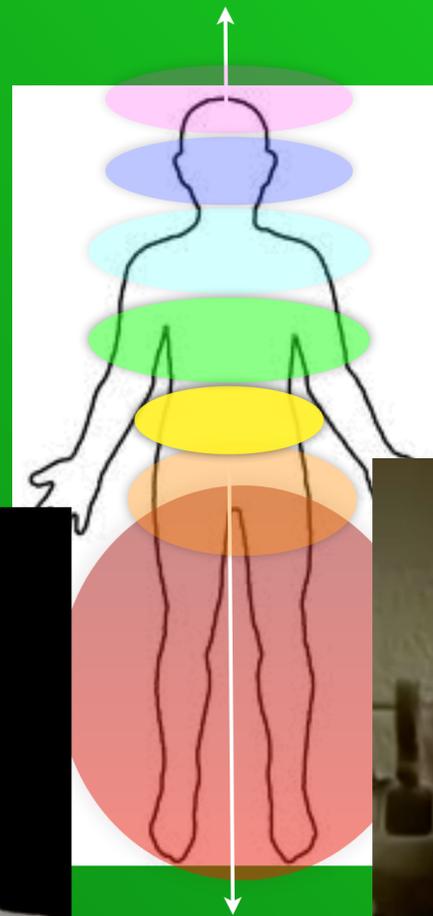
To honor and love self.

# Seven Living Centers



The fullness of the Gospel of healthy joy filled living.

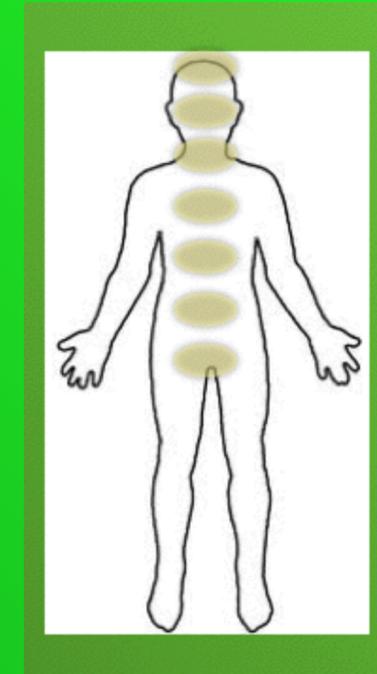
# Simple Living Centers



ONE DAY  
SOMEONE IS  
GOING TO  
HUG YOU SO  
TIGHT, THAT  
ALL OF YOUR  
BROKEN  
PIECES FIT  
BACK  
TOGETHER  
ANONYMOUS

Another way of life.

# SIMPLE LIVING CENTERS



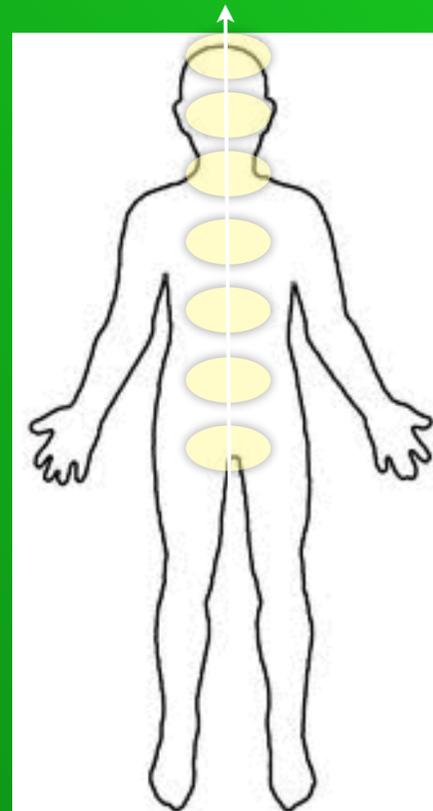
## Our Spiritual Anatomy- our Constitution

*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.**

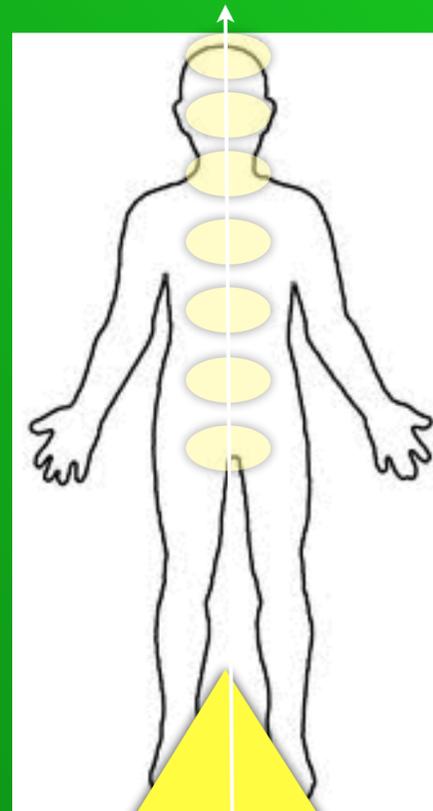
*This begins with our connection and trust with mother and “mother earth”, and a peace that comes through the atonement, taught with the proper use of authority while providing living foods that bring peace, joy or emotional trust - a unity of our spirit and body.*

**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.**

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

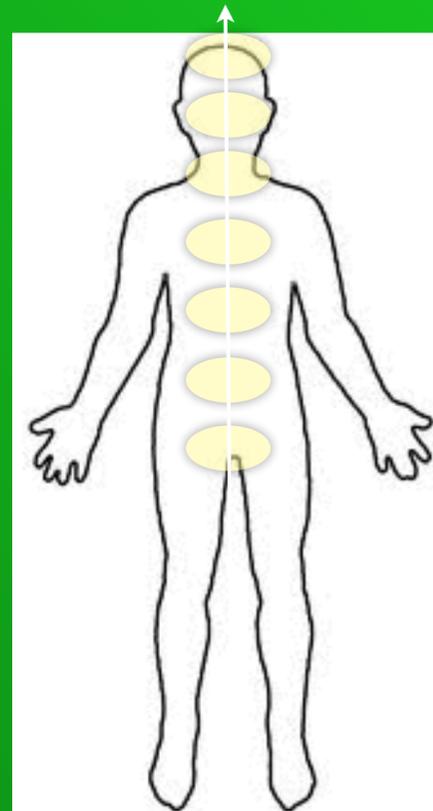
*This begins with our connection and trust with mother and "mother earth", and a peace that comes through being taught with the proper use of authority. We eat foods that bring peace, joy or health - a unity of our spirit and body.*

**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.



**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**

**All sufficient needs are provided.**

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 health. We honor each other when we help each other listen to this center.

Our bodies are designed to know what foods they need. 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. Anxiety or fears can develop when we fail to

*begins with our connection and trust with mother  
"mother earth", and a peace that comes through  
ment, taught with the proper use of authority*

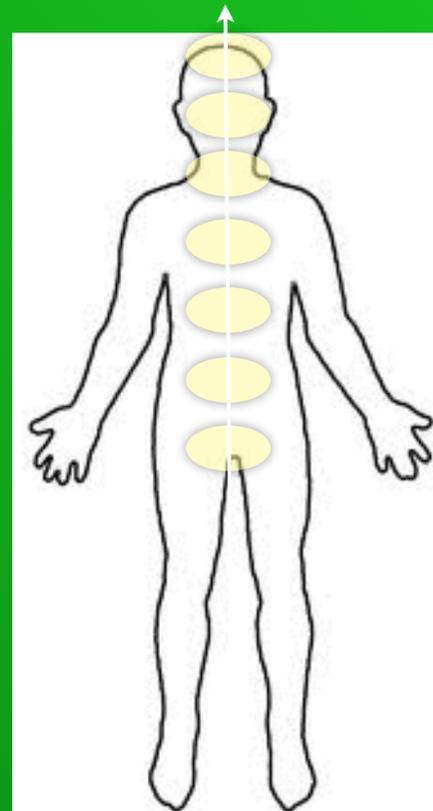
*bring peace, joy or*

**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. 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**

**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.*

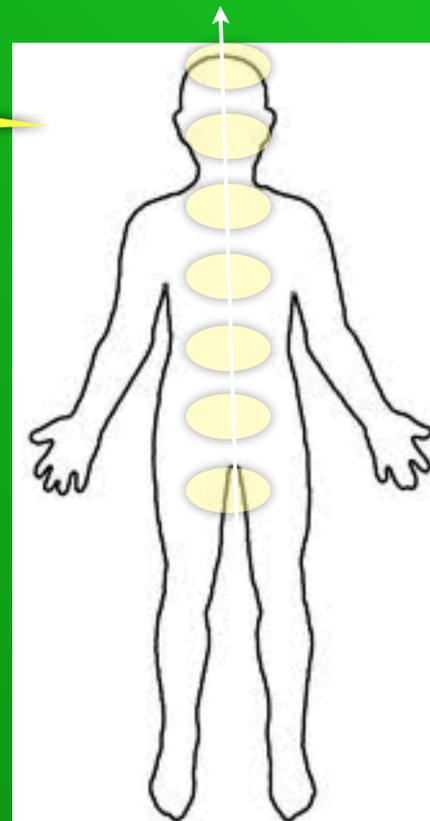
**These are common to all major religions.**

# SIMPLE LIVING CENTERS 7 Living Centers

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.**

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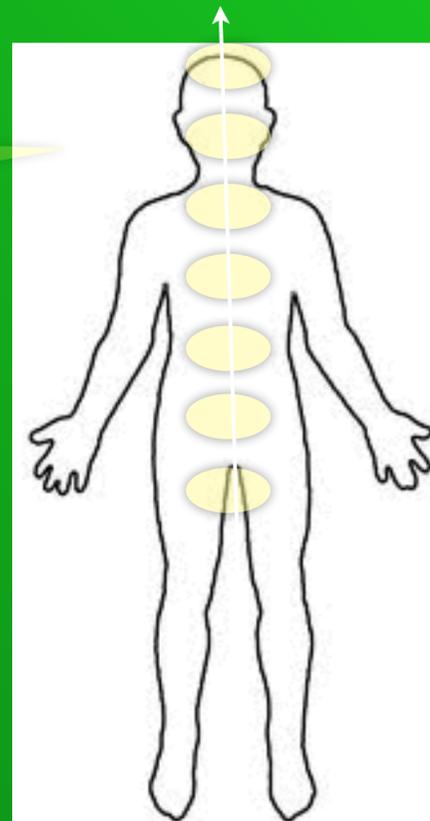
**These are common to all major religions  
-laws that govern each center.**

# 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.**

**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.**

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

# 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.*



*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*