

# *Living In Harmony*

## *Seminar*



*Learn how to live in harmony  
with the various aspects  
of your own being and  
with those of others.  
The seminar is for  
all ages.*

## 9 Keys to Living in Harmony

1. *I focus on my breath flow in my navel as much as possible every day.*
2. *I accept the fact that experiences are external manifestations of thoughts.*
3. *I treat every unpleasant situation I encounter as an opportunity to correct my thoughts and create my ideal.*
4. *I realize that all negative thoughts and feelings stem from past traumas that prevent me from living in the present. These memories come up again and again because I either resist, deny, reject or ignore them.*
5. *I allow myself to experience my negative emotions without identifying myself with them in order to be free of my past traumas.*
6. *I write down all my negative thoughts and feelings without censoring or judging them, so that I can hear my intelligence clearly.*
7. *I know I am a pure soul, an intelligent energy. I am not my body, mind or personality. I am here as we all are, to learn, expand, grow and evolve through our experiences together and individually.*
8. *I adopt the attitude of patience, compassion and forgiveness toward my wrong behavior and other people's wrong behavior, as we are all on the path to discover truth.*
9. *I acknowledge that all creation share one consciousness expressed in different forms and different frequencies. We are all connected and affect each other. We are designed to live in harmony together.*

## *In this seminar we learn:*

### *Meditation*

*Meditation is the fuel for your spiritual body which activates the physical body. Meditating regularly conserves energy and allows your mind and body to function more efficiently. Regular meditation assists you in staying centered and calm in your daily activities.*

*The best way to meditate is to sit absolutely straight and still, eyes closed, and to observe your breath flow. The knowledge you acquire through meditation will be permanently yours.*

### *Conscious Breathing*

*Through the breath your body receives vital food. The breath is also the connection between you and your Higher Self. The more conscious you are of your breath, the more you expand your ability to breathe and to be in present time.*

*A good habit to develop is to divide your awareness, half on your breathing and half on your surroundings. Conscious breathing will improve your physical health and keep your body young, vital and full of energy.*

## *Nutrition*

*You eat in order to receive energy. Energy comes from the sun, air, water and earth. By going directly to the earth for your food, you not only conserve energy but also receive a finer energy which can be used for higher purposes. A constant hunger is an indication that your body is not receiving all the proper nutrients. We must give the body the right nutrition in order to insure its efficiency.*

*The more natural the food, the more nutrients it provides. For example, raw vegetable proteins have a higher biological value than cooked proteins.*

### *Exercise & Dancing*

*You can eat the best food in the world, and take all the required vitamins, but you also need to exercise regularly and consistently, to enjoy perfect health.*

*Oxygen is the most important nutrient that every organ and every cell of your body needs. The more mechanized your life becomes, the more important it is to set aside time for some form of daily physical exercise. Dancing is one of the best forms because it combines rhythm and sound which enchant body and soul.*

## Music & Singing

*Every sound affects the brain which is in charge of the workings of the body. Music has a direct effect on the body, mind and spirit. Music heals, inspires, unites and uplifts our spirits. There can be no celebration without it. Music and singing raise our level of consciousness.*

## Right thinking

*Most of us go fearfully through life with our foot on the brakes, resisting almost everything. We live under the assumption that something or someone is against us, but the real enemy is inside us. Our enemy is, our wrong thinking. Right thinking starts with the recognition that everything that happens serves us. Therefore, our struggle must be to change our thinking before attempting to change the world.*

*Negative emotions cause the body to release poisons which destroy brain cells. Our concentration on the negative, destroys our well-being, What we concentrate on, manifests. This is why the use of positive affirmations is imperative, but concentration on the positive, heals.*

## Achieving goals

*Knowing and remembering what you want is a way to accomplishment. As you go through life being pulled hither and thither, you often lose sight of your goals. That is why It is important that your goals be clearly defined and remembered. Everyone's main goal is to be free and independent. If you keep this in mind, you will never be confused as to what to do, or not to do in your life.*

## Communication

*The root cause of many ailments of humanity is poor or no communication. Sharing your innermost feelings with people is a prerequisite for good relationships and a peaceful world. As you move toward a greater awareness you begin to realize that there is a difference between who you are and what you think and feel.*

*To be true to yourself, your way of communicating must change, instead of saying "I am angry" or "You made me angry", you should say "I feel anger". To communicate properly you must be calm, centered and sincere, you must have clear intentions and be guided by your conscience.*

*One who lives in harmony  
is*

*Secure*

*Fearless*

*Sensitive*

*Energetic*

*Balanced*

*Enthusiastic*

*Willing to grow*

*Happy and Loving*

*Peaceful and Calm*

*Able to make changes*



*For more information:  
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*Om Namah Shivaya*