

THE LAWS OF THE Body



Eat
Healthy
Food
Every
Day

Move
Every
Part of
Your
Body



Know When
to Rest,
Sleep, Work,
Play and
Recuperate

Learn to transform
the negative
into the positive

THE LAWS OF THE Mind

Did you know that there
is a simple four-step method
of dealing with any negative
emotion?

Would you like to
understand the reasons
you react to the negative
things of life?

Would you like to eliminate
the negative effect of such
emotions as:

Fear	Envy
Worry	Greed
Selfishness	Hypocrisy
Vanity	Prejudice
Anger	Jealousy
Criticism	Hatred

Obtain a perfect state
of well-being in your
body, mind and soul

THE LAWS OF THE Soul

Did you know that thoughts
of health and happiness are vastly
more important for you than
thoughts of dis-ease and
unhappiness?

Did you know that all
thoughts strive for outward
bodily expression?

Would you like to to have:

Faith	Noninterference
Hope	Kindness
Generosity	Courage
Aspiration	Forgiveness
Patience	Duty
Sympathy	Love

Learn
The Laws of Life!