

Total Wellness Program

Chapter 1: Introduction

Welcome to the Wellness.com Total Wellness Program. We have narrowed down the path to wellness to 4 major categories that are quite commonly used today in the realms of health and wellness: Mind, Body, Spirit, and Relationships.

This program is evolving as we receive feedback from the Wellness Community and learn more on our personal journeys. As of now, it is a collection of tools we have found useful on our path to Wellness.

Also mentioned in our wellness tour, below is our summary of Wellness:

How to Achieve Wellness

Mind: Achieve presence and peace of mind with good cognitive and mind-body health.

Body: Take care of the body with natural diet, exercise, prevention, natural remedies, restful sleep, and relaxation.

Relationships: Have lasting, fulfilling relationships free of ego and complication. This includes lasting and fulfilling relationships with our work and purpose in life.

Spirit: Achieve a deeper connection with your own spirit and others regardless of personal beliefs. We define spirit as the wellspring of wisdom, courage, and strength in all of us that is our most useful source of health and growth; and connects us with all living things.

Achieving a state of wellness means living a higher quality of life and experiencing a peace that goes beyond what material wealth and external situations can offer. In fact, those who have had it all, conclude that there is no greater wealth to attain. The state of wellness is priceless, yet available to rich and poor alike. Wellness cannot be purchased or received externally. Achieving wellness is achieving real wealth. Wellness allows you to leave anxiety, drama and disease behind you. Wellness connects you with the wealth of inner-peace, physical health and also connects you with positive like-minded people who will help encourage and support your personal wellness objectives. Wellness.com brings you together with all that is wellness.

You are here right now because you have decided you want to make a change. You are at a turning point in your life and are ready to put the right effort into achieving this happiness from within -- happiness that is solely yours, achieved without any material possessions and without anything from the material world. We call this state "Wellness" and this program will give you some tools to achieve it. Ultimately it is your decision and you will incorporate and customize what we have included herein to your own personal needs and journey. Best of luck to you and feel free to ask us questions along the way.

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Environment

A critical tool and companion on your journey to happiness is *environment*. It was said by the great Indian sage Paramahansa Yogananda and many other wise sages: "Environment is stronger than will power." This means that you absorb whatever type of energy you surround yourself with. If you surround yourself with negative people and situations, you will be negative and feel negative inside. If you are trying to stop drinking alcohol, you will not likely succeed if you spend all of your time with drinkers.

Although you will each have a different journey, there are some basic guidelines we can provide.

Wellness Environment Guidelines:

Mind:	True happiness comes from a calm, peaceful mind. The mind subconsciously absorbs its environment. If your home and workplace are messy, your mind will be restless and anxious. If you only spend time with depressed, angry, restless, or negative people, you too will become these things. Pay attention to your surroundings. Keep your home and office clean and organized. Make sure your friends are a positive influence on you. You may need to abandon long time friends if they are not the type of people you aspire to be. Do not be a "pack-rat" -- that is, do not keep extra things around that you do not need. Extra material possessions lead to extra, distracting thoughts in your mind. Lead a life of simplicity.
Body:	If you spend time with people who are lazy, out of shape, sickly, and eat poorly, it is likely that you too will do these things. If you spend time with people who drink and do drugs, you too will damage your body with these poisons. If you have no friends interested in cultivating a healthy body, FIND SOME! You may keep your old, overweight, unhealthy friends, but also make some new friends that you can enjoy healthy, natural meals with. Find a workout buddy. Join a gym and befriend the people that work there.
Relationships:	Once again, here, <i>other</i> people around you are going to have the greatest effect on your success in this arena. If you spend time with bickering couples, you too will have the urge to bicker. If you spend time with shallow people who judge others, you too will judge others. If you spend time with people who gossip, speak negatively of others, or complain about people, <i>you</i> will do these things. This means, you must be around people who respect others. Once again, you are going to have to evaluate who your friends are. Join organizations or clubs that have the type of people you aspire to be. Attend events where people like you might attend. Introduce yourself to people there. Surround yourself with friendly, positive, good-hearted people, and you will be a good-hearted person that other people enjoy being in the presence of. Be a light unto this world, there is already enough darkness. It's been done to death. Be a light and surround yourself with other people who are lights.
Spirit:	Again, surround yourself with atheists who are perpetually unfulfilled in their lives, and you too may find yourself an atheist, unable to find ultimate meaning in your life. Attending church, temples, and spiritual events will not in itself make you know God, but it will help you to be surrounded by spiritual people and people on the same path as you. In conversations with these people, you will learn more about your own spirituality, techniques for God-realization, and your conversations will likely have more meaning.

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Additional Environment Tips:

- *Who are you listening to?* Your mind, body, and spirit are like sponges. They will absorb the vibrations of everything around them. Only a strong willed person, near or at the stage of enlightenment, can be unaffected by such strong frequencies. For the rest of us, we must listen only to those things we aspire to be.

Do not listen to the television, Hollywood, movies, and the media for advice on how to live your life. They make their living on entertaining (distracting) people, not contributing to the good of society. Their message is one of several: fear (the news), egotistical self-gratification, materialism, shallowness, gossip, and violence. Absorbing these diversions into your being will cultivate them inside you.

This does not mean never watch TV, never see a movie, and never watch the news. It means do so sparingly. And if you are going to watch a movie, watch one that has a deeper message, a lesson to learn, or something that you believe will make you a better person having seen it.

If you are going to read a book, choose books that you can learn from. Choose reading an educational book over idly watching TV for hours each day. Choose something that makes you think and cultivates self-improvement.

Do not keep the radio or TV on for background noise. That's even worse because it's operating solely at the subconscious level. You'll be subconsciously programmed to think and act like the characters in the media.

- *Who are your friends?* Spend some time evaluating who your friends are. Are they a positive influence on you? Do they encourage you to do the things you know in your heart you should be doing? Or do they constantly drag you to things and places you know are not good for you (bars, party's with drugs, drug-use, etc). Are you surrounded by people who gossip, are materialistic, only care about money, or constantly complain? Do your friends bring out love in your heart? It may be difficult for you, but if you truly want to be on this path to wellness and happiness, you may need to add some additional friends to your group -- ones that bring out love and happiness in you.
- *What are your pastimes?* The word "diversion" is closely linked with the word "fun." That's because most forms of popular entertainment are merely a diversion. Diversion from what? A diversion from your ultimate goal, happiness. They are short-lived pleasures that rarely, if ever, leave any permanent effect of happiness. Watching TV serves the sole purpose of passing time and nothing else. The same goes for watching an action film. If you are going to do something fun, spend time outside or in nature. Choose a cup of tea at a coffee shop over a beer at the bar. Choose reading a book over watching TV. Choose going for a walk over watching a pointless film. Choose to talk with someone instead of watching TV or a movie together. Choose to exercise over loafing on the couch.

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- *What do you do for a living?* Do you find your job fulfilling? Do you feel you've accomplished something *good* at the end of the day? Do you feel happier? If not, you may not have a fulfilling career. If your career is solely for money and serves no other purpose, it's not likely it will make you happy. It's even less likely that the money you make from it will make you happy. Find a career that contributes to the overall good of society. A career takes up over one third of your time and energy. That's 219,000 hours per life on average (75 year lifespan)! That's too much time to spend on something that's unfulfilling and doesn't contribute something positive to the world that you're passionate about!

These fulfilling jobs are often the lowest paying (unless you're a doctor), so if you have family obligations or large financial obligations built up, your options are a little more limited. Or if you have an attachment and an ego need for more material things, you may also not be able to make such a change. To you, we recommend first cultivating happiness within your heart in other aspects of your life. The detachment from material things will come naturally. Either way, at least start looking for something that is a little more fulfilling than the career you have (if you are not satisfied with your career).

If you do not know what you want to do because you have not "found yourself" yet, do not just do nothing. DO EVERYTHING! Try every possible humanitarian field on the planet until you find the right one for you. Work with homeless people. Work with underprivileged children. Be a teacher. Be a life coach. Work with religious organizations. Work with environmental organizations. Work with wildlife organizations. Be a lifeguard. Do a big-brother or big-sister mentoring program. Go out there and find out! Do not sit around on your couch in front of the TV and ignore this HUGE problem that you have -- that you haven't found yourself.

- *Where do you live?* Many of us love where we live, so this doesn't apply to you (so much). Also, most of us are not in a position to just pick up and move. However, it's worth it to take a look at where you live. Are you happy there? Do you live in a positive environment? If not, why not? If you don't like where you live and you can't leave now, at least make plans to eventually move somewhere else, set a date, and hold yourself accountable to that date. Make it 3 years out if that's what it will take for you to be able to move. But do not be satisfied living in a place you are not happy.

You always have 3 options in any environmental situation you don't like:

1. Accept it
2. Change it
3. Leave it

That's it. Changing and leaving are sometimes the same thing. You only need to accept something if you've exhausted all attempts at changing it. Otherwise, change your situation to be what you want it to be. Don't do it later; do it now. Or make plans to do it when it's realistic to.

To sum this section up: Surround yourself with positive things -- love, peace, warmth, friendliness,

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cleanliness, organization, spirituality, health, acceptance, wisdom. Wrap yourself in the warm blanket of these environments and you can't lose. Happiness will be achieved with ease.

Will Power and Self Discipline

It's important for you to realize that achieving happiness and wellness requires will power and self-discipline. This is a quality that most of us have decided we don't have. Any time something sounds hard, we simply don't do it. *We know* what's right for us, and we *know* what we *should* and *should not* do. We simply don't do it because it's *hard*. That's it. No other reason. Just because it's difficult and may be a little painful at first. We're all afraid of a little prick.

Here's a paradigm shift for you. You do have will power and you've been using it all your life. You've just been shining that light of will power in the wrong direction in some respects.

You will not succeed in this endeavor to happiness, or in anything, if you do not exercise will power. We all have it and we all have used it. Everyone has something in their life that they worked really hard for and succeeded with it. Think back if you have to. It could be a small success or a large success, but we've all succeeded at something we used our will power to achieve. Even if it's something like learning how to paint your house on your own instead of hiring someone, that was a victory of will. We've all finished at least 1 year of school, and most of us finished 12. That took a lot of will. *You have will power!*

You do not need more will power. You have all the will you need. You simply need to use it more. Exercise that will power muscle that you have in that beautiful head of yours. You must use will power to achieve your goals. You must be willing to sweat (figuratively, except in the exercise section) to achieve your goals. And it's unquestionably worth it.

Have you ever heard a happy, successful person say it wasn't worth all of the hard work they put in to get where they are? No. This almost never happens, unless the person didn't end up where they wanted to be, which means they weren't truly successful. It's *always* worth the effort. That's why people do stuff -- because it's always worth it.

Making positive changes in your life is always worth it. You will find that if you follow even one tiny part of this program, your life will improve and you will find joy along the way, not just at the end of the journey. However, a life of happiness takes will power and self-discipline. You must de-program the thought in your brain that living a balanced, healthy mental, physical, and spiritual lifestyle is too hard.

We quite often hear: "I'm just not motivated." Of course you're not. That's what you've decided. You are the creator of your universe. It was Henry Ford who said: *"Whether you think you can or you think you can't... you're right."*

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Chapter 2: Mind

The mind is an extremely powerful and useful tool. However, depending on what level of control we have over it, thoughts can drag us along like a wild river -- we can become lost in the jungles of our minds. This can cause great suffering and most people live their entire lives with an undercurrent of unease, restlessness, and tension. The degrees vary as we go through cycles of good and poor fortune, but it never goes away for most of us.

Life often seems to be a struggle like we are just treading to keep our heads above water in our financial, career, social, family, and personal lives. We have accepted stress to be a part of life and allow the outer world and circumstances outside of our control to govern how we feel inside. This is why so many people feel they are victims, unlucky, hard-done-by, and the problems they face are not their fault. These thoughts are, of course irrelevant. They do not bring about any positive change or solution to the problem -- only negative feelings and reactions.

The truth is, people who have had to endure extraordinarily difficult lives have risen above circumstance, taken control of their minds, and were happy inside regardless of outer circumstance. They were no greater or lesser than you. You can do this and you can start right now. It does not require you to change anything in your life (career, mate, lifestyle, etc). It only requires that you change your perspective of the world.

Let's get started...

Shifting Perspective

The first thing we all need to practice is being able view situations from multiple perspectives. This requires being open minded, thinking outside of the box, and looking at the bigger picture sometimes. Often there is a greater good in all seemingly negative circumstances -- a lesson to be learned or a new opportunity.

For example, if one loses his or her job, the first feeling is resentment towards the employer and sadness at the loss. Then fear arises. "How am I going to pay my rent this month? How will I feed my family? Will I be able to find another job? What if I can't find another job? What if I have to take a pay cut?" This is how your mind drags you along like a wild river. You are not in control. The fearful ego is in control. You have lost something, are now experiencing a little death, and it's frightening.

So your initial perspective is narrow. You are fearful, angry, and upset. However, the situation need not be that way. Sometimes people get laid off and look at it as a new and exciting opportunity to try something new. Of course, you might say, "They must not have a family to feed." Can't it be both? Can't you have a family to feed, no money, and still be excited about the career change? There are many ways to look at losing a job. There are just as many positive things as negative things. It's just that the negatives seem to be much louder and more threatening than the positive things so we tend to dwell on them.

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The problems you face your real, no doubt. But you must be able to stay calm. Fear does not change your circumstance. Please read this sentence again. Fear does not change your circumstance. You will need to find another job. That is the situation. The story you tell around the situation is what creates the tension inside. Yes your family will go through some trials. But you will all survive. Think of how many trials you've already made it through in your life, each one you said, "If I could just make it through this everything will be okay." Each time you survived and will continue to survive until the end of your life. And by then, what's the point of worrying? It's already over.

Fear is the body's response to your mind's interpretation of a threat of death. Please read this sentence again as well. Fear was originally designed to keep you from getting eaten. Few people have this problem anymore, so why do we have fear? We have allowed non-life-threatening things to cause the same physical response in our bodies and minds that was originally reserved only for encounters with bears and tigers. Now we can experience adrenaline rushes in a heated argument with our boss! Is your boss going to kill you? In most cases, no.

Humans can survive in quite extreme conditions. It may not be as comfortable, but it is as it is. Why be upset about it? Be happy for whatever you *do* have, not unhappy for what you *do not* have. Be happy to have all four limbs, your health, and be happy that you even have a family. Be happy that even though it may be tough, there will be food somehow. Things always work out, especially in developed countries. If you reading this book, it's highly likely you are in a land full of opportunity. Ninety-percent of you reading this live in the United States. How often do we all complain that we'd like to have more money? Here's a shift of perspective: We want a nicer car and a bigger house while we throw away enough food each day to feed half of the world. Since 1/3 of the world is starving and 1/2 is greater than that, we could feed the entire world effortlessly if we chose.

Bottom line: Things are never as bad as we think they are. Stress, tension, unease, anxiety, and worry come from narrow-mindedness. **IF YOU EVER, EVER FEEL STRESSED, YOU ARE BEING NARROW-MINDED.** Visit a third world country where 1 in 5 babies survives to childhood if you want to be shaken into gratitude for what you have. This is not a new comparison. It's just something that needs to be pounded into our heads. If you're reading this, you can afford Internet, which means you have more than enough money for food, shelter, and clothing. What are you so worried about?

Author, M.D., Psychiatrist and Holocaust survivor Dr. Victor Frankel put it this way: Suffering is like air. It will fill up it's container no matter how small or large it is. In short, it's all relative to your personal perspective of what matters. For example, Dr. Frankel wrote of stories about the horrible conditions of prisoners in concentration camps of Nazi Germany. He mentioned how conditions were so bad, that things that used to seem so tiny were now a cause for great joy - such as getting three peas in their soup instead of the normal two. Things they took for granted all their lives they now had a profound appreciation for. You don't need to be a holocaust survivor to understand this.

Often we take things for granted (especially money) that we never appreciate until we do not have

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them anymore. None of what we are discussing here is going to change your circumstances. Cycles of success and misfortune will come and go. However, you have the power to flow with the cycles or resist them. Flowing with life allows you fleet through it with ease. Resisting things that you cannot change causes suffering, unhappiness, anxiety, and fear. Either way the situation will be there.

In any moment, make the decisions that are best for you from a state of calmness and detachment. Don't take things so seriously. We are often told, "Try living in my shoes. Try not worrying when you have a mortgage to pay, a family to feed, and not enough money." First of all, that means you are living beyond your means, which was your choice. Accept responsibility for your situation. Then, accept that it exists and take the necessary actions. You know what you need to do. In the case just mentioned, you'd need to find work, move to a less expensive home, stay with friends or family for a while or whatever. Regardless, these actions need to be taken whether you are happy, calm, worried, angry, or stressed. Either way, the same actions need to be taken. Why not take them from a perspective that things could be worse and everything will be okay?

The Ego

Many wise men (and women) have said: "*You are your own worst enemy.*" What they were talking about is the EGO. The ego is your false sense of self that sees itself as separate, isolated, and subject to death. As renowned author and spiritual teacher Eckhart Tolle put it: "To the ego, death is always just around the corner." Since the ego is the part of us that is attached to material and insignificant things, every loss is a death, which causes great fear -- the fear of death.

What this means is that the ego is a part of all of us and it is the part that causes all of the problems in our life. Psychiatrists, spiritual teachers, and commentators always personify the ego as if it were a demon that has possessed our minds. The reason why they do this is because it makes it easier for us to understand what it is. Also, they are not far off with this analogy. Because the ego is the part of us that feels separate and isolated, we (when we are taken over by it) are constantly in a state of fear. This fear is always some variation of the ultimate fear, the fear of death. In times of relative calm, that fear is just an undercurrent of unease or restlessness that you may or may not notice is there. In times of great trial it can come out as panic, rage, or suicidal despair.

If you ever want to be happy and at peace, you must detach yourself from your ego. The ego will never go away, but it can shrink. It can shrink to be so small that it's just the voice of a tiny ant floating in a peaceful ocean of calmness of mind.

To achieve this is simple. Shine a spotlight on it. Expose it. Observe it. Know that it is not the real you and just a tiny aspect that you have no use for. Exposure kills the ego. It can only operate when the knower (you) is unaware of it.

If you ever experience fear, anxiety, loneliness, unease, stress, or tension, this is the ego, not you. Observe this feeling inside yourself. This is where shifting perspective comes in. If you can step

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outside of yourself and see the reactions inside of you, that means that you have broken the cycle. You've broken the cycle because if you observe the ego, that's proof that you are not the ego, but the observer. No one, other than God, can be the observer and the observed. To learn that, in a way, you actually *are* God, see the spirituality section of this program.

When you observe negative patterns in yourself, recognize that they are not real. Shift perceptively. Look at the bright side of things and see that things will be okay. In the long run the problem that seems so big today is a forgotten memory once it's passed.

What's that voice inside your head? This is the ego. You rarely notice it, but your mind is constantly running. It's working out problems, making decisions, judging, and analyzing. It does this in words. It's actually talking to itself. How rare it is that you are actually not thinking -- not talking to yourself? It is generally thought that a person who hears voices is insane, but you also have a voice in your head that has taken over! It does not ask you to break the law and get caught, therefore you are not in an insane asylum.

However, the state of "no-mind" is where the sages say all true wisdom comes from. How do you get there? It takes lots of practice and self-observation. The voice you need to expose and then silence is your ego.

Escape the ego through constantly observing to see if you are in control. A highly effective way to do this is to ask yourself, "Am I in the present moment? Am I here and now? Or is my mind off wandering the in non-existent, hence pointless, future or the meaningless past? Am I wasting my time thinking about conversations I had this morning or what I need to do this weekend? Or am I in the moment giving my full attention to what I am doing here, right now?" The present moment is the only place where the ego cannot survive.

Although the ego is essentially weak compared to the light of your consciousness, it has enormous momentum. Over the years it has grown deep roots your mind and is now a formidable opponent. Do not fret. Once you recognize that you have an ego, it is instantly crippled. Then, with continued observation you will deliver one fatal blow after another until it is so weak that's merely somewhere way in background of your mind and rarely, if ever, surfaces again.

Whenever you feel negative emotions, be it anger, fear, unease, anxiety, stress, tension, or are offended by what someone said or did, recognize that this is the ego. Take the time to stop and observe what's going on inside you. Observe how you feel. Ask yourself why you need to feel this way. Always observe how you feel before acting, especially when you are reacting to something negative. If you do this, you will quickly flush the ego out from hiding. You will see that you do indeed have an ego that does not need to run your life. Do not just accept or deny these words as truth. Experience it for yourself. Try it out. You will see (or you won't).

Goal Setting

Although money does not equal complete success, it does symbolize that someone set a goal and reached it. Nearly every successful millionaire has written goals. Almost every successful

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businessperson had a detailed written plan before starting. Why can't this be applied to life outside of business? It can.

Do you have a plan? Do you have written goals? You may have it in your head, but is it written? Written goals and a plan make them real. Thoughts are often fragmented and easily distracted. How quickly you can go in your mind from your long term goals to your plans for this evening and what you are going to wear.

If you focus and write your goals, you can always refer back to them on paper. Written words do not change as easily as thoughts do in your mind. Of course your goals will evolve. Goals for this year are never the same as they were 5 years ago. They often change daily. So if necessary, re-write them daily. But have goals and hold yourself accountable to them.

Writing your goals helps you to see what you really want in life. Often it exposes that the decisions you have made and what you are doing with your life right now is not what you had in mind 5 years ago. This is because circumstances always arise that we weren't counting on. A wise saint named Anandamoy said, "If you want to make God laugh, tell him your plans for the future." You cannot always control your outer circumstances, but you can control the decisions you make based on them. You most certainly can control how you feel inside regardless of circumstance.

So although you may not meet all of your goals, setting them in writing will set a general track and framework for your life. It will give you some structure and meaning. You will know where you are headed.

Guidelines for setting goals:

A great acronym is S.M.A.R.T. goals. This stands for:

Specific
Measurable
Accountable
Realistic
Timely

Your goals must be all of these things. A general goal of achieving happiness is not good enough. It needs to say happiness through what, when, and how.

For example:

Goal of Inner Peace and Happiness Through Meditation and Introspection:

By January 1st of 2006, I will be meditating for 1 hour in the morning and one hour at night, every day. This will help me achieve inner peace, calmness, joy, and presence. I will achieve this by practicing meditation every day for longer periods of time until I reach this goal. I will study the teachings of the masters of this science and socialize with other people who have similar interests so I can perpetuate the momentum I gain as time goes on.

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Goal of Financial Security:

Starting March 3rd 2005 I will open a savings account and put 10% of my earnings in it each month, to be saved for my future and that of my family. This will ensure that I will have financial security, for the future is uncertain. This goal will require giving up some of the material things that I desire such as more clothes, toys, a nicer car, and nicer things in my house. However, I recognize that I need to have money saved up for the future if I am to be able to retire comfortably.

Depending on your goal, your plan may need to be longer or shorter. It's good to not have too many goals. Keep it under 10. It's also good to divide it up into 3 short-term goals (3-6 months), 3 mid-term goals (1-3 years), and 3 long-term goals (5-10 years).

So your goals may look like this (example):

Short Term Goals: (3-6 Months)

- 1. By December 1st, 2004 - Lose 10 Pounds Through Proper Diet and Exercise**
Achieve by running 3 miles twice per week, attending a yoga class twice per week, practicing weight training once per week, and staying away from junk food and carbs. I will socialize with other people who are healthy to encourage myself to stay focused.
- 2. By February 1st, 2005 - Save \$1000 for a Vacation**
I will put away \$200 each month towards this vacation. I will not buy any more clothes, shoes, or toys that I know do not need to achieve this.
- 3. By April 1st, 2005 - Find a New Job That I Enjoy**
Achieve by talking with people I know, researching on the Internet, and researching in the newspaper. I will dedicate at least 2 hours per week to this search until I have found the right career for me.

Mid-Term Goals:

- 1. By April 1st, 2006 - I will own a house**
Achieve by putting \$500 per month into my current savings of \$20,000 for a down payment. By April of 2005 I will have saved up \$30,000 to put a down payment on a house.
- 2. By June 1st, 2006 - I will finish the college degree I started 10 years ago**
I will sign up for night classes starting this September and take at least one class per week until I have enough credits to finish my degree. This will give me the credentials I need to move up in my career.
- 3. By September, 2006 - I will have finished the book I have been writing and will have submitted it to 10 publishers.**
I will spend 30 minutes per day during the week and 2 hours each weekend on my book

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until it is finished. By April of 2004 it will be ready for printing. I will have it edited, printed, and then start submitting it to publishers.

Long-Term Goals:

- 1. By January 1st, 2008 - I will own my own business**
I will continue to evaluate business opportunities and save money until I find the right opportunity for me. When I find the right opportunity, I will use some of the money I have invested in the stock market to get started. I may also be able to borrow money from my parents.
- 2. By January 1st, 2010 - I will have a wife, two kids, a dog, and a nice house**
This goal will be achieved by making sure I am social, personable, friendly, and compassionate. These things will help me meet the right person for me that I can start a family with and live happily ever after. I will not get too caught up in my career to socialize. I will stay active in the community, attend church (or temple), local events, and go to gatherings I am invited to.
- 3. By January 1st 2012 - I will have sold my business and retire at the age of 55.**
Through hard work, responsible financial management, and a little luck I will be able to retire at the age of 55. At this time I will devote my time to spirituality and humanitarian activities.

These are just sample goals. We recommend typing your goals into a computer and printing several copies of them. Keep a copy in your car, at work, and at home. If you can, post them on a wall where you will look at them every day. It's better to type them on a computer because you change them easily. You will find that they will need to be adjusted. Best of luck. We hope all of your goals are realized!

Presence

What is presence?

When we talk of presence here, we mean living your life in the present moment. Fear, anxiety, and worry belong to the future. Regret, sadness, and anger belong to past. Stress, unease, restlessness, and tension result from the combination of your past problems and anxieties about the future causing you to miss the present moment.

Therefore, the only place to be happy is the present moment.

This section coincides with the section about the ego. The ego and the unobserved mind drag you along through thoughts of the past and future. In this state you cannot be happy because you are not aware of the beautiful things right in front of you.

This does not mean not to plan for the future. Nor does it mean to forget the past. It means visit them from time to time, but remain mostly in the present moment. If you take the time to observe the voice inside your head, you will see for yourself how rarely your thoughts have any relevance

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to what you are doing in the present moment.

If you are walking on the beach, you should be enjoying the songs of the birds, the beauty of the horizon, and the warm sun on your face -- not thinking about what someone at work said to you that was offensive or what you have to do in two hours. These thoughts deprive you from enjoying countless moments. When you are thinking about irrelevant things is it a joyful experience? Most of the time it is not. However, if you are thinking about things entirely relevant to where you are at this moment, noticing what's going on around, you feel a deep peace within.

Try it. Take the time right now to SLOW DOWN. Close your eyes (after reading this paragraph of course). Listen to yourself breathing. Feel your heart beat. Focus the attention of your eyes on the point between your eyebrows (the third eye). This helps with concentration. Take a moment to just be. Is there any tension inside you at this moment? If there is, it must be caused by some external thought, because if you were not thinking, what would you be tense about? How would you even know what to be tense about?

The first time you try this your ego will be bored after about 3 seconds. Your mind will quickly come in and your thoughts will drift. This is okay. Just gently and patiently bring your attention back to your breath. The purpose of this exercise is to help you see through observation, that what we are saying here is indeed the case. Your mind is truly an entity in itself that can be observed. This ability to observe your mind gives you control. Once you can control your mind, *you* are now the decision maker in how you feel at all times -- not the ego or the outside world. And if you have this power, why ever feel sad? Why not choose to be happy always? Once people *truly* realize they have this power, this is usually what happens -- they are happy nearly all the time.

This is not some far off goal to be attained through years of practice. That's the great thing about being present. It can only happen in the now -- the present moment. That means you can start being present right now. Just pay attention. Stop. Look. Listen. Observe. Be in this moment. Feeling the peace that comes from this will help you to remember to do it more often.

Allow some space and stillness between actions and thoughts. Slow down. At first these peaceful and joyful moments will be brief, a few seconds. As time goes on, they will get longer until presence is your dominant state of being. Events of your life will unfold with ease. You will not take things so seriously anymore and you will find yourself accepting or indifferent to things that used to cause you a great deal of pain, anxiety, and stress. These occurrences will still exist, they simply will not govern you inner state of happiness.

Affirmations

Daily affirmations of who you are (or would like to be become) are a powerful tool for self improvement. As Gandhi put it best: *"We must become the change we want to create."* Through affirmation, you can re-affirm within yourself who you are. These serve as daily reminders to keep you on track. Repetition is essential for learning. And the more difficult the change you want to create, the more repetition that's required.

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Do not *wish* you could be a certain way. Do not desire or want to be certain way. Wanting and desiring only brings about more wanting and desiring. Be the change you want to create. This means telling yourself that you are something until you make yourself have that trait.

If you affirm every morning before work and every night before sleep 5 things that you desire to be (from the perspective of already being those things) you will find yourself starting to take on those traits. They will start being incorporated in your life. If you often don't stand up for yourself and you'd like to be more assertive, affirming this daily will surely help.

Below is an example of some affirmations to say daily. You will need to customize these for yourself because everyone has different mental traits they would like to improve. These are just samples.

1. Fear of the future is the cause of all problems. There is nothing to fear, ever. Not even death. I am fearless.
2. In rushing to get to the next place we miss hundreds of beautiful moments each day. My mind and actions are performed with presence, patience, and precision, not restlessness and tension.
3. A restless mind cannot create. I oscillate between stillness and action in creative endeavors. I take the time to consciously be in the present moment when I create. I spend time in silence and meditation before, during, and after creating.
4. I am the creator of my universe. I accept this responsibility and know that at any time, any situation I find myself in was my creation and it is my choice to continue or leave.
5. Love and compassion for all beings and life is the key to happiness. I do not act towards others out of ego. I do not judge others. I accept and love all people for who they are at all times. Never do I allow my ego to speak or act towards another, only my soul.

These affirmations are written from the perspective of someone aspiring to live a more spiritual life. You may have different aspirations such as success in your career, with your health, or with the opposite sex. Whatever change you want to create -- be it.

Start by typing out your affirmations on the computer. Print them out and review them. When you are sure that this is the person you aspire to become, start reading the affirmations out loud every morning and every night 5 times. It is extremely important that at the end of the day you reflect on your day in meditation or silent contemplation:

"Did I act according to my affirmations today? Was I (example) compassionate to people at work? Did I look at people the eyes when they spoke to me? Was I a good listener? Was I assertive?" Whatever you aspire to be, reflect each day on whether you were that trait or not. If not, ask yourself "Why?" over and over in your mind until you get an answer (not an excuse!).

Another important note is that you cannot make excuses or exceptions. Do not try to mentally justify or blame a situation for the reason why you could not act the way you wanted to. Blame yourself. You are the creator of your life and your universe.

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If your affirmation is to be more compassionate, you cannot pick and choose which situations to be compassionate. YOU MUST BE THE TRAIT AT ALL TIMES IN ALL SITUATIONS. A truly compassionate person is not only sometimes compassionate. He or she is ALWAYS compassionate. Achieving this with any trait is difficult, which is why we have to train. That's what affirmations do. It is like weight training for your personality.

Exercises For the Mind

You've heard it before and you know it's true: *Practice makes perfect*. In any endeavor in life, to achieve what you want takes practice and experience. To master your mind and be happy inside always, you will need to practice daily. Below are some proven exercises that will help you to calm your mind, become centered, and learn to be in control of your mind and your life.

Breathing:

Since ancient times, the masters and yogis have known and taught that the breath is closely tied to the mind. Before you calm your mind, you must calm your breath. If your breaths are short and uncontrolled, your mind will be restless and unproductive -- full of thoughts that have no relevance to the present moment.

1. When you have some time in the morning, during the day, or at night, sit in a chair with your back straight, eyes closed, and pay attention to your breath. Bring the attention of your inner gaze to the point between your eyebrows (without strain). This helps with concentration. Listen to the air flow in and out. Feel your lungs expand and contract. Notice how calming it is to just watch yourself breathe. Try to focus on the present moment and not think. It is natural for your mind to wander. Just gently and patiently bring it back to the breath.
2. Then, practice letting the breaths become longer and longer. When you feel calm, try the following exercise for a few minutes:

To start out, practice a breathing exercise called 10-10-10 breathing. You breathe in for a count of 10 seconds, hold the breath for a count of 10, and exhale for a count of 10. If you cannot take breaths this long, just do the periods for as long as feels comfortable for you. You may need to start out with a count of 2 or 5. You will notice that over time your lung capacity will grow to a count of 10 or longer for each breath. Whatever period of time you choose for each interval, make sure to keep each interval the same length. If you choose a count of 5, breathe while counting to 5, hold while counting to 5, exhale while counting to 5. Practice this 6 to 12 times. Then forget the breath. Relax, with calm steady breaths, your gaze and attention focused on the third eye without strain or crossing the eyes (the point between the eyebrows), your spine erect, your chin tucked under, and your arms and shoulders relaxed. Your mind will wander to things you need to do, errands you have to run, situations at work, and events from the past. Try to patiently bring it back to the present moment, your breathing, and concentrate on peace and calm.

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Many yogis, monks, and spiritual seekers practice this exercise of breathing before meditation. You may wish to meditate after feeling the calming effects of this exercise. We recommend you spend a few minutes with your eyes closed in stillness after practicing this exercise to incorporate the peace and calm gained from it into your life. For more information on meditation, see below about meditation.

Affirmations

As mentioned in the last section, affirmations are a powerful form of self-improvement. We encourage you to write out who you aspire to be in the form of 5 affirmations. Read these aspirations out loud to yourself 5 times each morning before you start your day and each night before bed. For more details on this, see the section on affirmations.

Meditation

Meditation is by far the most powerful way to gain control over your mind, achieve inner peace, lasting happiness, fulfillment, and joy. As taught by the spiritual masters, Buddhists, and yogis, there are inexplicable joys that can only be perceived when the mind is calm and still. The mind is so attached to the material world, so restless, and so conditioned to be distracted, that it takes years of devoted practice to still it to the point of reaching these inexplicable, joy-filled experiences. However, you can start feeling the effects of the peace and happiness that comes from meditation right now. It does not take years of practice to be able to enjoy meditation and see the benefits.

At first the ego comes in to tell you that there is no point in meditation. The ego constantly needs to be doing, producing, and striving to achieve more. Achievement is fine, as long it's not preventing you from being happy, as it often does. Never do something that makes you unhappy *now* to be happy in the *future*. You will find that this cycle never ends. When you reach that goal, there is a new goal waiting there for you. You must become happy in the present moment regardless of circumstances to ever be happy in the future. In order to have what you want, you must want what you have.

You will need to drop your egoic need to constantly be doing something, be it entertainment, work, or errands. What does it feel like to never be able to relax? It's not a pleasant thought, is it? We try to avoid this thought by doing more things.

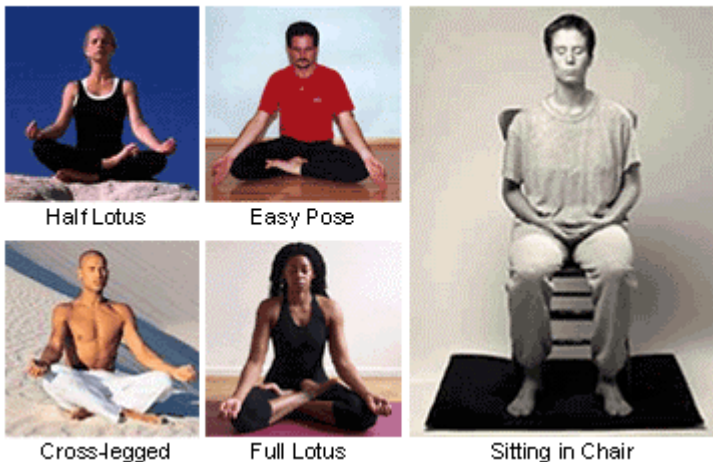
How to meditate:

There are many methods of meditation and many explanations on how to do it. Our explanation is a combination of our own experience and research. You may find someone else's method that you like better. This is simply a guideline to get started. We recommend you research on the Internet and at your local book store a variety of methods to ensure that you find the right one for you.

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The first thing you will need to do is find a comfortable posture. Most westerners will need to sit in a chair, however, if you find it comfortable, you may sit with your legs crossed, in half-lotus, or in lotus posture.

Common Meditation Postures



Sit with your spine erect, your tailbone tucked, your rib cage in, and your neck directly above your spine. Bring your chin down, parallel to the floor so you are looking straight ahead, not up. All of these things help you to have better posture while sitting. If you cannot sit with your spine completely straight, try your best to have it as straight as possible.

Most people have such poor posture, that from the effects of this over time, they cannot sit up straight for more than a few minutes without muscle-strain, cramps, or discomfort. This is a cycle that is important to break and it starts by practicing sitting and standing up straight longer and longer periods of time each day.

If you are sitting on a chair, place your hands facing up or down (which ever is more comfortable) on top of your thighs, as close to the body as possible. This brings your shoulders down and your chest out.

If you are in lotus posture, rest your hands on your knees facing up or down. In either posture, be sure you are comfortable.

Close your eyes and relax. Allow your shoulders to come down, unclench your jaw, relax your tongue, your eyes, and your whole body. Pay attention to your breathing. Allow the breaths to be long, steady, and calm. Focus the inner gaze of your eyes at the point between the eye brows -- the third eye, or spiritual eye.

To start out, practice the 10-10-10 breathing exercise mentioned above. Practice this 6 to 12 times. Then forget the breath. Relax, with calm steady breaths, your gaze and attention focused

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on the third eye, your spine erect, your chin tucked under, and your arms and shoulders relaxed. Your mind will wander to things you need to do, errands you have to run, situations at work, and events from the past. Try to patiently bring it back to the present moment, your breathing, and concentrate on peace and calm.

Focus on keeping your thoughts quiet, but do not use force. You cannot force yourself to stop thinking. Notice your breathing, heart rate, any other noises you hear, any sensations you feel.

The object of meditation is to connect with the life force that animates you, your soul or spirit. However, if this is not in line with your belief system, there are still enormous benefits to calming your mind in this way. Take the time to feel your inner body. This means, feel the subtle energy field that surrounds you, and *is* you. Connect with that energy. There is a subtle energy field that encapsulates your body. If you are still, you can feel it in varying intensities. These sensations are always peaceful. Buddhist, Hindu, and Yogic monks call these sensations connecting with your spirit, the consciousness that is beyond name and form.

Enjoy this vibrantly alive peace and stillness for as long as comfortable. At first you may only be able to meditate for a few minutes before you become restless. If you practice daily, starting once per day (in the morning or at night), you will experience more and more joy, peace, and love for longer periods of time.

Remember, whenever you feel restless, bring your attention back to your breathing. Follow your breath, listen to your heart beat, and slllloooowwwww doooooowwwwwnnn.

The essence of meditation is stillness. The whole point is to freeze your thoughts to open yourself up to a more subtle, but infinitely more joyful consciousness. In order to do this, it takes practice of concentration, presence, and stillness. It also helps greatly to be healthy physically. This means exercising, practicing Yoga asanas, and not eating things you know you shouldn't be eating. Most importantly, stay in the present moment. Catch yourself each time you find yourself lost in thoughts that do not pertain to the "now."

There are much higher meditation techniques that require lessons directly from a yoga master because students must practice the lower techniques before learning them. The most powerful form of meditation is called "Raja Yoga" or "Highest (Royal) Yoga." This involves breathing techniques and practices so effective at calming the body and mind that the heart and breath slow to a crawl and sometimes seem to stop altogether. We cannot teach these techniques here, but the best organization for these lessons was founded by Paramahansa Yogananda and is called Self-Realization Fellowship. A great introduction to these teachings is in Yogananda's book called *Autobiography of a Yogi* found at most bookstores and libraries.

Creative Writing:

A highly effective way to calm your mind is to write your thoughts down. If there is something that is constantly on your mind, write down every thought about it until you have nothing more to say about it. This often helps when you are confused about life, angry at someone, stressed, or

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uneasy. Writing down your thoughts crystallizes them in a form you can easily reflect on. Sometimes you will read what you wrote later on and think, "that's just silly." It's not likely after this realization that that particular thought will bother you anymore.

If your thoughts are about someone else, write a letter to that person stating how you feel (don't send it, just write it). Once you read it, you will see that sometimes our thoughts about other people are irrational and governed by the ego. If you are angry at someone, it can cure your anger to practice this. Try it out.

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Chapter 3: Body

It has been said, "*Your body is a temple.*" Few people realize this and even fewer treat it as such. Your body is the only material thing that you cannot lose until death. Everything else can be taken away. Your body is all you have in the world. Your spirit and mind belong to other worlds and use your body as a carrier to be in this world.

We believe wellness starts with taking care of the body. One cannot achieve the higher states of mental and spiritual happiness when aches, pains, and fatigue are clamoring for attention. Toxins accumulated in the body, inflammation from too much sugar, stored up stress in the shoulders and hips, poor posture, tight muscles, shortness of breath, constricted blood flow, clogged digestive tracts, overworked organs, and lack of vital nutrients are common amongst humans these days. These conditions prevent the higher, more fulfilling and lasting states of happiness, peace, joy, and wellness.

The body is your vehicle. If it is not taken care of, you cannot get far and that is precisely where most of us are. The most important, yet most difficult part of taking care of the body is diet. It takes an extraordinary amount of effort to resist the temptation of unhealthy foods. Using the method of shifting perspective, covered in the "Mind" section of this program, can be of help. We are not going to resist the temptation to do something we enjoy (eating unhealthy food) if we are not convinced that the benefits are worth it.

The benefits of a flawlessly clean diet may include getting sick much less often (if ever), more energy, more mental clarity, better sleep, deep meditations, less anxiety, elevated mood, more overall appreciation of life, and more happiness. The question is, do you believe that these benefits will happen to you if you eat right? If you eat junk food, excessive amounts of meat, breads, pastas, sweets, or processed foods, you are clearly not convinced of the benefits. If you were, the will power to not eat them would come with ease. For example, it's quite easy for you to avoid walking into traffic, because you are convinced of the benefit (i.e., you will die instantly). It is the slow death that we are not convinced of.

This is where the shift in perspective comes in. This is a little extreme, but it works: You must look at all foods that are unhealthy as poisonous. You must be disgusted by the thought of putting something into your body that causes your cells to inflame, your organs to swell, your colon to clog, your arteries to constrict, your brain to miss vital nutrients, your energy level to drop, your body to accumulate fat, and so on. You are probably already turned off by these things, but you are a. not convinced that this is happening to *you*, b. don't care because the effects aren't obvious enough, or c. believe that you eat pretty healthy so you're okay. Most people in the USA (almost 80%) think they eat pretty well. The staggering statistic of 64% of the USA being overweight or clinically obese tells another story. The several deaths per minute from chronic, preventable disease tells a different story.

If you are a healthy eater, excellent. If you're not and you would like to be, you must shift your current perspective to the extreme described above if you are to have success. Unhealthy foods poison your body. That's not the worst of it. Where your body goes, your mind follows, just as

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where your mind goes your body follows. A physically unhealthy body can influence the mind to be unhealthy, unmotivated, moody, tired, unclear, forgetful, anxious, and stressed. We all know these are not comfortable feelings.

It's not easy, but it's possible and it's worth it. Those who do eat nearly flawless, natural diets know the benefits and that is why they are so fanatical about their diets.

The next hardest aspect of taking care of your temple is exercise. For most people exercise is painful and inconvenient. It can also be relaxing and fun. It depends on your perspective. Regardless of whether you like it or not, you have to do it. Exercise also helps with energy, mental clarity, health, strength, physique, and wellbeing. It's important to exercise for at least 30 minutes 5 times per week.

We also highly recommend incorporating some form of yoga into your life. The benefits of yoga span the mind, body, and spiritual realms. Yoga can improve your posture, mental clarity, flexibility, immune system, physique, weight, mood, and overall wellbeing. We recommend attending at least 2 yoga classes per week.

The final aspect of the body to master is the breath. The mind follows the breath. If you are short of breath your mind will be restless, your heart will be beating hard, and it's difficult to think clearly. One can miss countless beautiful moments each day because the mind and body are restless, racing through the day to get everything done. Then, when it's all done, you've missed the most beautiful part of the day -- every moment!

We recommend you customize what we have suggested in this section to your own life. Some of this applies to you and some does not. Follow your heart, intuition, and do what you know is best for your own personal temple.

Diet

In the introduction we covered the importance of diet. In this section, we will get straight to our recommended diet for wellness. Everyone's body is different so you may require more or less carbs, protein, or certain nutrients.

Determining the Right Diet for You:

A right diet is one that gives you lasting energy throughout the day, no indigestion, 2-3 bowel movements per day, and is composed mostly of natural, unprocessed foods. Also, good skin conditions and white eyes are a sign that your diet is working for you. Poor skin, rings or bags under the eyes, and discoloration of the eyes is a tell-tale sign that your diet may not be right for you.

If your body is getting the proper amount of nutrients, you should not need massive portions of each dish as most Americans eat currently. The purpose of a meal is to be satiated and comfortable (no longer hungry). It is not natural to stuff your stomach until you are so full you can

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barely move. Most Westerners are raised to eat like this and it's one of the causes of the obesity epidemic we face. So try to get used to eating smaller portions.

General Guidelines:

- **Important Note on Water, Water, & More Water:** You need to be drinking non-tap water all morning, day, and night. Depending on your size, 1-2 cups per hour will suffice. Tap water is polluted and damaging so do not drink it. Buy purified, spring, mineral, or distilled water. Keep full bottles of water in your car, place of work, bedroom, living room, and other places around the house. Bring a bottle of water with you everywhere you go; meetings, social events, etc. Also, cook with purified (non-tap) water.
- Every meal should be at least 50% or more raw fruits and vegetables. These are the foods nature intended you to eat and your body rewards you with good health, more energy, good digestion, and vitality for eating them. Unless you have an allergy, lots of nuts (not peanuts), berries, dark leafy greens, and colorful fruits should be included in every meal. Sources of protein should be grilled, baked, or broiled, and never fried. If possible, always buy organic everything. Organic means it has a much lower content of pesticides, hormones, antibiotics, and pollutants that bombard your cells, cause inflammation, and potentially cancer.
- **If in doubt, leave it out.** If you're not sure if something is bad for you, it probably is. If you can, use your will power and resist. Have an extra portion of fruit or salad instead.
- Try to stay away from junk food snacks. For a snack have a couple handfuls of nuts, a piece of fruit, or some cut of veggies. Condition your palette to love gifts from nature, not the manufacturing plant.
- Only eat sugary deserts on very special occasions (perhaps once every two months). Other than that, stay away. Then, when you go get offered a piece of pie at your brother's wedding, you can really enjoy and appreciate it.
- Do not have bread, pasta, or potatoes at every meal. Also, do not base a whole meal on pasta or bread. These two processed items have a lot of carbohydrates and a high glycemic index -- meaning they cause a rise in your blood sugar, which triggers a chain of reactions that ultimately results in inflammation of your cells, skin, and organs as well as weight gain and fatigue. If you cut over-processed grains out completely, you will see the difference within days. Many people find it difficult to cut these carbs out, so for you, just do your best to have as little as possible.
- Eat out less and avoid fast food. This means bring your lunch to work. It takes a little more effort, but it's worth it. If you can, eat your lunch outside as well so you can relax, enjoy nature, and get some sunshine to boost your energy and mood.
- When at restaurants, always order salad as a main dish if possible. Most meats and sources of protein taste great over a salad.
- Other than breakfast, all of your main meals should be a salad as the main dish.
- Lots of colors and variety: your plate should look like a tropical rainbow of different fruits, vegetables, legumes, and nuts.

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Foods That Are Good for You to Eat:

The foods below are recommended because:

1. They are natural, un-processed, and contain valuable nutrients your body can use
2. They have a low glycemic index so they will not cause rapid changes in your insulin levels leading to inflammation, health problems, or cause you to gain weight.

The Wellness Food "White List" - These foods are true Wellness foods.

Vegetables	Meat / Poultry / Fish	Legumes & Nuts
Artichoke	Albacore Tuna	Soy Beans
Asparagus	Anchovies	Pinto Beans
Avocado	Atlantic Salmon	Lentils
Bell Peppers	Blue Fin Tuna	Kidney Beans
Broccoli	Chicken Breast	Chick Peas
Brussels Sprouts	Chilean Sea Bass	Lima Beans
Cabbage	Clams	Black-eyed Beans
Cauliflower	Cod	Lima Beans
Chards	Crab	Butter Beans
Coriander	Egg Whites	Haricot/Navy Beans
Cucumber	Filet of Sole	Peanuts
Dill	Flounder	Almonds
Eggplant	Halibut	Macadamia Nuts
Endive	Lobster	Cashews
Garlic	Mussels	Pecans
Ginger	Sardines	Walnuts
Kale	Scallops	Hazelnuts
Leafy Greens	Shrimp	
Lettuce	Swordfish	
Mixed Greens	Trout	
Mushrooms	Turkey Breast	
Olives	Wild Alaskan Salmon	
Onions	Yellow Fin Tuna	
Parsley		
Radish		
Romaine Lettuce		
Scallions		
Snow peas		
Spinach		
Tomatoes		
Zucchini		

Fruits	Grains	Dairy
Apple	Barley	Cottage Cheese (Low-fat)
Apricots	Brown Rice	Feta Cheese
Bananas	Buckwheat	Goat Yogurt
Blackberries	Bulger	Goats Milk
Blueberries	Ezekiel Bread	Lowfat Milk

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Cantelope	Rolled Oats	Parmesan Cheese
Cherries	Old-Fashioned (not-instant) Oatmeal	Raw, Unpasteurized- Milk
Dates	Rice Bran	Whole Milk
Dried Fruit		Whole Milk Yogurt
Grapes		
Grapefruit		
Honeydew		
Kiwi		
Mango		
Nectarine		
Orange		
Papaya		
Peach		
Pear		
Plum		
Raisins		
Raspberries		
Strawberries		
Watermelon		

Foods To Try to Avoid:

You should try to limit intake of the foods below because:

1. They are either un-natural, processed, and contain preservatives
2. They have a high glycemic index so they will cause rapid changes in your insulin levels leading to inflammation, health problems, or cause you to gain weight
3. They are full of empty calories, have little nutritional value, and damage your body.
4. They are difficult for your body to digest causing a variety of health problems from fatigue, ulcers, weight gain, and constipation, to colon cancer, heart disease, digestive problems, etc.

The Bad Food "Black List" - Stay away from the foods below.

Junk Food	Carbs & Starches	Beverages & Condiments
Angle-food Cake	Bagels	Alcohol (Wine, Beer, Liquir, etc)
Cake	Bread	Coffee
Candy	Cereals (Except non-instant oatmeal)	Corn syrup
Chips of any kind	Cornflakes	Fruit Juice
Chocolate	Cornstarch	Half & Half
Cookies	Croissants	Honey
Corn Chips	Flour	Jams & Jellies
Doughnuts	Granola	Margarine
Fast Food (of any kind)	Hamburger Buns	Molassas
Fried foods	Instant Rice	Red Bull Type Energy Drinks
Hot Dogs	Muffins	Salad Dressing
Ice Cream	Noodles	Soda (including diet)
Pastry	Pancakes	
Pie	Pasta	
Pizza	Potatoes	
Popcorn	Pretzels	

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Potato Chips	Rice
Pudding	Rice Cakes
Sherbet	Rice Chex Cereal
Sugar	Rice Krispies
Tacos	Waffles
Non-Dairy Tofu Frozen Desert	
Vanilla Wafers	

Vegetables	Meat & Dairy
Corn	Bacon
Fava beans	Beef
Peas	Butter
Pickles	Cream Cheese
Potatoes	Duck
Pumpkin	Hard Cheese (Except Feta, Parmesan, and Romano)
Relish	Heavy Cream
Sweet Potatoes	Pork

Supplements to Take:

With depleted, unrotated crop soils, processed foods, preservatives, junk-food, fast-food, cooked-food, fried-food, microwaved-food, and TV dinners it's impossible to get the optimum amount of nutrients from diet alone.

We must supplement... period.

Below is a list of the supplements that are a beneficial for almost all people.

Primary (Essential for Wellbeing)

1. Liquid Multivitamin
2. Liquid Colloidal Minerals
3. Liquid Coral Calcium & Magnesium
4. Flax Seed Oil (vegetarian) or Fish Oil(non-vegetarian)

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Food Menu

Important Note on Water, Water, & More Water: You need to be drinking non-tap water all morning, day, and night. Depending on your size, 1-2 cups per hour will suffice. Tap water is polluted and damaging so do not drink it. Buy purified, spring, mineral, or distilled water. Keep full bottles of water in your car, place of work, bedroom, living room, and other places around the house. Bring a bottle of water with you everywhere you go; meetings, social events, etc. Also, cook with purified (non-tap) water.

Breakfast:

1. Main Course Options: Protein Smoothie, Salmon, or Eggs
2. Second Course Options: Non-instant Oatmeal or Plain Whole Milk Yogurt Mixed with Berries
3. Supplements: Multivitamin, Colloidal Minerals, Chromium, Selenium, Flaxseed or Fish Oil, Digestive Enzymes
4. Drink: Water, Green Tea, or Black Tea

Mid-Morning Snack Options:

1. Hazel nuts, Almonds, Cashews, or Macadamias
2. Super Greens Drink
3. Drink: Water, Green Tea, or Black Tea

Lunch:

1. Main Course Options: Protein Smoothie, Salmon (or other fish from recommended list), Chicken Breast, Turkey Breast, Pinto or Lentil Beans
2. Second Course Options: Salad with Mixed Dark-leafy Greens, Broccoli, Cauliflower, Cucumber, Avocado (or any veggies from recommended list). Note: Use lemon juice and extra virgin olive oil for dressing
3. Third Course: Beans, Nuts, or Brown Wild Rice
4. Fruit Options: Cantaloupe, Honeydew, Strawberries, Nectarine, Kiwi or any fruits from the recommended list
5. Supplements: Flaxseed or Fish Oil, Digestive Enzymes
6. Drink: Water, Green Tea, Black Tea

Afternoon Snack Options:

1. Whole Milk Yogurt w/Berries, Nuts, Fruit
2. Super Greens Drink
3. Drink: Water, Green Tea, Black Tea

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Dinner:

1. Main Course Options: Protein Smoothie, Salmon (or other fish from recommended list), Chicken Breast, Turkey Breast, Pinto, or Lentil Beans
2. Second Course Options: Salad with Mixed Dark-leafy Greens, Broccoli, Cauliflower, Cucumber, Avocado (or any veggies from recommended list). Note: Use lemon juice and extra virgin olive oil for dressing
3. Third Course: Beans, Nuts, or Brown Wild Rice
4. Fruit Options: Cantaloupe, Honeydew, Strawberries, Nectarine, Kiwi or any fruits from the recommended list
5. Supplements: Flaxseed or Fish Oil, Digestive Enzymes
6. Drink: Water, Green Tea, or Black Tea

Mid-Evening Snack Options:

1. Whole Milk Yogurt w/Berries, Nuts, or Fruit
2. Super Greens Drink
3. Drink: Water, Green Tea, or Black Tea

Vegetarian Food Menu

It is a common problem for vegetarians to be drastically deficient in many vital nutrients. To be a vegetarian, one must not thrive on breads, pastas, and other processed foods. To get the proper nutrients, large quantities of raw fruits, vegetables, nuts, beans, and protein supplements must be taken, as well as omega-3 supplements and vitamin B12 supplements. Fatty acids are critical for brain function and often vegetarian diets are lacking in this arena. Many doctors believe that vitamin B12 can only be found in a useful form in meat. Vegetarians that eat eggs, milk, or cheese will be okay. However, vegans, or those who do not eat eggs and dairy are likely to be deficient in vitamin B12, a vital nutrient in processing fats, proteins, making DNA, and keeping the blood and nerve cells healthy.

Important Note on Water, Water, & More Water: You need to be drinking non-tap water all morning, day, and night. Depending on your size, 1-2 cups per hour will suffice. Tap water is polluted and damaging so do not drink it. Buy purified, spring, mineral, or distilled water. Keep full bottles of water in your car, place of work, bedroom, living room, and other places around the house. Bring a bottle of water with you everywhere you go; meetings, social events, etc. Also, cook with purified (non-tap) water.

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Breakfast:

1. Main Course Options: Protein Smoothie (Rice or Soy Protein Blended with Assortment of Recommended Fruits), eggs are fine if ova-lacto vegetarian
2. Second Course Options: Non-instant Oatmeal or Plain Whole Milk Yogurt Mixed with Berries
3. Supplements: Multivitamin (must have vitamin B12), Colloidal Minerals, Chromium, Selenium, Flaxseed Oil, Digestive Enzymes
4. Drink: Water, Green Tea, or Black Tea

Mid-Morning Snack Options:

1. Hazel nuts, Almonds, Cashews, or Macadamias
2. Super Greens Drink
3. Drink: Water, Green Tea, or Black Tea

Lunch:

1. Main Course Options: Protein Smoothie, Pinto or Lentil Beans, Baked Tofu, Baked Tempe and one slice of "Ezekiel Bread"
2. Second Course Options: Salad with Mixed Dark-leafy Greens, Broccoli, Cauliflower, Cucumber, Avocado (or any veggies from recommended list). Note: Use lemon juice and extra virgin olive oil for dressing
3. Third Course: Beans, Nuts, or Brown Wild Rice
4. Fruit Options: Cantaloupe, Honeydew, Strawberries, Nectarine, Kiwi or any fruits from the recommended list
5. Supplements: Flaxseed Oil, Digestive Enzymes
6. Drink: Water, Green Tea, Black Tea

Afternoon Snack Options:

1. Whole Milk Yogurt w/Berries, Nuts, or Fruit
2. Super Greens Drink
3. Drink: Water, Green Tea, Black Tea
4. One slice of "Ezekiel Bread"

Dinner:

1. Main Course Options: Protein Smoothie, Pinto, or Lentil Beans, Baked Tofu, Tempe
2. Second Course Options: Salad with Mixed Dark-leafy Greens, Broccoli, Cauliflower, Cucumber, Avocado (or any veggies from recommended list). Note: Use lemon juice and extra virgin olive oil for dressing
3. Third Course: Beans, Nuts, or Brown Wild Rice

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4. Fruit Options: Cantaloupe, Honeydew, Strawberries, Nectarine, Kiwi or any fruits from the recommended list
5. Supplements: Flaxseed or Fish Oil, Digestive Enzymes
6. Drink: Water, Green Tea, or Black Tea

Mid-Evening Snack Options:

1. Whole Milk Yogurt w/Berries, Nuts, or Fruit
2. Super Greens Drink
3. Drink: Water, Green Tea, or Black Tea

Exercise

Exercise is critical to your wellbeing. If you don't drive your car, the axels and engine get rusty and old. There are three main aspects of exercise that are all critical:

1. Cardiovascular (things that get your heart racing, blood pumping, skin sweating, and lungs panting)
2. Resistance Training (free-weight lifting, weight machines, or anything that safely strains your muscles, ligaments, and bones to grow stronger)
3. Stretching

Exercise Guidelines:

- It is recommended that you exercise every day, but most people do not have time for that. Try to make it at least 4-5 times per week.
- It's best to alternate cardio and weight training between days (i.e. cardio one day, weight training the next).
- Stretching should be done for 10-15 minutes before and after either type of exercise.
- 30-60 minutes per exercise session is recommended. It's okay to work up to this from less. Be safe and stay within your limits.
- For cardio, the object is to be panting (safely) and sweating for the entire session. Depending on your personal conditions, this may not be safe for you. Check with your doctor to find out what level of cardiovascular exercise is safe for you.
- Always cool down after exercise. A 5-10 minute walk is fine. Never sit down and chug a gallon of water just after exercise without cooling down.
- After eating, wait at least 1 hour before exercising. When doing Yoga, it's best to wait to 2 hours.

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Recommended Workout Routine

Monday:

- Attend a Yoga Class

Tuesday:

- Stretch 15 minutes
- Run, swim, bike, walk briskly, or do a sport for up to 30-60 minutes
- Cool down: walk for 5-10 minutes
- Stretch 15 minutes

Wednesday:

- Attend a Yoga Class *or* Day of Rest and Recuperation: Stretch 15 minutes

Thursday:

- Stretch 15 minutes
- Lift Weights: Alternate between upperbody and lower body each week
- Cool down: walk for 5-10 minutes
- Stretch 15 minutes

Friday:

- Stretch 15 minutes
- Run, swim, bike, walk briskly, or do a sport for up to 30-60 minutes
- Cool down: walk for 5-10 minutes
- Stretch 15 minutes

Saturday:

- Attend a Yoga Class *or* Day of Rest and Recuperation: Stretch 15 minutes

Sunday:

- Attend a Yoga Class *or* Day of Rest and Recuperation: Stretch 15 minutes

Note: Try to only take 1-2 days of rest per week. Try not to make those days consecutive.

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Yoga

In our opinion, Yoga is the most beneficial form of "exercise" you can do. It is undoubtedly effective in weightloss and beneficial for general wellness. We say "exercise" in quotes because the true intention of Yoga as recorded by the sages in ancient India is to prepare the body for meditation. Therefore, for some people, Yoga is much more than exercise, it is a way of life and a way to Spiritual Self-Realization. There are many levels to Yoga so you can choose the one that's right for you. Most all of them are beneficial no matter what your beliefs are.

First let's clear up some common mis-conceptions about Yoga.

1. Yoga is not paganism. It is not against any religion to practice yoga.
2. Yoga is not just for middle-aged women, flexible people, or monks in India.
3. Yoga is not difficult to get started in.
4. Yoga is not just regular stretching.

Benefits of Yoga:

- Reduce Stress
- Improve Your Posture
- Strengthen the Immune System
- Alleviate Back Pain
- Relieve Anxiety
- Heighten Your Mood
- Lose Weight
- Improve Muscle Tone
- Reverse the Aging Process
- Increase Flexibility
- Increase Spiritual Consciousness

You can likely find most of the styles of Yoga at a local gym or studio in your hometown. There are directories of Yoga studios on the Internet if you run a search using search engine.

Below is a list of styles and descriptions of Yoga. Decide what style you would like and then look for a studio in your area. Many people are too shy to go to Yoga class for fear of not knowing what they are doing. Most Yoga instructors are friendly, gentle, and helpful. Beginners almost never feel silly coming to the first class and usually come out feeling great, relaxed, and glad they came.

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Styles of Yoga:

- **Anahata**

The purpose of Anahata Yoga is to bring the students to a higher level of awareness where they can deeply connect, expand, and awaken their hearts through the practice of asanas, Pranayama, meditation, and chanting. There are many forms of Anahata Yoga, but we recommend the style and flow developed by Ana Costa (Encinitas, CA). See website: www.anahataheartyyoga.com.
- **Anusara**

Anusara (a-nu-SAR-a) means, "to step into the current of Divine Will", "following your heart", "flowing with Grace", "to move with the current of divine will." A new style developed by John Friend, Anusara yoga is described as heart-oriented, spiritually inspiring, yet grounded in a deep knowledge of outer and inner body alignment. Each student's various abilities and limitations are deeply respected and honored.
- **Ashtanga**

For those who want a serious workout, Ashtanga may be the perfect yoga. Developed by K. Pattabhi Jois, Ashtanga is physically demanding. Participants move through a series of flows, jumping from one posture to another to build strength, flexibility and stamina. It's not for beginners or anyone who's been taking a leisurely approach to fitness. The so-called Power Yoga is based on Ashtanga.
- **Bikram**

Bikram Choudhury's yoga is hot, hot, hot, so be prepared to sweat, sweat, sweat. In class, they crank the thermostat up high, then perform a series of 26 asanas designed to "scientifically" warm and stretch muscles, ligaments and tendons. Founder Bikram Choudhury studied yoga with Bishnu Ghosh, brother of Paramahansa Yogananda.
- **Hatha Yoga:**

This moderate style of Yoga consists of moving through postures with a few minutes of meditation in the beginning and the end. It is a great way to start for beginners. Depending on the instructor, Hatha Yoga can be quite spiritual and meditative, or it can remain purely physical. If you are open to it, we recommend finding a spiritual class as the benefits are greater.
- **Integral**

Developed by Swami Satchidananda, the man who taught the crowds at the original Woodstock to chant "Om," Integral classes put almost as much emphasis on Pranayama and meditation as they do on postures. Integral yoga is used by Dr. Dean Ornish in his groundbreaking work on reversing heart disease.
- **Iyengar**

Ever think standing was just a matter of keeping your body on top of your legs? It's hard to appreciate how involved a simple thing like just standing can be, how much concentration

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and how many subtle movements and adjustments it takes, until you take an Iyengar yoga class. Of course, the point is that you're not just standing. You're doing Tadasana, Mountain pose, and in yoga in the style of B.K.S. Iyengar, Tadasana is an active pose. B.K.S. Iyengar is one of the best-known yoga teachers and the creator of one of the most popular styles of yoga in the world. His style of yoga is noted for great attention to detail and the precise alignment of postures, as well as the use of props such as blocks and belts. No doubt part of Iyengar's success is due to the quality of teachers, who must complete a rigorous 2-5 year training program for certification.

- **Kali Ray TriYoga**

Kali Ray TriYoga, founded by Kali Ray, brings posture, breath and focus together to create dynamic and intuitive flows. The Tri Yoga flows combine flowing and sustained postures that emphasize spinal wavelike movements, economy of motion, and synchronization with breath and mudra. The flows are systematized by level and can be as gentle or as challenging as desired. Students may progress from basics to advanced as they increase their flexibility, strength, endurance and knowledge of the flows.

- **Kripalu**

Called the yoga of consciousness, Kripalu puts great emphasis on proper breath, alignment, coordinating breath and movement, and "honoring the wisdom of the body" -- you work according to the limits of your individual flexibility and strength. Alignment follows awareness. Students learn to focus on the physical and psychological reactions caused by various postures to develop their awareness of mind, body, emotion and spirit. There are three stages in Kripalu yoga. Stage One focuses on learning the postures and exploring your bodies abilities. Stage Two involves holding the postures for an extended time, developing concentration and inner awareness. Stage Three is like a meditation in motion in which the movement from one posture to another arises unconsciously and spontaneously.

- **Kundalini**

Kundalini yoga in the tradition of Yogi Bhajan, who brought the style to the West in 1969, focuses on the controlled release of Kundalini energy. The practice involves classic poses, breath, coordination of breath and movement, meditation.

- **Sivananda**

Sivananda is one of the world's largest schools of yoga. Developed by Vishnu-devananda and named for his teacher, Sivananda yoga follows a set structure that includes Pranayama, classic asanas, and relaxation. Vishnu-devananda wrote one of the contemporary yoga classics, *The Complete Illustrated Book of Yoga*. First published in 1960, the book is still one of the best introductions to yoga available.

- **Svaroopa Yoga**

Developed by Rama Berch, Svaroopa Yoga teaches significantly different ways of doing familiar poses, emphasizing the opening of the spine by beginning at the tailbone and progressing through each spinal area in turn. Every pose integrates the foundational

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principles of asana, anatomy and yoga philosophy, and emphasizes the development of transcendent inner experience, which is called svaroopaa by Patanjali in the Yoga Sutras. This is a consciousness-oriented yoga that also promotes healing and transformation. Svaroopaa is not an athletic endeavor, but a development of consciousness using the body as a tool.

- **Viniyoga**

Viniyoga is not so much a style as it is a methodology for developing practices for individual conditions and purposes. This is the approach developed by Sri. T. Krishnamacharya, teacher of well-known contemporary masters B.K.S. Iyengar, K. Pattabhi Jois and Indra Devi, and continued by his son, T.K.V. Desikachar. Key characteristic of the asana practice are the careful integration of the flow of breath with movement of the spine, with sequencing, adaptations and intensity dependent upon the overall context and goals. Function is stressed over form. Practices may also include Pranayama, meditation, reflection, study and other classic elements. Personal practices are taught privately. Given the scope of practice, the inherent therapeutic applications and the heritage of the lineage, the training requirements for teacher certification are extensive.

Breathing

Few health and wellness programs or professionals stress the importance of breathing. Breathing is an overlooked aspect of health mainly because it is something we all do unconsciously. Closely aligned with exercise, yoga, and balancing the mind, body, and spirit, is awareness and control of the breath. Many people do not realize that they are often breathing heavily or with short, choppy, uneven breaths. As we mentioned in the mind section, this causes restlessness in the mind and body leading to anxiety, stress, tension, unease, and fatigue.

When the mind is restless, the body responds physiologically with the release of hormones and signals that gear the body up for fight or flight. This is what stress and anxiety are. All of this can be linked back to the breath. The breath is not the cause of anxiety or stress, but it can certainly initiate the mental and physical responses that reduce them.

Yoga *asanas* (postures), the ancient art of controlling the body and mind to connect with Spirit, were designed to help with controlling the breath and stilling the mind. For over 5000 years this science has been practiced and is widely popular today still. There is a reason: Breathing is a time tested and proven method of improving mood, energy, awareness, consciousness, health, vitality, and removing the ailments caused by mental and physical restlessness.

How to Breath:

- Your breaths should be deep, smooth, steady, and long -- not short and choppy. Observe your breath right now to find out how you are breathing.
- Your exhale should be equally as long as your inhale. Often the opposite happens if we are not conscious of it. We take twice as long to inhale as we do to exhale. When sleeping, the inhale is twice as long as the exhale.

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- Often, when you are busy, your breaths are short. Many people have an underdeveloped lung capacity due to lack of exercise or rarely breathing deeply. The lung capacity, like all of your muscles can shrink (unhealthy) or expand (healthy) depending on how you use them. The lung capacity naturally shrinks with age, so it's important to practicing breathing deeply to keep the lungs open.
- Spend at least 5-10 minutes per day practicing breathing deeply, watching your breath, allowing it to flow in and out.

Breathing Exercise (also covered in the "Mind" section under "Exercises"):

Since ancient times, the masters and yogis have known and taught that the breath is closely tied to the mind. Before you calm your mind, you must calm your breath. If your breaths are short and uncontrolled, your mind will be restless and unproductive -- full of thoughts that have no relevance to the present moment.

1. When you have some time in the morning, during the day, or at night, sit in a chair with your back straight, eyes closed, and pay attention to your breath. Bring the attention of your inner gaze to the point between your eye brows. This helps with concentration. Listen to the air flow in and out. Feel your lungs expand and contract. Notice how calming it is to just watch yourself breathe. Try to focus on the present moment and not think. It is natural for your mind to wander. Just gently and patiently bring it back to the breath.
2. Then, practice letting the breaths become longer and longer. When you feel calm, try the following exercise for a few minutes:

This exercise is called 20-20-20 breathing. You breathe in for a count of 20 (10 seconds), hold the breath for a count of 20, and exhale for a count of 20. If you cannot take breaths this long, just do the periods for as long as feels comfortable for you. You may need to start out with a count of 5 or 10. You will notice that over time your lung capacity will grow to a count of 20 or longer for each breath. Whatever period of time you choose for each interval, make sure to keep each interval the same length. If you choose a count of 5, breathe while counting to 5, hold while counting to 5, exhale while counting to 5.

Millions of Yogis, monks, and spiritual seekers practice this exercise of breathing before meditation. You may wish to meditate after feeling the calming effects of this exercise. We recommend you spend a few minutes with your eyes closed in stillness after practicing this exercise to incorporate the peace and calm gained from it into your life. For more information on meditation, see the section about meditation in the [mind](#) section of this program.

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Chapter 4: Relationships

Relating with others is an essential part of wellness. Although true happiness is found within, how you interact with other humans, nature, and the world has a profound effect on how you feel inside. It is said: "There is no greater joy than giving; for this is love;" "What you want for yourself, give to another;" and "Give and you shall receive it back 100 times."

You do not need to be religious to believe these doctrines. They are proven just by the way you feel. Have you ever felt rotten inside at the joyous smile on someone's face when you gave them something from the heart? Not likely. You felt love in your heart -- you felt good. Your essential nature *is* love. Love is the key to the salvation we all seek in the future, and it is inside of us all along.

There is an infinite source of love in this world. There is as much as we can hold in our hearts. The problem is that most of us have shut our hearts to only a few close friends, family, and lovers for fear of being exposed. We are afraid to be vulnerable and therefore shut the doors of our hearts to all of the beautiful love all around us in every moment. We are selfish and self-centered because we believe we must be this way to protect ourselves from the cruel harsh world.

It is a fallacy and a delusion that we need to defeat others in order to be happy. Nothing could be further from the truth. Only in brotherhood and sisterhood can we attain true love and happiness. The delusion is that there is not enough to go around, it is "survival of the fittest," and we must protect what is ours. There is *enough*. There will always be enough if we do not hoard and hide more than we need. There is plenty if we share.

Jesus Christ said, "*Whatever you do unto the least of these, you do unto me.*" (Matthew 25:40) What he meant is that we are all one, all part of the same whole, and harming anyone or anything, results in harm for yourself and the entire universe.

The saints, sages, and Yogis of India have a vital principle by which they live in order to attain Self-realization. It is the Sanskrit word for non-harm or non-violence: *ahimsa*. Mohandas K. Gandhi based his principles of Satyagraha, non-violent resistance to that which is unjust, on the principle of *ahimsa*. As his example shows, he was willing to die at any time before harming another being. He helped to free India from British rule using this principle.

Those of us who are hardened by the seemingly cruel world may find it difficult to give when there are so many takers and so few givers. "*What's the point?*" you may ask. "*What difference can I make?*" You can make a difference. When you throw even the smallest stone into a pond, it sends ripples out that effect the entire pond. Your effort matters.

In relating to others, care. That's it. Care what others are feeling, what they have to say; even if you believe they are "wrong." Be present with people. Seek to understand, not to be right. Seek to help, not to harm. These are universal doctrines that we all know inside. We've just forgotten how important they are. We continually ignore the suffering of others day in and day out.

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"Do unto others as you would have them do unto you." (Matthew 7:12*) The golden rule. You've heard it a million times and you *know* it's the most fulfilling way to be. Why don't we follow it? Because we're too busy. Most of us don't *want* to harm other people and we usually don't. However, our silence and lack of effort to provide basic necessities of life to our brothers and sisters is a form of violence. Our apathy at the starvation of our neighbors is negligence. Our non-action to stop those on top who put barriers in the way of those aspiring to achieve success is a desecration of all we believe in. Our lack of effort, caring, empathy, and love for others is the reason the world is the way it is.

These are not bad things. They are not wrong. However, they are true observations. It is not that they are wrong. They simply do not serve our purpose. If our purpose is happiness, these actions serve to counter our goal. Jesus put it best when said over and over again, "Love one another." (John 13:34) Love one another. See only angels in this world, regardless of seemingly evil outer appearances. We all carry the seeds of love and divinity inside.

The Ego

There is only one *root* cause of all problems in all relationships in this world. It is the cause of domestic disputes, violence, poverty, crime, and war. It is what ends or traumatizes all intimate relationships. It destroys old friendships and prevents new ones. It is the same in all of us to different degrees. It is the "EGO" -- The false sense of self that is needy, self serving, judgmental, prejudiced, over-emotional, and selfish. We use the term "ego," not as the psychological term coined by Freud, but meaning a false self -- who we think we are or should be (usually in comparison to others).

The Ego

How quick we are to judge and label someone. How quick we are to reduce someone to a mental concept. "He is this," "she is that." How quick we are to compare ourselves to other people. Someone either is or has more or less than you. If it's less, you feel superior. If it's more, you feel diminished. Both are delusions.

You may or may not be able to observe this ego in yourself. Here's the measure: if you ever, at any time, find yourself frustrated with another person, your ego has entered the picture. If you ever find yourself comparing yourself to another person, that is the ego. If you ever get a feeling of superiority or inferiority from another person, you are being governed by your ego.

A whole person, free of the ego, is always happy and at peace no matter what someone else does or does not do. He is non-judgmental and accepts all people for who and what they are. He always has lasting, fulfilling, and loving relationships with everyone he meets. People love to be in his presence and people listen when he speaks. He is never upset, stressed, angered, or aggravated by anyone. Most importantly, he never intentionally harms another being under any circumstance.

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Achieving Wellness in Your Relationships

Would you like to have this? Would you like to experience the feeling of joy and love with every person you meet, and especially in your intimate and close relationships? Would you like your relationship with your mate to be perfectly fulfilling? Is it perfect now or do you often have disagreements? Are you trying to make them what you think they should be versus allowing them to be who they are? Does your mate allow you to be who you are or do they resist certain things about you?

Here's the key: Eliminate the ego. Or at least do not let it dominate your life.

How do you do this? Nothing could be more simple. Simply observe it. Become aware of it. Be the silent, non-judgmental witness. Observe the ego acting out. Observe this is not you. Nor is it other people when they are acting out of ego. It is not the real them and you should not judge them based on their egos. Take the time to step out of your ego when you notice yourself feeling frustrated with someone on the road, at work, in your home, or in a social situation. Who is frustrated? You or the ego? If the ego was not there, why would you be frustrated?

Why do you need to be right and someone else needs to be wrong? Why do you pronounce righteous judgment on another person? As best-selling author Eckhart Tolle put it: "If your pain were her pain, your past her past, your level of consciousness her level of consciousness, you would act exactly the same as she does."

The ego creates stories around events to create drama. Many people thrive off of this drama and if it's absent, they create drama. This is the cause of much of your suffering and unhappiness -- this need for drama.

Observe these reactions in your mind and you will find this to be true. Even better, as you observe your ego, you take power away from it. And if you continue this practice, in a few months, or a few years, you will all have but eliminated it. Your relationships and dealings with people will flow with ease. Almost every encounter you have with people will be positive.

Observing the Ego

Below is a list of things the "ego" does. Take the time to get to know these behaviors. If you ever observe them in yourself, snap yourself out of the egoic mind and come into the present moment. Your ego will be squashed like a bug and you'll feel a subtle peace that you've never felt before. At first it will only last for a few seconds, but gradually it will become your dominant state of being.

Do you ever reduce someone to means to an end? Have you ever used someone to get somewhere or something you needed? What was the quality of your relationship with this person?

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How often do you give someone your full attention? Usually, at best you are either thinking about what you are going to say or you not listening at all. How often are you in the present moment when your are with someone?

Do you *truly* listen to people or are you simply waiting for your turn to speak? Do you care what they have to say? If you usually don't care about what other people are saying and you simply want others to hear what *you* have to say, it's likely that they're subconsciously thinking the same thing. Be careful here before you answer, "I don't do that." You may be doing it subconsciously. Dwell on this for a moment: In your mind, things that you think are so important to tell people are not as important as in their minds what they have to say to you. Read that last sentence again until you understand this truth.

To have powerful, meaningful conversations, always acknowledge what other people say to you as just as important, if not more important, than what you have to say to them.

How often is your mind somewhere else when someone is devoting their time to tell you something?

What's more important to you, material wealth and success or people? To what extent are you willing to achieve success at the expense of others not achieving it? Do you feel that in order to feel successful, others need to be unsuccessful?

Are you always completely honest with your close friends, mate, or family at all times?

Do you find yourself *needing* to be right some or all the time?

How often is your ego doing more talking than you are?

Are you frequently aggravated by people at work, at home, or in social situations?

Do you and your mate argue just to keep things interesting? Do you argue constantly because you disagree on everything? Has your relationship ever been such that everything he or she does gets under your skin?

Do you feel better about yourself when you have successfully proven someone else to be "wrong" making you "right?"

Do you ever name, label, judge, analyze, or compare yourself to someone else? How does it make you feel to be labeled and confined to certain words? They are always inaccurate, not the whole picture, and often offensive. How many times has someone labeled you in conversation and you found yourself needing to defend yourself in order to let them know who you really are? What makes you think you are any better at labeling someone else than they are at labeling you?

How often do you find yourself struggling in conversation to prove you are right? How often do you get frustrated when someone cannot see your point of view when you "know" you are "right?" Is

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their frustration any more or less valid than yours?

How often do you decide you don't like someone based on a single or a couple of qualities you've observed about them? Then they make your blood crawl with everything they say or do because you've decided you don't like this person. Often these people are politicians, celebrities, or well-known and you have never met them. You've decided who you like and who you don't like often based on one or two sentences about them.

Are there people in your place of work or in your circle of friends that you don't like? How well do you know them? What authority are you to judge them? Do you think based on their genetics, cultural background, and upbringing that they could ever be different? Do you think they are not doing their best to be who they are?

Do you ever disrespect and demean people by telling them that something they have based their whole life around (religion, hobby, career, relationship) is wrong? Even worse, do you ever turn someone's life choices into a joke, making fun of them? Do you ever reduce them to no worth by making their life wrong? Does this make your life right? How does this make you feel? Have you ever taken the time to observe what's going on inside you when you are making fun of someone else? Does anyone truly benefit from these actions?

Detach yourself from your ego and you will find perfection in your relationships.

Significant Others

For this section, we have included below the first chapter of the book "**Man Woman Relationships Made Easy**," written by our relationship expert Kristina Catalina. This chapter is a great intro into relationships with your significant other..

Man Woman Relationships

Written by Kristina Catalina Author of "Man Woman Relationships Made Easy"

Anytime a man and a woman are together, the potential for magic or mayhem exists. Our world has yet to accept the very special gift we've been given in being so different. We have not learned to utilize the awesome power available to us in the man-woman dynamic. There are many games to play in this world, but nothing can bring more joy than the man-woman game. There is no finer playing field than relating with the opposite sex to experience all aspects of love and life.

In order to effectively relate to one another, we must understand and appreciate, the underlying makeup of men and women. Women bring the appetite and desire to the planet. Men bring their capability to produce. In order to move efficiently around the game board of man-woman, we need to recognize women are better than men in the area of desire, and men are more effective than women in producing to satiate those desires.

We were not created different by accident. The plan has always been perfect, but we have resisted the perfection of our differences. This resistance has been the source of the majority of

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man-woman breakdowns.

Women are best at what they want. Men are best at making it happen. Women are the ones who wanted indoor plumbing. Women are the ones who wanted beds up off the floor. They wanted a roof over their head. They wanted more blankets and food for their children. Women are the ones who wanted transportation and markets to do their shopping. They wanted materials to make different clothes; ones for winter and ones for summer. Women have always wanted their basic needs of food, shelter and clothing met. Women wanted, and men provided. Life was simple. It's not to say that women didn't make things happen along the way. The truth is, women made everything happen simply by expressing their desires. They wanted more pleasurable experiences.

Times have changed, and the women of today need to allow men to be men, and empower them to do more of what they do best. Men want women to know they are completely capable of producing whatever women want and need, as long as they are given the opportunity.

Over the past several decades, women have taken on more of the male role of producing. If this continues, we will end up with too much male energy on the planet. The planet doesn't need more male energy - it needs more feminine energy.

Women are coming into their power in new and wonderful ways. It's time for them to pull back from producing so much, and move more into directing. This will allow men to support women in moving things in the direction of the feminine. This will bring balance back to a world where the feminine energy is wanted and needed.

Romance goes out the window when women take on a man's role. In the times when chivalry was alive and well, women were definitely more feminine. They were happy to be female. They played their part with grace and ease. Men were heroic and romantic. They were happy to court women and women were delighted to be courted. Can you imagine if women were galloping off to slay dragons for their men? When women do the man's job, it leaves little room for men to be their heroes. There is no game to play, or dragon to slay. It results in no romance.

Mark lived in Texas with Allison. Allison had a vacation magazine that had a beautiful picture of an island with gorgeous turquoise waters. She lit up every time she looked at it. One day Mark said to her, "Would you like to go there?" She said, "Yes, that would be like a dream." That was all she said. The next day Mark bought tickets for them to go. She was simply enjoying the picture and thinking about how much fun it would be to go there. She was not trying to manipulate him in any way. This is different than a woman who asks, "Would you take me there?" or, "Why can't we go?" There's no opportunity for men to be the hero if women get their own 'production' muscle involved.

When a woman expresses her desires, she is giving her man a clear message how to win with her. He must pay close attention to what she says she wants. If he doesn't take her clues he will be penalized at some point. Women can't stand it when men don't listen to them, especially, when they feel it's important. By the way, everything a woman says is important. It would behoove a man to remember that women only want things that will make them happy. If a man's primary goal

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is to make his woman happy, it will cost him big time if he misses what she wants by not listening to her.

If a man doesn't listen to the direction a woman suggests, she feels totally discounted. Nothing is worse for a woman. A man immediately goes to the doghouse for this. A woman will decide he is not fun to play with, and the relationship will potentially go down hill from there. Not following a woman's lead can be detrimental to the health and vitality of a relationship. When a woman's desires are paid attention to her light will shine and her love will easily flow toward her man.

Some women keep the majority of their desires from their man. Women don't realize that the more they want, the better it is for men. If a woman is nice, in addition to having a big appetite, that's even better. Men want to produce big. They are not afraid of women who have big appetites and big dreams. They actually find it attractive. A woman with big dreams means the man has the opportunity to be a big hero.

Men will never have a chance to be a hero by second guessing women. This will never work. It always bothers women. Women know men think we aren't as smart as they are about certain subjects. But women are clear about things that are truly important to them, and would like men to take them for their word. They usually give men an 'X', when men judge women for not being clear about what they are saying. It makes women feel frustrated. They will quickly lose interest in furthering the conversation.

An example of second-guessing would be where a woman might say, "I want those little purple pens for my invitations." He says, "What do you want those for? Those aren't the right color to get. They won't work either. You need to get this kind and this color." Men should know that women say what they mean, and mean what they say, even if a man thinks it doesn't make sense.

Women have been put down by men for much of their life and, unfortunately, don't stop to handle the criticism in the moment. However, they will get their revenge by holding out the fun in some way. They simply refuse to enjoy themselves. If men would simply adopt a woman's goals without questioning them, they would experience a much happier woman, much more of the time.

It's a huge burden for women to always have to know what they want. It's a lot of pressure to have this responsibility. Some women have not exercised the 'knowing what they want' muscle. They don't always know what they want in the next moment.

Part of a man's job is to help her discover her desires. Women love it when men 'run menus' for them. Running a menu is the same as offering a list of options for her to consider. It's like window shopping or going through a catalog. Sometimes women just need the spark of new ideas to inspire them. When men run menus, women can be more at the effect of their circumstances, which is something women love. It allows men to do the thing they love, which is to be at cause of the situation. Everybody wins this way.

When a man gives a woman a list of options, all he has to do is watch her face, and then pursue the thing that makes her face light up the most. If her face lights up, she has connected with

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something she feels would be fun. If a man is on the phone with her, he needs to be listening intently for any positive feedback. A man's best bet is to start in the direction that feels best to him. If a woman changes her mind along the way, it's best to change with her and follow her lead. It won't cost him, and he'll be rewarded for being willing to go with her flow. That's always the perfect solution.

There are many books to read that claim to show you how to have fulfilling man-woman relationships. I honestly haven't found any that comes close to the simple truths found in this book. If you are going to relate with the opposite sex, and your goal is to have fun, it is a must to honor and embrace the powerful distinctions that exist in our differences. The most important distinction being that women are the appetite and men are the producers. Learning this piece alone will insure that your travels in the world of man-woman will lead to a lot more fun and a lot less frustration. It's the best way to travel in life, period. It produces the most fun, the most clarity, and it makes the most sense.

Become more of an observer of your relationships and your life, and you will quickly see how simple relating with the opposite sex can be. When you come up against challenges, simply observe where you may be responsible, acknowledge it, and move on. Nobody ever has to be wrong! It's a much cleaner way to play man-woman.

Take a look around you and you will see the result of a woman's appetite. All the houses, cars, clothes, restaurants, and shopping centers were brought into existence by a woman's desire. Women want, and men produce. You don't see too many women building cars, or roads, or houses and shopping centers. Women want experiences they are pleased by. They wanted prettier cars, smoother roads, bigger shopping centers, and finer dining. And men, bless their wonderful hearts, brains and muscles, produced it all. Men are amazing creatures who love to produce. Women love to want - it's a perfect dynamic in a perfect world.

Men long to produce for feminine, happy and receptive women. It's important for women to remember that men would love the opportunity to be their hero. Women have to give them the chance. Women have to become more receptive to convey their softer, more feminine side. They can get what they want without getting the ol' crowbar out. The more women allow themselves to be happy, open, feminine females, the more men will be inspired to listen to them, love them, and adore them. Men can only adore women who are adorable. The question, is have you been adorable lately?

Adopting this model of man-woman allows both sexes to be fully expressed and honored. This model is simple. It's clean, fun, fast and honors everyone. It allows men to be manly - the kind of men that women are always saying they want. And it allows women to be vulnerable, soft, feminine, and still powerful - the kind of women that men say they want.

Try this model out. You will see instant results - guaranteed. It's so simple, and it really is this easy! Give up the effort and struggle of playing man-woman any other way. If you choose to play with the other half of the planet, you'd be wiser and happier when you play from your blanket of power - blue blanket or pink blanket?

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Non-Significant Others

By non-significant others, we mean family, friends, co-workers, associates, and everyone else in the world you may or may not know, whom you are not having sexual relations with.

It is critical for your own wellbeing and that of the world that you put right effort into your relationships to get along with others. No one wins when people make other people unhappy. When you get along with people, life unfolds with ease, lightness, love, and joy. Below are some guidelines to help you get along with people.

Guidelines for Joyful Relationships With Others

- Be a good listener. A wise man once said, "When you are talking, you are not learning." Spend less time trying to get your words in and more time hearing other peoples' words. You may not agree, but you'll understand why they think the way they do. And you will respect their values even though they may be the opposite of yours.
- Be in the present moment when you are with someone. This means being with that person and not off thinking about the past or the future. Pay attention to whomever you are with. Look into their eyes. Notice their facial expressions and body language. And hear their words.
- When angry, it's best to do nothing. Do not act or speak. If possible, leave the situation or be alone until you have cooled off. Horrible, regretful, and sometimes unforgivable mistakes are made out of anger. Resist the temptation to take your revenge on someone who has offended you. Sometimes there are actions that need to be taken, but wait until you are of a sound state of mind to decide what actions to take.
- Seek to understand, not to be right. When you spend all of your energy trying to be right, you have shut your gates of understanding. You are inconvincible that things could be any other way than *your* way. Just remember, there were times in your life when you did not believe the things you believe now.

When we are presented with new information, our perspectives change. When you are egotistically trying to make others see that you are right, simply to have the satisfaction and comfort of knowing that you are *right*, your ability to interpret new information becomes crippled. You are no longer a good listener. Also, people have fragile egos. It hurts other people to be told they are wrong. People will fight to the death to be "right."

Allow people to be right if it's not going to have a drastic effect on your own wellbeing. Yield to others. Your own example will show them the way to the truth. If you must show someone that what they believe does not serve them (for example someone trying to kill another), act out of love, not contempt, and you will have more success.

- Give, give, give. Give to others what you seek for yourself. If you want money, give or help others make money. If you want health, purpose, or love, help others find them. A selfish person always feels alone deep inside, no matter how many people are surrounding him or her. A selfish person goes through life seeking one thing after another to satisfy his desires

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and always comes up short, until the moment of his death, when he finally realizes the truth.

- *"Judge ye not, lest ye be judged."* (Matthew 7:1) This means do not judge others. As author and spiritual teacher Eckhart Tolle put it, "If your past were her past, your pain, her pain, you would act exactly as she does." All things in this world are relative. There is no right or wrong. Judging others only causes negativity and tension inside. You do not need to compare yourself to others physically, mentally, or socially. Everyone is an individual and is doing the best they can given who and where they are.
- There is no unforgivable deed. Forgive all, no matter what they do. This does not mean do not take action to correct those that harm others. It means take action out of love and mercy, not hatred, anger, or contempt.

If this is too extreme for you, simply do the best you can to forgive people as often as possible. Practice forgiving people on the street, in traffic, in your place of work, your friends, and family. Forgiving someone is a deeply gratifying experience. You feel as though a weight is lifted from your shoulders. Forgiveness is truly liberating and is beneficial to practice daily.

- Most importantly, carry love with you wherever you go, whatever you do, and to whomever you meet. That love will be returned to you in a form far greater than you ever could have imagined.

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Chapter 5: Spirituality

Writing about spirituality is always difficult because religion (which is often far from spirituality) and ego get involved. So many people are too attached to their personal beliefs without understanding the universal truth behind them. If the attachment is ego based, all other beliefs are made wrong in order to reinforce the correctness of one's own personal belief. However, the spiritual masters, from Buddha and Krishna, to Jesus and Yogananda, all taught the same message customized to the time and culture of their particular existence. The belief in the superiority of one religion over another is a misunderstanding of the truth.

The purpose of spirituality is simple and universal: To achieve oneness with the Creator. Depending on your belief, the Creator might have a different name, some sort of personification, or you may believe there is no Creator. In any case, you exist in a universe and you may resist it or flow with it. Resistance brings suffering and acceptance brings joy. Look inside yourself to see if you feel complete and fulfilled. If not, you may have shut your heart out from receiving the subtle truth that is always within you.

We cannot possibly cater to all of the specific dogmas, sectarian beliefs, religions, and spiritual belief systems without some readers disagreeing. All we can do is present the truth as we've experienced it in the most universally acceptable way possible. This will be our endeavor throughout this section. If you find something that you disagree with, do not discount the entire section for there may be something in here that you can use for your own personal betterment.

If you are an atheist, there are still things taught about spirituality that are of use to you. For example, there is no doubt that loving, giving, and service is more fulfilling than material gain, selfishness, and egotistical self-gratification. A God need not exist for this universal truth. It is simply a fact. Another example is that scientific experiments have shown that meditation increases the size of the part of the brain that makes you happy. That means you can be meditating for no particular reason (no belief in ever communing with God) and still benefit.

If your religion teaches that only God called a by specific name (Krishna, Jesus, Allah, Buddha etc) is correct, you may still benefit from this section. For the sake of catering to the largest amount of readers possible, we will refer to all God-heads as spiritual masters. This means that each spiritual master was an incarnation of God sent here to help man-kind get one step closer to enlightenment. If you believe Jesus is the one and only true son of God, that does not mean that meditation is not for you, and it does not mean that Krishna and Buddha did not have great lessons to teach. So all we can ask for this section is that you keep an open mind while reading and take in what fits your beliefs.

However, in order to grow as a person, you *must* be willing to change and adjust your views based on new information and intuition. You cannot close yourself off in the egotistical and irrational belief that you are right and the other 5 billion people on the planet are wrong. You must be open-minded and accepting to truths other than what you were taught as child. You cannot be judgmental and allow your ego to shut you off from the truth. The truth is universal and cannot be named. A name of a God has no meaning. It is knowing God that has meaning. Any soul who

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knows God also knows that He has no name and all names at the same time.

It is our conviction that the purpose of being on this planet is to realize, appreciate, experience, remember, and reclaim your Self as a Son of God. You are a piece of the Infinite Consciousness who has willingly taken on amnesia to make the bliss of being God all the more special once you finally remember Who You Are. You do not need to accomplish anything in the future. You must simply remember in the present moment.

God

Each person has his or her own God and they range from statues, names, people, spirits, and definitions to no God other than logic and science. The question of "what is God" has been asked and pondered since the beginning of time.

Our definition of God is simple and universal: God *is*.

What do we mean by this? God will come to you in whatever form you are willing to receive Him, which in most cases translates to not at all because most people are too busy to spend time trying to get to know Him. God is what you make Him, Her, or It. God is an all-encompassing word for everything that exists in your universe. You have no way of knowing anything other than what you have been taught, observed, or experienced. Therefore, for you, God exists in a tiny sphere about the size of a melon -- *your head*.

Of course God is much more than what is in your head. The question is, do you know this from experience or only from what you've been taught?

The spiritual masters taught that we can know God by cultivating a personal relationship with Him (we will use the word "Him" for simplicity sake). How can one possibly know God? There is only one way and that is personal experience through effort and actions to know God.

What kind of effort? That depends on your beliefs, but there are some universal truths as taught by all God-realized prophets and spiritual masters.

1. The first universal truth is that God can only be experienced when the mind is still -- when you are not thinking about your job, errands you need to run, or conversations you had the day before. Another way of looking at this is that God can only be known when the mind is pure.
2. The second universal truth is that God can only be perceived in the present moment. You will not find God in the past or future -- only in the now.
3. The third universal truth is devotion. God is rarely known to those who are not devoted, loving, and receptive to His subtle, but inexplicably joyful presence. You cannot put in a minimal effort, occasionally, with little belief, faith, love or devotion and expect to know God.
4. The fourth universal truth as taught by all true masters is that you must have love in your heart. This means never judging or harming any other creation. This means loving all that is, just as God loves all of His creation. Only by righteous acts that benefit the world can

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one feel fulfilled, cultivate love, and achieve the mental, physical, and spiritual state necessary to realize God's presence within.

5. This fifth and absolutely most important universal truth is that God is within you. You cannot find God in this world. You cannot find Him anywhere but within yourself. You cannot find God through studying the scriptures, socializing with others of the same religion, building churches, or accumulating material wealth. As Jesus said: "Behold the Kingdom of God is within you." (Luke 17: 21) You will not find God through intellectual or philosophical discussion. You certainly will not find God or fulfillment by trying to prove to yourself and others that God does not exist or that your God is the only true God.

Regardless of your religious belief, these truths are universal and can be applied to any person's life. One thing that all God-realized masters teach is this: Do not take the words of any teacher to be the truth without personally experiencing that truth. Test the principles personally. If you have not connected with God and experienced Him yourself, you cannot say that you *know* the truth. You cannot say that you *know* God. All you know then is what you've read, been taught, and observed in other people, which is not knowing at all, but assuming.

Do not fret. There are great tools that have been left for us by the masters that we may use to achieve this divine perception; the most powerful being meditation, and coming in close runners up are prayer, devotion, right actions, and love.

Ego

We have discussed the ego in the "Mind" and "Relationships" section of this program as a significant barrier to happiness. The ego is also the most significant barrier to achieving happiness on the spiritual plane. You have already read that ego is the false sense of self that causes you to see yourself as separate from everything else. It is all of the things that we don't want to be (restless, impatient, selfish, greedy, anxious, and negative).

The ego prevents you from knowing your true loving nature by distracting you with attachment to the delusion of the material and relative world. In Sanskrit, the word the Buddhists and Hindus use to describe this "Cosmic Delusion" is "*Maya*." *Maya* is the delusion that this world is all there is, this life is all there is, and we must cling to it "for dear life." *Maya* is the delusion that there is not enough for everyone in this world so we must claim as much as possible for ourselves to feel fulfilled. We must accumulate as much as possible materially in the short period of time here regardless of the effects it may have on ourselves or others.

The key word in this whole concept of delusion is attachment. We are attached to the material plane and it prevents us from realizing our one true nature. The ego is attached to its possessions, its dogmas, its body, and its life. Therefore, anything that threatens it, it will try to destroy. With all of this distraction going on, we develop a dual nature of ego and spirit, the ego usually being loudest. Therefore our mind becomes clouded, noisy, and restless and we cannot possibly be receptive to God's presence in this state.

Material possessions are fine as long as you are not attached to them. However, true detachment

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usually results in getting rid of those possessions, as they are only distractions. It was Jesus who said: "I say unto you, It is easier for a camel to go through the eye of a needle, than for a rich man to enter into the kingdom of God" (Matthew 19:24) This means that if you have great possessions, it's not likely that you are devoted to God or to your fellow man. Not impossible, just highly unlikely. In this case, you will not achieve happiness, joy, or fulfillment in your life.

You do not need to detach yourself from anything else if you can succeed in detaching yourself from your ego. Detachment from the ego is the "be-all-end-all" of attachment to material things in this world. As mentioned in the other sections, to detach yourself from your ego, simply observe it, expose it, and shine the light on it. It will shrink and you will then have space for spirituality in your life.

Ways to detach from the Ego:

Morning, day, and night, you must be within. You must be looking inside yourself to see if you are restless or at peace, sad or happy, tense or calm. You must introspect throughout the day. Be conscious of your thoughts, speech, and deeds. If you catch yourself slipping into the clutches of your ego, snap out of it. **Be the watcher.** The observant, introspective person always defeats the ego and finds peace in the end. And all along the way he is able to feel the benefits of increased peace and joy as the ego becomes more and more exposed to the light, hence belittled to have no power over him.

Take the time to introspect. Examine whether you acted towards people judgmentally or lovingly. Examine whether you are creating drama in your life or peace in your life. Examine whether you are lying to yourself about how you feel or whether you are telling the truth. Observe, observe, observe.

Meditation is the most powerful form of this introspection that defeats the ego and opens your life up to the light within. Meditation need not be a religious ritual. It means being still so you can take the time to be within -- within yourself, alone with God.

Living a Spiritual Life

If you strip the teachings of the masters down to the simplest, truest, and most universal form, you will see that they are really all saying the same thing, customized for the time and culture of the people. They have left us simple guidelines to follow. These guidelines need not be feared for the potential to send us to the fiery pits of hell, but are meant to show us how to live our lives if we want to be happy and find God. To demonstrate that truth is truth, regardless of who it was spoken by or what religion, we have put the teachings of 4 of the world's greatest Godheads right next to each other. You will see for yourself the similarity and universality of the truth.

Beyond these recommendations we have nothing to add, for these teachings have come from a greater Source than us. They speak for themselves and you know deep from within your being that you should work hard every day to be these qualities. Nothing you do should comprise these qualities within yourself. It will only bring you suffering to do so.

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Buddhism	Hinduism	Judeo-Christian
<p>The Eightfold Path to the Cessation of Suffering:</p> <p>1. Right Views - Right Understanding of the following facts:</p> <p>the truth about suffering ... (The Four Truths);</p> <p>everything is impermanent and changes;</p> <p>there is no separate individual self- this is an illusion. (We are one!)</p> <p>2. Right Thoughts - Right Determination:</p> <p>give up what is wrong and evil;</p> <p>undertake what is good;</p> <p>abandon thoughts that have to do with bringing suffering to any conscious being; cultivate thoughts that are of loving kindness, that are based on caring for others' suffering, and sympathetic joy in others' happiness.</p> <p>3. Right Speech:</p> <p>Abstain from telling lies.</p> <p>Abstain from talk that brings harm or discredit to others (such as backbiting or slander) or</p>	<p>From the Bhagavad Gita:</p> <p>The Supreme Personality of Godhead said:</p> <ol style="list-style-type: none"> 1. Fearlessness; 2. purification of one's existence; 3. cultivation of spiritual knowledge; 4. charity; 5. self-control; 6. performance of sacrifice; 7. study of the Vedas; 8. austerity; 9. simplicity; 10. nonviolence; 11. truthfulness; 12. freedom from anger; 13. renunciation; 14. tranquility; 15. aversion to faultfinding; 16. compassion for all living entities; 17. freedom from covetousness; 18. gentleness; 19. modesty; 20. steady determination; 21. vigor; 22. forgiveness; 23. fortitude; 24. cleanliness; and 25. freedom from envy and from the passion for honor <p>these transcendental qualities, O son of Bharata, belong to godly men endowed with divine nature.</p>	<p>The Ten Commandments from the Old Testament</p> <ol style="list-style-type: none"> 1. I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me. 2. Thou shalt not take the name of the Lord thy God in vain. 3. Thou shalt not make unto thee any graven image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. Thou shalt not bow down thyself to them, nor serve them. 4. Remember the Sabbath day, to keep it holy. 5. Honor thy father and thy mother: that thy days may be long. 6. Thou shalt not kill. 7. Thou shalt not commit adultery. 8. Thou shalt not steal. 9. Thou shalt not bear false witness against thy neighbor. 10. Thou shalt not covet thy neighbor's house, thou shalt not covet thy neighbor's wife, nor his manservant, nor his maidservant, nor his ox, nor his ass, nor anything

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<p>talk that creates hatred or disharmony between individuals and groups.</p> <p>Abstain from harsh, rude, impolite, malicious, or abusive language.</p> <p>Abstain from idle, useless, and foolish babble and gossip. Abstain from recrimination and negative statements.</p> <p>Abstain from harsh speech—practice kindly speech.</p> <p>Abstain from frivolous speech—practice meaningful speech.</p> <p>Abstain from slanderous speech—practice harmonious speech.</p> <p>Speak the truth if it is useful and timely. Practice only necessary speech. Let your speech be filled with loving kindness. Speak that which alleviates suffering.</p> <p>4. Right Action:</p> <p>Peaceful, honorable conduct; abstain from dishonest dealings; take concrete steps necessary to foster what is good.</p>	<p>Arrogance, pride, anger, conceit, harshness and ignorance--these qualities belong to those of demoniac nature. Bhagavad-Gita: 16:4</p> <p>No matter what conditions you encounter in life, your right is only to the works--not to the fruits thereof. You should not be impelled to act for selfish reasons, nor should you be attached to inaction. -Bhagavad Gita: 2.47</p> <p>O Arjun, the scorcher of your foes, it is by single minded devotion alone that I can be known, seen in reality, and also entered into. O Son of Pandu, he who performs actions for Me, who considers Me as the Supreme Goal, who is My devotee, and is devoid of attachments; who is without animosity towards all living beings, he alone attains Me. -Bhagavad Gita: 11.54 and 11.55</p> <p>He who sees me in all things, and all things in me, is never far from me, and I am never far from him. -Chapter 6, Bhishma (P. Lal)</p> <p>Every selfless act is born from Brahman, the eternal, infinite Godhead. He is present in every act of service. Bhagavad-Gita: 3:15</p> <p>Wherever the mind wanders, restless and diffuse in its</p>	<p>that is thy neighbor's.</p> <p>Excerpts from the Sermon on the Mount:</p> <p>Ye have heard that it hath been said, An eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn to him the other also. And if any man will sue thee at the law, and take away thy coat, let him have thy cloak also. And whosoever shall compel thee to go a mile, go with him twain. Give to him that asketh thee, and from him that would borrow of thee turn not thou away. (Matthew 5:38)</p> <p>Ye have heard that it hath been said, Thou shalt love thy neighbor, and hate thine enemy. But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you; (Matthew 5:43)</p> <p>But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly. But when ye pray, use not vain</p>
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<p>Do things that are moral, honest, and alleviate suffering. Do not do things that will bring suffering to others or yourself.</p> <p>5. Right Livelihood:</p> <p>Abstain from making your living from an occupation that brings harm and suffering to humans or animals, or diminish their well being. This includes: activities that directly harm conscious beings, and activities that indirectly harm sentient beings, e.g., making weapons or poisons.</p> <p>6. Right Effort:</p> <p>Foster good and prevent evil;</p> <p>Work on yourself -- be engaged in appropriate self-improvement. The essence of right effort is that everything must be done with a sense of proper balance that fits the situation. Effort should be properly balanced between trying too hard and not trying hard enough. For example, strike the balance between excessive fasting and over-indulgence in food. Trying hard to progress too rapidly gets poor</p>	<p>search for satisfaction without, lead it within; train it to rest in the Self. -Bhagavad Gita: 6:26</p> <p>Those who are motivated only by desire for the fruits of action are miserable, for they are constantly anxious about the results of what they do. - Bhagavad Gita: 2:49</p> <p>They are forever free who renounce all selfish desires and break away from the ego-cage of "I", "me", and "mine" to be united with the Lord. This is the supreme state. Attain to this, and pass from death to immortality. -Bhagavad Gita: 2:71</p> <p>Better indeed is knowledge than mechanical practice (of religious ritual). Better than knowledge is meditation. But better still is surrender of attachment to results (of one's actions), because there follows immediate peace. -Bhagavad Gita: 12:12</p> <p>Make your mind one-pointed in meditation, and your heart will be purified...With all fears dissolved in the peace of the Self and all desires dedicated to Brahman, controlling the mind and fixing it on me (God), sit in meditation with me as your only goal. With senses and mind constantly controlled through meditation, united with the Self within, an aspirant attains nirvana. the state of</p>	<p>repetitions, as the heathen do: for they think that they shall be heard for their much speaking. (Matthew 6:1)</p> <p>For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. (Matthew 6:14)</p> <p>The light of the body is the eye: if therefore thine eye be single, thy whole body shall be full of light. But if thine eye be evil, thy whole body shall be full of darkness. If therefore the light that is in thee be darkness, how great is that darkness! (Matthew 6:22)</p> <p>But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. (Matthew 6:34)</p> <p>Judge not, that ye be not judged. (Matthew 7:1)</p>
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<p>results, as does not trying hard enough.</p> <p>7. Right Mindfulness or Wakefulness:</p> <p>Foster right attention.</p> <p>Avoid whatever clouds our mental awareness (e.g., drugs).</p> <p>Systematically and intentionally develop awareness.</p> <p>8. Right Concentration - Meditation:</p> <p>Developed by practicing meditation and/or mental focusing. Proper meditation must be done continuously while awake, and should include work on awareness of body, emotions, thought, and mind objects.</p> <p>Five basic precepts:</p> <ol style="list-style-type: none"> 1. Abstain from killing living beings (from destroying/taking life)—or practice love. 2. Abstain from taking the not-given (from stealing)—or practice generosity, practice giving. 3. Abstain from sexual misconduct—or practice contentment. 4. Abstain from false speech (from lying)—or 	<p>abiding joy and peace in me. - Bhagavad Gita: 6:12-15</p>	
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<p>practice truthfulness.</p> <p>5. Abstain from taking intoxicating drinks—or practice awareness and mental clarity.</p>		
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Islam

The Prohibitions of the Qur'an

1. To ascribe to God a partner or associate:

"Associate not any other god with the Almighty, lest thou sit down despised forsaken."
17:22

2. To deny revelation of God to His prophets.
3. To deny any of the prophets who are recognized by the Qur'an, such as Jesus, Moses, Abraham, and Noah. The denial of the revelation or any of the recognized prophets is a denial of Islam.
4. To feel safe in opposition to God:

"Are they secure against the plan of God? But none feels secure against the plan of God except the losing people. " 7:99

5. To lose hope in mercy of God:

"...And despair not of the mercy of God. Surely none despairs of the mercy of God except the disbelieving people." 12:87

6. To swear in the name of God falsely:

"Hast thou not seen those who take for friends a people with whom God is wrathful? They are neither of you nor of them, and they swear falsely, while they know. God has prepared for them a severe chastisement. Evil indeed is what they do!" 58:14-15

7. To break a covenant deliberately:

"And fulfill the covenant of God when you have made a covenant, and break not the oaths after making them fast, and you have, indeed, made God your surety. Surely God knows what you do." 16:91

8. To kill a human being premeditatively.

"And slay not the soul which God has forbidden except for the just cause.... " 17:33

"Your lives and properties are sacred and inviolable amongst you, until you appear before your Lord.... " said the Prophet.

9. To be traitor to the right cause of one's own nation.

10. To help defeat it militarily by retreating at the battlefield when the nation is defending itself

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against aggression:

"And whoso turns his back to them (the aggressors) on that day (of fight), unless maneuvering for battle or turning to join a company, he indeed incurs God's wrath and his refuge is hell, and an evil destination it is." 8:16

11. To steal.

12. To cheat in measuring or weighing in selling or purchasing:

"Woe to the cheaters. Who when they take the measure (of their dues) from the people, take it fully, and when they measure out to others or weigh out for them they give less than is due." 83:1-3

13. To use an orphan's fund in a way that is not in his interest:

"And draw not nigh to the orphan's fund, except in a goodly way, till he attains his maturity, and fulfill the covenant; surely the covenant will be inquired to!" 17:34

14. To insult one's own parent:

"And thy Lord has decreed that ye worship none but Him, and do good to the parents. If one of them or both of them reach old age with thee, say not "Fie" to them, nor chide them, and speak to them kind words. And lower to them the wing of humility of mercy, and say: My Lord, have mercy on them as they brought me up (when I was) little." 17:23-24

15. To commit adultery:

"And go not nigh to fornication; surely it is an obscenity. And evil is the way." 17:32

16. To scandalize people, especially women:

"Those who love to see that scandal should circulate concerning the believers, will have a grievous chastisement in this world and the Hereafter, and God knows, while you know not." 24:19

"Those who scandalize virtuous, believing women (who are) careless, cursed are they in this world and the Hereafter. Theirs will be an awful doom, on the day when their tongues, their hands, and their feet testify against them as to what they used to do. On that day God will pay them their just dues, and they will know that God is the Manifest Truth." 24:23-25

17. To spy on others for no purpose of protecting your nation or yourself.

18. To backbite others, exposing to those who do not know, some shameful doing:

". . . And spy not nor backbite each other. . ." 49:12

19. To gamble.

20. To drink intoxicants:

"O you who believe, intoxicants and games of chance. . . are only an abomination, the devil's work; so shun it, that you may succeed. The devil desires only to create enmity and hatred among you by means of intoxicants and games of chance. and to prevent you from

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the remembrance of God and from prayer. So will you obey this prohibition?" 5:93-94

21. To eat pork or any swine's products.

22. To eat or drink blood. (This does not include transfusion of blood for necessity.)

23. To eat meat of an animal that dies by itself, or the meat of an animal on which the name of other than God is invoked when it is slain:

"He has forbidden you only what dies of itself, and blood, and the flesh of swine, and that over which (a name) other than the name of God is invoked (when it is slaughtered) . . . "
2:173

24. To lie deliberately or testify falsely or falsify the word of God willingly:

"Only they forge lies who believe not in the messages of God, and they are the liars."
16:105

25. To conceal a testimony when called to testify in a litigation:

". . . And conceal not testimony. And whoever conceals it, his heart is surely sinful. And God knows what you do." 2:283

26. To deliberately hinder a good cause.

27. To spread hatred by conveying to a person a bad word about him spoken by another person:

"And obey not any mean swearer, defamer, going about with slander, hinderer of good, transgressing beyond the limits, sinful, ignoble, besides all that, notoriously mischievous. . . "
68:10-13

28. To violate the terms of a dead man's will:

"Then whoever changes it (the will) after he heard it, the sin of it is only upon those who change it. Surely God is Hearing, Knowing." 2:181

29. To oppress the people.

30. To aid an oppressor.

"...And let not hatred of a people because they hindered you from the Sacred Mosque incite you to make aggression. And help one another in righteousness and piety, and help not one another in sin and aggression. Surely God is severe in requiting (evil)." 5:9

31. To be proud, looking down on the people:

"And turn not thy cheek in scorn towards people, nor go about in the land in insolence. Surely God loves not any self-conceited boaster. " 31:18

32. To be envious, wishing People ill:

"Say: I seek refuge in the Lord of the dawn, From the evil of things created,. . . And from the evil of the envious when he envies . " 113

33. To antagonize a relative for no right cause:

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"Will you be making mischief in the land and cut off the ties of kinship if you come to power?" 47:22

34. To neglect any of the five daily prayers.
35. To break fasting in the days of Ramadan without a legitimate excuse.
36. To withhold the "Zakah" which is the share of the poor in the self-supporting person's wealth.
37. To neglect the duty of pilgrimage to Mecca which has to be done once in a life-time by every person who is physically and financially able to make it.
38. To neglect the duty of advising the people to do good and avoid evil when such an advice is needed and likely to be effective.

The last five are regarded as major sins, because the prayer, fasting, paying Zakah, making pilgrimage and enjoining good and prohibiting evil are Qur'anic duties.

Meditation

To avoid infringing on any spiritual or non-spiritual beliefs in this section, we refer to meditation as doing whatever (within your belief system) leads you to a pure mind that is open to connecting with All That Is. Meditation means creating time and space for God within.

Anything done with a pure and still mind is a form of meditation. Of course, for most of us we've never consciously done something with a pure mind in our entire lives and therefore have never consciously known God.

The spiritual masters taught that once one has realized God, one no longer needs to sit still to be in meditation. Sitting cross-legged with the spine straight and eyes closed is only an exercise to help us to purify the mind. How you meditate has little meaning in and of itself. Any recommendations made by any particular teacher are simply guidelines, sign posts, and helpful tools. Ultimately, you must do what truly feels right within yourself to connect with All That Is.

The object is the same no matter how you choose to "connect." The object is mental stillness, inner peace, love, joy, lightness, and ultimately true knowledge of God and his everlasting presence within you.

Swami Sri Yukteswar, a great saint of India taught that a Moslem should pray 5 times per day, a Buddhist should meditate daily, and a Jew or Christian should recite the Shema Israel or Lord's Prayer daily. What he meant is that you do not need to abandon your religion to get to God. You simply need to do whatever you do from a state of sincerity, devotion, love, peace, and stillness.

The most effective way we've found to achieve this state of mind is through the traditional form of meditation, sitting in silence for a period of time. This is because it cultivates stillness and peace inside, states necessary to know God and remember throughout your day that He is always within you. Below we have placed the explanation of how to meditate from the mind section of this program for you to review if you wish to meditate. The only difference, is that meditation for

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spiritual purposes is different than for mental purposes. The true purpose of meditation is to know God.

Meditation is by far the most powerful way to gain control over your mind, achieve inner peace, lasting happiness, fulfillment, and joy. As taught by the spiritual masters, Buddhists, and yogis, there are inexplicable joys that can only be perceived when the mind is calm and still. The mind is so attached to the material world, so restless, and so conditioned to be distracted, that it takes years of devoted practice to still it to the point of reaching these inexplicable, joy-filled experiences. However, you can start feeling the effects of the peace and happiness that comes from meditation right now. It does not take years of practice to be able to enjoy meditation and see the benefits.

At first the ego comes in to tell you that there is no point in meditation. The ego constantly needs to be doing, producing, and striving to achieve more. Achievement is fine, as long it's not preventing you from being happy, as it often does. Never do something that makes you unhappy *now* to be happy in the *future*. You will find that this cycle never ends. When you reach that goal, there is a new goal waiting there for you. You must become happy in the present moment regardless of circumstances to ever be happy in the future. In order to have what you want, you must want what you have.

You will need to drop your egoic need to constantly be doing something, be it entertainment, work, or errands. What does it feel like to never be able to relax? It's not a pleasant thought, is it? We try to avoid this thought by doing more things.

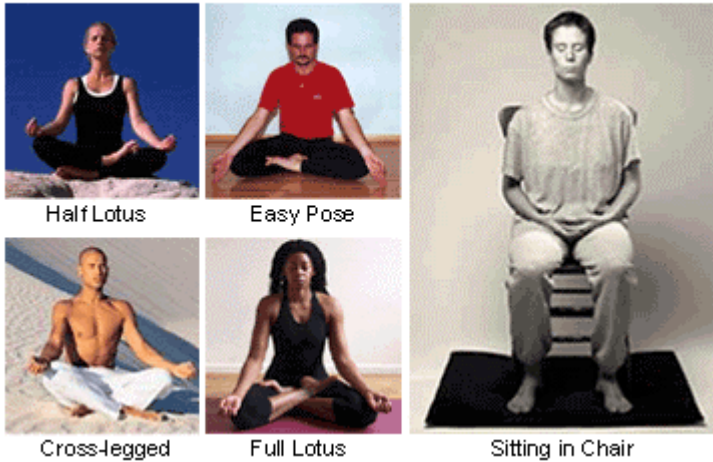
How to meditate:

There are many methods of meditation and many explanations on how to do it. Our explanation is a combination of our own experience and research. You may find someone else's method that you like better. This is simply a guideline to get started. We recommend you research on the Internet and at your local book store a variety of methods to ensure that you find the right one for you.

The first thing you will need to do is find a comfortable posture. Most westerners will need to sit in a chair, however, if you find it comfortable, you may sit with your legs crossed, in half-lotus, or in lotus posture.

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Common Meditation Postures



Sit with your spine erect, your tail-bone tucked, your rib cage in, and your neck directly above your spine. Bring your chin down, parallel to the floor so you are looking straight ahead, not up. All of these things help you to have better posture while sitting. If you cannot sit with your spine completely straight, try your best to have it as straight as possible.

Most people have such poor posture, that from the effects of this over time, they cannot sit up straight for more than a few minutes without muscle-strain, cramps, or discomfort. This is a cycle that is important to break and it starts by practicing sitting and standing up straight for longer and longer periods of time each day.

If you are sitting on a chair, place your hands facing up or down (which ever is more comfortable) on top of your thighs, as close to the body as possible. This brings your shoulders down and your chest out.

If you are in lotus posture, rest your hands on your knees facing up or down. In either posture, be sure you are comfortable.

Close your eyes and relax. Allow your shoulders to come down, unclench your jaw, relax your tongue, your eyes, and your whole body. Pay attention to your breathing. Allow the breaths to be long, steady, and calm. Focus the inner gaze of your eyes at the point between the eyebrows -- the third eye, or spiritual eye.

To start out, practice the 20-20-20 breathing exercise mentioned above. Practice this 6 to 12 times. Then forget the breath. Relax, with calm steady breaths, your gaze and attention focused on the third eye, your spine erect, your chin tucked under, and your arms and shoulders relaxed. Your mind will wander to things you need to do, errands you have to run, situations at work, and events from the past. Allow it to wander, but become the observer. Watch your mind think.

Focus on keeping your thoughts quiet, but do not use force. You cannot force yourself to stop

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thinking. Notice your breathing, heart rate, any other noises you hear, any sensations you feel.

The object of meditation is to connect with the life force that animates you, your soul or spirit. However, if this is not in line with your belief system, there are still enormous benefits to calming your mind in this way. Take the time to feel your inner body. This means, feel the subtle energy field that surrounds you, and *is* you. Connect with that energy. There is a subtle energy field that encapsulates your body. If you are still, you can feel it in varying intensities. These sensations are always peaceful. Buddhist, Hindu, and Yogic monks call these sensations connecting with your spirit, the consciousness that is beyond name and form.

Enjoy this vibrantly alive peace and stillness for as long as comfortable. At first you may only be able to meditate for a few minutes before you become restless. If you practice daily, starting once per day (in the morning or at night), you will experience more and more joy, peace, and love for longer periods of time.

Remember, whenever you feel restless, bring your attention back to your breathing. Follow your breath, listen to your heart beat, and slllloooowwww doooooowwwwnnn.

The essence of meditation is stillness. The whole point is to freeze your thoughts to open yourself up to a more subtle, but infinitely more joyful consciousness. In order to do this, it takes practice of concentration, presence, and stillness. It also helps greatly to be healthy physically. This means exercising, practicing Yoga asanas, and not eating things you know you shouldn't be eating. Most importantly, stay in the present moment. Catch yourself each time you find yourself lost in thoughts that do not pertain to the "now."

If you practice meditation faithfully, with love devotion, sincerity, and frequency, you will achieve the goal which you seek -- you will find God. We cannot say how long it will take -- only God can say that. However, we *do* know from personal experience and by the testimony of hundreds of great saints, prophets, and thousands of spiritual seekers that meditation works and is the most effective way to consciously find God.

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Chapter 6: Summary

After reading this program you may feel like you have a lot of work to do. Worry not, for you have infinite time. "Doing one thing at a time" was described as the essence of Zen. Focus on one thing that sticks out particularly in your mind. It may be diet, it may be meditation, it may introspection, or whatever.

We have created a summary of this program on this page. Use this is a guide for living, if you find it useful.

Mind:	Introspect, observe your ego, and detach yourself from material things. Surround yourself with a positive environment of people and things. Practice your meditation, your affirmations, breathing, and introspection exercises. Every day know that you are the creator of how you feel within. At all times know that true joy, peace, and happiness are found within.
Body:	Eat foods in the form nature created them. Eat lots of raw fruits and vegetables with every meal. Avoid acidic and processed foods. Practice cardio, weight training, and stretching exercises daily. Practice yoga. Practice breathing.
Relationships:	Introspect, observe your ego, and make sure you act out of love. Seek always to understand, not to be right. Do not judge others. Listen, listen, listen. Always listen to others and do so with a still, present, loving, and compassionate mind. Reflect at the end of the day on how you acted towards others.
Spirit:	Follow the teachings of the masters. Model your life after their recommendations. Practice what your beliefs ask of you with sincerity, love, frequency, and devotion. Meditate or spend time in silence and stillness. Make time and space to be with and get to know God. Know always that happiness, fulfillment, and God are only found within.

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A day in the life of a person on our Total Wellness Program:

Morning:

- Wake up, drink a whole glass of water and decide first thing that you will be only filled with love today.
- Stretch or practice yoga for 10-15 minutes.
- If you have time before work or starting your day, spend 30 minutes to 1 hour exercising.
- Shower or clean up.
- Meditate, pray, and practice what your religion asks of you for 30 minutes to 1 hour.
- Recite your affirmations for self-improvement 5 times.
- Eat a breakfast composed of a natural form of protein, fruits, and oats.
- Take your vitamins and nutritional supplements.

Day:

- Throughout the day introspect and make sure you stay in the present moment, treat others with love and compassion, and do not perform your actions restlessly
- At least three times throughout the day, relax, and take a few deep breaths. Stop. Look. Listen.
- Eat a lunch that consists of natural foods that you know are good for you.
- Drink at least one cup of water per hour.

Night:

- If you did not exercise in the morning, exercise for 30 minutes to 1 hour.
- Stretch or practice yoga for 10-15 minutes.
- Shower or clean up.
- Eat a dinner composed of a natural form of protein, vegetables, fruits, nuts, and legumes.
- Meditate, pray, and practice what your religion asks of you for 30 minutes to 1 hour. Wait at least 1 hour after eating before meditation.
- Recite your affirmations for self improvement 5 times.
- Relax and reflect on your day. Ask yourself: "Was I a good person today?" "Did I act in accordance with my values?" "Did I exercise will power and self discipline?" "Was I calm and in the present moment or restless?" "Did I treat others with love, respect and compassion?" "Did I carry love and God in my heart throughout the day?" "Did I eat well, exercise, and perform my spiritual practices?"

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This is an evolving program that will grow as time goes on, we learn more from the community and from within ourselves. Please give us your feedback on whether this program was helpful and how we could improve it even more to help more people. Send your feedback, comments, or questions to contact@wellness.com.

Our love and spirit goes out to you and we wish only love to enter your life.

Be Well.

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