

Golden Principle Harmonise

Harmonise the internal and external physical aspects of the body.

The internal = the breath movement

The external = the body movement

What you see on the outside is what you feel from the inside.

What you touch on the outside is what you feel on the inside.

If the mind moves the body moves, if the body moves the mind moves, in turn moving the spirit.

Body mind and spirit.

Connecting these together resulting in longevity giving you the supreme ultimate.

The inner circle is your energy centre, and the outer circle is your spirit and mind.

Physically balance the body = Stand on one leg.

Mentally balance the mind = Think before you speak.

Spiritually balance the heart = Mean what you do and do what you mean.

By Deepak Chopra

I work towards.

A joyful energetic body

A loving and compassionate heart

A reflective and alert mind

With lightness of being