

LIVING A HEALTHY LIFESTYLE

Began in 2022



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A Work in Progress

AUTHOR'S STATEMENT

This work is the result of over 15 years of meditation and personal development. These are lessons learned, shared, and expressed by those who have had a positive influence on my life. May you benefit from them and spread the message of joy.

THE WAY OF THE HAPPY LIFE

- We are all amazing, immaculate beings who's true identity is joy and abundance.
- Love is the basis of all life and family.
- Spending time with a loved one is a good investment.
- Pets are family members too.
- Nourish the body and feed it vitamins, antioxidants, minerals, fiber, carbohydrates, proteins, fats, and superfood.
- Drink lots of water.
- Sleep regularly.
- Rest often.
- Take a break after and before a difficult task.
- Reward yourself and others for a job well done.
- Do what makes you happy.
- Read the Prayer of St. Francis of Assisi.
- It's okay to be wealthy and for others to be wealthy.
- You are worthy of love.
- It's okay to love.
- Love yourself first and then spread that love to all things.

- The breath is gentle if you notice it.
- There are no comparisons.
- The universe is living energy. All is one.
- Open minded
- Do not judge others.
- Treat others the way you want to be treated.