

11 Revolutionary Tips for Happiness & Success!



Practice everyday and expect miracles!

- 1. Chant early morning for a few minutes: "Shaaaa..... ", the sound of creation.**
Focus on what you want to manifest and enjoy the thoughts and feelings. Visualize and dream.
- 2. Observe clearly, don't criticize, judge, compare or analyze.**
Be aware of subjectivity in your thoughts and words. Criticism alienates people and ruins relationships.
- 3. Do not take it personally!**
If someone hurts you it is often not aimed at you. Clear the energy and give yourself compassion.
- 4. Do not make assumptions!**
Only when you know all the facts you can draw a conclusion. Do not assume you know.
- 5. Respect YOUR boundaries.**
If you don't respect your boundaries, others won't do it either. No blame or guilt. Set your limits!
- 6. Nurture yourself! Light a candle, take a bath, meditate and feel loved.**
Look into the mirror and tell yourself what a wonderful, beautiful soul you are. Open your .
- 7. Put your hand on your  and sing the "Ahhhh..." sound of compassion.**
Give yourself compassion and send it to someone who needs it. .
- 8. Live fearlessly! Be humble. Trust all is well. Follow your intuition.**
Fears are not serving your well-being. Move through fear; focus on trust. Listen to your inner guidance.
- 9. Do not attack or defend when you're hurt. Send compassion to all involved.**
Attack and defense don't belong in relationships. Instead of hurting back, share how you feel and listen.
- 10. Do a Family Constellation for situations or feelings you don't understand.**
Your subconscious stored all your experiences and more... Don't let negativity impact the future.
- 11. Chant "Oommm..." (gratitude) at the end of the day.**
The word Shalom (Peace) contains and connects the 3 sounds: " Sha-aaa-l-oomm".
Creation-Compassion-Gratitude-Peace Have a Blessed day! 