

Gold Keys for Escaping Stress and Increasing Happiness

Think Up!

Go up to your deliberate mind, become more aware. Establish a clear set of intentions. Gain control of yourself and act on your intentions.

Relax and Let Go!

Turn off stress by breathing slowly, deeply, and relaxing.
Shift your attention away from problems and refocus on your intentions.

Think with Flexibility!

Remain open, bendable, and curious about alternatives; do not get rigid. Be flexible, rely on both the subjective or intuitive and objective or rational information to make your decisions.

Shift Polarities!

Exercise reversing directions to escape stress and go to your higher nature. Identify the opposite emotions and transform the negative into positive.

Direct Your Will Power!

Build up your passion to act with deliberate intent and be prepared to work on your goals ambitiously, with confidence and determination.

Keep Energy Flowing!

Appreciate all the energy you receive and promote the free and generous exchange of energy in all forms. Respect yourself and others by striving to reciprocate any energy you receive.

Build Your Faith!

Everything depends on believing in yourself and the purpose of your life. Have faith in the positive possibilities of the universe and maintain meaning and confidence in your own life.