

## What are you doing each day for YOUR health and happiness?

### It MATTERS!

Sharings from the Reverence for Life University (RFLU). The RFLU is an organization committed to improving the well-being of every person. We provide tools, skill-sets, literature, information and assistance to people who want to experience happiness, good health and abundance. We have numerous Websites where we share information for individuals, groups and organizations. The materials are available for free, because like the sun, earth, love and the breath, we believe truly, *the best things in life really are free.*



### THE PRACTICE DAILY TEMPLATE ~ by Desmond D. Green

this and much more available in the book "*The Practice*" (<http://goo.gl/Uu9w3k>)

#### Conscious Deep Breathing (CDB)

10 minutes morning and evening

Breathe through a wide open mouth. Fill the lungs to capacity. Hold for the count of ten then slowly and easily let the breath out. During this practice let your mind rest in a peaceful place alone with nature.

*Results* - There will be less stress build-up and things around you will seem to move easier.

#### Self Talk

Use five minutes each morning and evening after CDB exercise for your self talk. Think of and list all your positive qualities. Begin to describe yourself in self-affirming tones. Fake it till you feel it.

*Results* - You will begin to build a positive ID, replacing all non-productive core beliefs.

#### Healthy Nutrition

Eat plenty of fresh fruits and vegetables and their juices. Proper combination is important and uses less energy for the digestive process. 1. Combine fruit or vegetable with starches 2. Combine protein (fish, seafood, chicken, turkey etc.) with vegetables. Consume less sodas, greasy foods, salt, sweets, junk foods. Drink plenty of water (8 glasses a day is recommended).

*Results* - You will feel an immediate increase in your energy and performance levels. Eliminates hyperactivity.

#### Exercise

Develop a regular exercise pattern, morning or evening. This routine should be at least 30 minutes. Walking, running, jogging, weight training, dancing, aerobics, push-ups are all great.

*Results* - An immediate sense of emotional well-being, mental clarity, an increase in energy and performance levels. For those who want to lose weight - exercise is a great fat burner.

#### Unconditional Self Acceptance

Ties in with all the above.

*Results* - You will begin to make better life choices and reap their productive benefits.

#### Vision

Use 15 minutes per day to dream and affirm your grandest potential. Do not permit any doubts to encroach on these sessions.

*Results* - Life will begin to bring opportunities your way. Inner peace and prosperity.

#### A Spirit of Generosity

Make giving a habit. You always have something to give or to share - time, goodwill, love etc.

*Results* - Immediate increases in prosperity and well-being.

#### Trust

Trust is a vital element of our daily practice. It is by accepting ourselves and the rest of our universe as our only reality and support. Learning to trust yourself completely gives you the foundation to stand and interact with the rest of life from a position of strength.

By trusting ourselves implicitly we establish the basis from which all of our needs are met.

Practice With A Purpose. Many practitioners worry about whether their practices - such as Deep Conscious Breathing, Self Talk, or Nutrition – can really make a difference in their lives. What we encourage is to fake it until it manifests. Life is all about pre-tending – tending things before they happen. Your first step is to identify a valid purpose for creating a new model of increased self-awareness. If you cannot identify why and for whom you are creating this new model then why are you bothering to work on it AT all? With increased respect for your life, you develop increased respect for all lives. Your project stakeholder is SELF and you are investing time and energy in self to meet the desires of self. You deserve to

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have optimum results and you will if you give it your best shot. The amount of time you spend on The Practice will be the exact equivalent of the benefits you reap as you go along.

**The Practice** must become a life-long companion tool kit. Whenever you drop it, you will also forfeit its benefits of prosperity and goodwill.

Everything you create, and see its benefits, will need to be maintained over time through **The Practice**.

You will need to consider the impact of these changes on your life and then act accordingly. If you decide to keep these new models then you clearly have less work to perform to support the same changes, making you more agile because you are a happier traveler.

Communication within your team (group of friends or supporters) will be important especially in the early days of building the new awareness. Writing down your thoughts, your goals and your successes will give you something to look back on in difficult times.

Rapid Feedback. The time between an action and the feedback on that action varies according to the individual and the strength of his or her convictions, beliefs and practices. Spend time to analyze results, or to tweak your unique practice to meet your own needs. Identify even small changes in the process.

Assume Simplicity. As you develop you should assume that the simplest solution is the best solution. Don't over intellectualize, don't criticize yourself. Keep your mind on your goals.

Embrace Change. Requirements evolve over time. Changes that may take place as you develop your new self-awareness might not always feel comfortable but trust that they will always be for the best in the long run.

Example: You might lose a job that was causing you a lot of stress. However, if you stay true to The Practice and your goals, you will find that other more suitable opportunities open to you, reflecting changes in response to your new self-awareness.

Incremental Change. An important concept to understand with respect to modeling the true YOU, is that you don't need to get it right the first time. Dig in the ground, practice, practice, practice and evolve it over time in an incremental manner.

Quality Practices. You reap what you sow.

Prosperity through self awareness is Your Primary Goal. Any activity that does not directly contribute to this goal should be questioned and avoided if it cannot be justified in this light. Factors that you need to consider include your selection of friends, the places you frequent, and the nature of your effort itself.

The Practice cannot fail. In short, when you are working on your new model you need to keep an eye on inner goals.

Some negative beliefs, behaviors, attitudes and practices have been adopted over time through extreme programming and life experiences, which in turn must be supplanted by positive daily practices. These practices will in time set new beliefs resulting in positive behavior patterns.

Open and honest communication enables people to make better decisions because the quality of the information that they are basing them on is experiential and more accurate.

### **Earth or Nature Time – “Grounding”**

In Addition to **The Practice**, Connecting to the Earth (grounding) is crucial to good health. There are many benefits to spending time in nature and connecting physically to the earth. There are numerous videos on Youtube that describe the benefits of “grounding”. Here is one: <http://goo.gl/ejzR88>

Additionally, in the area of nature experiences and working *for nature* we have written a number of items longer than we can fit on one page. The Earth is Our Mother, whether we believe it or not.

The information that is coming through many sources shows us that we are connected and affected by light much more than most people have previously known. Many resist or might be un-interested, but if we want to experience health and happiness it is necessary to do something. Learn about your body. Learn about your connection to Earth. Connect and spend time in nature, it will pay handsomely towards improved quality of life.

Here is a short excerpt from a blog we have shared previously

**Our Star Power – Balancing the light energies in our body** Blog: <http://goo.gl/3UVr4v>

I used the process of Chakra opening described by Charles and Cora Fillmore (founders of the Unity Church) in The Twelve Powers. I found the detailed instructions by Cora at the end of the book to be particularly useful. (<http://goo.gl/F4ud0c>).

For a nice picture and simple description of the Chakras - Celestial Lights: (<http://goo.gl/KTiWw1>)

Now days when I meditate, whenever possible, I place my bare feet, sit or lay on the ground (Earth) and imagine the light – from the Planet and from my heart Chakra, joining, as I pay attention to my breath.

### Peace Making

Is a blog that provides reference to *The Practice* and 84 ideas of how to connect with nature. Being in nature, and doing things to be of Service to Mother Earth is very helpful, especially for you and everyone else. (<http://goo.gl/Nt0zCU>)

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