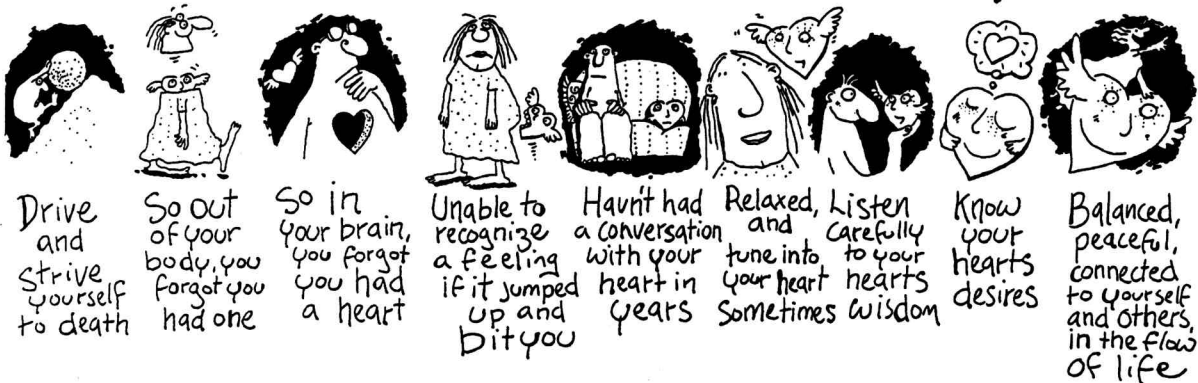


'L' Energy - How connected are you?



10 Commandments of Connecting

1. Slow down frequently, so your soul can catch up with your body!
2. Have a daily conversation with your heart. Constantly ask yourself "How does this make me FEEL? How do I FEEL now?"
3. Your brain and body are the hardware. Your heart is the software that runs it. Paul Pearsall.
4. Intuition is your heart's wisdom. Stay still long enough to hear it.
5. Having angry, hostile feelings in your heart are a strong predictor of heart attack.
6. To keep your heart healthy, have a sense of purpose or meaning in life, feel happy, and have a sense of belonging.
7. What connection rituals do you have with your children and partner in life?
8. Find something for which to be grateful every morning when you wake up, and every night before you sleep.
9. Sending love to others boosts your immune system, and Thrives! It's also called forgiveness.
10. Celebrate life and living and being connected to those you love. The small things, not just mega events!

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