

# 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.
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