

5 LESSONS OF

CONSCIOUS LIVING

01

FEEL ALL YOUR FEELINGS DEEPLY

ALWAYS AND IN EVERY MOMENT, EMBRACE WHAT IS REAL INSIDE YOURSELF AND FOCUS ON WHAT IS REAL OUTSIDE YOURSELF.

02

SEEK YOUR TRUE SELF

FOCUS FIRST ON WHO YOU ARE THEN LET YOUR ACTIONS FLOW FROM THIS PLACE OF SELF-KNOWLEDGE

03

LET GO OF THE UNCONTROLLABLE

THE SECRET TO HAPPINESS IS KNOWING THAT THERE ARE SOMETHINGS YOU CAN CONTROL AND SOME THINGS YOU CANNOT.

04

WE'RE ALL MADE OF THE SAME THING

WHEN WE GO DEEPLY ENOUGH INTO WHO WE ARE AND WHO OTHERS ARE WE WILL FIND OUR ORGANIC CONNECTION WITH DIVINITY.

05

LIFE IS FULLEST WHEN WE'RE MOST TRUE TO OURSELVES

IF YOU EXPRESS WHAT NEEDS TO BE EXPRESSED WITHIN YOU, YOU WILL BE HAPPY AND FULFILLED. IF YOU DON'T, YOU WON'T.

