“Allow yourself to be however the moment requires you to be and see that you always deserve more love, not less.” -Matt Kahn



"No matter what we think or feel about what is happening, it is always a catalyst for our highest evolution." -Matt Kahn



"You need to be the one that invites different choices into your reality so that you can have different results."

-Matt Kahn



“Expanding your self-worth enables you to automatically expand that of others. Give yourself great credit the smallest tasks.”

-Matt Kahn



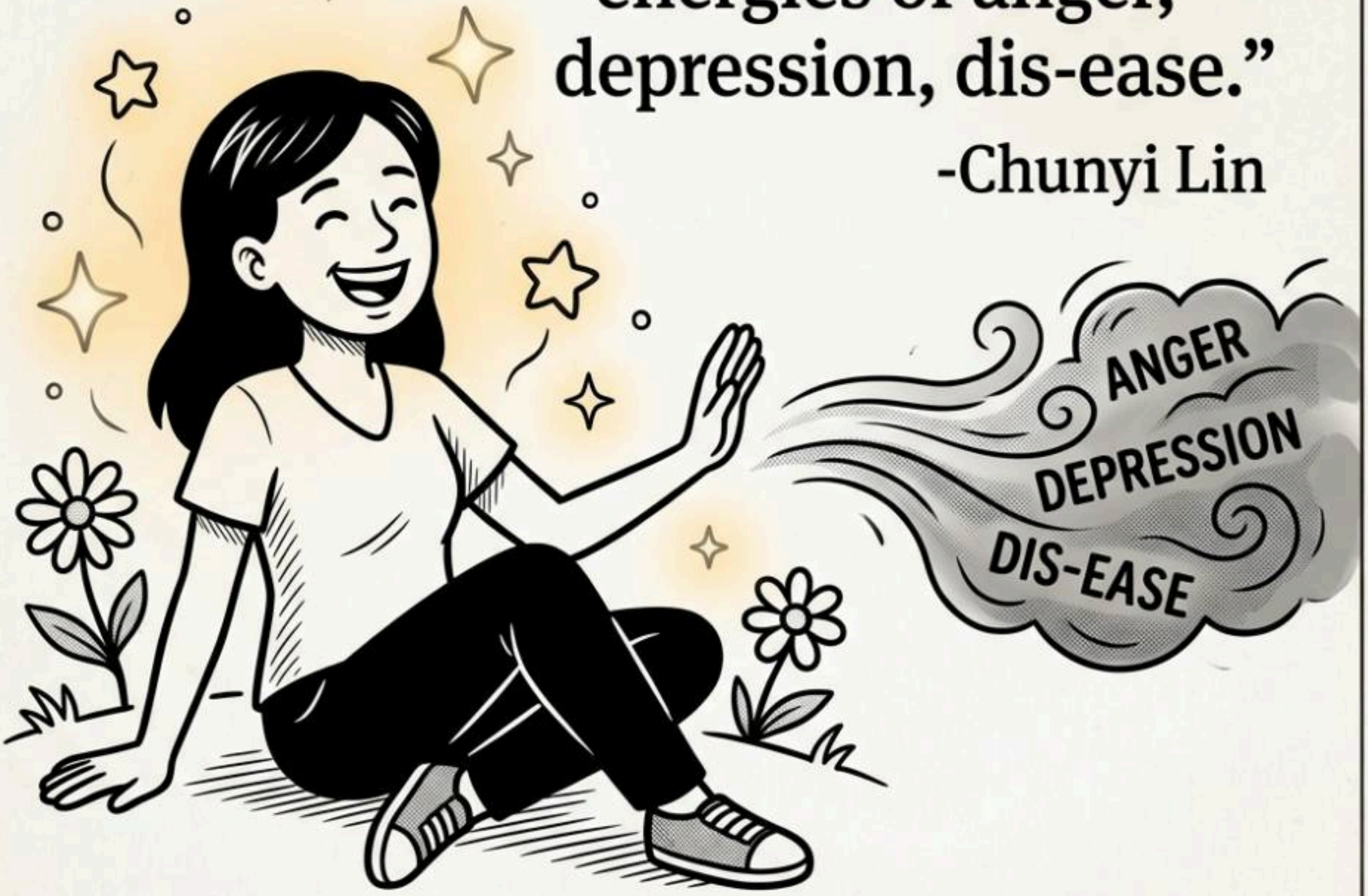
"Spirituality does not have to be serious. You are spirituality. Fun and laughter heal you faster than anything. Introduce fun back into your life."

-Anita Moorjani



"The right emotion can help stimulate a good, happy, healthy life. Negative emotions drive negative energies of anger, depression, dis-ease."

-Chunyi Lin



"When you connect the mind to the heart, you are connecting conscious and sub-conscious and therefore 100% of the body."

-Chunyi Lin




"The way to find your happiness and joy is to make a list of all the things that are fun for YOU to do. Then do some of those things everyday."
-Anita Moorjani
MY FUN LIST
CUP OF COFFEE
BOOK
BICYCLE
FLOWERS

“We were not born with guilt nor obligation. When When you give in to guilt, you endorse it.”

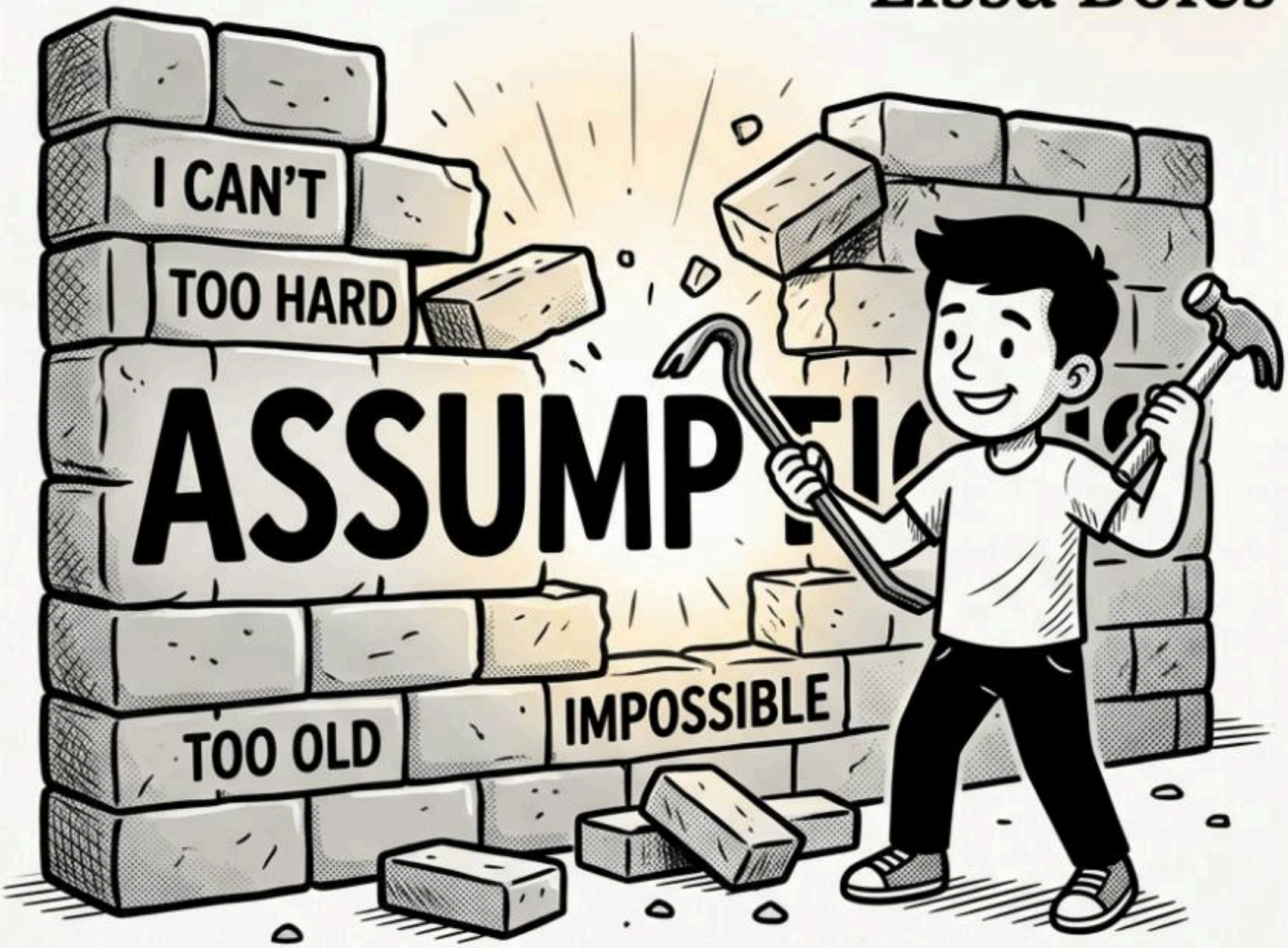
-Anita Moorjani



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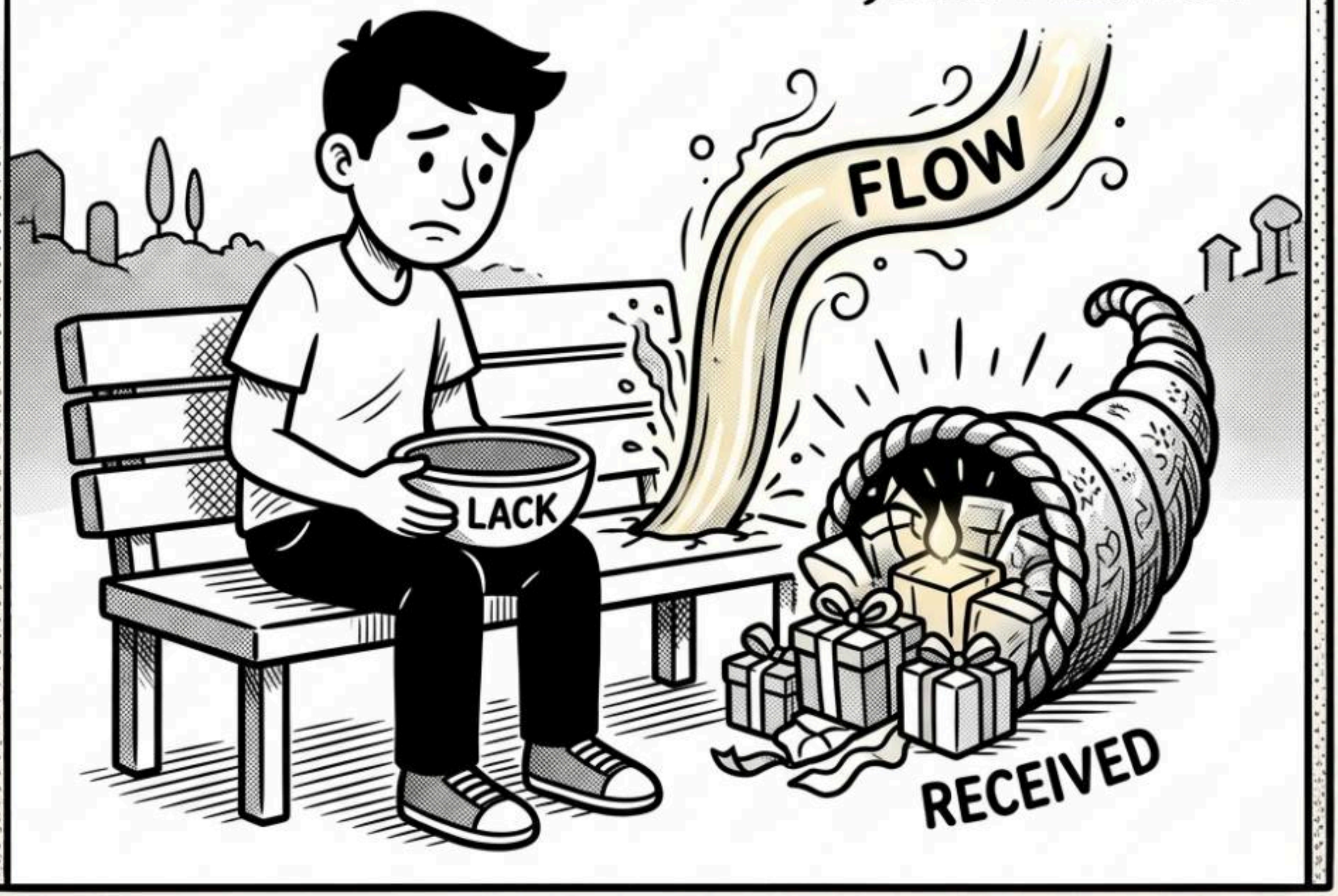
“Challenge your assumptions or they’ll challenge you.”

-Lissa Boles



"When we focus on the things we don't have and forget about the stuff we've received, it cuts off connection to flow."

-John Newton



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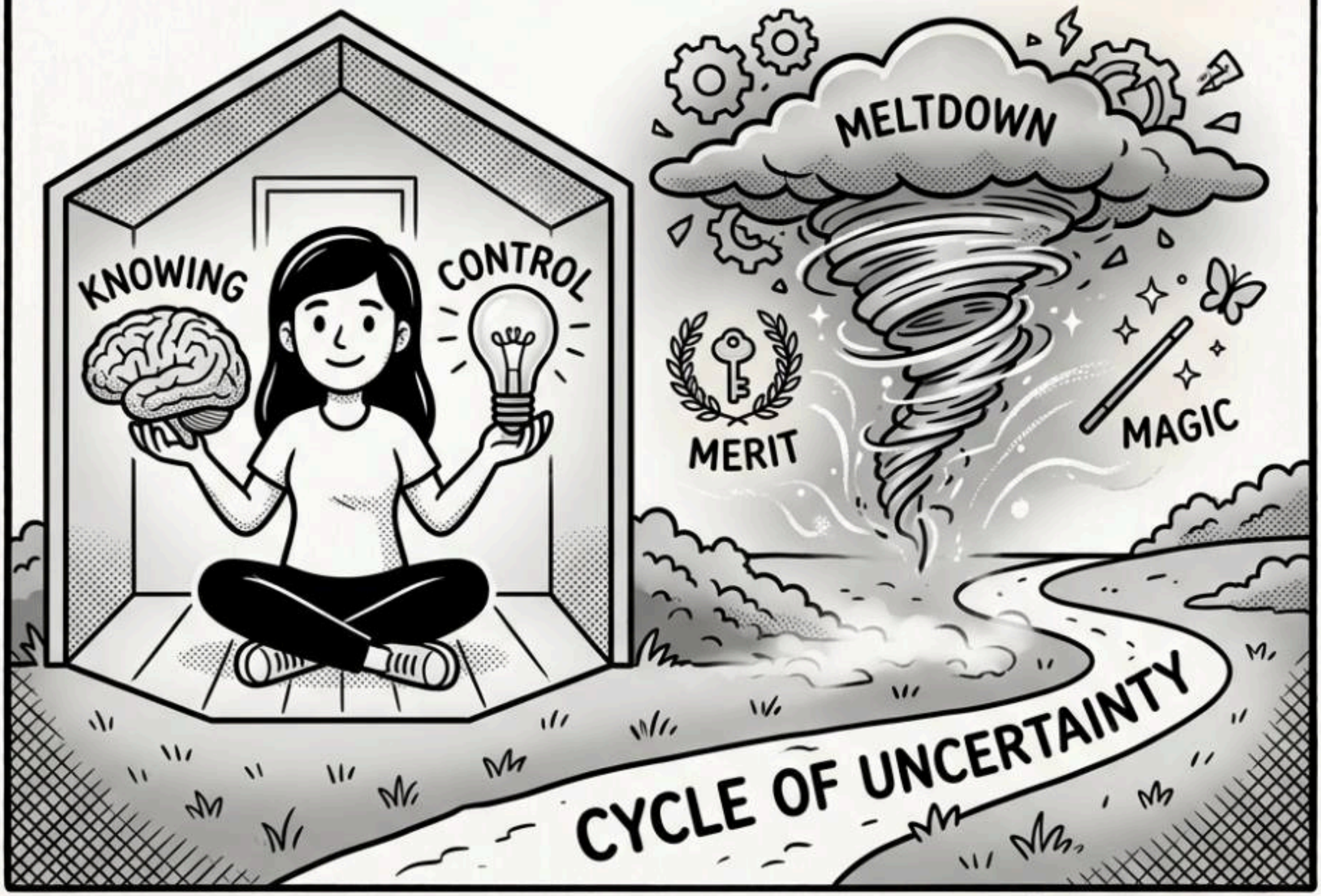
"Your life, with all its quirks, has an irrefutable logic and intelligence all its own. You have a part to play and it matters."

-Lissa Boles



"Knowing is grand. Control has its place.
Yet there's merit and magic in every
meltdown and in every cycle of uncertainty."

-Lissa Boles

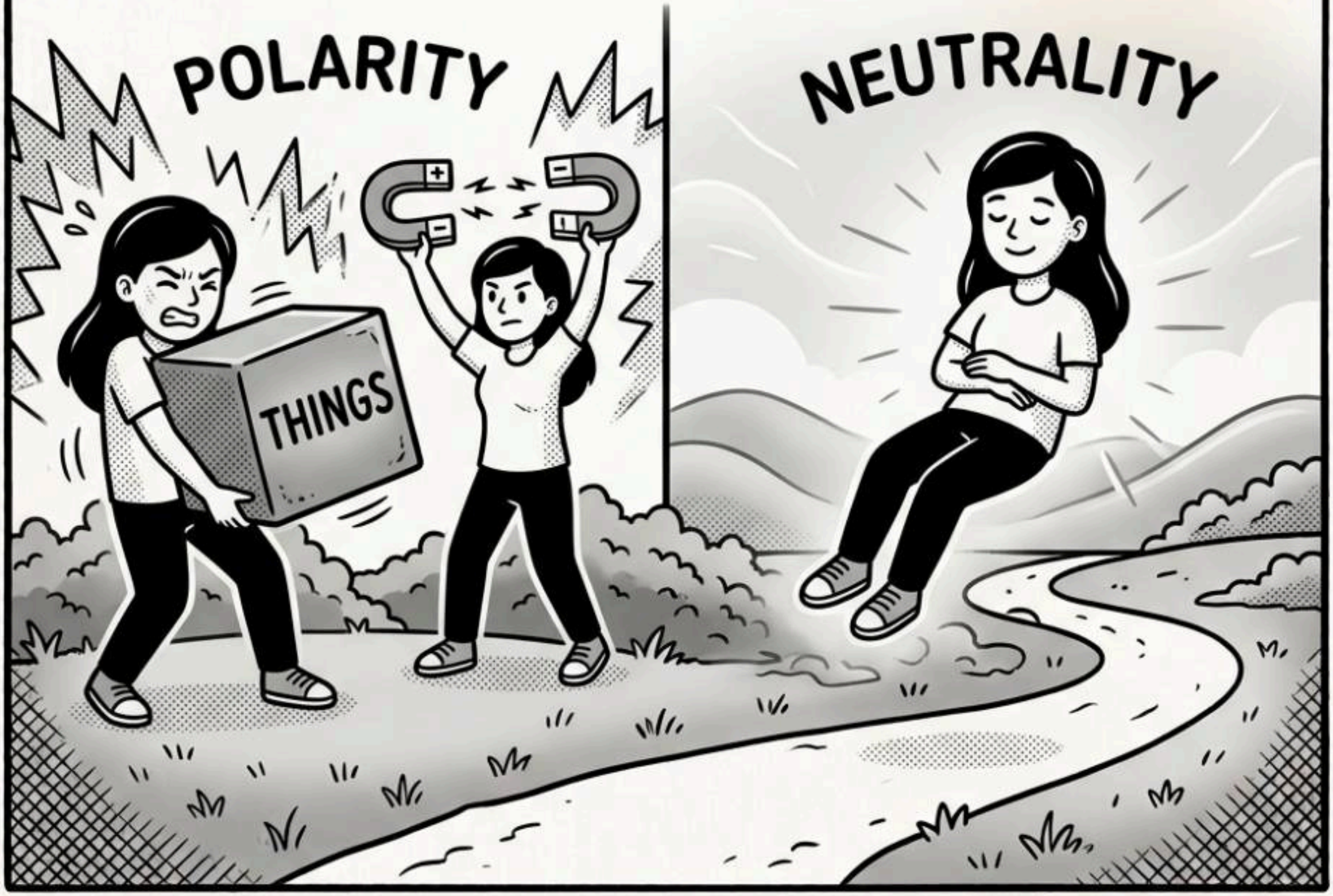


"Find an item into which you can deposit your worry or concern and place it outside the area where you'd like to focus on what you want to do." -Lissa Boles



"There's polarity and there's neutrality. Do we want to hold onto things or do we want to be relaxed and at ease?"

-Scalar Laser



"There are no wrong turns.
Only unexpected paths."

-Mark Nepo



"Discover the power of your environment to harm and to heal. It could make a huge difference in your health, alertness and productivity." -Matt Riemann



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"The next time you're feeling depleted, try taking a walk in in nature or near running water, and breathe in those positivity-making, oxygenized negative ions." -Matt Riemann

