

# Healthy Life Skills

While it is easy to dismiss the kingdom of Shambhala as pure fiction, myth or fairy tale, this is the farthest thing from the truth. Shambhala is a divine energetic force field that unites the frequencies of heaven and earth. It is actually a field of energy that is grounded in human wakefulness and emotional intelligence. It exists within every human being and is deeply rooted in our urgent desire to have a good and healthy life.

The world is now in so much turmoil. However, higher teachings state that each human has within them a basic primordial wisdom which can help solve all the world's problems. This wisdom is vastly profound and does not belong to any culture or religion. It is a kind of enlightenment and warriorship that instills and inspires us to see a wholesome, healthy, and joyful existence for ourselves, the planet and all sentient beings.

No matter where we are from, what religion we believe in, what circumstances we are experiencing, we all want peace, serenity and freedom. When the world was birthed, it was planned as a magnificent place to dwell in, where love, creativity, health, and happiness were a daily way of life. Though we have strayed so far from the original divine plan, there is still a possibility for this magnificent structure to be rebuilt and manifested.

The choice is ours.

# Healthy Life Skills

## Yourself

Appreciate the beauty in nature.

Be assertive - not aggressive.

Believe in magic and miracles.

Conquer your fears by embracing and analyzing them.

Contemplate events and situations.

Cultivate your patience.

Display your humbleness.

Doubt less - get certain.

Expand your consciousness and awareness.

Find time for quietness.

Honor your warriorship.

Ignore gossip and fake news.

Kindle kindness.

Know.

Look for the bigger picture.

Love love.

Make gratitude your daily habit.

Savor your spirituality.

Search for like-minded people.

See yourself as the ruler of your own world.

Stimulate sincerity.

Synchronize your emotions with mindfulness.

Transform your self-pity into self-power.

Will to will a grander willpower.

## **Yourself and Others**

- Activate goodness for yourself and others.
- Celebrate the victories, even small, for yourself and others.
- Cooperation is the best operative skill for yourself and others.
- Develop wisdom for yourself and others.
- Discipline ego needs and responses in yourself and others.
- Embrace tenderness in yourself and others.
- Envision a better and sweeter world, for yourself and others.
- Equalize injustices for yourself and others.
- Exemplify strength for yourself and others.
- Foster authenticity in yourself and others.
- Give generously to yourself and others.
- Honor the good in yourself and others.
- Plant hopefulness for yourself and others.
- Prepare goals for yourself and others.
- Pursue dreams for yourself and others.
- Remain pure and integral for yourself and others.
- Search for the unseen surrounding yourself and others.
- Seek answers for the benefit of yourself and others.
- Show respect and reverence to yourself and others
- Speak only truth to yourself and others.
- Strategize and simplify problems for yourself and others.
- Strive for contentment for yourself and others.
- Squash arrogance in yourself and others.
- Think bravely for yourself and others.

# Summary

Every person is a creation of art, a dynamo charged with infinite uplifting energy. Everyone knows the way to heal the abyss of misunderstandings and challenges. We just have to tap into our well of knowledge and memory. When we embrace our empowerment, intelligence and intuition, we affirm the highest beauty and open the gateway for a healthy and more fruitful future life. In doing so, we become enthusiastic, and this enthusiasm bonds incessant bliss to our daily, mundane life. We connect the highest spiritual factor with the lowest state of matter, where heaven does indeed interact and unify with earth.

Let Us Be  
Focused on the Present  
Mindful of the Past  
Expectant for the Future.