

Get Balance

Professional Development

Physical Health

Emotional Health

Spiritual Awareness

Mental Health

Skin, Nail and Hair Care

Healthy Living In Recipes



Live A
Stress Free Life

Memories &
Imagination

Understanding The
Intuition

Balance Life With
Dr.(Hon) Dame Munni Irone

Diversity &
Freedom

Mind Power
Vs
Heart Power

Founder Of



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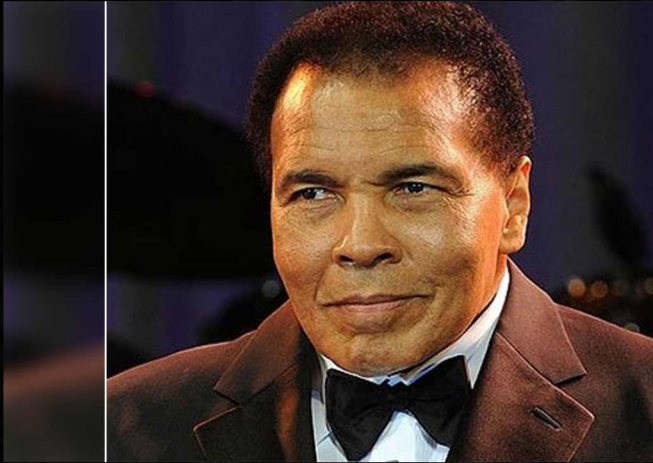
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Get Balance

Meet The My Most Important People Behind My Success



Inauguration of WORLD WIDE YOUTH CONGRESS
Head office in Beverly Hills, California, Los Angeles
Art4peaceawards.org | worldwideYouthCongress.net



I'm dedicating this book
to these angles that was
sent to complete my
work at this planet.

Testimonials

Rabbi David Baron

It is not often in life that you meet someone who is a true light of compassion and understanding. Such in light is Dame Munni Irone. Her personal magnetism and bright eyes captivate everyone she encounters into working for the betterment of humanity. She is most of all an uniter, not a divider, and her diplomatic skills and finesse are readily apparent when dealing with a head of state or a common man or a woman. She makes no distinction between human beings and it is an honor to know her and cherish her as a true friend. This book will help people to find the real meaning of life.

Mayor Dr. Michael Vo

The Mother Teresa of Beverly Hills, Dame Munni Irone, is the most generous, dynamic, and caring person that I get the privilege of personally being a friend to. Her philanthropy work is not only known in the local communities but also spans many continents.

As I discuss the many essential issues locally, such as homelessness, public safety, creating businesses, I admire her with the forward-thinking, detailed action plans and her resources to get things done. When I did an inauguration of Fountain Valley to be the city of kindness (Do Kindness, Teach Kindness, Spread Kindness, and Recognized Kindness), Dr. Munni Irone brought up the idea of having school children with their parents to be involved with kindness projects and essays.

I knew in my heart that she was grooming for our future generations to do kindness. Whether it is to help one person, to complete a humanitarian project, or to rebuild a country, Dame Munni Irone always brings creativity and problem-solving instructions for the completeness of a solution. Dame Munni Irone, I am so blessed with your friendship. You are the North Star of philanthropy.

Liam O'Connor

I have known Dame Munni for years. Since becoming a recipient of the Arts 4 Peace Awards (Beverly Hills) in 2018, I have become more aware of the extraordinary work of Dame Munni Irone and the impact she has had in many parts of the world, notably in India and Africa. Her energy and tenacity in bringing people together and fostering an atmosphere of peace and progress are becoming legendary in every place on earth to which she gives her attention. Her strong sense of the legacy of peace and the work opportunities she creates is nothing less than a model for the sustainable evolution of communities where both social conflict and environmental disaster have reduced humanity to its most rudimentary patterns of survival.

Her mantra 'We Are One' isn't just three words – it is both a testament to her belief in a better world and her sustained legacy in achieving just such a world. This book is needed for everyone.

Mr. Matt Rodriguez

Get Balance is a complete book to understand food for the soul and body. This is about how Dame Munni Irone has led her luxurious life with no attachment and pain. This book is badly needed in the toxic environment we are living in. I think it will impact millions of people around the world as she has an international personality. It is written at a simple level, those whose for whom English as a second language will comprehend this book.

Testimonials

DR. TONY SHUM

I'm Dr. Tony Shum and I am the medical director of the DSC Laser & Skin Care Center in San Gabriel Los Angeles. Our laser center is full of cutting-edge technology for skin rejuvenation. We have served Ms. Munni's students beside her husband, who was my patient for 40 years.

We have provided complimentary services to some of her less fortunate students. We are the people of God. We have employed her students and they are the best and still work with us. She prefers her students to give her a facial, and although in Beverly Hills she knows so many people, she also comes here for facials.

Many of her students have gone to work at our medical spa as aestheticians. My wife and I wish her the best of luck with her global venture. We will definitely recommend to our clients and employees to download this book. I'm proud and appreciative that she remembered and included us in her book. This book will be a bestseller. We have gone to her children's royal wedding and we are sure her class will be evident in this book.

Rebecca Holden

As a global peace leader, Dame Munni Irone has impacted thousands of people through her forty years of service to humanity.

In her new book, "Get Balance," she shares with us the wisdom she has gained for spiritual, mental, emotional, and physical well-being. She inspires all of us to live as an example and to spark positive change. As she says, "Peace starts with ME!"

Greg S. Reid

An amazing human spirit that inspires us to see all that is possible. Given the opportunity to know such a tremendous soul, I recommend you do it wholeheartedly to read this book.

Yogi Ramesh Pandey

I am a Global Peace leader with Dame Munni Irone. She's living a life of happiness and contentment. I have seen her close by and we have done some shows together.

This book will help a lot to be free from suffering from attachment. Laughing is one of the best remedies. Celebrate life with laughter and be happy forever.

Pepper Jay

Dame Munni Irone is a server of peace. She has done and is still doing very important peace work around the world, yes I have personally witnessed it in both Nigeria and France. I am her Chief Ambassador and how Munni keeps her calm. Munni Irone has impacted thousands of people around the world. With this book, "Get Balance," I estimate millions of people around the world will find their purpose and put their puzzles together. This book is most important today, with the negative global environment as it is. I'm extremely proud to be part of Queen Munni's work.

Testimonials

Tashi Delek

Dame Munni Irone is globally known as the philanthropist queen of Beverly Hills. Living in luxury and yet not having an attachment or pain and suffering is amazing. Dr. Munni has been meditating since age 7.

Dr. Sir Deshapriya S. Wijetunge

Dame Munni Irone is a Goodwill Ambassador of SUNFO Global Federation and Honorary Fellow who is actively working for peace, harmony, and friendship as a non-political, non-sectarian and non-racial social leader.

She is committed and supporting to achieving the Sustainable Development Goals Agenda 2030 declared by 193 world leaders at the UN headquarters in September 2015. We wish her all the best for all her future activities and projects

Candy Nguyen

It was 1992 when Ms. Munni visited our camp. I remembered her telling us, “Today is your day, don’t worry, this moment will be over. I will do something I cannot promise, but I can make an intention.” My counselor helped us translate. We were staring at her beauty and her kind eyes when she broke down and cried for us. I will never forget her, NEVER! We all cried and I’m in tears now writing this. Ms. Munni sponsored an English tutor and she gave us songs and different ways to take the test. Who in the entire US have done this for my community? I got my license for the first time. But, no one was hiring us. She invested in three nail salons in LA for her students. Candy Nails, Elegant Nails, My Fair Lady Nails. Her husband had no idea that she gave us money. She refused to take money back from us. She is our mother and a mentor, an angel of Buddha. We and the entire Vietnamese Community salute her.

I understand this book. Wow! Thank you, Dame Munni Irone, we will always love you and it is my duty to represent my community. Finally, I’m honored to tell the world our story of manicuring salons in the US.

Dr. Keyvan Dehnad, Grand Master

One of the most lovely people I know is the Lady of Beverly Hills Queen Dame Munni Irone and she is always ready to help people and human beings.

She has so much knowledge and love for who you are and you can feel this from the beginning when you get to know her. I’m very proud to be her friend. She tries to make the world a better place to live in. I’m going to have my students around the world download this book. Her Qigong, financial and emotional success will help millions of people. .

Testimonials

David Lopez

I'm inspector David Lopez. To ensure the safety of our Queen, I cannot mention too much information. I'm sure her book will be a bestseller. I'm promoting it everywhere. This is the minimum anyone can do for the Queen of people's hearts.

I was a presiding officer in the city, where Dame Munni owned a number of properties. I was amazed at her compassion towards troubled youth, including gangs, and the money she has spent. Normal people hate them, and she loves everyone.

I'm an old man now and retired, and I have met many good people in my life. They always check up on me. But Dame Munni, I can never forget. The property value went up after the crime went down.

SHE IS A ONE WOMAN SHOW! I BECAME A WOMEN'S ADVOCATE EVER SINCE MEETING HER. I DON'T THINK MEN CAN DO WHAT SHE DOES. HER ENERGY IS TOO POWERFUL TO SAY NO.

My whole department was cooperating with her and we were able to clean up the whole city from child trafficking. Her husband had no idea and we were instructed never to mention it to him. I'm very thankful to know a woman of her caliber, who can be involved and can dare to be part of this dangerous venture.

I distinctly remember when she came to my office to talk to me. My first impression was wow! What a beautiful woman, with a beautiful, kind smile and dressed to die for. She mentioned her vision. I was not confident that a woman looking like her would be able to accomplish this difficult job. I thought some gang members would kill her. Instead, they fell in love with her. Dame Munni owned a salon in Pasadena and I introduced her to the chief of the police to keep an eye on her. She helped many black gang members to become good humans. She helped the chief of police with meditation and healing. I want to write a book about philanthropic work. I'm nominating her for a Nobel Peace Prize, if it really exists or is it given to people who are not real? The City of Beverly Hills is I'm sure very proud to have a real philanthropist Queen, making a global contribution.

But I was wrong. She's been one of the rare women that walked into my life and I'm very honored to know a citizen like her.

Rajnikant (Raj) S. Shah, MD, MBA, FACC, FACP

Dr. Dame Munni Irone, along with other eminent writers, have shared the recipe in this book as how to achieve balance in life. I will describe my view as how to balance physical health. Health is best defined by the World Health Organization: "Health is the state of physical, mental and socio-economic well-being, not merely the absence of disease or infirmity."

Physical health is the natural state of being. Our habitual behavior and lifestyle to a great extent affect our health and cause diseases. This is very true particularly for the heart and vascular system. Heart disease is the leading cause of death, nearly one person dies of a heart attack every minute in the U.S. So, I will focus on prevention of heart disease by balancing and modifying those aspects attributed to heart disease and overall physical health.

Testimonials

Louise the Hoarder

It was 2014 when I met a friend named Dame Munni Irone. I found her to be a totally different person than the thousands of people I have met.

People make promises and don't keep their promises, but it does not pertain to Dame Munni Irone. I'm a hoarder and I had boxes and boxes of stuff in the garage that I have accumulated for years. She came with her professional assistant. It was the L.A. marathon, and she could have canceled, but she kept her promise and they drove over fifty miles to help me. She didn't have to do this, but she is a hands-on philanthropist who helps the unfortunate and fortunate people.

I became homeless, and she was there to help and check up on me and a friend allowed me to stay in her back house. I wanted to die, and she came and I stayed in her beautiful villa. I tried a fruit from her garden called pomelo. She made me happy. She is a dependable guardian who I can trust to call whenever I'm in need. She allowed me to attend her art4peace awards and that made me feel special. When I was there, rich people treated me nicely although now my own family and friends don't even talk to me. How many public figures do you know who are hands-on with people like me? I was on discovery channel and Life time channel called Hoarders Buried Alive. Louis one is Good Two is Better, Louis Last Chance.

This book will help a lot of people who I know are not conscious about others and will be able to awaken their conscience. Please help my guardian angel to keep doing her work and download this book and share. I don't know how to text or email, so I'm recording my voice message for the world to get to know Dame Munni Irone.

MS ROSE THAI

My name is Rose Thai. I was a student in Miss Munni's school. I came from Vietnam with five children and a husband who could not work. I attended school and my English was very poor but I was an excellent student. I never missed a day in school and I was never late. One day Ms. Munni approached me when I was close to my graduation, asking if I wanted to be a teacher. When she told her husband that she had selected me, he was shaking his head that it was going to be a disaster as if to say that students were going to fail, but she believed in me. I was always hard-working. She got me tutors for English and I passed my test and I became a teacher. She created an environment which was positive in our school. We were just family. We had constant education, and we were very well trained on student retention and serving the students. The school was full of energy and it was rated as an ideal school by NACCAS.

Our students are very successful. We have referral after referral at our school. After she left and sold the school because of her husband's sickness it went through three different ownerships. All her teachers that were her students at one time are still running the school because we are the best.

When students came to enroll at her school, she introduced me as her boss and made me feel very special. I also had the key for the school; she had total faith and trust in me. I was very loyal even today as a family.

Testimonials

Ms Rose Thai Testimonial Continued

I would send all the slow learners to her and would take them and tutor them for free. She's my sister forever. My children are always thankful for her love and care. It is my honor to be part of this book. My five children are educated and living the American dream.

It took one woman to believe in me! All the teachers graduated from her school and she never hired anyone from outside. She knew how to pick the right people. This is why our school was sold within four hours for cash, but no one had success like her. We serve our students as a part of her team

MR DUSTY LANE

Dame Munni Irone is the Queen of Peace! She is also my sister. She may not be my sister by blood, but by the love she shows to all those around her making us all family. My sister's love and kindness has given me joy and happiness and a true family atmosphere without reservations whenever we see each other or even talk on the phone with love and respect. Sister Munni is not only a true friend; she is my lifelong sister and she will always be a part of my family as she has welcomed me into her family... True Family consists of love, honor, respect, integrity, and trust as it doesn't matter if you are of the same blood or not... Family is where you are loved. This book is how she lived her life and became a successful server of the Lord.

Dusty Lane
USMC/IMDb.



THE DALAI LAMA

MESSAGE

I welcome the Arts 4 Peace Awards being held here in India, home to the ancient traditions of ahimsa and karuna — non-violence and compassion. During India's freedom struggle, Mahatma Gandhi, with his firm belief in truth and justice, showed non-violence to be a strength arising from compassion.

Scientists have evidence that basic human nature is compassionate. They have also found that constant anger and hatred weaken our immune system. I therefore feel that just as we engage in physical hygiene to preserve our health, in order to develop a happy and peaceful state of mind we need to engage in emotional hygiene. For this we must learn how to tackle our destructive emotions. Ancient Indian knowledge of the workings of the mind can help us understand how to constructively affect our emotions. I believe India has a unique potential to combine its ancient knowledge with modern education in order to bring about inner peace.

People should be able to lead their lives in joy and peace. I am committed to promoting basic human values and to encouraging religious harmony. Despite differences in their philosophical views, all major religious traditions possess a similar message of love and compassion, patience and tolerance.

For this 21st century to differ from the 20th century in which over 200 million people died in wars, we must act now. If we exert effort, I am hopeful that within 30 years we will witness a changed world. To merely speak of these things will have little effect. If we make use of art and music we can spread the message of ahimsa and karuna far and wide to bring about peace, happiness and warm-heartedness towards one another.

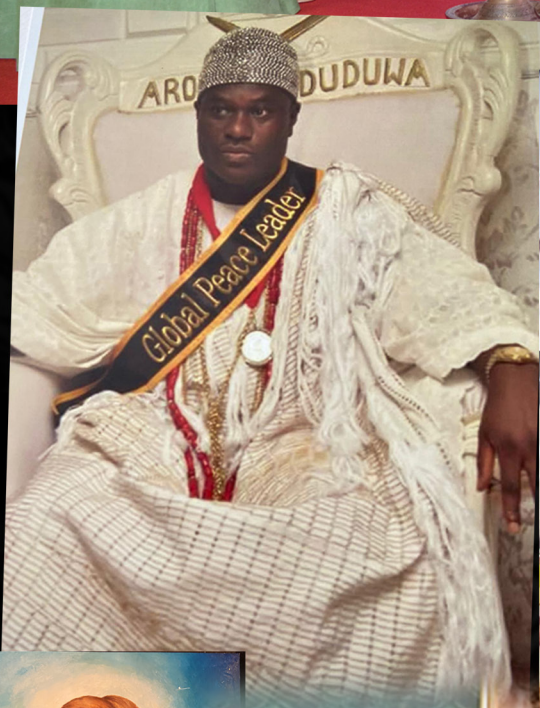
With my prayers and good wishes,

30 January 2019

Dame Munni Irone promotes cultures, traditions and languages. She is the most active global peace leader in the world. She was the first in the history of India to honor the Tibetan Community for peace. She was very impressed with how the youth were well-spoken, smart, and respectful. Rebecca White

Get Balance

MEET MY ROYALS FOR GLOBAL PEACE



ABOUT THE AUTHOR

The style of the book is a conversation between the reader and the author, a format that enables readers to participate fully in understanding the teachings of the book. Readers are guided to become an integral part of their own process of awareness and change. At other times, Dame Munni Irone directs her teachings to the youth audience helping them to understand what they need to do. The book is written in an accessible style geared for a wide range of readers from 5th graders to college level students to faculty. Dame Munni Irone's words can be read by students around the world.

Dame Munni Irone has lived a very luxurious and glamorous life as a born philanthropist. She is honored to be the only philanthropist Queen of Beverly Hills, which is not the title of a beauty pageant, but rather a distinct honor she has earned by serving students, elders and world leaders for over forty years. She has contributed her services to the people who live in Beverly Hills and she continues to serve diverse communities in this moment, whoever comes into her life.

She was given the title of Malkani in Morocco and Maharani in India. She was given the title of Queen of Peace by the Nigerian King and named the Dame Commander of Humanitarian Work by Spanish royals. By German royals she was named Dame Commander of Media and Entertainment. Dame Munni was also knighted in Brown's Hotel in 1989, being the only Dame invited to the Commonwealth. She had a beauty school in a middle class area in California and told her royals that once she retired, she would use her title, but not before as it was not safe for her.

She enjoys working with royals around the world and she was an instrument to bring peace among them. She engages them to do a lot of philanthropic work. According to Dame Munni, "All these titles have no meaning. What I'm going to take with me are my deeds. I am not stuck or changed by any worldly titles. I'm just energy. In our essence, we are identical. These titles are for the world who wants to know, and they will judge you accordingly." According to her, "Since I don't operate through my ego, I focus on the needs of others."

She has set an example that has made many people successful – financially, spiritually and physically – and her sincere services have impacted thousands of people during the pandemic. When she meets people, she always asks, "Lord, how can I serve?" Then she receives that powerful energy, and people respond positively to meeting her. She is a highly qualified professional businesswoman and a skilled trouble shooter in resolving business and political issues.

Dame Dr. Munni Irone holds three honorary PhDs. She has lifetime teaching credentials. She has received numerous awards from country leaders and in the beauty industry, receiving over 75 trophies and 35 medals. She was a champion in California. Her students won four times in the Hair Olympics and she was also part of the Olympic Team for the U.S. when it was held in Japan. She never waits for anyone to help her and gets her work done using her innate wisdom. She helps the elderly in her city, and she has been delivering food and taking care of them for years. During the pandemic, she provided a new life for them, as their children stayed away because of the dangerous virus. She had elderly people visit her house every Sunday for food and potluck, meditation, Torah and Bible reading and qigong practice. She practices her faith while respecting and honoring all faiths. No one who has connected with her has contracted Covid-19. Most of the homeless tents in L.A. are donated by Dame Munni every month. This book is the legacy of her financial success using her wisdom that came about as she found her life purpose. Dame Munni was a survivor of domestic violence for twelve years. She walked away from her estate and

retired to collect her good deeds from her work. This book is a part of her preparations for her transition. Her practice of qigong and meditation have allowed her to go through her life's journey and move on even during the worst moments. She shares her life experiences, living true stories.

The journey of “Getting Balanced” belongs to believers and non-believers to put their dots together to find the Creator. She is neither a politician nor a religious leader, but she has been a very successful life coach to the top leaders in the world for over forty years. She and her husband owned a beauty school in Rosemead, California, which they inherited from their father-in-law. When she took over the beauty school, there were 37 students and she built an empire of 275 full-time students over 39 years. The school still exists. In addition, she owns three full-service salons in Temple City, Hollywood, Pasadena and in Beverly Hills.

Dame Munni became financially stable at a young age. She bought her first house when she was twenty-four years old. She gave all her personal belongings to her first husband who was abusive, and she never looked back. She later collected forty properties with her second husband. Through surviving the difficult experiences with her first husband, Dame Munni found her purpose.

She took students from skid rows, prisons and rehab centers and paid their school fees. She kept women in her apartments and paid their rent. She was never afraid of these poor people. She manifests love and receives love!

She visited a Vietnamese refugee camp. She could not rest. Her husband tried to dissuade her, saying, “Please don’t get any ideas. These people are going to ruin our country.” She could not let it go. She created millions of jobs in the U.S. by passing three pieces of legislation in California. Ms. Jazz and her husband Mark Moreno and Juana Roman were the front runners with the team, and she was on the back end, working with lawyers, congressmen and the state board of cosmetology, where she invested in translating a cosmetology textbook into Vietnamese. Today, these Vietnamese people enjoy the pride of the American dream as do Chinese and Korean Americans whom she also helped to obtain manicuring and skincare licensing. She successfully took over an area of L.A., where she has her apartments, and invested in using gangs and local police to help her with child trafficking for one year and after bringing peace to that area she decided to walk away. She created a road map for non-violence. Her work is truly Divine and followers around the world believe in her.

Dame Munni Irone is the founder of art4peaceawards.org, Worldwidyouthcongress.net, Beverlyhillssimportexport.com (in Fort Meyers, Florida) and Beverlyhillssluxeollections.com. These are global brands today with prominent people behind it.

Dame Munni Irone has achieved a balance between the luxurious life of Beverly Hills and her spirituality. According to Dame Munni, “I live a luxurious life, but I have no attachment to things or objects. When you are surrounded by elites, it is easy to become imbalanced.” For her self-reflection, she sometimes stays in cheap motels to meditate and visits cemeteries to keep balanced. She is hands-on with unfortunate youth internationally and is responsible for major peace work around the world. Amazingly, she doesn’t watch or hear news or use YouTube or Google. Her life is her work and her family. She works 14 to 18 hours a day without stress. She loves to enjoy Shabbat, the act of ceasing and desisting from all worldly things from Friday to Saturday. This allows her to be with her grandchildren. She is a team player. She is loved by the top religious leaders of faith and the media adores and loves her. We are one!

Rebecca White



Dame Munni Irone donated her trophies to her Buddy and made his salon look like the most successful one. He is very well known in his area. All these metals were for fun only. Her competition kept her students motivated. No place to display anywhere, her office is already full of her awards. At the time she did not know about the TRUE peace sign. She now knows and she is making a global impact.

MY CLIENTS' AFFIRMATION

I am the light

I am the life

I am my illusion

I am my reflection

I am the love

I am the peace

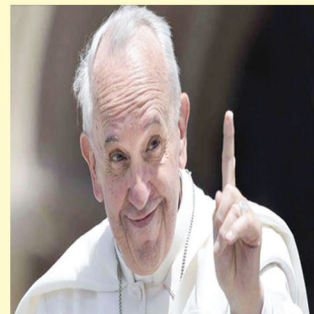
I am transparent

I am grateful

*I'm slanted and you don't know it.
My DNA is a unique part of this Universe.
My fingerprint is like no other of this planet.
I am beautiful, and you know it.
Cuz, I am I am I am
I WILL BUILD MY HEART POWER.*



Michael Dakota Detective:
US Homeland security
Volunteered to
Saved art4peaceawards.org
from embezzlement



This is an historic image taken
when Papa visited New York.
He spoke on oneness
and he said, "WE ARE ONE!"

WE ARE ONE!

This was an ancient peace sign at the time of Moses and it is found in Rome museum. It has tremendous meaning. Pointing towards the universe, heart energy, we are one race, one soul, one heart, one temporary world, one way to arrive and one way to depart this planet.

Later, after Napoleon exterminated so many people and they started a victory sign as a peace sign. It is a sign of aggression, sorrow and depression. I stand for nonviolence, wisdom, love and peace!

From my heart to your heart love and peace.



Get Balance

Chapter 1

Spiritual Awareness

Spiritual Awareness

Spiritual Awareness

Spiritual Awareness

I would like to inspire and lift you up with an intimate journey through my own life. My path toward joy, resilience, connection, gratitude and possibilities. I'm not perfect, but I have tried all my life to be the best human I can be! It is all because of my early education of qigong and meditation. However, in the process I have hurt people's feelings but never deliberately. I don't repeat my transgressions. Whoever is reading this book, my apologies to any of you to whom I may have caused stress or discomfort.

FROM MY HEART TO YOUR HEART LOVE AND PEACE. WE ARE ONE!

It is common knowledge that our body is made with different materials that perform numerous integrated functions. We can see them and feel them. The body also has an abstract invisible power/light called the Soul. In order for an individual to be balanced spiritually, mentally, physically and emotionally, these two need to have a connection. The connection starts with the development of the heart energy. We must live in the moment.

We came to this planet earth with our bodies and our souls connected. Take a moment and see how a baby breathes, watch when they are sleeping, when they smile and cry! Why? When they are connected to the light they smile, and they cry when they see the devil. We have to be aware of our devil; we must breathe from our stomach. But, we start breathing from the chest cavity after we are exposed to the negative energies and experiences on this planet. This disconnection of the body and soul makes us addicted, dependent and imbalanced. The good and evil/negative egos are within us. How much we allow our evil to take over us is what makes us different individuals.

In soul/essence we are identical. There is no gender, no name, no religious division – just energies floating and connecting to complete our service and duties as angels of the Lord. When the soul is hungry for food, it's because it's disconnected with the light-Lord and it is painful. Life becomes hard, everything and everyone is wrong! The Lord is the food for the soul and healthy meals and exercises are the food for the body.

When your body and soul get connected, we have an ah-ha moment of spiritual awakening. Then you want to be healthy and your body naturally craves healthy food. When I see a top religious leader with a big gut, I know they are not there yet, but at least, they are on the way and this ah-ah moment can happen anytime. Eating the wrong foods and addictions are toxic to the temple where the Lord lives. "The temple is our body." The easy, simple way to connect is to breathe and stay in utter silence! Just do it, while working, cleaning, cooking, sitting or getting ready for bed. Just say, "Right now I'll start reading this book!"

GET GOING! IN THE MOMENT IS THE ONLY TIME. FORGET PLANNING THE FUTURE. AND FOR PAST ACTIONS DON'T BLAME YOURSELF; IT IS ALL RIGHT! IT WAS NOT YOUR FAULT. IT WAS YOUR NEGATIVE EGO. YOU ARE BEAUTIFUL IN WHO YOU ARE. FROM MY HEART TO YOUR HEART, LOVE AND PEACE. WE ARE ONE!

If you don't like my definition or you disagree with it, keep reading and then we shall connect.

Spiritual Health= developing the intuition/conscious awareness: It happened naturally to me as I started meditation early in my life. My faith in the Lord permitted me to be patient, grateful and forgiving.

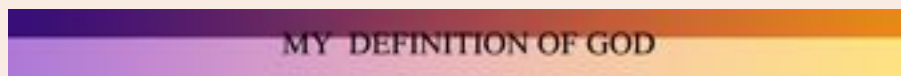
Emotional Health = the ability of an individual to be aware of his issues, feelings and behavior: The first reaction to negative action or comment is to retaliate action against the individual. But when I give myself a chance to think it over, it allows me to win against numerous mentally unstable people. Emotional maturity has allowed me to deal with impossible people with compassion rather than anger.

Physical Health = health of the body. This means listening to my body to feed it the nutrition that is best for it. Please visit the Art 4 Peace Awards YouTube channel to see what I consume every day. I have taken care of eighteen Covid-19 patients and so far and four Delta variant patients, too. I cannot get Covid-19. I have three doctors writing a thesis on why I don't have Covid-19. Everything goes back to my faith, food and physical well-being. I have a twenty-minute Covid-19 exercise on my channel. The key is prevention and it's better than a cure! Doctors are not teaching prevention to you. I know I'm the best doctor for me! Let's get you started on being the best doctor for you!

Professional Development = How to be successful in the business world using your heart energy: My office has very good energy. I serve everyone when I come to my office regardless of their status. I close 95% of the deals. In business, heart energy plays an important role; people feel it. Over many years I have gained much knowledge in business and serving. Serving is the secret of my success. I never tell anyone to trust me! If they don't, it's because I have not earned it yet. I must become trustworthy and respect them regardless. My office is a peaceful and warm place, not cold and stuffy, and it was rated the most beautiful, not because of what I have but because people can feel the good energy. I'm a deal closer. If I don't close a deal, it's because it's not what was good for me!

We are energies connecting and we must value every connection. I'm very alert and aware and everyone who is reading this story about the journey of my life and how I keep myself balanced in this moment is meant to read it. You will be blessed with the knowledge I'm sharing.

If you are reading this book, it's because you are supposed to be. It's no coincidence. If you can take away just one of the secrets of my life's journey from this book, I will be so happy. Blessings are on your way!



MY DEFINITION OF GOD

I created this definition for my children, who had 100 questions about God. This is a simplified version for their understanding. God is Omnipresent. This term means God is capable of being everywhere in the entire universe all at the same time.

I describe God as an energy that you cannot see and yet you can feel and see its creation. For example, when the wind is blowing you see the power of wind, but you don't see the wind? The wind can be soothing and it can be extremely destructive.


Everything in the universe is created by the creator because His signature is everywhere. Recent science found out that when the baby is in the mother's womb and the fetus develops the brain, the fingerprints are also developing simultaneously! They have found a correlation between brain function and fingerprints. There are five parts to the left brain and five parts to the right brain. And we have five fingers on each hand. The left controls the right and the right controls the left. It is very interesting how our fingerprints are unique and there are no duplicates.

The wind blows where it wishes and you hear the sound of it, but you do not know where it comes from and where it is going, so it is that everyone is born of the spirit.

Take a moment right now to stay silent and think about how this happened. Around 6% to 8% of the people have an arc on their index finger and usually it is found in good leaders connected to the universe. I'm one of the ones who has that arc! I have put my puzzle together; no wonder I have always been a born peace leader and philanthropist, always kind and compassionate without too much effort. I never made fun of people like the kids do. It's a matter of conscience.

I feel like I'm not just a believer in God, I know my Lord. Early childhood wisdom of practicing qigong and having feelings and knowing Him, made me who I am today. Everything in the universe has the signature of the Lord. When I deleted, "I am," I became part of my Lord. Because He is the greatest I AM. I became incapable of hate. I turned around and helped my abusive ex-husband's kids to have a better life. I love them just like my own. How many people will do this with an abuser? I have been rewarded tremendously. I walked in love, I manifested love and became just Love! "But it is His spirit in man that makes a man understand that He is in charge."

I don't believe Him, I know Him and he is my best friend.



MY DEFINITION OF DEATH

As long as the spiritual power or thoughts remain in the body, there is life in the body. When this spiritual body leaves the body, it becomes lifeless, a state which we call death. There is a physical death and a spiritual death. When people are depressed people don't want to be around them, because spiritually the imbalance is just breathing and not living. These people commit suicide first spiritually, which leads to physical death. Physical death is something that deteriorates and is a permanent ending of a vital process in a cell, which consists of matter. Everything in the universe is made of matter. The definition of Matter is anything that has mass and volume and it takes up space.

Look around wherever you are at this moment, while you are reading this book, pause and take a look. Everything around you is made of matter and will break and expire, including our bodies.

The body consists of matter, it will fade away or expire. It is a physical expiration. Our soul is part of the Lord's soul, stays active and remains and goes into transition. Transition means going from this body to free energy. There is no male or female in that state of existence.

I went through that stage when I had a severe accident. When I was nine years old I hit my head on the pavement with a severe brain injury. I was bleeding from my mouth, from my nose, from my ear. Think about how dangerous it was at that time even today doctors are not advanced in brain surgeries. I did not know where I was. I recall fainting, people taking my body into a van to the hospital. Not aware, I couldn't see it. They rushed me to the hospital, all kinds of lights were on my face and they shaved my head during the surgery. They removed the machines and they said there was no hope. I was watching my mother screaming with emotions and my sisters were crying, I didn't know they were my family, very strange! YES! I did not know they were crying for me! All relationships are temporary, we must depart.

I had no pain whatsoever in that state of existence. I didn't know where I was. But I could see everything looking downwards not upwards! Yes, Strange! It was a place with no pain and

suffering when I came back to my body I was in excruciating pain. They ran over towards me and started plugging me up with so many machines. I didn't recognize anyone. I didn't know who I was. I didn't know where I was. Remember, two years back when I was seven I was already practicing Qigong. I knew to breathe for some reason!

I was just breathing and breathing. The doctors were telling my family, "There is no hope for her, we did our best." I went home and I was sitting on my mother's lap the next day I told my mother, "No Doctor, No therapy and No medicine for me." She couldn't stop crying and she said, "If you don't get better I will never believe in your God." My tears were falling down as well. I sat in silence for hours practicing. I remember so many people coming to see my mother and their whispers. "Look at this pretty girl, how unfortunate looks what has happened to her? It's so sad etc." Words of sympathy and compassion. All I remember is that every day was a tiny bit better. My father was giving me mental exercises to do because he was a genius. A simple task he was giving me was to remember the color of his tie, squeezing my hands; in addition he gave me some other exercises. I am an excellent student and I practice all day long and today I'm talking to you. Some people of faith always say, "Be scared of God?" Are you kidding me? Are you scared of your father, someone you love? Fear with a person and love don't go together. God is merciful and for-giving; he's my best friend.

<https://www.youtube.com/watch?v=xqqqoeiZwb4>

<https://youtu.be/cPrwol7pjvo>

I choose my life. My healing did not come from any doctor or any therapist or anyone; it definitely came from self-healing connecting to my Lord. There's a power inside our bodies, which is the Lord's power. If we stay silent, we can develop immense heart power then the brain is calm to optimize its power. There's a saying that says, "Walls have ears." Do you know what it means? I did not know until I started hearing people talk about me in my silence. I hear them. Those who are jealous of me and they want to be like me. What a waste of time! I send them my love sticker and send them my blessing. And guess what? Many came back into my life and apologized for mis-judging. It is totally their issue, not mine. Since I have created space for myself, I'm living my purpose. This is the life of Get Balance at the moment. That's all we have to focus on at the moment, don't worry about anything else, it is not important.

People are petrified with the concept of death. Some faith has made "death" a horror story of graves and dark ugly faces. How terrible as they created fear of God. It is not true; it is one of the most beautiful experiences that I had. I was too little and really didn't know where I was but it was a nice place where I was when I was looking down.

We are energy connected. Some energy is possessed by the negative energies and it has been recognized by all faiths under different names -Devil, Diablo, Shaitan, cacodemon and imp etc. You don't need to work hard. Just breathing, simple breathing will lead you to awakening the con-science. Your body will naturally want to eat better effortlessly. It will change what you eat; it will start taking care of your temple. "Pay attention, at this moment you're reading this book for a reason".

"From my heart to you heart love and peace. We are one! In God's energy connected in this very moment."

The body is an illusion. A matter which will disintegrate and die. So do you think you should focus more on your energy or you should focus more on your perfect appearances made by the doctors? I'm not against it, if that makes you feel good then go for it. I'm just making a statement. But don't go extreme to a level where you totally lose yourself, that's what I'm saying.

Life is like a roller coaster, when you are going through losing your loved ones or losing your financial status, emotional trauma or relationships that takes a negative turn, I think it is the worst. Sometimes we have one issue, we react to it and then it leads to multiple issues. We all have to go through it, if not one way or another we must experience it. If you are going through it, then just breathe, watch your life's video -response and don't react. I learned to watch my life videos. It will be over anyway. So why worry about it and ruin the moment? My faith kept me balanced through most moments of my life.

For me, I lost majorly in 2010 when the stock market hit, then I lost a lot of funds to my scammers, lost my husband - the love of my life - the same month my sister had a major automobile accident. She came to attend my husband's funeral from Las Vegas. On her way back she got into a major automobile accident and went into a coma. I made the transition of my husband easy for my children by smiling! Do you think my plate was full of tragedies? YES!

I was heartbroken and it started panic attacks. My best friend has always been my Lord. My essence told me to go to Hawaii, so I did. I wrote my options, meditated and surrendered to Him. After my husband passed away I was in meditation for 48 hours, I was home alone, my daughter was in residency in Loma Linda city, my son was working and my daughter-in-law had just had a baby. Both were not getting enough sleep. This is their first baby, not even experienced. My grandson was my new toy full of love; he kept me fulfilled with life. We are best friends. He is 14 years old now and has his road-map to success. He is a genius with a great soul. All my grandchildren know how to meditate.

My pain subsided and I felt rejuvenated. During this pain I was in a deep depression, I forgot about my Lord for two weeks and I wanted to control my own life. Going to Hawaii, finding my essence, brought a smile to my face and my panic attacks subsided. I did not ask for any medical advice as I'm the best doctor for my body and my soul. I went through some issues afterwards as well, but I was conscious and present and it passed away without causing injury to my body and my soul. My first reaction when my sister went into a coma, I fainted when my son gave me the news. We flew back to Las Vegas. Half of her face had no skin, her eyeball went to the side and half of her body was paralyzed. When I touched her cold skin and held that area until it was a little warm. Even with two socks and three blankets she was still ice cold.

The nurses came and they were afraid to touch her, my sister's hair was stinking like rotten blood. I asked the nurses if anything was broken and the answer was negative. I took over her body and cleaned her with dry shampoo, body scrub and massaged her paralyzed side for at least 8 to 10 hours.

I made medical decisions for her and the doctors were following my heart with me. As the doctor and his nurses had no hope.

1. I had the doctor discontinue her blood pressure pills; they were giving her because of her brain injury.

2. Removed her breathing machine
3. Removed her catheter
4. Removed her feeding tube from her stomach **Beet Roots**

I was confident in all my decisions! Because my sister was like my baby and I was listening to her. The doctors had no hope and they saw me as a spiritual human and they followed. They bought me a cake thanking me and called my sister a miracle woman! We have all this power; we just need to spend some silent time. Only in utter silence where the Lord exists. She was getting my energy all day.

My sister woke-up and is still on this planet. She can read from her eye, her face is damaged but she is handling it very well. She is surrounded by her daughter, son and the rest of the family who is always there to help. WITH LOVE WE CAN DO IT! Don't have the doctors or nurses make decisions for their loved ones. Taking over and cross-checking the side effects of medications is the key.

In order to get the balance in the moment, one needs spiritual, mental, emotional, professional, and physical health. All these aspects of life are interrelated. Our spiritual empowerment is inside of us. We have signs when we are going through spiritual awareness, but sometimes we ignore them. Our signs include becoming calmer, changes in our sleeping patterns, and feeling healthier. Some of us will have vibrations in our brain or stomach. Others become inexorably emotional. However, this is a normal process of releasing hidden emotions that are coming from the spiritual part of your heart/energy pocket. Old issues in our lives haunt us, so we may feel lost. But by being spiritually aware, we resolve these issues with a tender feeling of love. These changes are the process of a deep inside cleansing.

After we become spiritually aware, our physical body will change, and we naturally have the urge to eat healthy foods. Our whole body and mind will change as we feel the love for humanity in our heart/energy pocket. The third eye contains astral sight. Astral images go through the third eye and are sent to the brain. The third eye, along with the sixth energy pocket, controls eyesight, sinus, and skin. All senses that have been given to us will become more tuned in to our present consciousness and you will feel energized. You will feel someone close to us calling our name and loving us. Never fear, these feelings are normal. We will see the world with kindness, love, and empathy for nature.

Remember, you see the power of wind blowing, it feels good or it can become destructive. The Lord is invisible just like the wind, you feel, you see His power, you believe it is the wind! This is the GOD!

When I'm having a hard day, I'm gentle with myself. I know it will dissipate as I develop my spiritual life; I practice more Qigong and meditation.

You'll find that your old desires and habits have no place in your new spiritual world. Be aware that your body is going through a cleansing process in order to make a place for a new **YOU**.

You will notice that more and more signs are guiding you, or whispering to you directly, and you will feel at peace. Synchronism will become a part of your consciousness.

Synchronism: The experience of two or more events that are meaningfully related, where they are unlikely to be causally related. For example, for my event for art4peaceawards, I wanted Coca-Cola to sponsor, I had no idea why? I had to go to Canada. In the flight, a gentleman who was sitting next to me complimented my smile. We started the conversation, and I asked him about his profession and he responded, "I'm the executive director of Coca-cola?" Wow! I told him about my event and sponsorship. I told the gentleman, I have no idea how to ask? He responded, no need I'll sponsor food and coke for you and 900 VIP! I'm sure every human goes through this kind of story in their lives. But being present increases the power of listening to your inner voice!

Life becomes more meaningful. The right path leads to meeting the right people, and positive things will happen. Trust your sixth sense/third eye/conscious intuition. You need to spend time in silence to hear your inner self, meditating and searching for the third eye. This is the ability to see your potential. The third eye is an innate natural part of every individual on this earth. Some call it a 'meta-organ.' It consists of the heart working with all the senses. Think about the power created with the intuition.

The pineal gland is a meta organ designed to sense consciously rather than just having a mere hunch about something. This organ can be developed to be more refined and with accurate meditation. It can be so powerful that it can drive a person crazy. One needs to understand and let it develop and grow in the conscious mind. No need to run away and shut it down. It is part of everyone's heart, mind, body and soul. It is a part of empathy, where a person can touch and feel the emotions of others. The intuition is used by seers to make connections. People may call you crazy, but don't worry they are not aware that their ego is controlling them.

Here are some of my personal experiences with individuals

I was working in the school going in and out of classrooms when I was stopped by an old woman. She said, "I see a wonderful aura of light that I have never seen before." I was 20 years old and was going through domestic violence with my first husband. Furthermore, she added, "You have a happy, successful life ahead of you. You're a special human."

I was too young and didn't understand then. But today I do understand it.

Have you ever met someone who was nicely dressed and who appeared to be kind, yet a voice inside of you was warning you not to trust this individual? What most of us will do is question our natural intuition or inner voice and ignore it. Let's say you go through a transaction with this person and later learn that your trust in this person was challenged. What do we end up telling ourselves? "Gosh! I should have listened to my heart. I knew there was something wrong with this person. What is wrong with me?" There is nothing wrong with you. This is a mistake we have all made at some point in our lives because we did not recognize or comprehend our intuition.

I have had numerous experiences in my life and I bet you have as well, but most people have not developed their heart energy yet, and they are not even aware of it unless someone points it out. Then, in the end they acknowledge it and walk away into the busy world, not being present in the moment! Please take a moment of silence and reflect on your life.



We are sent to this earth with the essence to live this life to serve The Lord’s people and His planet. We all have an allocated purpose and when we endeavor to find it in the world, it will be more meaningful. When we serve other human beings, there is only essence and no negative ego.

The best method is to breathe and stay in silence and try naming your ego. You can change it anytime.

Let’s say I call the ego “Carmen,” so every time Carmen kicks in, acknowledge Carmen and say, “Thank you for protecting me.” Then, go back to your essence by keeping your tongue to your palate, relax your body, breath in through your mouth, hold your breath and exhale through your nose. Listen to your essence for a response. Inhale and do a long “haaha” while exhaling. Continue the exercise and keep doing it until the body feels relaxed.

In essence we are pure, full of love, light, courage, fearlessness and empathy for the universe. Forgiveness comes naturally after understanding ego. It’s a process that is never-ending until we go into transition. Just be in the moment. The moment is the only real time, yesterday and the next moment (future) is not real. Why do we need to worry and waste that energy?

THE TRUTH ABOUT LIFE, THE CHOICE IS YOURS

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Don’t worry about how hard life is. Start with a simple breathing practice from the stomach. When the baby is born, check how they breathe? Don’t listen to me. Just start a simple act of kindness for **YOU!**

Internal Peace Starts from Me!
WE ARE ONE!

Ego is the Latin word for “I.” So, if a person seems to begin every sentence with “I,” it’s sometimes a sign of a big ego. In my college I studied psychologist and Sigmund Freud, as the original translator, put ego into the popular vocabulary, but what he meant by the word is complex, so only other psychologists really use it in the Freudian sense. The rest of us generally use ego simply to mean one’s sense of self-worth, whether exaggerated or not. When used in the “exaggerated” sense, ego is almost the same thing as conceit. But having a reasonable sense of your own worth is no sin. Life’s little everyday victories are good—in fact, necessary for a healthy ego. Whatever, I studied in college did not helped to be who I’m today. I learned in silence so can you! This not a secret.

A few questions could be asked: Is the ego our enemy? Should we block our ego? Is our ego positive? Is our ego negative? Should we just accept the ego as a part of us and be conscious and aware of it? I would like to deal with and discuss one question at a time:

What is ego?

We all have a negative and positive ego. By proper understanding, our relationship problems can be resolved and we can be free from pain and suffering. No one in the world has an absence of ego. Both these egos are part of our existence. What will happen if we just accept and understand and are aware? We will definitely be successful spiritually, emotionally and mentally. Our physical success will come effortlessly with spirituality.

Let’s dive-in!

We are sent on this earth to enjoy the world, and live with our essence to serve His people and His planet. We all have allocated purpose, when we find it the world will be more meaningful. In serving zone there is only essence and no negative ego.

Breath, stay in silence and try naming your ego, you can change it anytime. Let’s say I call my ego?

“Carmen”, so every time Carmen kicks in, acknowledge Carmen and say, thank you for protecting me, go back to your essence by keeping your tongue to your palate, relax your body, breath in through your mouth, hold your breath and exhale through your nose. Listen to your essence for a response. Inhale and do haaaaaaha while exhaling, keep doing it, until the body feels relaxed.

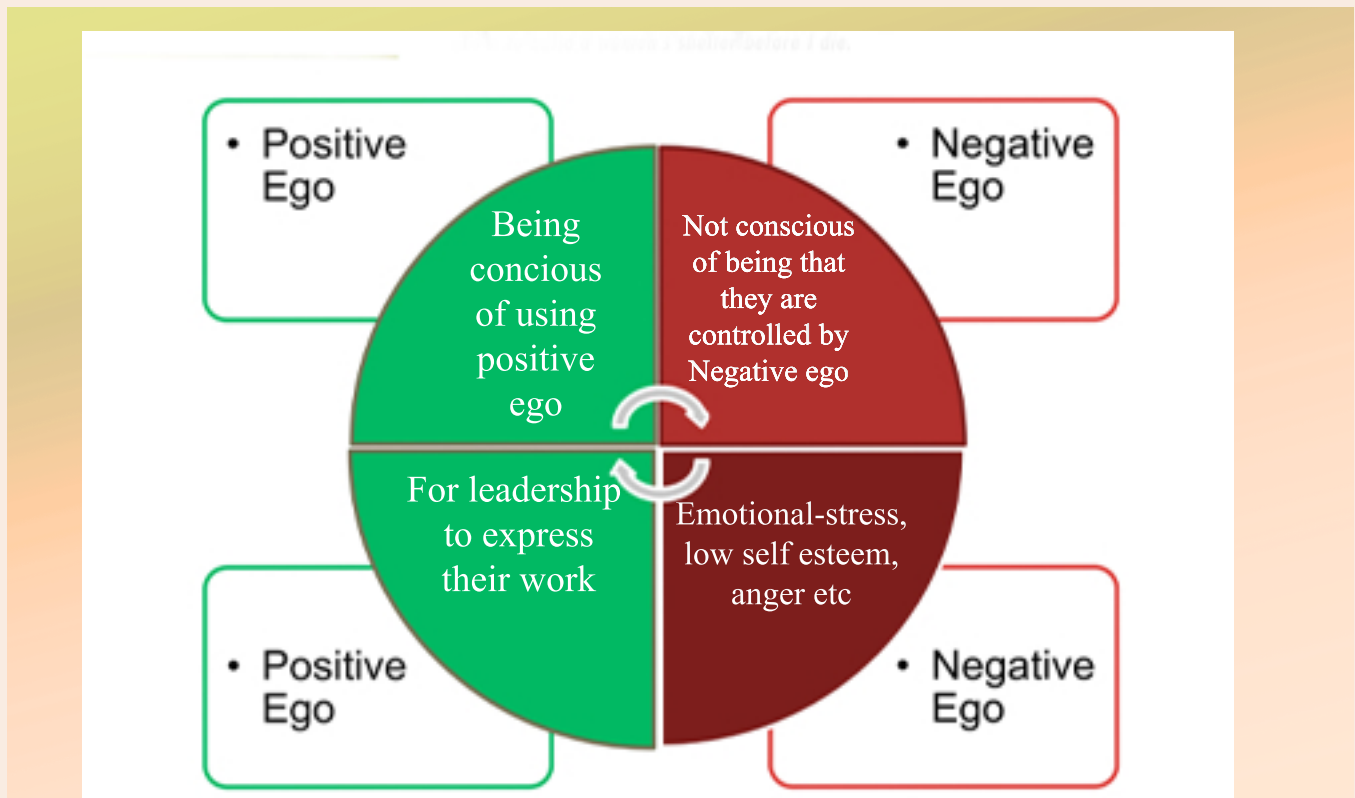
In essence we are pure, full of love, light, courage, fearless and empathy for the universe, forgiveness comes natural and process never ending until we go into transition. Just be in the moment. The moment is the only real time, yesterday and the next moment is not real. Why do we need to worry and waste energy.

POSITIVE MANIFESTATION BRINGS POSITIVE RESULTS..

KEEP READING AND BREATHING.

Don’t feel guilty for all the wrong you have done in your life. It was not you; it was your ego. YOU ARE BEAUTIFUL AND ALREADY WHO YOU ARE MEANT TO BE. I never looked up to anyone. I cherry-picked my behavior, my faith, my family and my friends. Just walk away from anyone who is causing you pain and then regroup. I have a huge adopted true family and I love and care for them. Sometimes

your real family doesn't even value what you do. So, I found there is no such thing as my ego and yours. We all have a commonality, the ego. When ego kicks in and we allow it to control us, we lose financially, emotionally, physically, professionally and even in personal relationships. However, when we are allowed to be just there in the present moment and tell our ego, "Thanks for protecting me," we can go right back to our essence and we will always win!



Is ego our enemy?

To me, NO. It is a part of my existence, so I let it be. I just want to be aware of it. I'm in charge of myself and not my ego. I can control my ego through action, but I must be present when it is actively controlling my behavior.

As a young child I was aware of it. I was bullied in school and I would turn around and give a gentle firm lecture. The other children would laugh at me and tell me to shut up. Then one girl who was bullying me got really sick. I went to see her in the hospital and her nurse was bullying her. She was so upset and said, "I am going to kick her butt when I get better." I responded, "Why?" She gave a list of mean things this nurse was doing to her.

I asked her, "Do you feel good when she is mistreating you, Patricia?"

She said, "I am so mad. Watch what I will do when I get out!"

I said, "You have been mean to me. I do all your homework, which is not good for you because you are not learning." I continued, "The Lord is angry with you, and the Lord wants to give you a chance to open your eyes and surrender."

She got furious and tried to push me. She kept crying and kept saying there was no such thing as God. She said, "He didn't ever listen to me."

I said, “Why should He? You are mean to everyone and I think you’re going to die and these snakes are going to bite you.”

She cried out loud. “No, I don’t want to die. Sorry, sorry, please take me to your church.”

I told her, “The Lord is inside of you. Hold my hands as a friend and stay in silence with me.”

I was quite a child and my best friend was “The Lord.” I just always talked to the Lord. I did not share my feelings with anyone, including my siblings and my parents, just my Lord. They were loving and nice, so for some reason I was content keeping this light inside of me.

My friend cried so much that she fell asleep. I visited her the next day and told her that I had already turned in her homework. She held my hand and kissed it. We both cried and she asked me to forgive her. She was a Hindu. She started going to my church and school, and we became best friends. Sister Ruth was very kind to her, too. She was crazy about my dad. She thought he was handsome and a genius of a man. At this time I was in 4th grade, but I am not too sure. I did not have the knowledge of the terms that are used today for spiritual awareness and ego, etc. However, I was aware and I was not afraid of my bullying friend. With the help of my Lord, I was able to bring her back to alignment with her soul. I am sure those reading my story can relate to this. She was not the only one who bullied me. Let me tell you, since I was a baby, I was bullied by numerous individuals. I prayed to my Lord to give me patience to change them and make me the best philanthropist.

What benefits had I been given when I learned how to deal with my ego?

I became empathetic, enduring and generous. It’s always been easy for me to move on. I forget the details, just the zest, if I am lucky. Just like the story I shared with you, it came from the clouds. I have not discussed it with anyone and I am horrible at remembering names. People usually gravitate towards good souls who are compassionate, play team games fairly and live in their essence. They will sometimes embarrass you without prejudice, and this is just your essence connecting with them. This is the only way we can share a universal love in order to minimize wars and promote peace.

I believe all of us are contributing to the wars in all countries. We are also at war within ourselves and with our earth and we can only fix it by helping our leaders. This is the reason I am targeting leaders of the world, so they can have an impact on their subordinates. I’ve always worked with numerous countries’ leaders behind the scenes. This is why I was able to do major peace work without watching the news. I detest that people use Google so much. I just listen to my heart and I can solve major political issues. At the end of the day, we all have the same hearts and souls, with one race, one universe and one Lord. But the personal war we have is within us, and no one, in my experience, has been able to stop it! It’s just been ME! I must find solutions and start writing my options and meditate. I’M THE BEST DOCTOR! Keep telling yourself this and recite this affirmation you have been told in the beginning of the book

We all need to ask:

Q1. Am I free from the domination of my ego?

Stay in the conscious-now-zone. If someone says to me, “I love who you are, I love your skin, I love what you are wearing, you are so smart, and how do you do it?” I want to feel proud in my ego but, instead, I say, “Thank you and I feel gratitude to my Lord.” He

is ultimately responsible for allocating my job. The world got this message during the pandemic, so who do you think is in-charge? Every powerful person in the world was helplessly locked in their home. So, living in the present moment keeps my life very simple

Q1. A few questions below:

Q2. The eternal question: Who am I?


Q3. Am I angry or full of obstacles?

Q4. What is my relationship with life?

Q5. Am I the Creator of this body? Am I the One who controls this body?

Q6. Is hostility, belligerence and aggression part of my life?

If the answer is YES, then your life reflects back to you in an objectionable state of consciousness and the heart energy needs to be developed into the “Now-Zone.” So, when you are in this state of negativity, it creates excruciating pain and suffering for you and the people around you.



ENERGY POCKETS AND SCIENCE

Energy pockets – are a gift that the Lord has given us. Wheel of life. Life is energy. Life is movement, Life is light. Life energy flows from the abdomen to the heart, then faces the crown area and exits. There are pockets of energy, starting from the abdominal to the digestive tract to the heart passing through the head. Then, as we inhale energy from the environment, we retain more oxygen in the abdominal cavity and then the energy flows through all the seven pockets and exits from the head. Why?

Let’s understand the science about the pineal gland, which is located between the two cerebral hemispheres. The third brain ventricle is responsible for the spiritual intellect. Its name is derived from its shape, which is similar to that of a pinecone.

The pineal gland, pineal organ or pineal body, is the source of hormone secretion called melatonin.

It plays a central role in the regulation of circadian rhythm- which is the cyclical period of human biological activity of 24 hours. That means the time to wake up is at sunrise and the time to sleep is at sunset. We have a universal time clock. People all around the world get up between 4:00 am to 6:00 am to go to the bathroom or just wake up to turn around and go back to sleep. The pineal gland has long been an enigmatic part of the body which means it is responsible for the mystic experiences we have. Take a moment right now and breathe from your stomach. Developing this gland is not talked about by too many religious leaders. If you want to find your creator, then the practice will be connected to the development of this gland.

It has been proven by science that this style of breathing helps replenish and revitalize the body so all the parts can work in harmony with each other; hence, we are healthier and more fit to live a fulfilled life.

If someone lives for a hundred years, but they’re constantly suffering, that is not the life I want for myself, When I was on the other side after my accident, there was no pain or suffering. As soon as we stop breathing fully, some of our energy pockets stop functioning and this is why we get sick in particular parts of the body and hence develop diseases and disorders. Why? Bad energy is trapped. When we meditate, we inhale clean energy; we transfer this energy with the Lord’s energy through the organs and from the pineal gland. The body is just composed of matter. Energy is not composed of matter. The body goes back

to matter but soul/energy lives forever on the other side. We don't need to go into the different theories. The point is, can we be balanced in the moment and understand the cycle of life?

I had the honor to interview and spend time with Dr. Diego Parra from Harvard University. I have discussed for years the mind, body and soul and how these are correlated. After talking to him and hearing him explain these matters in a scientific way, I was glad to hear the results of science and my thinking were at the same level. Energy theory is very ancient; some may believe and other readers might condemn it. Read it without using your ego, use your essence, and open your heart before walking away. Reading it for fun is fascinating.

Seven energy pockets are vital energy reservoirs. As we make our way up from the root energy pocket and out the crown of the head, we are attaining intuition, perception and inquisitive reality. This is what I experienced when I saw my brother dying. His toes turned yellow and he was alert until the last minute. His little girl Melanie came to visit and his tears were falling. He was asking us, "Why are these people here?" My older sister told him, "Just go with them. They are here to take you." He surrendered and his face was calm and peaceful. He was a total atheist. When my brother first went into a coma, he was screaming, "Those ugly people! Help me get out."

It was my son's wedding. Can you imagine how we family members were feeling? So, the whole family decided to do a group prayer for my brother to come back and attend my only son's wedding. My husband was alive then and he said, "If he comes back, I will believe in your God." Guess what? Not only did my brother come back, but he traveled from Sacramento to LA and came to the royal wedding.

I had a long talk with him to repent and get God in his soul. He became a believer and he went into transition as a believer. When death is standing at the door, the reality hits. Pride disappears and you realize we are nothing and we are identical in essence. We are just energies, floating on this temporary planet and lost, as if we are here permanently.

When we inhale from the stomach, our rib cage is bigger, life becomes momentous and focused, but also sympathetic and selfless. We learn the recognition of configurations of insight. An insight is an aptitude or capability to see within oneself. It is within us that we store our memories of good and bad experiences. With enlightened energy, we can be free from memories. Good memories we want to repeat and bad we delete to be free of them.

The First Energy Pocket

It is located at the base of the spine. You institute cordial connections with your environment and physical body. Have you tried working and focusing when your lower spine is hurting? When I experienced stress in the past and my lower spine had severe pain, I was totally handicapped. No one taught me what to do, and I had to remind myself of the practice of qigong and Shifu's wisdom and learn to live a stress free life and:

- ⊙ I was able to gain adoration from career partners and get compensated for being good at it.
- ⊙ Generally, people desire to be like me.
- ⊙ I like to make safe investments. I have always had more than abundant wisdom and wealth to live a good life.

- ⊙ I don't feel guilty after spending money and I have no attachment with the money god.
- ⊙ I'm confident, spiritually aware, physically and emotionally fit.
- ⊙ Whenever the root energy pocket is weak or closed:
- ⊙ People tend to get stuck in an unfulfilling and unrewarding career. Thank god, I had training early in my life. I have always loved my work.
- ⊙ These people never seem to have enough money, which leaves them worried and in debt. Spending money is a traumatic experience for them as they doubt their ability to budget effectively.
- ⊙ Most suffer from weight loss, weight gain or other body issues, which leave them feeling uncomfortable and awkward in their own body. When I was living with my first abusive husband, I was only 72 pounds because my root energy pocket was definitely blocked.

The Second Energy Pocket

The second/sacral energy pocket is located about one to two inches below your naval in your lower abdomen. When you observe babies, you see that they only breathe from the stomach. Later, they see adults breathing from the chest, stressed and out of equilibrium. They reveal symptoms of repentance related issues such as:

- ⊙ Attachment and trust issues
- ⊙ Emotional recklessness and hypersensitivity
- ⊙ Timidness and lack of confidence - attracting similar associates in life
- ⊙ People who are born with a strong second energy pocket have extraordinary kind of personalities. It comes naturally for them to do super projects. A common person with an undeveloped second pocket can develop it by practicing meditation.

If your the second energy pocket is weak or closed:

Images of guilt and pain mesmerize the subconscious mind when an individual thinks about sex. They rarely have the time or inclination to have sex. Their partners are often wrong and unharmonious toward them. They're speculating if they'll ever find "the right one."

The Third Energy Pocket

The third energy pocket is located in the area of the solar plexus, navel and the digestive system. This energy pocket/energy pocket is responsible for self-confidence in people. I have always been self-confident and as a child, I never had fear of the stage or public speaking. When I was with my ex, my digestive track was not good. I used to feel nauseous after practicing qigong and meditation and a lot of times I wouldn't eat. When I got centered, I had combatant energy, the power of the renovation of energy and no more nausea. I gained weight going from 72 to 100 pounds. I became totally fit. Amen.

The Fourth Energy Pocket

- ⊙ **The soul-** the abstract heart energy we cannot see. When a person dies, pay attention to what is said about "his/her body." The person with a name, for example Robert, is not Robert anymore. His soul is separated, just the physical body is present.
- ⊙ **The physical body-** it consists of matter and it must go back to matter. I have buried

many people in my family. When you see their physical bodies, they don't look the same. Because the energy has departed and gone to where it came from.

NO PAIN OR SUFFERING!

The heart energy is based on the distinctiveness of the interior light of our souls. Developing heart energy through qigong was my saver. I should be a crazy, angry and depressed person. Practicing meditation allowed me to take control of Dame Munni Irone.

- ⊙ The heart pocket is based on the distinctiveness of the interior light of our souls. Developing heart energy through qigong was my saver. I should be a crazy, angry and depressed person. Practicing meditation allowed me to take control of Dame Munni Irone.
- ⊙ Just start breathing. Visit [art4peacewards](#) YouTube channel. Simple steps cost nothing. I'm the best doctor! You can be the very best doctor for yourself if you want. This is why qigong and real yoga practitioners are the love center of our human energy system and are often the focus in bringing about healing.
- ⊙ The heart pocket is also accompanied with love, psychic healing, compassion and philanthropy. I'm a living example of self-healing. When people are not connected to their heart energy:
- ⊙ Emotions control their desires of being depressed.
- ⊙ Distress to the heart pocket results, causing insensitive emotional beings to feel pain, such as heartache through death.
- ⊙ Excessive adultery, a bad divorce or separation or emotional abuse can occur.
- ⊙ Physical illnesses is brought about by catastrophic heartache requiring that an emotional therapeutic treatment occur along with bodily healing.

The Fifth Energy Pocket

The fifth energy pocket is located in the throat and the neck. It is related to hearing; therefore, it has a direct relationship with the ears. Furthermore, it is associated with speaking; thus, it has a direct association with the mouth. This energy pocket is often correlated with the thyroid gland in the human endocrine system.

When I teach seminars back-to-back teaching on stage with light shooting on my face and I'm staying in a fully air-conditioned hotel with no fresh air, I will get laryngitis. I cannot speak and my voice sounds like I have a sore throat due to illness, but I never feel sick or experience a serious sore throat or low energy. I have found my remedy; I always prepare before my workshops. n

- ⊙ I sauté garlic and put it in a glass container. I usually find a nice restaurant that bakes fresh bread. I mix half a cup of garlic with olive oil, balsamic vinegar and finely chopped garlic. I dip into this delicious sauce and swallow all that garlic down.
- ⊙ I drink hot water with fresh lemon during my teaching seasons. My problem is gone! I practice qigong and do haaaaaha from my stomach to keep my fifth energy pocket centered.

The prevention is better than cure.

No doctor is going to evaluate and read your brain. Their job is to make you feel good now! You need to study your body. Rewind and find out: What did I do two weeks ago? Why do I have this issue? Get to the bottom of it and solve it. We need doctors to help us get out of urgency, but you must find alternate ways of living. Our body has tremendous healing power. Over medication killed my husband. Sometimes bacteria and viruses take two to three weeks to incubate in our body before any visible symptoms show up.

Furthermore, the fifth imbalanced energy pocket leads to serious issues:

- ⊙ Negative egotism, insincerity with a loved one
- ⊙ Talking excessively, but by doing haaaaa from the stomach, you can heal yourself.
- ⊙ Listen when people who love you are telling you that you have become evil. Sometimes being imbalanced in the fifth energy pocket makes a person devious, apprehensive.
- ⊙ Your ears and shoulders are also associated with this energy pocket. When this energy pocket loses its alignment, other organs of the body display imbalance in the form of physical distress and disease. This goes for all energy pockets. When one part of the car has a problem, it may ruin and mess up other parts and the whole car in general.

A person with a balanced throat energy pocket can display:

- ⊙ A person with a balanced throat energy pocket can display:
- ⊙ Physical and facial expressions that others feel good being around.
- ⊙ Throat energy pocket synchronization reflects artistic expression and gratification in their career.

Gratitude comes when we are connected to the Lord. Life becomes balanced in the present moment, the only moment you need to think about. Simple and easy, you have it all. No need to go anywhere; start with silent breathing. Use your driving time to inhale from the stomach and do haaaaaha. Listen to your heart's spiritual words. This is the best temple! If the preachers of all faiths can ask their followers to close their eyes and just listen to these words, it will create a powerful energy and when people leave the preacher, they will feel fulfilled. Right now, most of the religious congregations are there to get donations, and people are not focused. Instead, they are checking out others' physical appearances. So many distractions, where is the connection with the Lord?

- ⊙ Doing qigong releases energy in my throat. I sing for my Lord, which is good for releasing the stress of the throat energy pocket.
- ⊙ *Doing qigong releases energy in my throat. I sing for my Lord, which is good for releasing the stress of the throat energy pocket.*

OH LORD, I LOVE YOU. I'M SORRY, FORGIVE ME AND THANK YOU!

This prayer is the whole Torah, Bible, Quran, Mahabarata, guru Granath Sahib and the rest. Connecting with the Lord is simple. However, wearing blue jewelry is healing and apologizing to your family and friends also releases throat distress. I never procrastinate in apologizing.

The Sixth Energy Pocket

We learn to unknot, observe, perceive, comprehend and acknowledge our creation and ourselves. The sixth energy pocket perceives through instinct, prophecy and a vibrant viewing ability. We've got this. I will give you a simple example. I had to go to an event and my instinct was telling me not to go, it was not good for my brand. But, I decided to go anyway. Then when I arrived, I told myself, "OMG, I should have not come here."

I was scammed by two guys. Both times I avoided listening and told myself that I should help them I was wrong. I sued one guy and I won the case without an attorney. Every negative experience was good for me. Now, I'm not accessible anymore to the public and the many protocols, and I listen to my third eye.

Intuition is needed to understand the true essence and anonymous and undefined things. Clairvoyance and telepathy is a progressive development that comes by focusing on stillness. The constituent of the sixth energy pocket is light; in following our intuition and seeking clarity, we light the path for spiritual growth and inner wisdom.

In business, look at a proposal and breathe; allow the Lord/intuition to lead you. This way you will be successful.

VERY IMPORTANT! THE POWER OF MANIFESTATION AND ABUNDANCE IS BORN. I MANIFEST AND MAGIC HAPPENS. DON'T SHARE WITH ANYONE UNLESS YOUR WORK IS DONE!

The sixth energy pocket also focuses on solidifying our inner perception. Even the way we perceive ourselves can be a treacherous illusion/ misperception. I'm very clear on my purpose and who I am. This is the secret of my success: to stay happy and content. When you're a public figure, people feel jealous and want to throw trash at you. I have been solid over 40 years of serving. Most people have not seen anyone like me, and they don't know what to do with someone like me. I see and hear them during my meditation and I send them a love sticker. This goes for some of my family members as well. People who have created space are naturally not capable of hate or retaliation. I have created space, which I will explain more in the meditation section of this book.

DEVELOPING THE SIXTH ENERGY POCKET MADE ME:

- ⊙ Capable of figurative rational visualization.
- ⊙ Do business instinctively and be observant during my silent time.
- ⊙ Allow my imagination to work for global peace.
- ⊙ Be totally non-traditional.
- ⊙ I have the capacity to remember my dreams which have come true. Every one of us has this ability. The more silent time and breathing from the stomach, the more anyone can be under control of who they are and who they want to be.
- ⊙ I have discerned distinguished patterns of episodes happening in my life and what effect they have on me. I'm connecting my dots to advocate better ways of thinking and being able to prophesize in what direction life is taking me. This leads me to live a fulfilling life at the moment. When my energy pocket is off, I know when practicing qigong, I can feel good again.

WHEN THE SIXTH ENERGY POCKET IS DEFICIENT, PEOPLE:

- ⊙ Capable of figurative rational visualization.
- ⊙ Do business instinctively and be observant during my silent time.
- ⊙ Allow my imagination to work for global peace.
- ⊙ Be totally non-traditional.
- ⊙ I have the capacity to remember my dreams which have come true. Every one of us has this ability. The more silent time and breathing from the stomach, the more anyone can be under control of who they are and who they want to be.

ENERGY POCKETS THAT ARE RESPONSIBLE FOR WHO WE
BECOME OR CHOOSE TO TAKE CONTROL OF WE WANT TO BE!
LIFE IS SIMPLE, JUST UNDERSTAND IT, THEN
CONTENTMENT IS YOURS!



Understanding our energy is important as we are all energy beings! Everyone is reading this book because you and I are part of each other and we are supposed to be connecting for a reason. I want to thank Ms. Beverly Houwing for helping me organize this book for the adobe program.

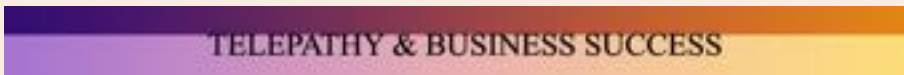
- © I have discerned distinguished patterns of episodes happening in my life and what effect they have on me. I'm connecting my dots to advocate better ways of thinking and being able to prophesize in what direction life is taking me. This leads me to live a fulfilling life at the moment. When my energy pocket is off, I know when practicing qigong, I can feel good again.

The Seventh Energy Pocket

This pocket is light or an aura – Some can see it or feel it; others are not aware at all. The aura is an energy field made of non-matter, a substance more subtle than the physical body, which comprises matter that dies one day. But our souls transfer to another place, as witnessed by millions of people who have made contact with the dead; but this phenomenon appears less real for people whose energy pockets are not balanced.

Take a moment wherever you are at this moment and see everything you have is alive! These objects are made of matter and they are temporary and must die, like you and I. The aura is influenced and has its own authority by all kinds of bodily and spiritual functions the way we think, who we come into contact with, our environment and the list goes on. A skilled practitioner, or clairvoyant, can see the aura and learn a lot about a person from what they see. But even people who do not consider themselves psychic can sometimes sense what a person is like by tuning into a person's aura instinctively. For example, you meet someone for the first time and you feel like you have known them forever. Or, you know someone, and you cannot get close to something that seems to always be stopping you. Follow the intuition of your seventh energy pocket. The more silent time you spend, the more contentment and power you will have to manifest. Our energy pockets allow energy to flow through the aura and subtle nervous system, which is a network of channels connecting the energy pockets. When a good aura person enters a room, people naturally gravitate towards them. It has happened to me millions of times and at many readings as well. If you are not getting it, then focus on yourself and develop it. Simple and easy. The subtle nerve centers are an exact reflection of the nerve centers and membranes which can be perceived by the normal senses. This aura around you can only be charged and cleansed by you. Practicing qigong and meditation can bring spiritual illumination.

In conclusion, don't worry about even knowing what each energy pocket does to your body. Start breathing, practice meditation and have faith. Everything is inside of you already. You are the best thing to have come to this planet to serve. Start serving your body where your Lord lives. Then serve by doing a simple act of kindness. Helping out your spouse, your parents, friends and strangers. I promise your skin will get better, the toxins will go away and you will understand the temporary nature of the world and that transition is a real and most beautiful experience.



TELEPATHY & BUSINESS SUCCESS

Intuition is given to us by nature. It is very active among animals because they are silently connected to the Lord. Some people also refer to it as the third eye depending on our ability to interpret the results. This can create a lot of space for misinterpretation of facts and consciousness. It can be problematic to exchange the information back and forth, between the external and internal world in a clear fashion as we all see things differently. This opens up quite a bit of room for confusion and "mystical practices" that some tricksters use for deception.

It is best to listen to your inner voice and natural sixth sense which means the same. Modern scientists acknowledge the sixth power of our senses or our intuition. Many people naturally suppress this innate ability, to prevent themselves from hurting, or they think people will make fun of them. With enough suppression, or not using an organ, its ability to perform normally depreciates, resulting in constantly repeating mistakes. You can consider the third eye or intuition as an innate gift. This is an intelligent tool that needs to be used with a conscious mind. If you are constantly making bad choices in your life, then you must be aware that using your third eye needs to be developed.

Try sitting in front of your quiet child and you will see they will be able to pick the right color or right shape or tell you in which hand you have hidden the coin. Simple, fun and yet very good for developing mental telepathy. My heart is beating every time I think about making this book a bestseller. Let's see if my intuition is right.

People have different kinds of concepts about meditation. I will describe it in very simple words. There are four types of commercial meditation.

Devil Ritual: Devil worshipers' chanting and cult's recitation, these kinds of people call their ritual as meditation. They do this to invite people to their cult to satanic worship which includes human sacrifice etc.

Commercial Meditation: where people are listening to music and relaxing. To them, just relaxing makes the body feel rested and they also call it meditation.

Guided Meditation: where someone tells you what to do and soft music is playing. Again it is good to relax but not real meditation.

Crystal bowl / Metal Meditation: They are used to create sound frequency and vibration to heal their bodies for a peaceful environment inside. Frequencies and vibrations are part of our environment. However, it will not help in creating your space to connect with the Lord. People use these technologies to connect with the dead and with the devil as well. It is the rewiring of the brain. Be aware! Peace starts from me in utter silence with my Lord living inside my spiritual body.

I'm addressing utter silence where nothing exists, just be present with your breath and the Lord. Where the outside voice disappears and just the Lord exists. This practice develops the heart power- You get to know the Lord, power of manifestation, power of healing, power to live in the moment and bigger rib cage. This means more oxygen and no diseases or disorders. How can you hear Him? For example people go to nightclubs, or play loud music, (I love music but not during my meditation). Can you hear if someone drops an object on the floor when music is playing loud?. No, exactly, same thing: you cannot hear your inner voice what He is directing you to do? Just common sense and be mindful that life is simple.

I have become proficient in blocking outside noise. I'm driving in traffic or anything in my environment, I keep breathing, this way I'm present with my body where my Lord lives. Does this make sense? This way of living where you just become-Love.

I had an interview on one of the Christian TV shows, where I was told not to talk about meditation! I told my interviewer, "I have a Christian meditation." His eyes glistened with contentment and he said, "I would love that." He totally became a calm man. He started practicing real meditation, his financial stress was not his stress, no more. He understands life, that the divine has created for us. Silence allowed him to see the world with his essence.

According to one of the doctors from Harvard university, "People who listen to spiritual music tend to develop less brain diseases and disorders than people who are listening to devil music. Because a hormone called endorphins is released and they are located throughout the brain, they make the body relax and calm. This also means the organs of the body work in harmony with each other and we feel fit and healthy. Relief, physical pain and mental suffering.

Why are people threatened to stay silent? They are not threatened to put toxic food and drugs in their body? Is alcohol the most socially accepted drug in the world?. Yes! I'm naturally high, my body never needed any stimulant including coffee or tea. I have impacted places like Hollywood. Today, when you go to these Hollywood awards shows or private parties, there is a healthy choice section and many stars are living a healthy life and don't consume alcohol or drugs or are involved in worshipping the devil. Our society promotes: if you are depressed, angry, happy or stressed or if death occurs or marriage or whatever, alcohol is the solution! In my elite society over 80% have alcohol dependency. I'm referring to if you love to consume alcohol because you want it, not because you need it. Rewiring your brain will set you free and you are in-charge of your soul and the power of manifestation is developed. Don't think people who never drink alcohol are healthier or better at all! They have other dependencies like smoking, excessive consumption of coffee, tea, chocolates and other things. I'm not saying to my readers, what to do? We need to be in-charge of ourselves, not some things or objects or humans. Total surrender to the invisible power that we have within us? Please stop reading and do self-reflection. Can you be in-charge and free from pain and suffering? You only have the answer! Self-Love is the key to freedom. It doesn't mean to become selfish and not serve people. I can only share what I do and learn with my Lord's supervision. I choose my life and you choose yours. We are all different and this makes the world beautiful. Please I recommend reading this information again.

Read meditation is the core of my existence. The work I'm doing myself, is amazing! It is not me this is my best friend-THE LORD!

Tue north has three components:

- ⊙ **Heart:** developing heart energy is more powerful than the brain. People with heart energy are power over others with brain energy. Their potency is not necessarily financial success. Brain energy people suffer from anger, jealousy, they waste time on judging others. Once the heart is silent all the body organs work in harmony with each other. The skin becomes radiant and people get attracted to them.
- ⊙ **Strengths of Energy:** people develop business and success is written.
- ⊙ **Finding Purpose in Life:** people with purpose focus on the conscious heart. When a purpose is found then no one can make you change your mind. You know what you need to do and success comes. It is not only financial but spiritual, mental, and physical wellbeing.



We live in a noisy world, and most people cannot take a simple stroll to enjoy nature without music anymore. It can be hard to be in silence in order to see the clear picture. However, it is in utter silence where the Lord exists. Through the awakening of the soul and the ability to manifest and hear the inner voice, wisdom becomes part of one's existence and the body becomes just calm! I have gone on pilgrimages of all faiths trying to find the Lord, and at the end I came up with: WE ARE ONE! I have found peace everywhere I have visited. I have never read a religious book or watched YouTube channels or looked up to anyone! Why? Because of my early training on wisdom. Today, I choose my life, my faith and I am totally in control of Dame Munni! My mind is a simple mind and I don't want to get lost in the rat race of this world.

Humanizing stillness and silence is a dominant way to reinstate your balance and energy. Figure out what

stillness means to you. Stillness can be lying down and meditating, sitting down and meditating or writing, exercising, walking along the beach or gardening and meditating. Whatever suits you. We are spiritual beings living a human life. Admittance to stillness every day is the key; I include stillness of my breath in my daily global work and in whatever I'm doing. Entering into stillness creates inner transparency and increased awareness that will help me discover that which is within me. I have become proficient in closing business deals, creating diplomatic peace solutions and serving my country and many world leaders. I refuse to do dirty laundry; my soul is not for sale. This is where my Lord's energy exists.

Trust plays an imperative role in business and day-to-day dealing. Since people feel my energy – even strangers when at the airport or running on Rodeo Drive or walking in a room – people want to take pictures with me. They don't know me, but they love my energy. The media loves me because they know who I am. I have never had a public relations assistant. My Lord has been my PR. I did not find someone who could represent me. The PR industry has not gained my trust! I have too many kids to feed out of my own pocket. I'm thankful to the media who have served me. Today, I can say I am aware of my intuitions I never used to see the light around people, but now I sense and see their aura and follow my intuition instead of questioning it. My energy, instead of being an abstract concept, has become a tangible aspect of my life. Once we learn how to sense our intuition and interact with it, we can make better conclusions and anger, prejudice and hate will dissolve. The new "us" will consist of love, empathy, peace, happiness and healthy living.

The definition of intuition is not important to understand. Scientists know the power of developing the pineal gland, which is located in the center of the brain. They don't know how to develop it. How did the wise man know this 6,000 years ago? He was associated with the Lord. It can appear to be a mystical power because of the relative nature of the skill. But it's a tangible skill and part of every one of us. Some people do take this to an extreme and make it a fantasy. I am discussing being conscious at the moment. However, the unique experiences and nature of the individual will see things from a different perspective. That makes the world more diverse. Remember, intuition is not a physical thing. If your energy is reaching a certain level, you become more aware of your surroundings. Your life has a new dimension and higher perception. When I started ART4PEACEAWARDS.ORG, my kids and family members were outraged that I was wasting my money. Then I founded WORLDWIDEYOUTHCONGRESS.NET. Imagine how crazy my family members were!! However, I created a global brand and I have done more work than anyone else without asking anyone for a dime. How? My work is divine, so it shall be done. My Lord is my best friend. I'm alone 85% of the time, but I never feel alone; I'm always happy and content.

TELEPATHY & BUSINESS SUCCESS

It is a Greek word. Telepathy=distant. Pathy=feeling, perception or experience. Humans are born with this gift. We have the ability to transmission of information from one person to another without using any telephone, social media or physical interaction. It is a way of communicating thoughts directly from one person's mind to another person's mind without using words or signals. Mental telepathy is related to spiritual/heart power and finally strong mental power. They are part of us, we naturally use, normally with people who we connect spiritually. For example, you cooked something for your husband or bought something for someone, or you called someone, and they told you. "How do you know I was craving it? How did you know I needed it? I was thinking about you! My baby is hungry! When we connected to real heart to heart, we can very successful in business We can develop our heart by meditation, and conscious mind power, it is a constant lifetime progression.

We have to plan for the future such as buying investment, saving money, living within our means

- Yes, however, when we plan for life it doesn't mean, life will go according to our plans. Just last week I was supposed to be in Germany, instead I ended up with my crew in Nice, France. My good friend was planning to start this huge multi million-dollar project, the day before his project started; he passed away with a heart attack. I am sure these are not uncommon episodes for any one of you. It is a matter of conscious awareness.

In 1972 my mother was in Europe and she had a dream about one of my brothers bleeding and having several tubes attached to him. She woke up and called my brother to check how he was doing. At that time there were no cell phones. International calls, one has to book and pay royally. He informed her that he was going to Las Vegas; his wife pleaded with him not to go. He went anyway, and he got into a severe car accident and he was in a coma for a month. This is called telepathy, lots of mothers intuitively have it for their children. To develop it, practice silence.

My friend in Europe breeds exotic dogs and he has over 70 dogs in a big farm. These dogs were on a raised wooden platform. He will cook the whole chicken with some rice and he will mix it with dog food and feed them. Once a month the vet comes and spends a day with these dogs. It was a lucrative business for him. The day he came to pick me up at the airport he told me, "My dog is pregnant and due any time. But don't worry, I always get cramps when my dogs are ready to deliver?" Wow! He further told me his bitch will have the baby by early morning. Guess what? The babies were delivered about 3:00am. He told me that morning that he woke up with cramps and went outside and took care of the mother. It was a great experience of my life.

Do we know how our senses work with making decisions? When we accomplish spiritual awareness life flows smoother and we become more balanced. This book is about spiritual awareness and how it led me to mental, physical and emotional development. If we develop gratitude for whatever the Lord gives us, there will be less stress. A lot of stress in our lives is when the day does not go according to our plan. You can plan your day and if it does not go be it, perhaps it was not meant to be! People, even my family members, find me calm and forgiving!

For example, you have an important interview set up tomorrow and life depends on it. The interview was canceled, now you can be upset over it, or you can say, "It was not meant to be that my Lord has something good for me." Later you have a better job offer and then you say, "This why the interview was canceled then, now I know why?"

You got the message later, trust me everything will work out well in the end, but you need to believe in it. When people try to be in control of every scenario, this causes tremendous mental and physical stress on the body. Is this all worth it? .

Thing I cannot control, I just let it go! My work load is tremendous. People ask me what time can I call you? According to my PA my schedule is crazy there is no time! I tell my people when I come into your heart call me, let the divine choose the time. I have been 90% successful. How? I don't have the answer. I'm flowing moment to moment, happy and content. Watching the movie of my life, new scenes are playing. Even the most horrible scenery will be over, I'm letting it pass without getting hurt.

Expectations bring pain. This is a constant work on my side. I expect from my family, when they fail, I go into meditation and disconnect and let it go. Or I can scream and yelled at them too. I'm in control of Dame Munnir Irone. I have been the most respectful and obedient daughter of my Mother and I naturally expecting the total obedience from my kids! I have constantly mediate and tell myself they are not me!

They are good kids. I am referring to peaceful and balanced living, we only have one life, by changing our hearts we can be happier.

I am a claustrophobic person, when I am confined in a small elevator, or airplane, or crowd or MRI machines. This was the hard one for me. I have learned to stay in front of the elevators, I close my eyes and meditate and I have learned to block out my environment. If you call my name at the time I usually don't hear you until you come and touch me. Once I fell in a ditch in Arizona and I broke my knee's ACL. I had to go for my MRI, I had to go three times I could not make it, then finally the fourth time I close my eyes and meditated and my husband helped in. I relax my body. I had an aha ha moment of freedom from suffering from fear.

I think it has lot to do with anticipation, by closing my eyes I did not see myself getting locked in and by m  t, study it and get hold of it

Many areas of science have made great headways, including the science of Quantum Physics. They exhibited those who choose speculation and then venture out. They explore plenty of noticeable conscience changes and spiritual awareness are authentic and truthful connected to the heart power! Quantum physics has discovered that it is the form and quality of our hearts that governs the form and quality of our lives.

Exclusively and globally, I can state confidently that we have all heard less about our heart power than mind power. Heart power is the key for the business world and spiritual strength. However, most people think it does not apply to them or they are not gifted with it. I believe we have this inestimable potential – the HEART-- which is graciously available to generate and function a type and quality of life. limited only by our willingness or unwillingness to achieve the impossible or possible goals in our lives. Do you know our mind power projects the imbalanced result? A negative brain creates negative results and vice versa.

I lost handsome, educated brothers and sister-in-law to alcohol. Since I had early wisdom I'm naturally high. When I have an issue, I have to solve it. I recommend any habit or dependency. I have tried in my coaching:

- ⊙ First thing is to learn about the harmful effects.
- ⊙ Develop spirituality and connection with the creator. Accept this is my problem, and I must take action to stop.
- ⊙ You must be in-charge of yourself. Make an intention that you want to be free from pain and suffering.

At the end of the day, don't justify your action and say, "I'm trying." Just do it! You will be fine in three weeks. You will be just fine. You are important to this planet and people needs you to heal them. Serve!

Are you ready to walk with me, and come out of your box to develop the innate power gifted to us? If your answer is YES, read slowly and absorb.

Stay conscious and aware right now at this moment. You are ready to accept the heart power you have. Despite which selections we make and actions we take in our lives, we cannot use 100% of the heart and mind power that we all possess. The brain represents 3% of the body's weight and uses 20% of the body's energy. The human brain is multifaceted. When heart energy is developed and brain function and memory is augmented. The lord has created us 80% perfect. He knew how bad the human race will be! I'm trying 100% expecting I will achieve 70 to 80%. This is just an estimate to prove my point.

My friend JV Crum III talks about the conscious mind, and the subconscious. The mind and the super conscious mind are also referred to as the universal consciousness in his book: The Conscious Millionaire. All these in palace with the development of the heart Power.

Using words is one thing; living and sharing is the real fact. I want to live and share with you. I don't need to use fancy words to impress you. My social media handle is my PA Eric. He is handicap, he is not the best at writing, guess what? People love my messages and they follow. I have more followers than people who are stuck in their traditional branding box. I have spoken on zoom with a vice president of a country in my bathrobe. Did it affect who I'm as a human? Nope! The energy connecting our external appearance is just an illusion. Of course they're protocols of attire I must respect. The point is how many celebrities will meet an official like that with no makeup?

Our brain is developed by heart energy. Brain has an unconstrained power and has the potential to create the results; on the contrary people with heart energy have tremendous power to hear their lead and more productive, strong intuition, not a follower, happy and content. People with brain energy read a lot of books, stress very easily, low immunity and don't understand life. THEY HAVE BOOK POWER!

Hear energy has more balance in the moment, they read what they like and retain.. Contentment is not for sale! We used to own a Beauty school, and I made my husband rich because I made all the decisions, his job was to work in office and manage money. My teachers were my best family, I created such a strong team even now 2021, the schools have changed hands but they cannot replace my teachers. They were best, beside good looking and classy. We love each other and I'm still the Mama International.

I will share a true funny story about my late husband brain power. It was 1985, my husband was running the traditional way, not sensitive towards life. A day before Christmas, nobody wanted to work. But my husband insisted on keeping the school open. So all my staff had a quick meeting with students and we decided that as soon as my husband walked in we would say, "Mr. Anthony, you look pale. Are you alright?" We all told him the same thing. As a result, around 10:00 am, he came to me and said, "Babe, I don't feel good. I think I will go home." He left and I closed the school and everyone was so happy. Guess what? We made more money when we reopened and people were happy and thankful. We told him later and we all laughed and since then, we always closed for Christmas and reopened after the first everyone took a vacation at the same time. It never affected our business and my employees and students were more productive. We made more money than other schools. My school was jam packed in 7 months to 275 students. After I took over, I got rid of my teachers who were so old and lazy, and did not care for the students. I picked my best students with good personalities, trained them well. I never hired any one from outside after I took over. My second husband was the love of my life. He followed my heart. I was able to help countless people.

My school became a rehab center. With my heart, I enrolled people from LA skidrow, rehab centers, prison, gangsters and international students. I was never afraid of losing money and I made them better humans. Most of them are very successful even today. I used to tutor my students during lunch time, after school hours and on Sundays and Mondays in my house basement and never charged them. It was always my heart to your heart. Fortunately my husband had a routine, I scheduled around his nap time. I kept women in my apartments in Azusa California and paid my husband rent, I paid tuition to my husband for the unfortunate ones, helped them pay their State Board Exam fees and much more. I will ask Jazz Morano who owns the State exam kit to help sponsor the kit. She always said yes! We both will never be short of money. Everything I touched I made gold.

One day I took my husband to the doctor and he was diagnosed with Parkinson's disease and dementia. That same day in the early morning, he had walked two miles and ate well. After the bad news, he refused to leave the bed and passed away within a year. He was controlled by his brain power. He never believes in developing heart energy. These stories may seem amusing, but you see the point is about what our mind and heart can do. We create our own energy.

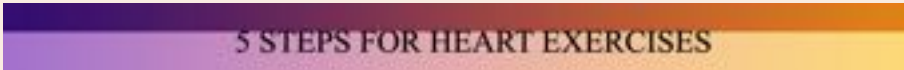
I believe the lord provides whatever we want. But we must have a purpose! Since i work with purpose and meditation, I'm blessed.

Take a moment and reflect back with your heart energy how many things that you have blessed. If your mind is unconsciously considering negativity with zilch awareness of the astonishing creative power you have, it is a tough road toward holistic living. The truth is –You have it. Celebrate it. You have a greater power than you think. Do not perceive yourself as powerless.

Your ability to enhance awareness to spiritual matters depends on your willingness to consciously and unfailingly use your power to do what frightens you the most.

Empower your heart to create a quality of life for yourself. This is supplementary to a balanced diet. No matter what you want to achieve in life, without nutrition, your heart, brain and your organs cannot work properly. This results in creation of a negative energy, diseases and disorder in the body. Consciously and deliberately utilize your heart. Your social circle may think this is illogical and irrational. Ignore them. Instead, follow your third eye's direction and instructions and you will achieve your goals. Some people use their heart-power but they are unaware they are doing it. So they still feel that something missing. But as soon as they achieve spiritual awareness, they find a balance in their life. While in the stage of appropriate spiritual awareness, they are not the same person.

When you make the choice to stay in the moment you have already begun retrieving your heart power. Just make a conscious decision and go for it regardless of any fear and apprehension.



5 STEPS FOR HEART EXERCISES

Read books that you like. I have never read a religious book but in beauty school I knew the whole text book. I never entered in the class room with a book in my hand..Always prepared 10 minutes before unless I have a demo to organize. I love science, so I read science books.

1. Spend time finding out why you came to this earth. What is your purpose? Once you have discovered this purpose, everything will fall into place and your heart naturally will direct your brain to accomplish any task without negative challenges. I had a major brain injury when I was nine. The doctor has no hope for me. I told the doctor, “My Lord is my best friend and I don't care what you said.” I pleaded with my Lord to grant me a second life and I will serve the planet. See what I'm doing today serving these leaders! I'm not a politician, or a religious leader or I watch the news. But I can get the work done. Because when the mind is calm and the intention is to serve, so, the blessings are written.
2. Challenge your heart and brain with activities that are stimulating such as learning a language, solving a puzzle, and/or playing mental activity games. Learning a language is easy for me. I learned French and Spanish.
3. Mingle with people. Do not watch TV to avoid social interaction. I don't watch TV at all.

4. Go to the movie theater and watch a funny movie. I watch movies because my kids and my grandkids love their home theater.
5. Change a monotonous life cycle. Do something you have never done before. I travel a lot and my work is totally divine.

10 STEPS FOR BASIC MEDITATION

Now you are ready for real meditation.

Meditation imposes a feeling of sleepiness, stabilizes endocrine functions and encourages sexual development. This sexual act is not like animals but happens with purity and love. When humans practice animal acts after the act is over, there is a feeling of emptiness, sadness, low self-esteem, a feeling of lack of love, resulting in depression. The only time they feel loved is during a sexual act. So, go from one person to another just like an animal and the act turns into addiction.

With love in both their hearts allow them to value their bodies as a temple to keep it clean with oxygen by breathing, eating nutritional food, keeping heart and brain function in harmony.

Having a family is the key for a balance in business and family life.

The following are basic pointers. I have been practicing since age seven. I'm a proficient practitioner of silence, I usually leave my luxury lifestyle home and stay in a hotel for a long term only when someone in the family goes into transition or children disobey me. I tried to be the best mother but when they disobeyed me I drew the line! I don't need to scream or yell at them. I go in silence to heal myself first. Otherwise in rage, I might say things to hurt them. At the end of the day, I want to lead them in the right direction. I have learned to live in a state of mediation. It requires patience and I've got plenty.

If you feel very upset, go outside, inhale, hold your breathe, exhale, and at the sametime do haaaaaa. Ha, keep repeating until you feel calm.

The pineal gland is a pine cone shaped gland of the endocrine system located between the eyebrows. An awakened pineal gland enables us to consciously astrophysically travel to explore other dimensions and receive communications from loving dimensional beings. The pineal gland is involved in several functions of the body, including relaying messages of the nervous system to the endocrine system and emitting the hormone called 'Melatonin' which regulates your sleep and wake cycles. Do you know there is a universal time set by the Lord to get up early in the morning from 4am to 6am, we get up, some go the bathroom! and go back to sleep and other get up,.amazing!

1. Wear loose comfortable clothing. Remove all jewelry including your wrist watch. Sit on a carpet or a mattress and cover yourself if you are cold.
2. Be in a serene, quiet place and dim the lights, it could be anywhere. Be sure there are no distractions such as traffic, cell phones, loud music, kids or any other sound that can cause mental blocks. Once you become good at it. The noise will bother you and you can block everything in your silent space without frustration or agitation. Meditation is your time out from all obligations. Try to clear your mind by breathing, inhale with the count of 9, hold, exhale with count of 9. Avoid distractions. You can inhale, hold and exhale. Imagine energy like gas, starting from the 1st energy pocket and going through your entire body to your heart, relax, keep bringing this energy to your face, relax.

Talk to each organ and thank them for serving you. Let the impure energy exit from the crown. See its process of self-healing. According to science, each organ consists of very complex living cells performing major functions. When we are breathing this way, it creates expansion of lungs. Which gives more oxygen! The more oxygen the less malfunctions in the body.!

3. Lay down on your back and keep your eyes closed and gently relax. You may cross your legs if you naturally want to or sit in a comfortable position. Then focus on being aware of the feeling in the area between your eyebrows and relax exit from the crown.
4. You are now creating your third eye. Now you can breathe at your normal rhythm, be present with your breath, relax your toes, calves, thighs, back, stomach, chest, shoulder, neck, facial muscles and let the energy flow out of the crown area. Imagine an energy in the form of gas floating through each organ, do it consciously by being focused on each area. Relax, let everything go and repeat.
5. There is no need to force it. It will present itself. When I was nine I had a brain injury, memory loss and died for 4 minutes. I'm the living example of the power of developing heart energy which creates a calm brain.
6. Drop your lower jaw, keeping your lips gently closed.
7. You won't be able to focus unless you find a comfortable position. You can stand up, sit, or lay down. Once you find your position, close your eyes, let the body loosen and relax the muscles of your face.
8. Don't worry about how long you should meditate. Keep utter silence until you feel relaxed and refreshed.
9. Exhale and imagine that your anxiety, stress and worries are being expelled from your body through your head.
10. Studies show that 5 to 15 minutes of meditation is beneficial. Take charge and listen to your body. I remember even my first time as a baby I could stay in silence. When you're ready, open your eyes and feel the benefits. Drink warm water.

I have a friend in Morocco who is Muslim. When I saw him I said, "My heart to your heart love and peace. We are one!"

He said, "Oh no. I'm Muslim and you are Christian. We cannot be one. "I told him you don't even know me or my faith. People living in America all have different faiths." After I spoke to him for 45 minutes he changed his heart and he said, "Yes we are one."

I started working with him. I asked him do you want to pray to your God or do exercise and rituals?" He responded, "Of course I pray five times a day!" I asked him, "Have you noticed everything that you forget to do during this time mind? His response was positive. I responded, " If you really want to pray then you close your eyes gently and breathe from your stomach and recite loudly so you're aware of only your breathing. This will help you to stay in the moment."

He started doing that and guess what? His life became calmer, his anger subsided, he became a romantic husband. Because before he didn't know how to express love to his wife.

The majority of my youth are in Beverly Hills, most of them are Jewish kids. I taught him Shabbat and to spend this time in total silence. Shabbat just means cease to desist from all worldly affairs. No social media, no phone, just family time, religious book reading and thinking about life. I gave them one subject to think about every week. We discussed what is the responsibility of being a Jewish man/woman? What responsibility do you have as a global citizen? What can you do to serve your community? Define death?

Define life? My students are conscience citizens.

I went to India and I found out most people have their own guru. So within the community there is a division. People want other people to solve their problems and money is definitely coming.

Why finding God is so hard. As you spend quiet time and you start listening to your inner voice you have all the answers. Then you can do it consciously without depending on anyone to solve the problems.

Learn, build, grow and blossom as a unique flower.

My first job with CNN as a makeup artist happened because legendary Mohammad Ali took me in person and introduced me. My heart was pounding, but I keep telling myself that it is going to be alright. I started telling my interviewer Mr. Goldstein, “I will learn fast and work hard and I will be on time.” When I was 19, he said, “She is so cute. Alright be here on Monday morning and spend one hour with my guy every day.” I didn’t ask him how much I would be paid, I did not care. I just wanted to learn and grow. He noticed a class of elegance in me and he asked me on the first day of my work, “You did not ask me how much you get paid?” I responded, “My Lord is my best friend and I will earn whatever I’m supposed to and I will serve you and others.” He was totally flabbergasted with my wisdom and offered me \$65 per hour just like a professional. After Mohammad Ali helped me with the second job at the paramount studio. I was bored. I wanted to expand my horizons. It was tough working odd hours, I will take my daughter and my housekeeper and keep them with me. I made money and invested, and I was able to buy my first home at age 23. It was worth the time Mohammad Ali spent on me, after I helped numerous people and every good work I do the blessing will continue to go to his kids and family. Don’t hesitate to give a referral to anyone. It cost nothing. He saw a star in me and he believed in me. I love my work and worked long hours with pleasure and enjoyed life to the Max. Find purpose within your soul. In return, your soul will radiate and emit energy that is yours and no one else’s. With this energy you can accumulate self-confidence and calmness for your soul. You can pinpoint Meditate & Pay Attention.



I know when I stay focused and pay attention, I become an active manager of my life. I notice the things that make me happy and it’s easier for me now to cast off negative energy.

I recommend that you read the following, then take a break from reading, breathe in, keep the tongue to the palate, relax your jaw. Think back to all the times you’ve felt satisfied and content in your life. Go as far back as when you were a child. Then ask yourself these questions:

1. Did you have moments when you lost track of time because you were doing something you loved?
2. What were you doing at that moment?
3. Who were you with?
4. What emotions were you feeling?
5. Then, use your relationships at that moment to help you ascertain your talent and your purpose.
6. Stay present with me.

The thought process is never the same story. One story follows the next and no one knows what's next. Why bother, just stay in the moment in silence to the point that you absorb the next thought. The short gap in between the thoughts will increase and this is your space. The more you keep increasing the gaps in your thinking, the more silence you will have the space you will create.



Alter The Same Question

I have learned during my sessions that some people can answer what the purpose of their lives is. Other times, I ask them to alter the question and instead of asking, “What is my purpose?” I tell them to try asking, “Who is the person I am trying to become?” Changing the question can help you shift your viewpoint and open yourself up to a lavishness of wonderful ideas and fulfilling experiences you may have never thought that you could accomplish before. The fact is you’ve had shadows of this person throughout your life, just take a look at the common themes you’ve identified.

- ⊙ With me being a philanthropist,
- ⊙ I was extremely successful in debates, compassionate with animals, women, men and children who were being abused.
- ⊙ I was a kind child, and I used to guide my mother in how to respond to the issues of her life.
- ⊙ I used to save my money and run to an orphanage close to our house and give all the money and come back. I used to give my money to my caretakers and household employees.
- ⊙ I never had the attachment to hold on to money. My wealth has been enjoyed by countless people. This is why I’m protected and blessed. A blessing is something I have to earn by serving others. I became the philanthropist queen of Beverly Hills! This is not a beauty pageant; the award was given because I was giving service.
- ⊙ I have never charged anyone for life coaching. Why? I have never needed it.
- ⊙ I used themes from my life and began to envisage myself as the person who’s been trying to manifest. No one in my family has adopted my profession or my thinking.
- ⊙ Now, I want you to see your eyes, focus, yourself as a teacher, a travel writer, a speaker, an

entrepreneur starting that business, a physician, or a builder, or a carpenter – the person you’ve always wanted to become.

- ⊙ What do you look like when you’re doing this job?
- ⊙ Are you cheerful, content, vivacious and surrounded by like-minded people? Don’t hold back. When you see yourself as this person and it’s in alignment with your soul’s purpose, you will feel the “suitability and appropriateness” of it in every breath of your being. KEEP READING!

GIVE BACK

Once you’ve discovered your energy, you may wonder about your purpose and how you came to this world to experience your own spirituality, gifts and talents. Now, it is your job to consider what you can do to share with other energies in this universe. Sharing your life’s purpose will be one of the most rewarding experiences of your life. When you practice and improve your skills, positive people will be naturally drawn towards you. Later over time, these same people will want to give back to you by sharing their own gifts. Think of universal change. You, myself and the people around us, it is our responsibility to find the purpose of our lives and serve.

It is time to let go of the conditioning in which we have all been raised in order to open up to new potential, to allow ourselves to be conscious of making friends through the ego and, instead, stay focused on developing our heart energies.

I consciously choose not to become like my siblings or parents or some other public figure. I’m unique and each one of my siblings is unique and came to this planet alone, and we must return back alone, from where we came. In the process of looking up to someone else, we lose the moment and we lose who we are.

I have traveled the world, and I had many international students from whom I learned about their culture and traditions. I took good things from all cultures and traditions and made my own! Both my children had royal weddings with several kinds of international ceremonies. I did not follow all my family traditions; I’m a born leader who is both a kind person and a team player.

WHAT GOES AROUND COMES AROUND/ GOOD KARMA AND BAD KARMA/YOU REAP WHAT YOU SOW

I believe the Lord provides everything we want, but we should be aware of why we want things. For example, if you see someone with a big house and you say, “Lord, give me that big house.” It doesn’t work like that. He also said, “God helps those who help themselves!” My experience of this phrase is that I know the Lord sends his angels. That angel could be a poor man who happened to complete your wish, or he might send a rich man. I treat the rich man with financial success with the same heart energy as the unfortunate one.

I was injured at London Airport in 2015. I was in a wheelchair. The kid who was pushing me was just 19 years old. I started the conversation. At this moment while you are reading this book, please, ask yourself and reflect back on your life and see how many people came and helped you? I ask this question when people come into my life. You may be searching for something in your life like all of us. Why was this kid allocated to me and why not another kid? I valued him as well. I asked him where he was from. He responded, “I’m from Spain.” I told him that I would like to go to Spain soon. He responded, “My family is rich and arrogant. I came to London to find my purpose.” I was amazed by this kid’s wisdom. He introduced me to his family and I did some good work with them. The Lord knows my intentions and

sends angels to get my work done. Normal celebrities may not pay attention to this kid and assume that he is just a poor kid.

When we pray to the Lord and ask, “Lord give me money, give me this, give me that,” it has no purpose. Why do you want it?



If everything happens as expected, we are born, we become adults and we grow old. Then, we return to our creator. However, this is not reality. You can live and die at any time and at any age. The moment is the turn of time! Every season has its own beauty; every moment has its own beauty. If we fail to recognize the moment, then get ready for emotional and psychological death. There will be no meaning in life.

SO, GET UP AND GET GOING! NO ONE IS GOING TO DO IT FOR YOU. DON'T LOOK UP TO ANYONE. YOU HAVE THE ANSWERS.

Truth About Life Cycle

- ◎ How many letters are in the English alphabet? 26 letters
- ◎ How many letters are in the French alphabet? 26 letters
- ◎ How many letters are in the Hebrew alphabet? 22 letters
- ◎ How many letters in the Spanish alphabet? 27 letters

Life consists of three alphabets: B TO D! B= BORN; D=DEATH. In between, we have the letter C! This letter stands for CREATOR or CHOICES. The creator has given us the ability to make our choices.

None of us is born perfect with an A GRADE. The life the creator has given us starts when we first take a breath on this planet. See how babies breathe- from the stomach. This ends when we stop breathing from the stomach and start using our chest. Then imbalance, addiction, and sorrow are born. It is called psychological death and physical death when our soul goes into transition.

I want you to pay attention and stay with me. The rest of the letters of the alphabet are an illusion. They exist in writing, not in our life cycle where they have no value. Stay present and make good choices to be free from pain and suffering. So, be mindful about life.

When you ask The Lord, “Give me a fancy car because I want to make my mother’s dream come true to ride in this car!” Now you have your purpose, and he will definitely bless you and open doors and send his people to help. In this process, do not take anyone for granted. Have you ever considered asking, “Lord, what can I do to serve you?”

In 1987, my husband bought a brand-new van. We were driving on the 210 Freeway in Los Angeles, and an old couple hit our car from the back. We both pulled over. My husband was furious, very emotional and cursed this old couple for hitting his new car. I got out of the car and I felt so sorry for them. The old husband was telling his wife, “Now they will cancel our driver’s licenses and our insurance. No more driving. I don’t care anymore.” He was very upset. I hugged them and told them not to worry. “The damage is not bad; we can afford to pay cash.”

I ran back in the car and told my husband, “Let’s go home. This old couple cannot afford to pay.”

He responded, “Their insurance has to pay.” I said, “I told the couple we would pay cash and we got it covered.” I came home and took the car and got it fixed for \$1,500. The story ended.

In 2015, I started art4peaceawards.org in Beverly Hills. I had a press conference at 10:30 am. The day after I had arrived at midnight from Paris, I got up at 5:00 am and by 6 am, I had decorated the whole downstairs outside of Santa Monica and an event took place at the Beverly Hills Chamber of Commerce. I put on the red carpet with my housekeeper. The company got messed up with dates because I was not in town. There was no parking, so I took the alley to save time and made a narrow left turn and hit a brand new Lexus.

We both got out of our cars and the gentleman came over to me, hugged me and asked, “Are you all right? OMG, you look so familiar.” I told him about my event and that the press was waiting for me. He responded, “Don’t worry about the car. It is a little scratch and I will get it fixed. I will come to your event. Let me drop off the kids at school.” At that moment, my tears came out and I told him about the accident years ago and what happened with the couple and my husband’s van...

The gentleman responded, “I believe in karma. I want my good karma today to go to my children who are sitting in the car.” I pray for him every day. I will never forget his act of kindness and how my karma came back to me. I was in touch with him, and he moved to Texas. I hope to see him again, but prayers for him shall continue.

Reward and punishment of the Lord come in different shapes and forms. Sometimes He blesses us with health, other times, by giving us good children or horrible children or by taking away a business or giving a business, etc.

I know someone who is a distant relative; she treated her mother-in-law with abuse. When her son got married, her daughter-in-law treated her the same way. I went to visit her in Canada and she was crying,

“My bad karma is coming back to me, and I must pay my dues to her before I die.” She had a bad cancer and recently passed away.

FINDING MY PURPOSE SET ME FREE

Everyone has a purpose in life and within that purpose lies a distinctive aptitude ready to be conveyed and distributed to the universe. To find purpose in life, start practicing silent time and rewind to yourself as a child. What you were doing? Unfortunately, people come to the world and struggle to focus on money, not on the present moment they are in. Remember, I started meditating and found my Lord when I was young.

Some people have a clear vision of their purpose early on in life. I am one of them. I felt like the channels and dots were laid out for me. However, I questioned it, because people around me were doubting it as well. I did not want to hear it and ignored them. I used to tell my mother I wanted to be a philanthropist. I asked myself numerous times. Is this the life I was meant to live? Now I am witnessing my life’s purpose and have been living it for the last forty years. My doors open all the time, no matter what I have done! This is why I am so content. Serving my life purpose is like living with my very essence, which is loving, pure, compassionate, giving and abundant.

IF YOU HAVE NOT FOUND YOUR PURPOSE, YOU WILL BE WITH THE BLESSINGS OF THE LORD.

I’m one of those people whose purpose has been indefinable. I was quite a child. I spent a lot of time alone just talking to my Lord. As a result, I was very social; people were attracted to my little energy as they are even today. I began to recognize myself and grasp a specific set of underlying concepts, magnifying my potential and starting to move into alignment with my purpose. I found these dots of concepts to become part of my consciousness, and I started to utilize my experiences in my teaching and daily living. Now, I am sharing them with people like you who are coming into my life. I’m hopeful that I can help you traverse the journey of life that both of us share. Please contact me; I will be delighted to hear from you. We are both related as we are spiritual beings living a human life. If your vision is unclear and life seems mysterious, continue reading.

Go Beyond Your Comfort Zone

To face myself in that way was a scary adventure. I am claustrophobic and petrified of the dark and being alone. I will not go into a crowded elevator; I will wait. I will run out of my house being alone and scared. This was especially important when I was on the path to self-discovery. Living beyond my comfort zone helped my insecurities and unlocked my true potential. I said “yes” to many business projects,



Get Balance

Chapter 2

Mental Health

Mental Health

Mental Health

My definition of mental health includes:

- ⊙ **Intellect:** · my ability to be coherent, I'm very productive and efficient in time management.
- ⊙ **Judiciousness** is part of my leadership skill.
- ⊙ **Wisdom:** is innate in us. By awakening of my conscience, I'm who I become.
- ⊙ **Trustworthiness:** I don't want to lose, · I want to trust people. I have tremendous strength to stand as a leader on solid ground, since I found my purpose. ·
- ⊙ **Humor:** comes naturally when we take life lightly. Have you seen some religious leaders, scientists or politicians, sometime too serious. If they are happy why this serious face for? It is part of conditioning. Do our president was loved by democrats and republicans. Why? He was always smiling and graceful. People did not care his policies.
- ⊙ **Contentment Comprehension:** to value the moment to make a wise decision. I can say I qualify to have mental health. Now, you need to do your own self-reflection and work on it yourself. No one cares for you. Therefore you must love you. Avoid mental illness, focus and you only can do it or take drugs for life pay you dues by developing physical diseases and disorder.

Good mental health has no precise definition. It is not only the absence of mental illness or feeling bad about yourself. It is about not being depressed and unhappy. Good mental health means feeling emotionally stable. It also means you do not display unacceptable social behavior when someone provokes you. Can you keep your calm when someone challenges you and pushes the button of your comfort zone? Mentally healthy person has created space to keep the calm.

I'M IN CHARGE OF MY BEHAVIORS.


There are varying degrees of behavior falling in between simple stress, anxiety, depression and in some cases more serious mental illness that might need medical intervention. If you are depressed for long periods of time or think of suicide, you should consult a medical professional. Meanwhile, take a conscious course of action to become your own manager.

The richest person is the one who finds food for the soul. I feel rich because I have My Lord as my best friend. My soul is nourished. This is why I choose not to have addictions even with good habits. I don't want any object, person, thing, animal or human to become my addiction. I want to be free from control and consciously choose what I want to do? Addiction causes imbalance in my soul. I found Him inside of me and believe in Him, and then find a place to worship you like. Worry, anxiety, hate, prejudice, irritation are not the characteristics of believers.

My definition of these terms you might find a little different, but this is how I communicate when I give seminars. Talent is innate, something we are gifted with, and skill is something one needs to work on for a long period. I don't care how talented you are, sometimes whatever you do and no matter how you do it, you still failed. Don't give up! Failure is just the beginning of success.

You might have faith consisting of just ritual and you have to believe in yourself to the point of total surrender to the unknown this also means ask for what you want with purpose and he will provide. For example: I recently started worldwideyouthcongress.net recently to create jobs, tourism and healing for the youth. Since I don't exist, success was written. 72 leaders said "YES" when the website was not done Why? Respect, trust and love for Dame Munni. In order to develop our skills we have to work hard to bring it to mastery level. If mentally you have decided or told yourself that you cannot do it then you won't. A mind set people live inside the box also have mental condition that fear. We will discuss later in this book

Mental health varies from individual to individual. For example, You can take simple fear and make it into a big mental issue where you are not under control, fear is controlling us. It can lead to emotional, physical and mental trauma. When I was fearful, my heart was beating fast, sweating, and of course, physical organs cannot function normally.



FEAR LEADS TO ANXIETY

Traversing the coils of life requires changes in heart, the heart is connected to the soul then the mind is clear, bright, and healthy that typically bring no stress. At least once in our lifetime we all have experienced the dread of a new twist and turn in our life journey. After you got through the change, did you realize that your dread was worse than the actual adjustment? How many times was the upfront ambiguity too much to bear? How many other times have you taken an advance step and moved forward, despite the fear inside of you? I'm not giving a secret that you don't know about. I'm sharing my journey and we are walking together to spent time in self-reflection.

Irrespective of the level of fear that you may experience, you are capable of overcoming it. I was fearful and hesitant to walk away from my abusive marriage relationship. He was mentally sick all his life, He was abusive with his mother and sisters as well. I had no idea, I was an innocent child at age 17 1/2 no idea about life still playing with dolls when I married this man. I was raised in a very protective home in environment and my friends were simple like me, but they had more information about sex than me! I was meditating and living a peaceful life in my La La land. I had no idea about sex! I walked away leaving my house, cars and my personal belongings. Never looked back! If I did not have my Lord inside of me I would be a crazy and mean person. Now I realize divorcing this man was one of the best decisions of my life. I saved myself and my two children. I was able to raise with my second husband and provided a dream life, a very few in US are blessed with. It was one of the best decisions of my life. Later, I forgave him, helped financially and assisted him in raising his kids via my son! I never had direct dealing with my abuser. His horrifying experience was very good for me and it helped find my purpose.

The following are the steps and changes that I made in order to better my life:

Even just the thought of being alone in the dark made me feel anxious and my heartbeat accelerated. This bodily response is called an anxiety attack.' Fear or anxiety made me mindless, I could not use my own heart's power. That is why I always ran to my mother for safety. Consequently, I was not able to make an intelligent independent decision.

I was increasing my fear and anxiety by increasing my imagination and predicting how bad the spirits would hurt me. I was projecting the future. But I wanted to be in charge of my future, not imagining negative results on my body. This visualization was not meek. It was insane and out of control. It was a building ground for developing anxiety and fear that was causing harm to my body. Some people refuse

to see that this issue is self-created and it can be resolved. I took the responsibility. Even as a kid I never wanted to resort to pharmaceutical medication for every issue. I tried to solve it myself. I was raised with smart parents with the best healthy food and natural medicine.

I accepted spiritual awareness in myself and I realized:

- ⊙ The Lord is with me and I am never alone.
- ⊙ I cannot control the future. I can take care of my body with supplements and good food. However no human can control dying in an accident.
- ⊙ The Lord and fear, worries, anger, prejudice, hate and attachment to money do not go together.
- ⊙ If any so-called religious preacher tells you that you are better than another human, run away, you are listening to the wrong guy. I started to rewiring my mind to feel free, calm and optimistic.
- ⊙ I was young and yet aware that:
- ⊙ I should accept my issues.
- ⊙ I was not resisting just being aware.
- ⊙ Meditation in silence and just being present with my breathing in silent meditation helped me.
- ⊙ I am living a life that includes my Lord more and more. I expect He will do what is best for me.
- ⊙ The feeling of being free has already taken me to the next level. My classmates would ask for my advice and my teacher- principal respected who I was as a young girl.
- ⊙ One must have faith, and must believe in yourself and the presence of light within you.
- ⊙ I dare to hear my inner voice and manifest to make it happen. Stay engrossed and focus on what you want to do.
- ⊙ I can make tentative plans and act on them via my meditation, no matter what I do success is written. Amen

My Failure is just the beginning, only this time with more wisdom and a new path.

Fear: Someone asked me: When some women are diagnosed with cancer, why do they not want to talk about it?

I believe this is not as simple a question as it appears. I've worked with several women with breast cancer over the years. I learned that it is not just the disease that they don't want to share. They don't want to share what the disease has done to their souls. They may still feel emotionally shattered and fatigued from the treatments. They may feel their souls are drained and need a long stillness to find the Lord and the light that they're missing. The fear of their body transience and immortality can lead to disconnection from the present moment. Knowing they won't be able to breathe is traumatizing their souls.

Once they find their conscious intuitions/ third eye/ light (or whatever they want to name it) and are ready to achieve spiritual awareness, they have already started the healing process. Spiritual awareness leads to mental, physical and professional development. Furthermore, people can get over the fear of death, if they understand my definition. In the zone of balanced (moment the very true time) soul/spiritual awareness, emotions such as fear, jealousy, hate and prejudice do not exist. And consumption of wrong foods does not happen. The body naturally craves healthy food.

SOLUTIONS:

- ⊙ Learn to remain still with nature.
- ⊙ Stillness does not exist in things or objects that are made by humans for entertainment and misleading people from their creator.

How about an active heart power while we are awake! Results cannot be explained in words. Reacting to the noise disappears and we learn to respond to our internal light. Mr. D'Soza and Khrisnamurti are part of my spiritual, mental, emotional, physiological and physical growth which lead me to be BALANCE in the moment only then the follow to the next moment instead of trying to change and control the future.

Which of your energy pockets are strongest and which are weaker. Some of you may have multiple talents, find people who are successful when they share the same talent. Learn to build, grow and blossom as a unique flower.

Q1. Do you have a sense of being lost in this world and would like more guidance toward achieving mystical and spiritual awareness?

Q2. Do you have a hard time seeing your life any differently that it currently is? Do you think that things will never change?

Q3. Do you feel it problematic to reveal what you want in life?

Q4. Are you experiencing recurrent headaches?

Q5. Do you worry about moving in the wrong direction and making wrong choices?

Q6. Do you know your purpose in life and can you proceed toward it with confidence?

Q7. Do you feel that the universe is closed to you, and that you are alone?

Q8. Are your prayers and meditations not recognized by the higher power?

Q9. Do you feel as if you don't fit in this world?

Q10. Do you always need authorization from others in your circle?

Q11. Are you attached to money, and worry about running out?

Q12. Do you feel you are not worthy of being loved?

Q13. Do you take a long time to forgive people?

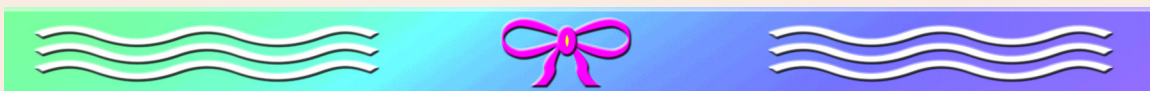
Q14. Is it difficult for you to show gratitude?

Q15. Do you have the sense of being lost in this world and would like more guidance to find mystical and spiritual awareness?

Q16. Do you have a hard time seeing life any differently than it currently is and feel like things will never change?

Q17. Do you feel that people around you don't agree with you and are you having difficulty articulating?

Q18. If your answers are positive, then the third step meditate, ask people who you have reached spiritual awareness and highly recommend reading my book: GET BALANCED .



We all have diverse descriptions of failure, merely because we all have different yardsticks, morals, ethics, belief systems and routines. A disaster for one individual might inconspicuously be a learning experience for someone else. The magnificent part of adversity is that it's entirely up to us to decide how to respond or react to it.

Look at the many prosperous people who are veterans of failure. Most of us have experienced it at one time or another. When toddlers first start walking, they think they are on top of the world. But then they'll bang their head on a corner of a table. So, the next time they see a table, they'll instinctively be more careful. Why? Because toddlers used their natural senses, but they do not stop walking. We all will fail in some aspects of our lives.

There are two different ways that we can react:

1. Become afraid of failing and stop from moving forward to achieve goals in life, or
2. Take it as a learning experience and not repeat the same mistakes.

A fear of failure may have many causes. Overly analytical or unaccommodating parents/guardians may have humiliated us in childhood. These negative mindsets are carried into adulthood and passed along to others.

Undergoing a traumatic, distressing or afflicting event at some point in a person's life can also be a source of fear of failure. When I was 16 years old, my best friend and I were competing in debates. She forgot some details of the topic and froze in front of the audience. Everyone started laughing. She stood motionless. I ran up to the stage and hugged her. Then, I took the microphone out of her hand and spoke. "If you laugh at her or others," I said, "someone will laugh at you, too. The Lord does not like people like you."

There was a hushed silence in the hall. Then everyone stood up and started applauding. It affected her so much that she dropped out of the debate club. But I kept pushing her. Later she joined the college debate club and did well.

Most of us will take missteps and stumble in life. I lost half of my estate after my husband passed away, but I did not stop giving. I started a small pharmaceutical business in Alabama. It failed at first, but I still did not stop. My friend wanted to sell the business and I told her she would be fine! Now she is doing well, and I am an educator, philanthropist, global speaker and a successful entrepreneur. I started teaching and I made it.

When a TV producer told me, "You would make a good TV host," I brushed it off. I had another producer ask me, so I took the offer and went for it. This time I was more aware and the idea aligned with my goals, and I met some wonderful people on my journalist journey.

- ☉ I want you to go back in your life journey and hear what your friends have once told you.
- ☉ Most of our lives we all have done our best to avoid certain experiences.
- ☉ Then, all the fears that have held us back over the years come back to us, and we recall our friends' words. We say to ourselves, "Gosh, I was told this by so many people; now I know and I accept it

without hesitation.” Now this experience gives us a feeling of accomplishment and contentment.

- ⊙ Whenever we endeavor to live outside our comfort zone, most of us will find it confronting to leave the comfort zone, which can be challenging. This is perfectly natural.
- ⊙ Challenge me to do something different and see what unfolds.

I am so content and have energy. My work is my pleasure and the purpose of my life. The Lord is with me and nothing else matters.

My recommendation is to stay focused on knowing your purpose in life and to be in the present conscious moment. Life will become calmer in that zone. Start by setting a few small goals so that you don't feel anxious or overwhelmed.

Analyze the worst-case scenario. In some instances, the issue can be authentically catastrophic, and you may understandably develop a fear of failure. You know not to repeat the same course of action, but rather to try new things. Talk to people, do some groundwork and follow your true intuition. Then you will have a better chance of success. I always have a contingency Plan B. If you have any doubts, a contingency will make you feel more confident about moving towards success. In other cases, however, this worst case may not be that bad, and recognizing this can help.

Are you afraid to start your own life? Do you keep depending on someone else? Do you know how many opportunities are out there waiting for you? You'll miss all those opportunities if you let your past failures stop you.

As a child I remember our nanny telling us to behave because if we didn't, the witch would come. I would get so scared that sometimes I would wet my pants. I was always kind and tender. My mother never knew. But I was never afraid to speak in public and I used to be in Drama Club and debates. I never lost a debate because I understood the subject and I spoke from my heart. The message used to come from within.

Later in my life, even as I grew and matured, I was afraid of the dark and started sleeping with the light on. Even as an adult I carried that fear with me. I was petrified of my abusive husband. I allowed him to instill fear in me and yet I stayed for twelve years. I had an aha moment with Jiddu Khrishamurti, my spiritual teacher, when I him met in Ojai, California, and I ran from my abuser and never looked back.

One day around Thanksgiving I was home alone with my kids and the wind outside was blowing hard and whistling loudly. I got so scared that I grabbed my kids and left the house with the door wide open. My heart was beating a hundred miles an hour and my skin paled as I drove as fast as I could to get to my mother's house. When I got there, all I could do was hug her and cry. When I awakened the next morning, I felt so stupid to have acted like a fearful child! I told myself that I should just face it and I would be fine.

1. By my late teens I wanted to try to overcome fear. My first efforts came when I was nineteen years old. I did not search for medical assistance or family guidance. So, I took charge of myself and convinced myself that there was nothing to fear. I stopped imagining witches by telling myself that there are no such things as witches. I had been conditioned by nannies to be afraid. Imagination does feel real to me. I was determined to rehabilitate myself by practicing qigong in a pitch dark room home alone with my heart beating! Imagine! But I got over myself. **JUST DO IT AND FACE FEAR.**
2. When I was thirteen years old, Mr. D'Souza, my school's debate class trainer, taught us to focus

on our breath. Take a breath in and hold it for the silent quick count of eight, he said. Then slowly breathe out to the silent quick count of fourteen. I tried it and it worked. Initially I was reluctant to try quicker, shallower breathing. But I did notice that I was felt peaceful and calm when I was breathing out longer than I breathed in.

“My fear was instilled in me, and it kept growing from one fear to the next until I was surrounded by fear everywhere.”

SO, GET UP AND GO GET IT

When I was younger, I was abused and harassed emotionally, mentally and physically. However, my second husband was perfect. I had been afraid to have another man in my life, especially because raising my children was my top priority. But if I had to turn back the clock, I wouldn't change anything. Nevertheless, I was very aware of how to deal with him, what to say and not say to him and what time was best to communicate with him. If I had not married and had repeated my past mistakes, I would have missed out on many things in my life

I FOUGHT WITH MY FEAR OF BULLIES AND IT SET ME FREE.

BY HAYLEY GRIPP

Before you read this, I want to tell you this is about a very young girl and how she got over the challenges of her life. She still has more to learn. Her belief in her Lord gave her the power to be who she is today.

Everything has a price, and as a survivor of bullying, I know that price all too well. When I look in the mirror, I see a pretty girl. She has red hair, brown eyes and a sprinkle of freckles. Looking back at my reflection once again, I see the invisible scars from being bullied and the cautious eyes afraid to trust. It's been eight years, but only now am I starting to fully let people in again.

It all goes back to junior high. I had just transferred to a new school for seventh and eighth grade. Little did I know that I would not smile much in those two years. I was bullied severely by a teacher who could not accept having a student with Tourette syndrome, ADHD and OCD. This teacher told the other students to avoid me like the plague, picked on me in front of the class and tried to use her power to hurt me academically.

Soon the majority of my classmates bullied me, and the bullying became worse than the tics in Tourette syndrome. Saying bullying is worse than not having control of your body (tics), means it must have been bad. At twelve years old, I did not know how to fight back. With my trust betrayed by an authority figure, I decided to put up an invisible wall to shield myself from the pain. At the age of sixteen, I was tired of holding a grudge against my teacher and the classmates who bullied me. I decided to fight back in a positive way. I went to Washington, DC, trained as a youth ambassador for the Tourette Syndrome Association and got the “IDEA” bill passed. This bill prevents any teacher from bullying a student with disabilities.

After finally forgiving my teacher and classmates and letting go of my grudge, everything in my life was falling into place. My tics had started to become very minimal, slowly I was starting to break down the wall I had built in middle school, and I began to make friends. After a year of happiness, I was tested again. I lost my best friend, my dad. At this point in my life, I could have put that wall back up and drowned in my sorrows. Instead, I decided to lean on my friends and look at everything positive in my life. This was not

an easy feat, but the support system my friends gave me is what made it possible.

Flash forward four years and I'm twenty-one years old. I'm sharing my story across the country as an anti-bully advocate and following my dream as a professional actress in television and film. Nothing is impossible. In the past year I have shot nine commercials, appeared on CSI: Las Vegas, Hollywood Hillbillies, guest starred on the Lifetime Original Series Killer Kids, appeared in the feature film The Vatican Tapes and in a Hallmark movie and was a celebrity taste tester on Cupcake Wars. When I'm not on set, I travel around the country to schools to bring hope and anti-bullying awareness. Never once have I asked for pity. Now I am blessed to say that the wall that prevented me from letting anyone in has been broken down completely! Off the top of my head, I can say I have friends in Georgia, Indiana, Florida, Ohio, Massachusetts, New York, Canada, Australia and a great many close to me in California. Letting go of the past and forgiving my bullies is what set me free. It's never too late to say, "I'm sorry," but it's also never too late to say, "I forgive you." My name is Hayley Gripp, and I say no to bullying.

There is a lesson to be learned from what Haley did with her spiritual awareness to reach mental, emotional and professional maturity. She is only 20 years old. When people have spiritual awareness, their hearts become kinder and it is easy to forgive. You and I have many more stories to share. I believe in learning from my life experiences and the experiences of others. Make a conscious effort to change NOW!! Not tomorrow. Now is the key to success; tomorrow never will come.

TAKE THE FIRST RISK TO FIGHT FEAR!

4 COMMON SIGNS OF FEAR

You might experience some of these symptoms if you have a fear of failure:

1. A hesitancy to try new things or get involved in perplexing projects.
2. Procrastination by planning everything for "tomorrow." Procrastinators have extreme anxiety. They are willing only to try those things that they can execute impeccably.
3. Frequently, people with low self-esteem use negative statements, such as: "I'll never be good enough" or "I'm not smart enough." This is your negative ego controlling you.
4. Often, valuable intuitions, perceptions, sensations and observations come only after a failure. Receiving and absorbing insight from failure is essential to prospering in life. Have you been too frightened to talk to your principal about returning to school to get your degree? Have you ever believed that you're not smart enough to be accepted into the university? Set up an appointment with a school counselor or admissions representative who will explain the requirements and qualifications. And then get going.

When I was fearful, it led to my fear, agony and sorrow. I observed it in stillness and wrote down my options for what I could do about it. I made choices and prayed to my Lord to lead me. I noticed that my worries had gone away, and I was at peace. If we focus on the obnoxious traits of an individual, we attract more viciousness in our reflections, and it creates passages into our emotions, and eventually into our lives.

- ☉ If we focus on what are virtuous or decent traits of an individual, we attract more optimistic reflections, and it creates passages into our emotions, and eventually into our lives.
- ☉ Let go of things you cannot control and go back to your essence. It is a matter of rewiring thoughts.
- ☉ Take one small step at a time just in the moment and it will construct your self-confidence.
- ☉ In the journey of my life, I learned that bravery was not the deficiency of fear, but the victory over it.
- ☉ One of the ultimate methods to overcome fear is to let go of yesterday and even one second before. Many of us want to hold on to a person or something because we feel it endows and empowers us. However, holding on only weakens us. My daughter is my best friend. My son is a good son, but I don't share things with him like I do with my daughter-in-law or my daughter. My husband could not let my daughter go after she got married. He was resolute to the point that he made himself sick. He died at age 63. His plan was always to live to be 88 or 90. Is it worth it? No, it isn't. No person is worth more than your health. This is why a lot of parents' problems come out of holding on to the kids and creating too much interference in their children's marital life.

MEMORIES & IMAGINATION

As a child I remember our Nanny telling us to behave because if we didn't, the witch would come. I would get so scared that sometimes I would wet my pants. I was always kind and tender. My mother never knew. But I was never afraid to speak in public and I used to be in Drama Club and debates. I never lost a debate, because I understood the subject I spoke from my heart. The message used to come from within.

Later in my life, even as I grew and matured, I was afraid of the dark and started sleeping with the light on. Even as an adult I carried that fear with me. I was petrified by my abusive husband. I allowed him to instill fear in me and stayed for 12 years. I had an aha moment with J. Khrishamurti, when I met in Ojai California, and I ran from my abuser and never looked back.

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Leaving in memories can become a mental issue leading to depression, anxiety, panic attack and suicidal..

DEPRESSION & SLEEP DEPRIVATION

We know that people can become emotional and impulsive. I believe people who are organizing programs for medical interns are irrational. Forgive me for saying this. But they don't make sense to me. They know what is going to happen to these interns after working eighty hours a week. I have too many physicians in my family, and I have gone through my daughter's internship program at the hospital. It is not only stressful physically and emotionally for interns, but their families suffer too. Why don't these doctors get it? It is inhumane and insane. Would you like to have a doctor prescribe medicine after completing his 80th hour? Only doctors know what happens in the emergency rooms.

Do doctors take drugs to keep them going? They don't learn about life? Why? Sleep deprivation can lead to depression. Depressed people fall asleep within a few minutes. My husband used to do that. I thought he was a good sleeper. But when he got sick, his doctor told us that in fact, he was not a good sleeper, but instead was suffering from depression. I know numerous people have the same condition.

Doctors study for 12 to 14 years and after they become book smart they don't understand life? They are in the rat race. Finish school, buy a big house, fancy car, get married, have children and be depressed. They don't understand life! What is the point?

My purpose in life is to instill wisdom education from kindergarten to the college level. Problems of rapping, child trafficking and pedophilia will definitely minimize. People with conscience will not hurt a child or a person.

This Moment Is The Only True Time. When we develop our spiritual awareness we avoid depression and are more in tune with ourselves and our surroundings. And we make intelligent decisions that lead to holistic living. We must be present in our own lives. No one else can do that for us.

DEPRESSION AND UNDER-EATING

I GOT OVER MY ISSUES, SO CAN YOU

I am a survivor of domestic violence; I was so depressed I wanted to kill myself in the moment, scared of this guy and lost my appetite. I got married in December and found out I was pregnant in January. I went from 110 pounds to only 79 pounds. After 12 years, one of my friends from beauty school gave me a video by J. Krishnamurti. I found out I was living a life in hell because I was scared that he would hurt my kids and I was scared for my life. Petrified about what people are going to think of me. I thought my purpose in life is to raise these kids, and my life is over. I was living in the dark, and did not know how to get out.

Mr. J.Krishnamurti made me realize who Dame Munni is. I spent a lot of time alone in stillness. Krishnamurti was a very deep man. I could not comprehend him too deep for my simple mind.–But, I became aware of why I was suffering. I was alone; it was my life. His wisdom started to unveil in my silence. After twelve years of living in hell, one day when I was going to work, he ran to hit me, because he was mad over a past memory. That day was my final day when I said to myself, “Run, Dame Munni, run! Don't look back.”

I went to a psychiatrist, and she prescribed medication. The doctor made the right decision; this is why she is there to make me feel better. But these drugs are for life; I haven't believed in abusing my body ever since I was a child. I have never tried any drugs or alcohol in my life; I was an obedient student and daughter. I avoided getting in trouble for doing wrong.

The psychiatrist herself did not look centered. After I had left my psychiatrist, I told myself "I am going to destroy my body, so I better get a hold of myself." The same day, I had a second appointment with a nutritionist. When I saw the nutritionist whose skin appears dry, and the texture lacked elasticity, I could not trust her either.

I know for sure that I must take care of myself. I ran away from her as well.

I grew up with parents who were highly professional and classy. My parents were so beyond their time. At the time, I don't know if any of you remember they were practicing using alcohol to wash and sanitize hands. My Dad told me, "Wash your hands with soap." We always had fresh, healthy food, and we were raised with homeopathic and Ayurveda medicine. Our conscious minds have a tendency to keep some information dormant. Take a minute right now while you are reading this book and remember rules and lectures you had from your guardians.

MAKE A PROMISE TO YOURSELF

After I came home from the doctor's appointments, I put my kids to bed. I sat down in silence and really analyzed where my life journey had taken me. From being bullied and physically, mentally and emotionally abused. Now what were my options? I started writing everything that was coming to mind. Then I read it and re-wrote the course of action I am going to take to stay happy.:

1. I started taking responsibility for my actions and joined a fitness center. I started eating better, bought a good blender to make smoothies for breakfast.
2. I took dance classes. I competed in hair shows. I won 75 trophies, 35 medallions.
3. I will not allow my negative thoughts to control me and make me suffer from panic attacks. I used to wake up in the middle of the night in a cold sweat, having nightmares that my ex was going to throw acid on me. I cried and shed a lot of tears, which was my cleansing process, and I spent immense time alone just being aware of who Munki is. I need to educate my kids and provide them with a good home. I kept talking to my Lord to help me out of this mess. I refuse to be depressed and suffer from panic attacks. It took me a little over two months to get over the panic attacks, but I became happier after finding the purpose of my life.
4. I followed my list of things I am going to do. I have reached tremendous success. My work and writing was published in the US and internationally. My list of successes kept increasing. Both my kids were settled. I gained two pounds, that was a big deal for me. Now I am older, healthier, wiser, have more energy, positive and found a balanced holistic life. My success did not come from any medical doctor, the best doctor is my **HEART!** I am a doer, it is good to dream and have a vision; acting and having an organized plan worked well for me
5. I have spiritual awareness and I have signs that I have discussed earlier.

Things that exist in our lives before spiritual awareness means nothing to a spiritually aware person. It also leads to mental, physical, and emotional maturity leading to holistic living.

6. We learn to develop the third eye/sixth sense/conscious intuition. When we are spiritually, unaware, depression comes. When we accomplish spiritual awareness, depression does not exist. Look at American legends Robin Williams and Marilyn Monroe. They both had money, fame, and power. What was lacking in their lives? Just one main ingredient: Spiritual awareness. Remember, again, we all have spiritual awareness, but these people kept it suppressed.

NEGATIVE EFFECTS OF OVER-EATING

Remember, if you're thin and you eat a lot of the wrong foods, compare it to someone 10 to 15 pounds overweight who consumes healthy food. You might be surprised to find out that this overweight person might be healthier than you. I will share the story of my mother who was always 10 to 15 pounds overweight all her life and went through pregnancies. My mother was a woman ahead of her time; she had healthy, intelligent children and she lost two of her children. She ate on time and consumed certain portions. Every day at 4:00 pm, she enjoyed her English tea with some cookies or a little piece of cake. She never gained or lost weight. She brushed her teeth after each meal. She said, "I educated all of you and got you folks married. I traveled, I wrote books and now I just want to go to the next world." Being too thin is equally unhealthy. As I mentioned above, I was going through an abusive relationship and I weighed only 79 pounds. People thought I was a model, but I used to faint and fatigue easily. When your body is deprived of nutrients, the hair, nails, bones and teeth are the first to show the evidence of poor nutrition. Fortunately, I ate healthily but not enough, so my skin was not showing any symptoms, but my bones were visible and my quality of life was not there. Now that I am older, I have more energy.

RECOMMENDATIONS FOR OBESITY

Corporate America has taken over the world. Children's obesity is more common in the US than in other parts of the world before 2007. Today, obesity in children is a global issue however, still less than in the US. The American fast food is a luxury item for the world and public health has been challenged.

- ⊙ Do you think if the government made fast food chains use better ingredients, it would help?
- ⊙ If I were the owner of a fast food chain, I would consider serving better food to the children of the world. Some claim at their restaurant windows that they are using chemicals in food and in beverages that can be carcinogenic. I wonder if the owners are conscious or not. I would not be able to sleep, being aware that I am putting toxin into people's bodies. We need to educate children and their parents in school.
- ⊙ We need regulation to stop genetically producing our food.
- ⊙ Kids need more reinforcement to involve physical activities and nutrition.
- ⊙ How about having a day of rest with no cell phone? This is why I love Sabbath. Cease to desist from all worldly things from Friday to Saturday Sunset. It brings the family together to rejuvenate their souls and get back to work fresh again. Just designate a minimum day to connect with the Lord and family time. Balanced people don't have weight problem.

Do you think it will help our country and abroad? If so, do what you can and get involved. I'm not talking about financial help, I'm referring to be a part of the global shift to spreading the message. If you believe these recommendations will help prevent the health of our children, then do something about it. Join Wordwdieyouthcongress.net.

COURSE OF ACTION USING HEART POWER

Nothing will happen unless we decide to spend time in silence to the point that we can hear just our breathing and birds chartering or water gushing on the ocean. In order to hear and feel what our inside is telling us.

Q1. Do you assume you can't do this powerful job of finding yourself?

A1. If your answer is positive! You are wrong, I found it, many thousands of people found themselves. Make the first stride that you are going to study yourself, taking full responsibility without pointing fingers at others. Be mindful of your emotions, environment, action, reaction and food selections, this will help overcome the old YOU. The easy thing is just do it in a moment, don't think of it as permanent or long term.

Moment to moment is simple and easy.

When I gave seminars globally. I found that most men and women felt that they were not competent to do powerful jobs. After my seminar they become more confident. It was satisfying to my soul. I always pray by saying, "God, use me I am ready. I found the purpose of my life." Find what your dream is, write it down and follow it.

I DEVELOPED MENTAL HEALTH FOR MY CLIENTS

Enjoy health, no health no wealth

1. I'm a complimentary coach. I share my life with client and rewire their hearts. Death in family causes a lot of mental trauma. My nephew is one of them . After he lost is father, he started drugs and now totally lost. Value people who love you. Don't sit and grieve for long. Assume they are on permanent vocation; enjoying the other world and are not missing you. The time you have here makes the most and stops feeling sorry for yourself. A busy mind has no place for sorrow. I buried my brothers, my best friend, and my husband. I was in meditation for 48 hours and I had let him go. Every time I visit his grave I shed tears then move-on. Because at that moment I was only feeling sorry for myself. I traveled, I wrote books and built a beautiful villa. These actions were therapeutic for my body, heart and soul.
2. I'm happy and content, amen. Enjoy mother earth, make connections with nature, it is very soothing for the eyes and soul.
3. Having a pet, they give unconditional love. Swim and dance. No doctor can give you a real internal, long lasting happy lifestyle. Do brain exercises. Please visit art4peaceawards You tube channel.

Let's discuss first scenario, how about we become in charge of our Heart which will lead to calm brains.



We can only accomplish tasks that cannot be carried out by others such as:

- ⊙ We can break habits.
- ⊙ We can only completely control over our emotions.
- ⊙ Can live in a moment, no one can do this for us
- ⊙ Stop hurting people consciously. Easy to practice patience and endurance, and then we can let someone else drive our cars, and we sit in the back seats.
- ⊙ Our lives will be positive, happy, and people want to be our friends.

We will learn to endure and tolerate more physical and mental pain. Become responsible for making intelligent responses to annoying stimuli. If your response is positive, continue reading and absorbing the knowledge.

Happiness is not for sale, no matter how rich we are. Again, no doctor can give us a real internal, long lasting happy lifestyle. We know our hearts and bodies, our brains become the best doctors.

Let's discuss a second scenario. When we are not in charge of our hearts, what can we accomplish?

1. We let wrong habits/things control us like: people, smoking, drinking, drugs and bad foods.
2. Breaking habits will not be possible, because there is someone or thing that is controlling us, and we allow them to ruin our health and our lives. Failure to make intelligent choices to annoying stimuli. We lose control over our emotions, and as a result, we will encounter social issues with people around us.
3. Cannot leave in a moment, hence, cease to enjoy life. What is left? Negative thoughts, depression, people moving away from social interaction and with a handful of pills for life.
4. Hurt people consciously and regret it later; however, we keep repeating the same wrong behavior. It could be oral, emotional, psychological, or physical torture that we can inflict on people around us.

Some of you must be thinking I'm preaching and I might be crazy, but most of my rehab patients have become positive, productive individuals, so you may not need it, which is fine. I have a brother who is an atheist, but a good man, I love him; however, whenever he is in trouble he tells me, "Please pray for me!" These kinds of individuals, after their issues are resolved, become arrogant again.

Most of the drug rehab success stories exist in some religious institutions. Lord is the food for the soul, and good nutrition is good for the body. Together I found a balance in my life and I shared this with many successful people around the world.



4 STEPS TO DEAL WITH IMPOSSIBLE PEOPLE

I'm certain you've experienced or encountered individuals in your life who seem to be experts in creating drama out of meaningless issues making it impossible for you to deal with them. Let's see if I can help you navigate this dilemma and help you preserve your sanity. Just sharing how I keep my sanity.

Remember, these so-called drama experts are insane in their conscious mind since, to them, in their reality you are the wrongdoer and the abuser. To them, they are the innocent victims, and you're guilty no matter who comes to your defense.

Developing your heart energy will definitely help to create your space to sustain in this insane world.

1. Prepare yourself spiritually, mentally and emotionally to part ways from these impossible people. Understand, no matter what tactics you try to use, they won't allow you to get along with them. Whether they are a family member, a friend, a parent, or even your spouse. Maintaining a relationship with an impossible person is just an illusion in your mind. Your first step is to prepare yourself by accepting the fact that you cannot resolve it, GIVE IT UP!
2. Protect your self-esteem. This impossible person in your life will try to portray you as the source of all evil. You need to make a conscious effort to maintain a positive self-image. Surround yourself and focus on the people who validate you. Convince yourself that this person is purposely hurting you just to improve his or her self-image. You must accept that this person is not a friend or family member you need to surround yourself with. You are a bigger and better person because you are aware of your third eye.
3. These impossible people can be delusional, perceiving their superiority by always attempting to shift the blame to you--a reality for them. Don't allow them to abuse you mentally, emotionally or physically. It doesn't matter how this person interacts with others because, in reality, this person has a false perception about you. Consider also that it might be a question of compatibility. Sometimes, a person who gets along with everybody else quite well is an impossible person for you. Personally, most relationships between people contain many shades of gray, but some people simply mix as well as oil and water.
4. Avoid one-on-ones, interaction with this type of impossible person. In other words, demand a third person be present since most bullies are chickens when there is no crowd. You need to accept the fact that these kinds of individuals are impossible; this is the truth. Some people unconsciously try to pick up the impossible person's traits to retaliate. Start acting the same way, then get lost and become somebody who they know is not a part of their personality trait. Now there are new issues of guilt and hate. These can lead to depression.

WHAT HAVE WE LEARNED

- ⊙ If you or your kids are bullied, or you as elderly bullies by your children don't allow it. Report them to the authorities. Or if you are in an abusive relationship, either men or women get out, before you do this, plan a course of action: go to school, have a profession. I promise you will not lose.
- ⊙ Stop thinking about yesterday, look around, your nightmare is over, nothing is happening at this moment. Learn from the mistakes of yesterday and don't repeat now or never.

In this segment of my book you will examine these issues, and learn strategies which helped me go through facing the life challenges, we all must go through them.

How are you interacting with others? You need to build your emotional and mental maturity through third eye/conscious intuition. Find yourself and **YOU CAN DO IT!**

- © Do not ask others to repair your relationship with impossible people. Remember what happened in the course of the last ten times you already tried to have a civilized discussion about your relationship with this person; every such attempt ended in you being blamed for everything.
- © **Remember, these kinds of people can do no wrong. Accept responsibility for your faults and resolve to improve yourself. You are not an issue and having a positive attitude will help you keep your sanity. You cannot resolve impossible people's issues, so do yourself a favor and be kind to yourself. When you're enmeshed in the middle of a conflict with an impossible person, use this strategy, detach, disappear and disassociate. Don't worry about them, don't pay attention to your family pressure, let them go through the abuse. They will never take responsibility and always blame you.**

We have one impossible person in my own family. Most of us have accepted her as a bipolar but other still have hope. What I done is to be kind and compassionate and stay away as far as I can. I'm a family person, I had to work on myself to keep myself sane.

WHAT DOES DETACHMENT MEAN: Mentally and emotionally accept the statistic that impossible person cannot be successfully communicated with. When they are accusing you stay calm and walk away. If you use fighting words or show any emotion, such as crying, you're just encouraging them to be crazier to the point where they might get physical and hurt you.

DIFFUSE: Never ask them questions that start with WHY? They'll fight to the death and their responses usually will be unclear and obfuscate the issue.

DISASSOCIATE: Remove yourself from the situation where the impossible kind of person is present.

Stay calm and block them out of your psyche These people have tremendous memories. They will not hesitate to intimidate you and cross into your comfort zone for the rest of your life.

Accept and prepare yourself mentally acknowledging you will always be blamed no matter what. Whatever they are saying in their mind is their reality and reinforces them as they speak with their perceived confidence. Always be careful to protect your privacy. Impossible people will not hesitate to use any of your personal information to blackmail you. They'll twist the story to hurt you and spread vicious rumors to people close to you. Remember they are specialists in the art of manipulation, to a fault.

Remind yourself that this person's opinion is not true. You will consistently hear your impossible individual proclaim "Everyone else loves me, and I get along with everyone." In some case it might be true. Consider this might be a question of compatibility. Sometimes, a person who gets along with everybody else can become an impossible person for you. We, as humans, possess many shades of gray, perhaps this person feels challenged by you or is jealous. At this juncture in their mental condition, they don't see themselves. Finally in simple words - Don't bother with impossible people and keep your sanity. Once you succeed in developing your third eye, then you'll be free to handle and manage yourself. If you understand impossible people then, you'll be an example of tolerance, kindness patience and compassionate.

IMPOSSIBLE PEOPLE CAN CHALLENGE YOUR BRAND AND INTEGRITY

I'm going to share with you one of the stories of an impossible person I met in 2015. Everyone will sometimes meet difficult people in life perhaps a family member, a friend, a co-worker, a social pal, your spouse, your children, and others. These experiences none of us can escape. All we can do is to understand these people and create our own space to sustain our existence without pain and suffering. People who are jealous are impossible to deal with. Silence is the best and total way to disconnect. In order for these kinds of people to sustain themselves, they must delete you, and they have to be able to deal with their own pain. They become imbalanced and become delusional and make up stories, but those are real to them.

I'm sure my readers can relate to this kind of situation in their lives. I registered for Art4peaceAwards.org in Beverly Hills. I did my first summit in 2016 in New Jersey and New York. In fact, the mayor of the city signed a declaration to state that it was the most important peace summit that took place in his town. I had a wonderful Grammy winning musician come to my office in Hollywood at Oprah Winfrey Studios. He said, "I have a songwriter client who wants to come to Hollywood. Would you invite her to your event?" The song writer called and came to visit me. She was kind enough to help me make copies and run errands. We had a summit with 30+ country ambassadors and discussed what we would be doing for ART4PEACEAWARDS. She attended my event and met my people. I had never met this lady before nor did I know anything about her. Her dream was to go to Hollywood and once in her lifetime to sing in front of a big audience. I recommended that she not sell her house, but rather rent it out and rent a small place in L.A. Hollywood dreams come with a high price tag. Pay attention to her wish! The Lord sent me into her life. I promoted her on my social media and introduced her to my people in L.A. She did not know anyone before in Hollywood. She wrote a song for art4peaceawards, and I promoted that, too. It was not liked but I can achieve miracles with the Lord's help.

We did our first event at the most prestigious Saban Theater in Beverly Hills. I gave her that stage. My personal assistant Eric helped her with social media, etc. She came to my both residences, which I'm extra careful about, after the event was very successful. She felt jealous of my lifestyle and my brand. She slowly started to develop a jealous revenge and outrage toward me. why? She wanted my life and success. (Total waste of time). She started telling people that she owns art 4 peace awards in Beverly Hills. I did not have an issue. I would be glad if someone could take over and get going. But she started gossiping that I stole from her! This was challenging for my brand. I was feeling her energy and I wanted to make her feel good, so when I was in Australia I sent her to my City Hall meeting to read what I wanted to do. She took the stage in my City Hall meeting and told everyone at that meeting that I stole from her. WOW!

Thank God these people knew me. She put herself down and they told me never to send anyone like her. She did not even say a word to me. When I texted her, she responded, "Everything went fine!" I meditate and hear people. I was shocked when I prepared all my documents and posted on social media the history of art 4 peace awards. This is what we did :I posted my registration on my social media. she continued wearing our sash for our global peace leader, although she no longer belonged to our community. After investigating her we discovered. She was discharged from the military on mental illness. She sued several people in L.A. and lost every case. What happened? I helped her and made her dream come true by singing once in her life. Her wish was fulfilled and this is why I was sent into her life. She also had bad luck, and after a couple of severe accidents, she ended up suffering alone in L.A.



LESSON TO LEARN

When people are mentally ill, help them be kind but stay away. I know when there is something wrong, but I'm a coach. Ideal with many people and I love making people's dreams come true. She is loving, kind, and compassionate but she is mentally ill. On top of that, jealousy is controlled by her negative ego. She told my people in L.A. The same delusional story. But thank God people have my history of integrity and honor. I prayed for her healing. You cannot change people. For them, it is real. When the negative ego takes over your jealousy, the power of manifestation stops and you basically die with depression, tremendous pain, and suffering. When you feel jealous, the first step is to accept that you are jealous and that this is not you. It is your negative ego. Just taking this action is the first step of healing.



The Lord's Kingdom is full of good people, look around you, regroup and stay away from imposable people.



Get Balance

Chapter 3

Emotional Health

Emotional Health

Emotional Health

People with good emotional health are aware of their thoughts, feelings and behaviors because they have attained spiritual awareness. They have learned healthy ways to cope with stress and issues that are a normal part of life. They feel good about themselves and have good relationships. When you are agonized in a difficult situation, your ability to cope is contingent on your level of emotional maturity.

Short temper, jealousy and not listening to what others have to say are some common emotions that humans experience. You will find jealousy even in animals. For example, my dog cried when my niece left her cat at my house for a few days. I was very possessive with my mother, and my Shifu, my spiritual teacher, made me look at myself in the mirror as a seven-year-old. When I accepted that I was jealous, that was my aha moment, to see what the toxicity of this emotion can do to the body.

An emotionally stable person is aware of this issue and can cope with it in an intelligent manner by recognizing that it is their issue and using the third eye to cope with it consciously. An emotionally immature person may waste energy trying to hurt the person or thing which they are jealous of; they are their own worst enemy.

Emotional maturity is the ability to use heart power to reason and not to react instinctively to the brain's ego response. For example, if someone makes a derogatory remark about you, the first emotional response may be to curse at the person. However, if you breathe in deeply and take a little time to right the course of action you need to take, your response will be more cognitive than emotional. This process will allow your third eye/conscious intelligence to come into play and guide you to make a good decision based on heart power and not on the impulsive brain's negative, emotional ego response. This applies to all relationships. In the end, you want to win.

Emotional maturity is when we are in control of our behavior, which ranges from breaking bad habits to expressing anger. You become your own boss to control, break habits, reform habits and not allow things or habits to control you—this is a profound statement. One needs to spend time in silence and honestly see how we react to provoking situations and how we can break habits. People seem to be nice and mature, until someone hits their ego, and then the monster comes out.

We all have a negative ego and a positive ego. The positive ego is used by leaders to show their leadership and an image of who we are! It can be real or delusional. For example, I know a woman who had abused her daughter physically, mentally and emotionally when her daughter was young. Now her daughter is a grown woman, and she is still suffering from the same abuse. I spoke to her mother one day. She was very friendly and we talked about her work and travel. She was also suffering from fibromyalgia. I saw a beautiful portrait of her daughter in her room. I asked her what her daughter does. I saw her face frown, she got angry, and the tone of voice changed. She said, "I am a good mom, a very good person. I raised my daughter alone. She is a monster, and she doesn't love me. She loves my sister more; she took my daughter away from me."

I asked if her sister also took other nieces and nephews away from their parents as well. She responded, “Yes, she gives them everything they want; all the kids love her.”

I said, “I would be glad if my sister loved my child so much that, in turn, she loved her aunt very much, too.”

She responded, “You sound like my family. I hate my family, and I cannot talk to you anymore.”

We, as humans, want to be in charge of our future, but it is not possible, not even the president of our country knows what is going to happen in the next moment. Why bother? Why worry to the point of losing your health? The present moment is the only true time. Emotional control can be balanced as of the current moment. This is the moment you are connecting with me. Why? Find your answer.

I can bring an apprehensive worry on myself and believe that someone is going to kill me or I can surrender to the Lord and sleep well. These are the choices we all have to make in our lives.

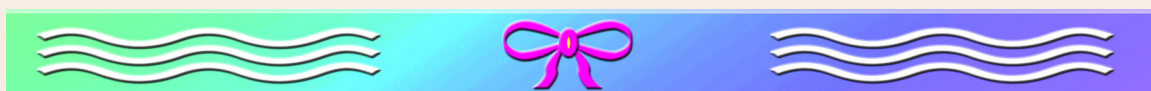
I remember a happy family having a wonderful dinner together. After a few minutes, their son had a severe headache, and later he was diagnosed with cancer. The mother, crying, said, “My life changed in one night.” So true; life is changing every minute. What we are doing at the moment, **MATTERS.**

Some of you reading this book might be thinking, “Dame Munni is an insane woman. I don’t care about any God! I want to eat whatever I want and die.” You are right! But death is the easy part; living a life with pain and suffering is not the life for me. Every day we are all one day older, so why not get old gracefully? My grandkids cannot keep up with my energy; I am sharing with you the big diamond of life I found on my journey to this world.

We all have a purpose in our lives. We are interdependent, contributing to the running of the world. So, treat the rich and the poor the same way because one day you might have to go and knock at their door for help. Some people are around so much noise that they live and die and fail to find the purpose of their lives. These kinds of people are generally the victims of anxiety, loneliness and depression. Did you make the decision about what you want to do?

Anxiety, eating disorders and depression can arise from stress caused by our families, our work environment, consuming the wrong foods or living in a cold climate. In short, our response to stimuli is the determining factor that causes stress to our bodies. With total spiritual awakening, I freed myself from pain and suffering. Doctors are there to help us with the hard times, but it is our responsibility to get hold of ourselves. Our mind control/spiritual awareness is the best doctor.

If I knew about myself when I was 18 getting married to an abuser, I would have never committed myself to such a marriage partner. I was not happy getting married, not because I knew about sex or men but because I was sad that I would be leaving my mother. I was too young and did not hear my third eye/inside voice. I made the biggest blunder of my life. Today, I’m quite aware of myself and the energy around me.



The Best Person to Help You

- ⊙ You need to recognize when you need help.
- ⊙ Religious advisors often help because they volunteer more time to listen to you. Cost is not a barrier in seeking this kind of help.
- ⊙ Medical assistance is an important choice. The body, mind and soul cannot be detached. People who do not attain emotional stability may suffer a breakdown of their immune system, which causes their bodies to respond in unhealthy ways. Ask your doctor to recommend a mental health professional if your stress is severe. My heart's power has been my best doctor. \

4 STEPS TO IMPROVE EMOTIONAL HEALTH

Emotional health is the best friend of physical and professional maturity. When people are not stable emotionally, they eat the wrong food, get angry and irritated, become offensive and, ultimately, fail to succeed in the business world. I recommend a few things you can do to consciously work to develop emotional maturity:

Develop your third eye; otherwise, you will preoccupy your mind by constantly developing negative thoughts and feelings. You do not have to pretend you are happy, but do find positive things in your life. Find your intuition and engage in activities that you are good at. The power of manifestation is in your hands. I use it all the time.

Expressing your feelings does not mean expressing only the negative aspects of your life. Talk to people who love you and make sure they are not pessimistic individuals. If you do not have anyone to talk to in your family, find a doctor, psychologist or religious advisor. Calming your heart, soul and body by meditation is very simple, it costs nothing and it is just a way to demonstrate love for yourself. Take small steps and just do it in the moment; do not worry about the next moment. It is simple: take deep breaths (inhale and exhale deeply) and do basic stretches. I have a 20-minute Covid-19 exercise on the Art 4 Peace Awards YouTube channel. Stretching helps relieve tension in your muscles and maintains the blood's circulation through your body. While you do this, think about positive, happy things. I have several videos posted on my channel that you can do at home or anywhere else. Take some quiet time to think about life.

Give and help others—this is food for your soul. Join any non-profit charity or join me at art4peaceawards.org/worldwideyouthcongress.net. Helping will make you realize that you are wanted. It is addictive. The rewards and satisfaction are immeasurable.

► *Remember to focus on things you can control in your life.*

To maintain our physical health, we need good nutrition. If you like certain types of food and you know that they are bad for your health, and you refuse to give them up, you are choosing to take the chance of losing your health. Try substituting poor ingredients with healthy choices. For example, if you like Mexican food, instead of frying beans you can bake or boil them, then garnish them with lemon, cilantro, pepper and garlic. Eat half the portion that you are consuming currently. Change your lifestyle as a family. Feeling good is not for sale. Leave the flour brownies and instead use almond meal; they are easy to bake and delicious.

NO PERSONAL SUCCESS WITHOUT EMOTIONAL HEALTH

Most men and women dream about finding soul mates and living happily ever after. This is ideal, and it can happen that by sheer good luck you found your spouse. However, you might stay married with an unsatisfactory relationship or have a marriage with mutual sharing, understanding and respect and have a full life. This is what I had with my second husband. I deleted the information that caused him to be angry or stressed, and I handled all of it effortlessly. It takes both partners to respect the marriage! Knowing oneself first is the key to finding your life partner.

Find yourself. Who are you? If you cannot answer this question, STOP! Go back, spend some time alone and read the beginning chapters of this book. Find yourself/third eye before proceeding further. Some people refuse to see themselves and always blame others to justify their behavior. I'm here to walk you through the process. In reality, you don't need me; take a simple step – breathe from the stomach. You need to make your own choices in life. You are beautiful as who you are; you don't need to become someone else. You were sent to this planet with your own purpose.

Find a spouse that is compatible with your likes and dislikes. Your best friend or your coworker is the best candidate for a life partnership. Don't think you will be able to change your partner after marriage. Find a person who is compatible with you already and you don't need to make an effort, as everything must come naturally. Then read the following to stay happily married. Some people do everything together, as best friends, and they keep getting involved with the wrong people. They say, "Oh, he is like a brother. We are not interested in a love relationship. We are not attracted to one another in that way." When your attraction to others is not working, you can become attracted to each other and allow the attraction to come in. I never liked my second husband at all. He loved me for 18 years and I did not realize it.

WHERE I FOUND MY LOVE

The emotional, physical and mental suffering that I endured allowed my experience of abuse with my first husband to interfere with finding the love of my life. I took the responsibility that it was my problem. In fact, I should have walked away the second day of my wedding. I was not mature enough to know where to find love when I was 23, and I became a victim of domestic violence. I found the love of my life at work. I'm going to share my story about meeting the love of my life.

My husband told me he remembered when I walked into his office to enroll as a student. He said he remembered a powerful young lady with elegance, class, big brown eyes and a beautiful smile, and he was instantly totally in love with me. He was very scared of my rejection. He was the kind of man who was most hated in my school because he was very strict and dominating like an old boss from the old school like his father was.

There was no way in the world I would have taken a second look at this crazy man. When I was a student and my teachers were incompetent, they wanted to take breaks all the time. I would go into his office and tell him how to run the school. I was just 19 years old.

I was teaching science and chemistry to my friends on my college patio. My husband Anthony was

listening and he said, “Wow.” He called me in his office and asked me how I know so much about science. I told him my father is a genius and science is in my DNA and your teachers, themselves, don’t understand science! My father taught me chemistry and this is how I’m teaching my friends because they remember when I teach them.” Then he said, “I would like you to be a teacher.”

I responded, “Well, I’m thinking about having my own school, to train my students to become the best human beings and business people!”

Anthony responded, “You can just work here at the school, and one day it might be yours. Plus, you can gain experience. I will let you train new teachers and run the show. You are the best student so far that has attended my college!”

My response was positive. I told him that I meditate and I want the freedom to make decisions. I got my license and the second day I started a teacher training program for free. I was advanced in my techniques. I spent thousands of dollars to learn from the best in the world, and I didn’t care how much it cost. I started helping students. I did not care about lunch or breaks. My teacher felt very jealous of my success and the fact that students were following a young inexperienced person!

I treated these teachers very nicely by paying for their lunches and trying to bring them to a fuller consciousness. My teacher was 6 feet tall and a big woman. I was 75-pounds and a tiny shrimp. After two months it was her birthday. I bought her cake, flowers and an expensive perfume. She started screaming and crying. I got scared and asked her what happened? She responded, “Why are you so kind to me? I insulted you, put you down and was very jealous to see how much students love you. I’m an evil person. Please forgive me. She quit after a couple weeks. I became her most dependable friend. She died from over-drinking alcohol, being the results of not being centered.

I took over the school, remodeled, changed the whole curriculum and trained new teachers who were my own friends.

My husband and I never went on dates and he never even held my hand or flirted with me. He always felt that he was not worthy of having a powerful woman like me! I had no idea that he loved me!

The day I ran away from my ex-husband, I went to college totally traumatized and full of tears. I walked into his office and told him that I was going to teach my morning lecture and I was going to file for a divorce. You could see the smile on his face. I said, “Why are you smiling?” He responded, “It’s very good news.”

I said, “After my lecture, I am going to my lawyer to file for divorce.” In my heart I felt that he had no compassion. He was smiling, OMG!

Not being experienced, I hired a corrupt attorney. The attorney was getting paid by my ex-husband not to help me with the divorce and she was charging me a lot of money. I meditated; I saw the drama. That same day one of my student’s husband was an attorney and he told me he would get me a divorce in one week, and he did. In court, my ex-husband pleaded to the judge that he did not want to ruin his family and he didn’t want a divorce. The judge responded loudly and clearly, “You are divorced.” And he congratulated me. Yeah! This was one of my best decisions – freedom! Yes!

He started haunting me and following me, threatening to throw acid on my face. I had to get armed security and I was attending the UCLA extension to get lifetime teaching credentials. We have a hidden property in Sierra-Madre, Los Angeles that I remodeled and I moved in. I disconnected myself from my entire family and friends. Meanwhile, I was spending time with Anthony and every day was a better day. I didn't even know that we both loved art, music and commerce. My mother and elder sister knew. I hid there for two years. Meanwhile, he built a beautiful custom Italian villa and named it "Casa Munni."

The day I left my ex-husband, I checked in at a Holiday Inn for one month. I didn't want to see my family. I didn't want to tell anybody. I just wanted to heal and explore my options. I had two little kids and my housekeeper in the room. I have never been alone in my entire life. But it felt good to breathe in peace.

This happened on a Tuesday. On Wednesday after my morning lecture in my college, my husband-to-be took me to the bank and told me he had important paperwork to do for me, and he put my name on the safety deposit box and all the college property. We were not married, nor were we committed or engaged! Since he had met me, he knew I was the woman of his life. He told me that many guys may want to marry you, but I want you to give me the first opportunity, and I will prove to you that I can be the best father and husband to you. He told me that he had been dating for forty years and had never met anyone of my stature or class.

His brother was going crazy and he was furious. He was telling him, "This woman is going to screw you and take everything away from you." My husband responded, "If she betrays me and takes what I have, I will be happy that she has it!" Wow! How many guys would do this? This was my karma coming back to me three-fold. He worshipped me! If someone asked him what his faith was, he would respond, "I worship my wife." He would tell my children,

"YOU ARE WASTING YOUR TIME. JUST WORSHIP YOUR MOTHER LIKE I DO."

On Friday morning of the same week, when I went to college, Anthony told me that he would like to take me out for dinner in a Greek restaurant in Hollywood. I responded, "Thanks, but I have two children, and besides I have invited my Mum." Remember, I had never been on a date and respected my mother.

Anthony responded, "Don't worry about your mother and Miss Rose. They are going to be in the hotel with your housekeeper and children.

I called my mama and asked her if she had spoken to Anthony. She was so excited. Anthony went to see my Mum and gave her a very expensive jewelry box and flowers and told her the whole story. They both loved each other so much up until the very moment that he went into transition.

My mother responded, "I love him. He's so handsome. He's the best man for you. I want you to go out with him. I hate short men. He is tall. He will be good for you!"

We went to a Greek restaurant, where he had reserved a table with flowers and seats right in front of the fireplace. This was his mother's favorite place. We both sat down and he gave me a beautiful flower with a card in which was written: To my beautiful wife. He also gave me a ring with almost

a 3-karat diamond and he asked, “Would you marry me?” Anthony was never married, had never lived with any woman and he was 40; I was 24.

I was totally flabbergasted. I looked at him and I said, “Please, please don’t do this to me. I’m not ready and I’m not even divorced yet!”

His eyes were glassy. I never saw this side of him at the college. He said, “You are my girl. I’ll be the best to raise your family. We are compatible with each other.”

I said, “No way, we are not compatible. We are two different people.”

We had dinner, and I don’t know what I ate, but I ate nervously and was worried and confused. This is the first time in eleven years that I had had a heart-to-heart conversation at this level.

The restaurant owner had known him for thirty years. He told his employees when he saw we were so engaged with each other, not to disturb us. We forgot the time and the whole restaurant was empty. I looked around in panic, and I told him, “My babies, please take me home. Hurry, hurry!”

Anthony said, “Don’t worry, they are well taken care of.”

He took me back to the hotel and when he was leaving, he said, “I want you to spend time and write what you want from your husband.” He kissed me on my cheek. My whole body was trembling, nervous with all this going on in my life.

Do you think I went back to sleep? Absolutely not. When I came back, everyone was sleeping. I sat on the toilet seat with a towel and wrote a long list. My list consisted of:

- ⊙ I want my children to have a father and a friend.
- ⊙ I want my children to go to a private school.
- ⊙ I want my children to see the world and travel with us.
- ⊙ I want a husband who loves my family.
- ⊙ I want a husband who respects women.

I want my husband to be a believer. Blah and Blah.

- ⊙ I want a husband who is going to travel with me
- ⊙ I want a husband who is going to support what I do in my life.

I did not sleep. I went to the college, handed Anthony my list and went to teach the class.

He asked another teacher to teach my class, and he took me to a cafe and went through the list checking everything off, everything except that my husband has to be a believer.

He said, “I have worshiped you for years and I want to continue to do so.” He was a 99% perfect match for me, and he made me feel his heart.

My husband was the backbone of my success. I won numerous awards, including the teacher of the year award and our college won four times in the hair Olympics. He provided total support for me to grow. He was a private and humble man, and we drove a Toyota and wore normal clothes. He always acted as my manager. He loved to dress his wife in the finest attire.

My husband handled all the paperwork and I was the decision maker. I built an empire of 275 schools full time with 90% attendance. I built a home for my students to heal and succeed financially, something which is quite unusual. My husband was always difficult in school. When he came home, he was always loving and kind to the entire family. Definitely two different personality traits. Why?

- ⊙ I knew his comfort zone. I did not push him to do anything he did not like.
- ⊙ I gave him space and freedom.
- ⊙ I built a home he never had. He used to get sick and hated holidays. With me, he loved it. He loved buying gifts for the kids and saw the excitement in their eyes.
- ⊙ He was a loner. If he wanted to stay home, I let him.
- ⊙ He could wear fancy designer shoes or his black tennis shoes. I let him.
- ⊙ I did not try to change him by force. I educated him and rewired him slowly. He was an older man. Don't expect men to change. I accepted him, just as he was. His love for me was worth accepting every odd behavior.
- ⊙ He hated my elite society; it was too stiff for him. So, I kept a lot of my activities limited to being with family and my beauty college. My global elites were private just for me, not for him. It was part of his purpose. He was sent to raise my children. After my daughter got married, he had to go.
- ⊙ He loved that I did not nag him for something wrong he had done. I moved on to the next moment. He loved how fast I could get dressed and make it look like I took a long time. All I knew was that he loved and respected me. Other things are not important! Easy come, easy go! We need to create value for ourselves and our partner will value us!

In conclusion, if you just accept your partner and see the beauty of his heart, you can make your home. Confirm what you asked for. I wanted a father for my children, not a husband. His job was done and he had to go into transition at 63.

Women today are building houses. Women, like me, build homes for our families.

I was wise to understand my husband and he was wise to understand my comfort zone. He never asked me once, in 24 1/2 years of our life together, why I divorced my husband.

It was not even important to him at all; he was happy that I was his girl. I took care of my husband for over a year. He had Parkinson's and dementia. He was in bed and he was always clean and well cared for. I changed his diaper and cut and cleaned his body hair. I slept with him every single day. He wanted to die in my lap and that's how he died.

The power of manifestation:

- ⊙ You have to be careful what you ask for.
- ⊙ I want you to rewind to what I just said: "I didn't want anything for him except the two things." This is what I got! Now that I'm retired, I should have a full life as my husband did. But I didn't ask for a husband so that I could grow old with him.
- ⊙ You want to find the love of your life, and it may be a person who is be around you and who is always there for you. You might want to marry your best friend because you already have a relationship. Marriage is all about relationships and family.

Remember, I did not love my husband, nor was I in any way attracted to him. He gained my love for two years. I fell in love with his soft side. We did everything together. I just did not want to

sleep with him because I had two children and I wanted to teach them that you can love but you don't have to sleep with that person. We were glued together until he departed. I was fortunate to have been blessed with the fulfilled life of Romeo and Juliet. Not too many people experience such a real relationship!

Keeping family together is the key for solving social issues in society. From homelessness, to divorce, depression, anxiety, suicide and the list is long. LOVE IS ALL WE NEED.

My son got married young. We raised him and his wife as my daughter for ten years. My husband built a beautiful Italian Villa- CASA MUNNI for me. This house was not good to raise his kids in because it was a split level five-story villa on the hill, and I wanted to buy a place for my son and his wife.

My son and his wife wanted to live with us. So, we bought the land and I built a beautiful villa. My son wanted a one-story big house. The plans were stuck in the city for two years. My husband used to call them and yell at them. "I'm a sick man. I have to build this house for my wife and my kids. She cannot build this house if something happens to me." I had no idea that he was experiencing dementia, but I knew there was something wrong with him. Finally, I decided to meet with the city officials, who pronounced it to be an atrocious city to work in. I got the plans approved in two days.

When we were shopping for the architect, three architects refused to even work in the city and said, "There's no way we're going to work in this city." I walked into an instant love connection. Meanwhile, my husband went into transition. Everyone in my family told me, especially my brother, who is a big contractor, told me, "Don't you dare do it."

My son said, "We will buy a house and please don't even think about building it." I stayed really quiet following my lead and started the construction. This house was built to last for 150 years. Everything is solid. I put a lot of money into the structure because I didn't want my son to spend money on the maintenance. Everything came from the Pacific Design Center in Beverly Hills.

I made a structural decision in building this house without any experience whatsoever in construction. It was based on my sixth sense leading me to do what I did. After passing the inspection in my great room ceiling which has huge beams, I felt like they had some problem. I called the structural engineer to check and, guess what, I was right.

Most of my contractors did a little extra for me. Nobody stole anything from me. I was able to finish the entire villa and moved in six months later with drapes and furniture. A normal professional contractor takes two to three years to build this kind of villa. I did it by breaking all the rules of construction and using my time management gift.

If you don't believe in the Lord, then you should come to this place and admire the beauty of this place. No matter where you look - outside, inside, front, back or top - it is totally architecturally a beautiful piece of art. It was picked as the most beautiful home and we had 6,000 people come to visit the house. Each person paid \$25 to the city. People knew it was the philanthropist queen of Beverly Hills building this villa. The funds were my thanks to the city. The question is: How did I do it? I was the general contractor. I'm very thankful for the city and the inspector David, who was responsible for being my angel to build this house. He did not charge me any money. Karma comes back in different shapes and forms. Amen.



- Step1–** Communication is vital to understand one another's needs and happiness.
- Step2–** A good listener is someone who is interested in what is going on in your life. If you find someone who is very much involved with themselves and always overpowering you, WALK AWAY no matter how much attraction you have for this person. Your third eye will tell you as well. I don't need to warn you; listen to your inside voice. Does it take an intelligent woman to study your man? Most men are made selfish, just keep it in your heart. How can you make a home? Pay attention to his work, thank him for everything and think like you're training your dog. Give a treat. Later, he will be yours!
- Step3–** Don't show your jealousy; it's very toxic. When you feel this way, face it and tell yourself, "I have been jealous." Make an extra effort to treat his family with respect; don't try to cut them off! Then negative energy will haunt you as well. Keeping family together is important for your relationship. If some family members are toxic, then stay away! You might find a daughter-in-law or mother-in-law or father-in-law jealous. Treat them and shower them with love. Make them feel secure by facing them diplomatically and letting them know that you are not a threat. If it doesn't work, then stay away and maintain a nice distance.
- Step4–** Instead of criticizing your spouse, you can say, "I know it is not you; it is your ego. Your essence is pure, loving and compassionate." This helps the spouse not to feel guilty for wrong actions, and you and your spouse can learn to live with essence by reminding each other. By living with essence, you will have the ideal marriage. Living in essence promotes good romance and a contented life. Always wait when you are angry. Calm yourself and wait until your spouse is calmer and start with a positive statement. At the end of the day, you want to win them over!
- Step5–** When you want something from your spouse or you want to discuss some issue that you are upset about, STOP, breathe and plan your approach. In the end, you want to win.
- Step6–** Always start with something positive about that person, then add, "But you did that and it made me sad." Use the word "sad" instead of "angry." You want them to listen to you and not start defending. Laughter is a core aspect of a good marriage. Travel. If you have money, travel first class, and if not, go to a park and spend the day or go to zoos, go to the gym, to the beach or to the YMCA. Or you can hold hands and cuddle while watching funny shows to avoid the news. Don't go to bars to spend time together. You would be in a crazy crowd where people are not stable. You would be in the wrong company and be inviting bad consequences. You cannot have a stable relationship with your spouse with these choices.
- Step7–** Honesty is a huge cornerstone in your relationship. What does it mean? You must both discuss and make decisions to establish your new family. Both of you need to give each other space and respect in order not to instigate your spouse's family's dirty laundry. Every family has secrets they don't want to share. Allow your spouse some space and they will tell you, whenever they are ready. This sentence I am making can be misleading. You need to share your dreams for your future. You are entering into a partnership.

- Step8**– I had a perfect marriage. I never told my husband that I was a victim of domestic violence because it made me feel like a loser that I allowed someone to control me for twelve hell years. Besides, I didn't want him to disrespect my kids and see them as having come from an abusive father. On the contrary, he always thought my ex was a good dad. He was, in fact, a loser dad. I raised my kids without his help. This was a personal issue, and I was not ready to share it with my second husband, the love of my life. He would have judged my children. I felt he needed to love me for who I am and I had a right to share my past with him to a certain extent. He never asked in the twenty-four and half years of our wonderful life about the reason for my divorce. It meant nothing to him; all he cared for was that I was his wife, his best friend and his only family. I thought he gave me a lot of space for me to breathe, and it meant a lot to me. My son-in-law's family came to my house for the first time with his family. I told my husband that if they asked about my divorce from my first husband, I would never approve this marriage. Now that my husband has passed away, I am ready to share my secrets of happiness with all my family. They turned out to be wonderful in-laws, and they respect me and my daughter very much.
- Step9**– You want your spouse to respect you and respect your family; then remember your family is your backbone. If you lack that, then some spouses have a tendency to judge you and your family and treat you like an orphan. They may try to put you down directly and sometimes indirectly and gain the upper hand. Some even blackmail their spouses. I have seen so much in over forty years of coaching leaders. This is a protocol that you have to feel in your heart to share with your man.
- Step10**– The brutal honesty is that you are married to your spouse, but you are not obligated to share your family's dirty laundry with them. For example, you share a family secret with your spouse about someone close to you. Remember this person is in your family circle NOT your spouse's. Every time your spouse encounters that person, they will judge that person and treat him differently. You may not like it and you want your spouse to treat that person with respect. In this case, you shouldn't have shared your dirty laundry. Your spouse doesn't need to know your family's dirty laundry. Both need to be honest with each other in the relationship, YES. However, your family business is not your spouse's issues and should not be. You both are married to each other, not to your extended families. This way, both families maintain respect for each other and husband and wife are happy to enjoy their in-laws.
- Step11**– My husband was the kind of person who never forgave anyone who was not nice to his wife. Some spouses are non-judgmental and they have spiritual awareness and can thus be trusted to handle your dirty laundry. Most spouses I found make comments when they are angry to put you down. You need to study your spouse and make your decision as to what is best suited for you. I'm sharing my success story!
- Step12**– Honesty, integrity, sharing, exercising together, studying each other's comfort zones, cooking and eating healthy leads to healthy minds.
- Step13**– Love each other by showing it. People cannot read your mind. The husband and wife relationship is tied with a delicate thread which can be easily broken. My husband used to notice my clothes, my hair and my makeup. If your spouse gets the attention from you, then they don't crave from others. We used to kiss each other one hundred times a day, and I used to wrap inside of him when we were sleeping. I believe 80% of our relationship depends on what common ground we share and 20% is sex. I may be completely wrong on

percentages, but relations depend more on the common ground we share with each other. A lot of relationships come to an end when one spouse is lazy and doesn't help out with household chores and daily errands. You love someone, then show it while being a sharing life partner.

- Step14**– Never take each other for granted; it is the first step of a disastrous marriage.
- Step15**– Never compare your spouse with another person. No need to compare, such as, “I love my mom or my sister more than you.” Big mistake, your marriage is over. There is no need to compare each person we love in our life differently, including our kids. It leads to jealousy which can turn into hate and other serious issues.
- Step16**– I make a statement all the time that I love both my kids. I'm not saying the same thing. What does this mean? Is love something we measure? I bought one pound of chocolate for my son and one pound for my daughter. This is a material thing. YES, it should be distributed fairly. This is not love. Love is deeper, the way one feels and cares about another person without expectation or reward. It is solid yet abstract. I love my husband; I'm not sitting and crying feeling sorry for myself. I know he is in a better place, and since it was best for him to go there, I have to let him go. Why even bother to compare? The Lord gave us big hearts to love the whole of humanity. Why can't we just love and not compare? I don't believe in loving just my blood relatives. I see kids even on the street and I'm so excited. They like me, too. Kids are innocent. They feel our aura, they have spiritual awareness and they are so cute and adorable. Even animal babies are so cute. How can someone resist not feeling love for them and try hurting them? This wisdom should be taught from kindergarten all the way to college level.
- Step17**– Equality in marriage is a term used aggressively and can lead to catastrophic relationships. I know a young couple who got married and on the third day of their marriage the husband asked his wife to make the bed. The wife responded back aggressively, “Why don't you make it instead of asking me. I'm not your slave.” She crossed his comfort zone and they had a big fight. He was turned off by her. After a year, they were divorced. I think you can get more out of your spouse if you bring the best out of them. The best relationships are formed when you share whatever needs to be done by whoever has time just do it. Some days your spouse may not feel like doing much; it is all right. Just let your spouse know you understand. Let your spouse take it easy for that day. Your partner will be so happy and they might return the favor someday.
- Step18**– You never want to cross your spouse's or any other person's comfort zone. You cannot go there. Give space and respect your spouse.
- Step19**– Celebrate holidays, anniversaries, birthdays or any other good news. If you don't have finances, make a humble meal; light candles and make it a special occasion to celebrate.
- Step20**– Everyone experiences the times when their spouse crosses their comfort zone and they want to kill them. I want you to breathe in and think about all the good times you had and all the good virtues your spouse possesses. Start your conversation with positive reinforcements; avoid negative comments.
- Step21**– Always have some money of your own saved for rainy days.
- Step22**– Both men and women need to prioritize their relationships. We all need time off from our spouses, but make sure you make time with your spouse first and make her feel that she is the most important person in your life. Happy wife, happy life.
- Step23**– Don't think these issues just apply to a heterosexual couple. I have seen the same and worse problems among same sex couples, from domestic violence to divorce and child/animal/ custody. Manage your finances together. Two separate pots don't make a family. You should have some of your own money for rainy days. My mother never worked a day in her life, and I guess she always

had money to give to whoever she wanted to and her husband was not part of this philanthropy. The majority of men are not philanthropists. Keep in mind we are two different genders.

Understand life. The present moment is the true time. It is up to you to have fun and romance or fight. Relationship means relating to a ship. Sometimes the ship runs smoothly and other times when the water is rough it rocks. When you can love each other when the water is rough, YOU HAVE REAL LOVE AND A TRUE RELATIONSHIP.

Best Person To Help You

24. You need to recognize when you need help.
25. Religious advisors often help because they volunteer more time to listen to you. Cost is not a barrier in seeking this kind of help.
26. Medical assistance is an important choice. The body, mind and soul cannot

be detached. People who do not attain emotional stability may suffer a breakdown of their immune system, which causes their bodies to respond in unhealthy ways. Ask your doctor to recommend a mental health professional if your stress is severe. My heart's power has been my best doctor.

SUFFERING FROM THE MARTYR COMPLEX?

Emotional health is the best friend of physical and professional maturity. When people are not stable emotionally, they eat the wrong food, get angry and irritated, become offensive and, ultimately, fail to succeed in the business world. I recommend a few things you can do to consciously work to develop emotional maturity:

Develop your intuition; otherwise, you will preoccupy your mind by constantly developing negative thoughts and feelings. You do not have to pretend you are happy, but do find positive things in your life. Find your intuition and engage in activities that you are good at. The power of manifestation is in your hands. I use it all the time.

Expressing your feelings does not mean expressing only the negative aspects of your life. Talk to people who love you and make sure they are not pessimistic individuals. If you do not have anyone to talk to in your family, find a doctor, psychologist or religious advisor. Calming your heart, soul and body by meditation is very simple, it costs nothing and it is just a way to demonstrate love for yourself. Take small steps and just do it in the moment; do not worry about the next moment. It is simple: take deep breaths (inhale and exhale deeply) and do basic stretches. I have a 20-minute Covid-19 exercise on the Art 4 Peace Awards YouTube channel. Stretching helps relieve tension in your muscles and maintains the blood's circulation through your body. While you do this, think about positive, happy things. I have several videos posted on my channel that you can do at home or anywhere else. Take some quiet time to think about life.

Give and help others—this is food for your soul. Join any non-profit charity or join me at art4peaceawards.org/worldwidelyouthcongress.net. Helping will make you realize that you are wanted. It is addictive. The rewards and satisfaction are immeasurable.



To maintain our physical health, we need good nutrition. If you like certain types of food and you know that they are bad for your health, and you refuse to give them up, you are choosing to take the chance of losing your health. Try substituting poor ingredients with healthy choices. For example, if you like Mexican food, instead of frying beans you can bake or boil them, then garnish them with lemon, cilantro, pepper and garlic. Eat half the portion that you are consuming currently. Change your lifestyle as a family. Feeling good is not for sale. Leave the flour brownies and instead use almond meal; they are easy to bake and delicious.

NO PERSONAL SUCCESS WITHOUT EMOTIONAL HEALTH

Most men and women dream about finding soul mates and living happily ever after. This is ideal, and it can happen that by sheer good luck you found your spouse. However, you might stay married with an unsatisfactory relationship or have a marriage with mutual sharing, understanding and respect and have a full life. This is what I had with my second husband. I deleted the information that caused him to be angry or stressed, and I handled all of it effortlessly. It takes both partners to respect the marriage! Knowing oneself first is the key to finding your life partner.

- ⊙ Find yourself. Who are you? If you cannot answer this question, STOP! Go back, spend some time alone and read the beginning chapters of this book. Find yourself/third eye before proceeding further. Some people refuse to see themselves and always blame others to justify their behavior. I'm here to walk you through the process. In reality, you don't need me; take a simple step – breathe from the stomach. You need to make your own choices in life. You are beautiful as who you are; you don't need to become someone else. You were sent to this planet with your own purpose.
- ⊙ Find a spouse that is compatible with your likes and dislikes. Your best friend or your coworker is the best candidate for a life partnership. Don't think you will be able to change your partner after marriage. Find a person who is compatible with you already and you don't need to make an effort, as everything must come naturally. Then read the following to stay happily married. Some people do everything together, as best friends, and they keep getting involved with the wrong people. They say, "Oh, he is like a brother. We are not interested in a love relationship. We are not attracted to one another in that way." When your attraction to others is not working, you can become attracted to each other and allow the attraction to come in. I never liked my second husband at all. He loved me for 18 years and I did not realize it.

WHY CAN'T YOU FIND A PARTNER?

I want to share with you a story about a very big star who was my client. She was beautiful, popular, and men were waiting in line for her. She had financial success, and yet she could not keep her relationship at all. I started talking to her and this is what I found out.

As a child she was sent to her grandparents to be raised until the age of six so that her mother was able to go to school and have a profession. Meanwhile she got really attached to her parents and grandparents. They were her parents. And you know with grandparents, we don't do what we do with our children. We spoil them with love. Her mother came back to receive her child into her life. By this time, she was totally detached from her mother because a year ago when the mother came to see her, she heard her mother telling the father that she could not take care of her. Hearing this broke her heart and she became totally silent and inverted in her behavior, carrying this pain. She was bitter towards her mom and her mom's husband, not only for leaving her but for separating her from her grandparents. She had trust issues with friends and boyfriends. She was going from relationship to relationship.

In the back of her mind, she wanted to run away before they hurt her.

I told her she must know at least a minimum of 100 people. “Give me six names of people that you feel calm with and with whom you don’t have to work hard on relationships like you’re working with your boyfriends?”

She gave me four names. These people were in her circle. We should all be in a circle. I know thousands of people, but my inner circle is small. I can only trust and share with a few people. They are my well-wishers and they’re part of my success. Success is something you don’t want to share with many people because people don’t want to see you successful, so why bother making them miserable? Sadly, that can include your own family blood. Let’s look at her issue.

She was in turmoil and trauma yesterday, but it was real in her mind and in the current moment. This means she could not be present in the moment to look around and value people and value nature. She was a somewhat difficult client. Trust was a big issue.

I started taking her around with me instead of sitting and talking in one spot, and she started looking at my lifestyle. I began talking about myself and my life choices. I changed her pantry because food is very important for mental growth and she started drinking my World Best Smoothie for Leaders.

h<https://youtu.be/exsXYI76N-s>

She’s also started analyzing herself in the silence. Nothing is happening at the moment, and she’s on top of the world. Can she forgive her parents and herself? Allow a relationship to come in?

Eventually she found the love of her life. I also worked with her boyfriend before they got married.

We lost her in 2020. I am sure a lot of my readers here will relate to this common story.

There are different stories, but the base of the stories is the same: PAIN AND SUFFERING IS NOT PRESENT AT THE MOMENT BUT THE PREVIOUS EXPERIENCE IS STILL HAUNTING THE PRESENT MOMENT, WHICH IS THE ONLY TRUE TIME.

Expectation brings pain; every moment is different. But we want it to be perfect! We just have to be present in the moment when it is happening. Do breathe in from the stomach and hold; then exhale with haaaaaaa ha. I cannot solve other people’s problems. I just hold their hand and let them make their decision with my lifestyle. So, please take a moment and close your eyes and stay silent.

If you are having issues with trusting and you have a fear of losing someone that you are falling for, then spend time on healing YOU first. Then new doors will open for you.



8 STEPS TO A WINNING RELATIONSHIP WITH YOUR SPOUSE

- Step1**– When you are living and dealing with any family member or your spouse, they are going to invade your comfort zones and it will upset you. You can start your persuasive debates to win arguments without making the other person feel low and not smart. I have a big, smart, affluent family and I can get offended in the moment. My calmness and understanding of human nature keeps me going.
- Step2**– Stay calm. If you lose your temper – you lose. Even if you are passionate about your beliefs, you must be in command of your emotions. Gather pertinent data before you start the argument. Use facts as evidence for your position. Collect data, surveys, statistics and quotes from relevant people to deploy in support of your argument. Since I’m not a google person nor do I have time to argue, I have learned to stay quiet or tell them that they are right. I avoid arguments at all times, as I’m in charge of Dame Munni, and I have been successful.
- Step3**– Use logic and build your case; you can display emotions to make others more tender towards you.
- Step4**– Listen carefully to what your spouse or any person has to say. Don’t just stay focused on what you are going to say. You need to listen to their point of view.
- Step5**– You will observe weaknesses and flaws in their position. Study your opponent, spouse, know their weaknesses, strengths and beliefs. You can exploit their weaknesses and thus resolve the issue. But this is not a match where you have to win. You want to create a win-win situation and make your spouse feel worthy and important.
- Step6**– I’m an expert, I lend my expertise to others but I remain anonymous. It is not about me. I don’t exist. Why? I’m fulfilled with everything. I’m surrounded by fans and true friends who sincerely care about my work. Meditate in silence and you will conclude, “In real life, Love is earned my serving Lord’s planet and his human race.” Relationship needs wisdom. A wise spouse make home and a family. Otherwise, the spouse can built house with stress, anger and depression.
- Step7**– Ask the right questions so you can stay in control of the discussion and make your spouse scramble and think it over. Ask hypothetical questions to communicate and have that individual come out of the box.
- Step8**– Most of the time, one spouse has to negotiate and keep going with the relationship. At other times, the other spouse has to return the same courtesy.

HOW SOME MEN PERCEIVE WOMEN

We went to see a Moulin Rouge show in Paris. I have never gone back. It was a beautiful show for people in the beauty industry. I loved the glamor. I was not in the right place. My husband invited me there and I had no idea what I was getting into. I told my husband, “Don’t bring me to these kinds of places where women are not respected.” I asked him, “Would you recommend your daughter to come here?” He said, “Absolutely not.” I explained my reaction to him. He agreed with my thinking and apologized. I wanted to interview five guests to see how they liked the show to further explain my point to my husband. I was seeing, watching and feeling these women. I like to have solid proof to justify my point to my husband without any argument. At the end of the day, I want to win.

HUSBANDS

Q1. How did you like the show?

A1. I loved it. (All five responded the same.)

Q2. What did you like about the show?

A2. Three said, “boobs,” one said, “legs” and the last responded, “butts.”

Q3. What was your first response when the show started?

A3. I was excited.



Q4. Were you excited after 10 to 15 minutes?

A4. No, not really, but I loved it. (All five responded the same.)

Why do you think women are topless, and men are fully covered in their costumes?

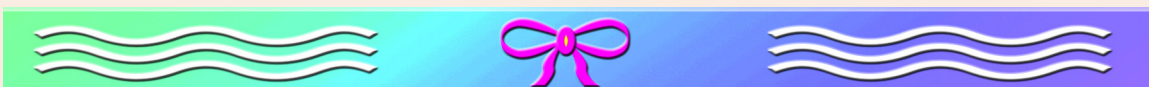
1st - Women are there to please us, and this is why we pay to come.

2nd - We like to look at women. Men are disgusting.

3rd - Women's bodies are sexy.

4th - This is a heterosexual world, and most of us want to see women's bodies.

5th - Women want us to look at their bodies, and this is why they wear sexy skinny attire.



WIVES

Q1. How did you like the show?

A1. Out of five, three said, “I would have liked it without my husband.”

Q2. Question: Why?

1st - My husband came with me, but he was lost looking at these pretty girls.

2nd - If I looked at other men, like he was looking at these girls, he would be jealous.

3rd - I think I would prefer women to wear sexy clothes instead of being topless.

4th - We are all conditioned since we are young to accept and live in a male-dominated society. Just going to a simple party in the winter, we have to wear high-heeled shoes and scant clothing. Men wear nice warm suits. I hate being their sex objects. This is not freedom!!!

5th - At first, I felt embarrassed, then my eyes got used to it.

We all have one emotion in common: Jealousy.

Q3 What did you like about the show?

A3. The costumes and music.

Q4. What was your first response when the show started?

A4. Embarrassed, jealous. I felt like I was in the wrong place and I drank a lot to be happy. I was mad that the men were covered. All the entertainment is for men; what about the women?

Q5. Were you excited after 10 to 15 minutes?

A5. No.

Q6. Why do you think women are topless and men are fully covered in their costumes?

1st - Yes, after hearing this, you made me think about how men dominate our society.

2nd - I don't want to please men; they should be pleasing me.

3rd - A man's body is sexy, too.

4th - This a heterosexual world. Yes, I want to see a man's body.

5th - It is true, we women want men to give us attention because we have been conditioned to believe this all our lives. Today, quite a few men have accepted that women are smarter than them in a certain way, and they are blessed with other strengths. However, the rest of men still think the same as old school.

DIVERSITY & FREEDOM

Accepting diversity is the first step for achieving peace. In this way, peace started for me! I took responsibility and impacted young and old people through my lifestyle. I made my life stress free. When I cannot accept people who are different from me, I'm the only one suffering. Then I will spread my negative energy around my family, my inner circle, my country and then the world.

This is how powerful you are as well! Never think you are helpless because you don't have money. Your heart is your money; develop it and watch the magic happen.

Let's discuss democracy versus dictatorship. In order to implement democracy in a country or in a

household, the [REDACTED] es/families have a dictatorship, but the family is so happy. For example, I see how progressed in the last twenty years despite existing under a dictatorship. I know parents are so strict, but gosh, the kids are loyal, obedient, educated and treat their parents royally. I wonder why. They have a balance! The middle road is the best for me. The U.S. has a powerful, democratic government, and I have a family that raised their children with democratic freedom. However, the children are a total mess – not centered, addicted, unhappy – and they don't care for their parents who provided them with everything. Let's discuss Dubai... It has air-conditioned bus stops and their people are happy and prosperous in a safe country. To open a business in the U.S. I was told I would have to pay \$10,000 plus! Think about how much the government is accumulating. How much does the U.S. government accumulate from these foreigners? Are they raping my country and putting my country in more debt again? In Singapore, there is safety and a low crime rate. Is the number of people who are mentally ill far less compared to that of the U.S.? Who is going to solve this issue if we are not ready to accept it?

Whether we run a country, a workplace or a family, the way we do one thing is the way we do everything.

I love my country, but I respect others as well. No matter what we say, the fact is we cannot argue with success. The people in those countries are different, and their judicial system works for them. My point is why don't we accept people who are different from us? Why does everyone have to be like we are? We will have peace and stop killing innocent people if we just learn to accept others. We are suffering because of the dirty laundry our leaders have. We Americans are different people. We are overworked, and most are suffering from sleep deprivation, depression, addictions and mental illnesses.

I am for global peace. The only way it will happen is when the majority of us understand our purpose in life and why we are here. People of different faiths, including the top leaders, feel my love, energy and giving character so, in turn, I receive these sentiments back. If I manifest hate and prejudice, then what I will receive is the same, such is the law of the universe. Why do we have an economic crash? Bad karma. We as Americans need to come together as one! The division among these political parties is ruining society and making families a toxic environment. Our democratic values are challenged. Follow our Constitution given by the people and for the people! GO BLESS AMERICA AND THE WORLD!

Living A Stress-Free Life

Stress: is an emotional, mental and physical response to a threat or intimidation. For example, people's accents can be demanding, draining and exhausting, and listening can be too hard for the ear. I have gone through it as a younger person with Vietnamese and Chinese speakers. Now nothing bothers me. Having expectations for other individuals to be a certain way and things turn out to be totally different also causes stress and the list is long. This is one of the most dangerous diseases. In other words, stress can be caused by mental, emotional, physical and psychological factors present in our environment which contradict our planned agenda. We experience this when we lose a job or one of our possessions, such as a ring or other beloved jewelry. Stress is a feeling of worry, nervousness or unease, typically about an imminent event or something with an uncertain

outcome.

Stress Free: Peace, love, calmness, serenity within oneself. Living in the moment is one of the best secrets of living a stress-free life.

Anxiety: A response or feedback from stress. An anxious person is a person who is worried about what is going to happen to themselves or their loved ones. Total surrender deletes all anxiety; no need to be anxious, let the Lord take care! The power of belief. Anxiety is synonymous with apprehension, nervousness or fearfulness and more. When we achieve spiritual awareness, these symptoms have no meaning and you become calm.

- ⊙ **Negative Scenario-** I am going on a long flight. I keep looking at the time and it is not passing. I am anxious to go home. Gosh! Now I have to wait for the baggage claim. It has been an eternity, and I hate flying.
- ⊙ **Positive Scenario -** I am on a long flight. I am sitting in my living room reading my book, watching movies, meditating, no phones, no traffic, just my quiet time and the time flew away. I will be home whenever my Lord wants me to be. I walked and stretched in the baggage claim, got some fresh air, and voila! My baggage has arrived and I can go home. I loved my flight.

Problems and stress are part of our lives. No one in this world is going to escape from them. The question we need to contemplate is: Is the issue at hand the culprit of materializing stress? Or is our stress due to our response to the perpetrator? I believe when you accomplish spiritual awareness, you attain mental, emotional, physical expansion and elaboration. Things that bothered you before have no place in the **NEW YOU!**

“In the state of spiritual awareness, stress has no place.”

- ⊙ We need to get in charge of our computer; the heart rather than the brain changes naturally.
- ⊙ Charge your computer -use your heart power.
- ⊙ Analyze both scenarios, negative and positive. It is up to you to make the decision. I am referring to heart power versus brain emotional slavery.

Happiness is not for sale no matter how much monetary gain or fame you have. Look at our American legends, Elvis Presley, Marilyn Monroe and Whitney Houston. These individuals had everything, so what was missing in their lives? They were taking prescription and nonprescription medications and were not able to resolve personal issues. Let's ask the same question again: Why were they unhappy? They lacked spiritual connection with their souls.

Personally, I don't do things I don't like as I'm very short of time. I don't like to go grocery shopping, getting gas in my car, washing dishes or cleaning my house. I was lucky to be able to afford my housekeepers. But if I have to do it, I will do it without stress as I choose to be in charge of doing what I want to do. While I'm working, I breathe and engage my soul to do my work.

Good changes in life can be as stressful as bad changes because they are a disruption to your normal life. Everyone experiences stress and anxiety at one time or another. The issue is how we react to these feelings whenever we are faced with them. We have a choice to torture our bodies or respond intelligently by using our heart power to mind spiritual power. It is strange that some people create stress for themselves for no reason, and it can be avoided by being a little organized in our lives. Such as: I have to organize a party. In order to minimize my stress, I write my assignment(s) down and try to do my best to get things done

earlier. Some people will wait until the last minute to accomplish the job, and they are distressed, agitated and generally have reasons why they cannot finish earlier. At least, I made a conscious effort to minimize my stress level and this enabled me to manage my events and enjoy my guests.

Whether in good times or bad, most people say that stress interferes in their lives at least moderately. YES, but if we develop our third eye/spiritual awareness, we can transfigure negative elements into positive ones. Chronic stress can affect our health, causing symptoms ranging from headaches, high blood pressure, chest pain, panic attacks, heart palpitations, skin rashes to loss of sleep.

I lost my husband, my best friend, and most people in my circle thought I was going to have a breakdown. I told myself that he was gone on a permanent vacation, enjoying and not missing me. So, the time I have, I am planning to enjoy and make each moment of my life count to serve the purpose of my life. A busy, calm mind is the healthiest mind.

Some people in my close circle still see me as a crazy, quiet girl who gets used by others. I am aware that some people take advantage of me. I consciously choose to let them because it makes them happy; this is within my close cycle. However, when it comes to business, I watch my back and don't allow anyone to take advantage of me. I am an entrepreneur who has been successful. I bought my first house when I was 24 years old. I ran three successful businesses. I sometimes hear: "Dame Munni is doing so many projects." I know they care. However, I know what I need to do, and my Lord is helping me to accomplish my purpose before I go into transition. Since I don't waste my focus on anything except my projects, I have positive results, and I am very efficient in time management, I have time for my grandkids and I wrote this book on numerous flights I took. Valuing my time is key for any successful entrepreneur. It is best to stay focused; after all, it is your life's baggage. It is the legacy you want to leave behind. We have one chance to make it, so stay consciously aware, don't allow anyone to get in your way.

Some of you might be facing the same predicament with your close circle. Consciously recognize what triggers your stress and develop techniques to counteract it. Ask yourself the same question again: "Is stress causing the issue or is it our response to the stress?" It is always our mind; use your heart power. You are blessed with heart power. Use it, block triggers, you can do it ----YES YOU CAN.

19 CAUSES OF STRESS

- | | |
|--|----------------------------|
| 9. Getting divorced or getting married. | 18. Traveling |
| 10. Dealing with the death of a loved one. | 19. Attending school |
| 11. Getting promoted and facing new expectations and challenges. | 20. Work |
| 12. Being laid off or experiencing financial problems. | 21. Irresponsible children |
| 13. Moving into a new home. | 22. Malnutrition |
| 14. Selling or losing a home | 23. Lack of sleep |
| 15. Children leaving home. | 24. Living in cold climate |
| 16. Having a baby | 25. Holidays |
| 17. Starting a new career. | 26. Physical/Verbal abuse |
| | 27. Being bullied by peers |

Is it an Outside World or our State of Mind?

Many elements in the environment are responsible for adding stress to our lives.

Q1. What can we do to lower stress when we are faced with it?

ANSWER 1: Get drunk, use drugs, smoke, stay in bed, sleep or watch TV, get agitated with people around you - none of these responses are going to make your stress go away. This unscrupulous behavior will increase your stress levels.

ANSWER 2: Talk about your problems to someone who you can trust and have a calm disposition. If the person you are talking to has emotional issues, they can drive you to be more outlandish. Find a professional life coach, usually they give more time to listen to you. Talking is a good way to release stress. Discuss important issues with your minister or a trusted positive friend who knows how to keep confidence. They can be key people in the process of looking into yourself.

In the first year of high school, my son became someone else. I was amazed it was within a few months time. He brought me a report card with Cs &Ds. He was expecting to get mad. Instead I took him out to eat to celebrate. I said, "I'm sure you did your best." He responded with embarrassed eyes, "No, I did not study or do my homework." I asked him, "Would you like me to get you tutors? He responded, "I don't know!" He was imbalanced because my ex-husband was intoxicating his innocent mind about me and my husband. I took him to Denmark for three weeks. He healed and saw us again as a family. After he was a straight A student. My entire family was talking to him. Without us, he would have lost a beautiful family. We had all the bad boys at my home to heal them. Today they are professionals and my home will always be their home.

Do you think it was enough stress for me? Don t think you are alone. WE ARE ONE!

Read this books and inspirational motivating messages. Exercise is a great way to reduce stress. Water exercises and bungee exercises are the best.

Do things you are responsible for in a timely manner by prioritizing. Do your best and call it a day. When a body is under stress, it starts to produce the stress hormone, called 'Cortisol' it is one of the silent perpetrator to kill us. Elevated Cortisol levels: lower immune function, interfere with our learning, wisdom and memory, body starts to materialize and project our inner predicaments in the form of blood pressure and other diseases and disorders. The list is very long. People who live long happy lives know how to manage their stress and to enjoy their lives. Families are broken in the US. Now the world follows Americans. We heal American families, we can heal the world.

If she was not open, she would have missed out on my wisdom.



10 STEPS FOR RELEASING STRESS

1. Spend quiet time alone in complete “pin drop” silence. You should be only aware of your breathing and calmness. We live in a very noisy world and we need this quiet time now more than ever before. Live in the moment. Be aware at all times of where you are and what you are doing. Why are you doing what you’re engaged in? What happens when you act in the wrong way? Then make a conscious effort to permanently delete wrong behaviors. Make a conscious and constant effort to repeat good behaviors. Just doing this will put you ahead of the game. Feel and be aware of your intelligence, third eye, energy pocket -- give it any name you like. See the discussion on earlier pages and review.
2. ***Don’t rule out groups where people provide mutual assistance for each other. If your stress is severe, you may consider seeing a medical professional to get guidance, stay alert and get hold of your life. Use your heart power! YOU HAVE IT TO USE IT. Your food is on your plate. SO CLEAN IT NOW!***
3. **Breathe** from the stomach, while engaging yourself even with normal activities of life. See the miracle of the power of manifestation. Love the body, where the Lord lives. The bad experience you had in the last moment or last week or last year does not matter. In this moment look around wherever you are! Nothing is happening in the current moment – Be aware, face it and stay present NOW! IT IS THE TRUE MOMENT AND REALITY! It is turmoil you are creating to cause stress to nobody else!
4. **Exercise** helps reduce stress and release toxins in your body. It stimulates chemicals in your brain which will leave you feeling happier. You will be more relaxed and have more energy than before you worked out. Regular exercise helps reduce stress hormones in your body, builds up your immune system and improves your mood. Swimming, water aerobics and other sports provide good exercise.
5. **Drink** my world’s best smoothie for leaders. I mix and drink chia seeds and hemp seeds in hot water instead of snacks; mix with any other juices you like. Black seed oil, vitamin D, C and fish oil are crucial to fight Covid-19.
6. **Do not spend time in bed feeling sorry for yourself.** This will allow stress to take over. STOP spending time trying to change what you have no control over. You can’t change others, but you can adjust your attitude towards the situation. It is always you! You have to be in charge. Rewire your brain, get going!
7. **Leave your usual environment and visit a new place.** If you can’t afford the expense of travel, go to a friend’s house for a change. Make sure they are positive people! Breathe deeply from the stomach—inhale, exhale and keep your tongue touching your palate.
8. **Get abundant** sleep, exercise and nourishment.
9. **Relax your body.** For some people, relaxing could be watching TV or being on Facebook. It adds to your stress listening to the negative stories.
10. **Associate with positive** friends or family who listen and care. This can help you feel more understood and better able to cope. You’ll be reminded that everyone has these

feelings sometimes. You're not alone.

11. Connecting with nature and heading out for a walk in the park or a hike in the woods can help anyone feel peaceful and grounded. Choose somewhere you feel safe so you can relax and enjoy your surroundings while walking in the fresh air.

Recite, "Oh Lord, I Love You. I'm Sorry. Forgive Me. I'm Sorry." And Inhale Saying, Haaaaa Ha! This Will Help To Create A Positive Chi.

I am not a fan of TV, especially watching the news, because most news is negative. It's a deceptive state of relaxation in reality TV that causes more stress and is only a little relaxing; it's only temporary. The body needs relaxation exercises such as qigong, yoga and pilates to spend quiet time, which has a physical effect on the body, mind and soul. Deep breathing exercises to inhale and exhale help to relax diaphragm muscles and the brain. The brain commands the entire body to slacken and unwind, and thus you learn to manage it.

Note: When anxiety or worry feels extreme, it may be a sign of an anxiety disorder. For someone who has an anxiety disorder, getting proper care from a health professional is important. But professional treatment is the only way to shake an anxiety disorder. For me, I'm the best doctor for my healing.

Your Stress May Manifest in the Form of the Following Health Issues

- Colds (acute or chronic)
- Stomach ulcer
- Back pain
- Insomnia
- Sexual problems
- Stiff neck
- Anxiety or panic attack
- High blood pressure
- Chest pain
- General aches and pains
- Constipation
- Changes in appetite
- Weight gain or loss

People don't want to be around sad people. They might act sympathetic and then you will lose them one day.

TEST YOUR EMOTIONAL MATURITY

Take a few minutes to observe your thoughts and behaviors and answer these questions to gauge your own level of emotional maturity, a conscious process to achieve success in life. The objective is to get a little better every day.

Q1. Emotional maturity allows you to take charge of your life. Do you have your own vision of success?

YES OR NO

**Q2. Are you the kind of person who takes responsibility, without blaming others,
Q3. When something goes wrong?**

YES OR NO

Q4. Do you have flexibility in your temperament?

YES OR NO

Q5. Are you the kind of person who is willing to try different foods and seeks to learn alternative views?

YES OR NO

Q6. Do you respect other people's beliefs and customs?

YES OR NO

Q6. When you deal with impossible people, do you stay calm?

YES OR NO

Q7. If you don't succeed on the first attempt, do you give up?

YES OR NO

Q8. If you don't succeed on the first attempt, do you try again?

YES OR NO

Q9. Are you an optimistic person when you fail?

YES OR NO

Q11. Do you have a sense of humor?

YES OR NO

Q12. Are you more serious than lighthearted?

YES OR NO

Q13. Do people find you easy to approach?

YES OR NO

Q14. Do you get angry when people criticize you?

YES OR NO

Q15. Do you listen to criticism and analyze yourself?

YES OR NO

If you scored 9 to 10 YES, you are ready and mature enough to handle many of life's challenges, but if you scored lower than a 9, you should go back, read again and reflect!



UNSOLICITED ADVICE

Unsolicited advice sometimes causes emotional stress for some people. I'm not one of them. I'm discussing this because I want readers to be mindful. You may miss out on a good piece of free advice in your life inside the box. My older sister, my Mom and other loved ones always mentor me. My sister is a globally recognized scientist, conservative, professor researching stem cells, and I am a high fashion philanthropist and life coach who teaches heart power. We are the complete opposite in professions and political views. I appreciate her because she cares. She gives me advice and I pay attention. If we keep our minds open, we have nothing to lose and everything to gain from unsolicited advice, leadership, or mentoring. In fact, I feel fortunate that someone cares, instead of thinking I don't need anyone's advice.

I recall when I was in Rajasthan, India, and I saw an American girl who was lodging in my resort hotel. She appeared depressed and she made no eye contact. Usually, teenagers like her are suffering from low self-esteem. I approached her and asked her, "Would you like me to assist you with your skin?" She glared at me with confused eyes. She must have been wondering why this woman wanted to help. She must have thought that I have wanted to make money selling products. I read her mind and told her, "I share everything my Lord gives me. I have read about skin care since I was nine years old, and I have treated countless students, clients, and friends. You need to follow the regimen that I will give." Her eyes were excited, and she replied with enthusiasm, "I wish I had something that works." I responded, "It is not just something. It is changing your lifestyle in order to stop making new acne, and you can learn what to use and how to use products properly. Is it worth suffering like you are right now? Are you ready to start a holistic, balanced life?" The girl responded with tears, "Yes, please help me. Gosh, you have beautiful skin; you are so lucky." I responded, "I made my luck and so can you. I told her that when I was 11 years old, I ground fresh neem leaves and drank it because my father told me if I drink it, I will never have breakouts."

I went to the street in Rajasthan and got neem leaves from a street vendor, wrote down the whole regimen about food, and gave her my article on skin. I asked her to stop drinking milk and eating sugar and seafood. I told her to take 1,500 ml of vitamin C, sleep at least eight hours, and drink two liters of water daily. I also told her to add a little bit of green leafy vegetables into her meal after three months and see which one is the real culprit. After the 4th day of her treatment, she came to my room, crying, and she asked me why I wanted to help. She asked how much she owed me. I told her just to pray that I can finish my purpose before I die. Furthermore, she kept telling me, "Maybe this is why you came to India." I responded, "Yes, it was meant to be."



It was 1974 and I went to beauty school. I never meant to go to school to become a cosmetologist. I just wanted to learn to do my own hair. This decision was made in an instant, a single moment, one morning right after my meditation. I had no idea what I was getting into. I enrolled in school. One of my classmates was Rebecca. She started the following conversation with me:

Rebecca said, “Munni, I really love you and I will do anything for you.”

I responded, “I love you too, you are a wonderful person.”

My friend Perez was sitting in front of us. She came and grabbed my wrist and said, “I have to tell you something right now. Excuse us.” She took me outside on the patio and said, “Do you know Rebecca is a lesbian?”

I responded, “Oh I didn’t know she’s from lesbian! OK, what is the point?”

Perez said, “You dummy! She likes girls!”

I responded, “I’m a girl too. Don’t you like me, or not?”

Perez was now getting frustrated and said, “You don’t know about girls who have sex with girls and boys who have sex with boys, and they are called homosexuals?”

I responded, “Oh, my god. Why would they do that?”

Perez said, “Stay away from evil people; they are going to make you evil as well.”

I responded, “Lord is my best friend; I am not the devil. No one can make me the devil! Why can’t they follow me? Why do you think someone would follow another person? I have been a leader to others. I find Rebecca a kind person. Why are you calling her the devil? Thank you for educating me. I will talk to her in a different way.”

Perez warned, “In the beauty profession there are a lot of gays and lesbians. A pretty girl like you who is so innocent, they will chew you up and they will make you just like them.”

I responded, “I have the right to choose my life and choose my Lord. I’m not going to waste my time pointing fingers at others. I want to spend time on myself to become the best person I can be.”

Perez shook her head and walked away in frustration by saying, “Whatever, just be careful!”

I came home and I told my ex abusive husband. He got so furious and said, “Where are you learning all these evil things? They are prostitutes in this profession. Get out. You’re not going back to school tomorrow. You’re not working in this profession.”

I had to get help from my elder sister who had to put her foot down. My sister told my ex that she would stay with me and she would study too and that he could not stop her. I am thankful for my sister. I stayed with her and went to school. One day he came back crying. He promised that would be supportive and

behave. Never trust an abuser; just run as fast as you can on the first offense. It was my fault that I allowed it because of fear. We are responsible for most things that happen to us, but other times God has reasons to teach us a lesson.

After that I encountered many lesbians and gays in my school. They were not transgender at the time. The technology was not advanced enough. In that era, the gay communities were getting tormented and ridiculed by heterosexual communities. From a scientific standpoint, there is a very small population of babies that are born with both female and male organs. They call it ambiguous genitalia. It is a disorder of sex development. These are the true transgender people.

I had two male students, Dwayne and Franco. Both were tall, handsome, healthy-looking guys with no indications of gay body gestures. No one, except me and a few other friends, knew that they were gay. Even their families did not know about them. I became their mentor. I found out that the social, economic and emotional problems in LGBTQ individuals is exactly the same as any heterosexual couple.

These two guys had a lot of childhood trauma. They felt very threatened by female energy. Being around their own sex, they felt secure. They wanted to get married. I told them that marriage is ordained by God and is between a man and a woman in order to have children and multiply the population. I asked them, “How are you guys going to get married?”

Later, they had a reception to commit to each other, and I called it a celebration of life. It was held at the Beverly Hills Hilton. Valeria Hobson gave me an award for the Philanthropist Queen of Beverly Hills. I put a down payment on a business proposition for these two guys and got them started, and they both became very successful entrepreneurs. Sadly, Dwayne died of HIV/AIDS in 1992 and Franco died in 1995 of HIV/AIDS as well. This lifestyle is tough and not an easy road.

I want you to pay attention to my innocent mind. I still do not hate or judge people. I am kind and compassionate. Why? The Lord is my best friend. He commands us to love unconditionally. Qigong and meditation have helped me hear God in my quietness. We spend too much time hating and judging others. People who have the Lord’s guidance turn the other cheek and are always kind. I have done a lot of coaching with transgender people since 2009. I found out 50% of them commit suicide. Why?

When they were men, they had more dates and dressed like drag queens. After the transformation, the demand went down. Why? If they want a woman, can they be heterosexual? It’s common sense. Besides, the body is put through total trauma. I’d rather see an external change, not a total body transformation. However, we all must make choices about what we want. No one should be judged. Who are we pointing fingers at? We have never been in their shoes.

Why would gay men want a female man? They cannot go back to being men, then they go through depression and sometimes commit suicide.

I asked them this question: Would you want your loved ones to have your lifestyle?”

85% said NO. Why? “It was a hard road and people made it hard.”

“Then are you promoting your lifestyle or acceptance?”

A2. 93% said, “We want to be accepted in society and not hated. We want to be accepted by the mainstream society not to promote a lifestyle.”

If we treat them like valued human beings, what do you think will happen?

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I want you to pay attention with my innocent mind, I still do not hate or judge people. I am kind and compassionate. Why? The Lord was my best friend. He commands us to love unconditionally. Qigong and meditation help me hear God in my quietness. We spend too much time hating and judging others. People who have the Lord's guidance, they turn the other cheek and are always kind. I did a lot of coaching with transgender people since 2009. I found out 50% of them commit suicide. Why?

When they were men, they had more dates and dressed like drag queens. After the transformation the demand went down. Why? If they want a woman, they can be heterosexual? Common sense. Beside total trauma of the body goes through. I rather see external change not total body transformation. However, we all must make choices what we want. No one should be judge. Who are we point fingers on others. We have never been in their shoes.

Why would guy men want a female man? They cannot go back to be men, then they go through depression and commit suicide.

Q1. I asked them this question, would you want your loved ones to have your lifestyle?

A1. 85% said NO. Why? It is a hard road and people made it hard.

Q2. Then Are you promoting your lifestyle or acceptance?

A2. 93% said, we want to be accepted in a society not hated? Acceptance by majority not promoting a lifestyle. If we treat them like normal humans, what do you think will happen?

WHAT IS FAMILY?

Definition of family: Family is recognized as when two or more individuals have a relationship by kinship, blood, marriage or adoption. For most people, family is only related to blood relatives. They lock themselves up in a box. Even though there are impossible people in their family, they might be jealous, and they may want to cause you harm. They keep suffering and still keep going back for more.

Or, for some people, when you lose a family member, your whole life comes to an end. Or, some people suffer long-term depression, addiction and suicidal thoughts.

I am patient, kind and compassionate. If my family member is pushing my button, then I kindly pull back to sustain myself. NO EXPECTATION, NO PAIN. This is why I must move on from moment to moment! Or, I will become angry, mean, depressed and rude.

On my life journey I have buried my brothers and many loved ones. I found on my journey that the Lord

always gives us a substitute. However, some people ignore that beautiful person and make that person feel like an outsider! Yet, that person might be better than your own blood! I have seen a lot during my forty years of coaching.

I have a sister, Ms. Rose Thai, who migrated from Vietnam and came to my school as a student. She was hardworking and did not speak English. I offered Ms. Rose a chance to become a teacher. My husband told me that students were going to run away because she did not speak English!

She is the best teacher and is still working in my school. Her children are educated and living the American dream. I had to get Ms. Rose an English tutor. She worked hard and she became my school manager. She has the key for my school. She loved me beyond my blood sister. Her children were mine and vice versa. For thirty years, she made sure that she warmed up my food and put the food on the table every day in my school, then she would grab me to come and eat. When I work, I forget to eat.

If I needed something, she was there. Even now she sends gifts to my grandchildren and loves my family.

I was scammed and my brother Dusty Lane came to the rescue and he introduced me to Michael Dakota, the best detective I know. He volunteered to help me, as I had lost a lot of money. I sued the guy myself and I won. Mr. Michael Dakota and Mr. Dusty Lane are just like my own real brothers. I will always be there for them.

My scammer lost three other lawsuits as well. I have hundreds of stories to share with you. I have a wonderful blood family and my adopted family. I will always be there for everyone; the Lord blesses me with a wonderful family and I will serve them! I will never forget the good deeds towards me as well as the bad deeds people have done. They have suffered, no need for me to wish them harm. I forgive them and move on. It is easy for me.

My ex-husband's family is still my family. If they need something, I will be there. I have no attachment; this lack of attachment doesn't mean that I don't love. It only means accepting the truth of life. I want you to pay some attention to what I'm saying. This will allow you to create a space so you can find your balance in the moment! I have my brother Jimmy Sidji, who is so supportive and he is always there. Amma ji is a supporter of my work; he is kind and compassionate. Pepper Jay is my best soul sister and my royal chief. Davood Rostaei is my royal brother and one of the greatest artists I have ever seen. Mr. Tash Delek is from Canada and it is he who knows all my work and my vision.



These are the winners of American Eagle Awards in 14 years very few are honroed. They have deserve it.



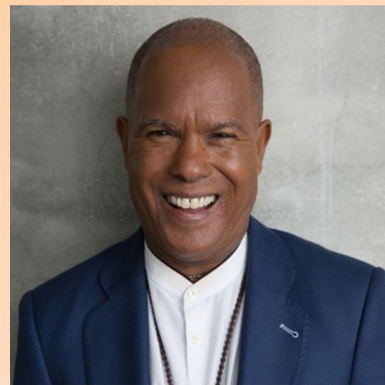
Rabbi David Baron



Amma Ji



Guru Gopal Das



Mr. Michael B. Beckwith



koby Bryant



Lord Ratan Tata

Get Balance

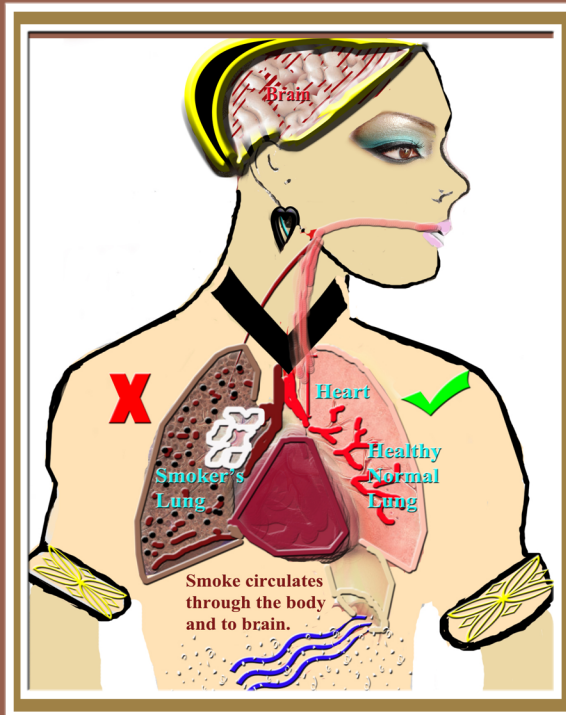
Chapter 4

Physical Health

Physical Health

Physical Health

USE YOUR HEART POWER AND BE FREE



Every time you smoke a cigarette, you are endangering and challenging your health and the health of the people around you, especially children. A heavy smoker can shorten their life by as much as ten years. Even if you smoke occasionally, you are still taking years off your life.

Cigarettes cause cell changes that could lead to lung cancer or emphysema. Tobacco is a highly hazardous and precarious substance.

Heart power is unlimited, and it all comes from accomplishing spiritual awareness. Health and feeling good cannot be purchased. You have the power for total transformation. Stop! and no more! What worse can happen? Others have done it, and so can you! It is a lifestyle change.

SPEND TIME ON RESEARCH YOU NOT GOOGLING OTHER!

Nobody regrets exercising. So, why not make it a part of your lifestyle?

A good meal is not going to make you healthy, just like one bad meal is not going to hurt you. Don't depend on anyone to take charge of a NEW YOU!

If you have an addiction of any kind, try to work on reaching spiritual awareness, which will lead to heart power and to brain power.

In other words, you are allowing objects or habits to control you. You are not in charge.

**Keep walking with me on my life journey.
God willing, you will understand addiction!**

FOOT CARE



High heel shoes look fashionable and women can make a statement and draw attention. You should avoid wearing them regularly.

Shoes for men and women that are manufactured narrow in the front can easily puncture the nail wall and cause ingrown nail (onychocryptosis).

Furthermore, they cause cramping of the foot and permanent backaches. One of my students twisted her foot while wearing high heels. She fractured her ankle and three toes. She has gone through two surgeries and is still not well. It also causes a tilted uterus. Is it all worth it?

Invest in good shoes. If you are shoe shopping when your feet are swollen, you may not get the right size. Shoe size sometimes depends on shoe brand and style. Do not insist on the size that you are accustomed to. If the next size feels better, get it. If you can't find shoes that fit and feel comfortable, then see a podiatrist and ask for advice.

Feet expand in size with age. Have your feet measured every time you buy shoes. Both feet should be measured as they often vary a little in size. The toe area of the shoe should be roomy enough so you can wiggle all your toes.

Leather shoes breathe like skin and, with time, they mold to the foot shape and become more comfortable. For special occasions wear your shoes at home to break them. Shoe soles should be strong and flexible with good gripping ability. Insoles should be cushioned to absorb the jolts of walking on hard surfaces. Arch-supported shoes distribute weight over a wider area and rigid shanks also give added support.

I bought my formal shoes from dance shoemakers. When your feet are tired, you can't enjoy the party!



To maintain our physical health, we need good nutrition and meditation. If you like certain types of food and you are aware that they are bad for your health, yet you refuse to give it up and are willing to take a chance of losing your health. Try substituting your poor ingredients with healthy choices, for example: We have discussed earlier. Exercise can help prevent excess weight gain. Those who want to gain weight, should do it with weight lifting exercises. You will tone the body and help gain muscle mass. You can exercise and eat healthy, but stress can kill you.

1. Physical activity burns fat and removes toxins
2. Exercise combats diseases and health conditions.
3. Exercising with my smoothie is proven to boost energy.
4. A combination of taking antioxidants and physical activity deliver oxygen and nutrients to tissues and help increasing the performance and efficiency of the cardiovascular system. This feeling of warmth is the best high you can achieve without alcohol and drugs.
5. Exercise and good food have proven to improve mood swings. It stimulates various chemicals in the brain that may leave you more relaxed. When you don't look good, it can lead to depression, withdrawal and other issues. Feeling good boosts your self-esteem and confidence.
6. Being active boosts good cholesterol (high-density lipoprotein - HDL), and/or decreases unhealthy triglycerides. Regular physical activity can help you prevent health problems including type 2 diabetes, depression, arthritis, and certain types of cancer. People who lift weights have more bone mass and are less prone to injury. Most older people fall and break bones, and suffer from long downtime. I take five leaves of a plant called Mother of Thousand once a week and one fresh leaf of Aloe Vera once a week and two cinnamon sticks in my smoothie. Cinnamon is a natural deodorant. I never use deodorant. You can mix cinnamon and coconut oil for armpit or mix it with tea tree oil

© *Worrying is a waste of your intelligence and it is toxic for the body. Find cutting-edge science-based activities and games to stimulate heart power. This will assist you in triumphing over negative thoughts, stress and anxiety, gain confidence, improve relationships. Minimum exercise you can do is to walk. You will find a lot of the weight being lifted off , this is simple, yet profound statement—and well worth your time.*

Dame Munni Irone



The balance of various aspects of life is essential for a happy and successful life.

Think of these various aspects as six balls: Physical Health, Mental Health, Spiritual Health, Work, Relationship with Family, and Friends. Imagine in the game of life, one must juggle and balance them to keep them in the air. All the balls are made of glass except work. So if they fall, they will be irreversibly damaged or broken, except the work ball which is made of rubber, so it will bounce back. This is the metaphor from the commencement speech by CEO of Coke-Cola Bryan Dyson on September 6, 1991.

Preventing Heart Disease and Maintaining Good Health

We will review those factors which are under one's control and can be modified for prevention in more than 80% of the cases. The remaining 20% are due to genetic and hereditary factors as well as internal and external environmental factors beyond one's control to modify.

The following 7 easily doable and adoptable daily routines will greatly help to prevent heart disease and maintain optimal health:

1. Eat and Drink Right:

1. Quality: What do you eat?

- ⊙ Plant-based vegetarian diet with lots of greens and fruits is the best. Avoiding salty chips, cookies, and chocolates
- ⊙ Avoid processed foods, fast foods, and meats
- ⊙ Consume at least 6 to 8 glasses of water daily
- ⊙ Avoid excessive carbonated drinks and caffeinated drinks

2. Quantity: How much do you eat?

Consume enough at every meal to fill less than 80% of your stomach capacity, thereby enjoying the benefits of partial starvation.]

3. Time to eat: When do you eat:

- ⊙ When you eat is equally as important as what you eat and how much you eat. Our biological clock controls the body's internal metabolic activities, the so-called circadian rhythm. The easiest way to follow the timing of this rhythm is to eat and drink before sunset and after sunrise next day. This easily provides intermittent fasting for almost 12 hours every day. The habit of intermittent fasting and partial starvation has been proven to increase immunity against diseases and confer longevity.

2. Exercise: It's a magic pill. One doesn't need to spend lots of time in a gym or use special equipment. A simple 30 minutes of walking every day, preferably outdoors, is all that is needed. One doesn't need all 30 minutes at a time. It can be done for 5 or 10 minutes at a time adding up to 30 minutes in a day.

3. Sleep: A good night sleep for about 7 to 8 hours for an adult is essential for optimal health. It provides a state in which the body repairs and regenerates which is essential for optimal functioning.

4. Avoid Toxins: tobacco, alcohol, and substance abuse

5. Stress and Destructive: Emotion Control: In the state of stress and destructive emotions like rage, anger, jealousy, vengeance, etc. High levels of corticosteroid and catecholamines epinephrine and norepinephrine are secreted, which have extremely deleterious effect on the heart, vascular system, and the entire body. This can even precipitate heart attack, stroke and dangerous heart rhythm disturbances that can even cause death.

Stress: is the most misunderstood term often described by people as being caused by some external event. Please be very clear that events don't cause stress; they are neutral. But it is one's interpretation of the event as favorable or unfavorable and the response to the event causes stress. The event is often not under one's control, but the response to the event is under one's control. This is the way to control stress.

Let us look at this example: A robber successfully robs a bank taking away millions of dollars and while escaping shoots a police officer. Let's examine the response to this event: the bank owners are very unhappy and stressed from losing a million dollars, the family of the police officer is very sad and angry, but the robber is very happy getting millions of dollars and successfully escaping. The same event but different responses!

The best advice to deal with any event without feeling stressed comes from the serenity prayer:

“God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.” Once you have understood this, it will help to respond to any event appropriately without being in a stressful state. Often the unfavorable response to an event causes anger, jealousy, and destructive behavior which can also be controlled.

6. Maintain Healthy Weight: If you follow the previously described 5 habits, you will have no difficulty in achieving and maintaining healthy weight. Overweight and obesity is very often associated with high prevalence of high blood pressure, diabetes, heart disease, cancers, and joint problems from mechanical wear tears. Optimum age-appropriate weight keeps one healthy.

7. Know Your Numbers:

- ⊙ Blood Pressure: High blood pressure untreated leads to heart attacks, strokes, and kidney failure. Controlling high blood pressure with treatment prevents these complications.
- ⊙ Blood Glucose: Diabetes is associated with high blood pressure, heart attacks, strokes and kidney failure. Early recognition and treatment prevent these complications.
- ⊙ Cholesterol Level: High cholesterol is associated with heart and blood vessel disease.
- ⊙ Early recognition and treatment prevent these complications.
- ⊙ Adopting and making the 7 items as part of your daily routine habits will keep the glass ball of health floating in the air for a long time without falling and breaking. Remember when you lose your health, you lose everything.



Health is Life and Life is Balance

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Associate Professor of Clinical Medicine,

Drexel and Temple University Medical School

President and CEO, SmartCareDoc

Chairman, Health Council and Board Member

WHEELS Global Foundation, USA



7 BENEFITS OF QIGONG

Common people think to be fit the body should like sleek glamor look, or muscular or perfect proportions. Most are never happy with what they have? Physical fitness is never defined by its appearance.

- 1. Heart Strength:** Practice Qigong and meditation develops your heart and the entire bodily functions. I was in direct contact with 18 Covid-19 patients. I even hugged and kissed them expecting I would get it! My lifestyle doesn't allow the flu to attack me. When breathing from the stomach it leads to muscular strength. Without muscular strength, your body would be

weak and unable to keep up with daily routine. Muscles allow us to speak, move and chew. They control temperature regulation, vision, heartbeat, breathing, and digestion, stability, posture and mobility. I combined some weight bearing exercises. The heavier the weight you use, the fewer reps you should perform! I have never injured myself lifting weights in the gym. I listen to my body and I can do more repetitions.

- 2. Muscular Contraction and Expansion:** Endurance is the ability of your muscles to perform contractions for extended periods of time. The way to increase strength is to train with light weights, working in the 20 - 25 rep range. Working with a lighter weight will train the muscle fibers needed for muscular endurance. No need to push heavy weight with no results and injuring yourself.
- 3. Cardiovascular Benefits:** Cardiovascular endurance is your body's ability to keep up with exercise like running, jogging, swimming, cycling and others. Qigong exercise has lungs, heart, blood vessel exercises with smooth supply of oxygen, which increase your total body wellbeing. Together, the heart and lungs fuel your body with the oxygen needed by your muscles and body.
- 4. Flexibility of the Body:** Flexibility is one of the most important, yet often overlooked by people who workout in the gym. Without flexibility, the muscles and joints would become stiff and movement would be limited, hence injuring the body. Qigong training ensures that your body can move through its entire range of motion without pain. I'm sharing some exercises. The Qigong I practice is not for commercial use, this is why I have some commercial exercises I have shared on [art4peaceawards/dame munci Irone youtube channel](#).
- 5. Body Fat Composition:** Dr. Tony Shum from DSL laser center has machines that measure body fat composition. it refers to the amount of fat on your body. For example, a 100-pound person with a 25% body fat composition will have a lean body mass of 75 pounds. Men must have a body fat composition lower than 17 percent Women must have a body fat composition lower than 24 percent. The average man tends to have about 18 to 24 percent body fat, while the average woman has 25 to 31 percent body fat. For people who practice Qigong, their metabolism is high and low in body fat.
- 6. Stress Releasing:** Practicing Qigong releases stress naturally, the best self-therapy. No one can do a better job on my body than me. The body's organs work in harmony with each other and creates mental, emotional and physical calmness.
- 7. Qigong for Hospitals:** It is excellent for all kinds of patients. It relieves pain from the joints, helps in weight loss, maintains emotional, physical and spiritual well being. The more I work, the more I practice. Ten minutes is refreshing. Work environment can be transformed to a positive peaceful environment. My office in Beverly Hills is a very peaceful environment and it is easy to close deals when people are relaxed.

I am your sister, your daughter from another mother. When we are born the first is important that the baby takes the first breath. Have you experienced when your loved one dies and it has become a vital turning point in your life to see how precious your breath is? I want you to value your breath. I would like you today to send a note to someone you love and tell them that you love them. We are made with 60% water surrounded by billions of galaxies, billions of cells are dying in our bodies and billions of new cells are made. Do you believe in miracles? Every time you have 100 things to do and we want to meet with your best friend but you are so crazy busy. Pause breath, life begins with the breath..

- © If you are you looking for verification, you have not yet found yourself. Stillness is the one and only common answer to the greater soul.

☉ Stay in stillness and connect with the world around you

Practice The Following Exercises;

- ☉ Who am I?
- ☉ What is my purpose?
- ☉ What do I want?
- ☉ Close your eyes, delete your last name
- ☉ Close your eyes, delete your first name
- ☉ Close your eyes and delete all your belongings and people around you.
- ☉ Ask yourself, Who am I?
- ☉ emm emm just energy
- ☉ Spiritual awareness is raised with you when things are clear and you learn to create space and abundance. Qigong makes a slow rythmatic function in our body and consciousness is raised.
- ☉ Write down what you want for your life.



Martial arts practitioners and the global peace team of Hollywood are all family people, healthy and fit.



Abs and Leg Exercises



1. Lay flat on your back. Tuck the tummy in and crisscross touching your right elbow to your left knee. Repeat the same touching your left elbow to your right knee.
2. Repeat with the count of 24. If you are a beginner, then count up to 15 and continue increasing slowly within your comfort zone.

It is important that you exercise daily.



1. Keeping your hands and knees in contact with the floor, tuck your tummy in, sit back on your heels and hold. Stretch hands as far away as possible, hold, inhale and exhale.
2. Then kick your leg straight out. Repeat the same on the other leg.



1. Scissor Lifts: Lay on your side, elongated. Tightly raise one foot nice and high, then stretch it out. Hold for a few seconds, exhale and bring it down.
2. Repeat on the other side.

Perform each set 3 times with the count of 15-20

Shoulder Press and Stretching

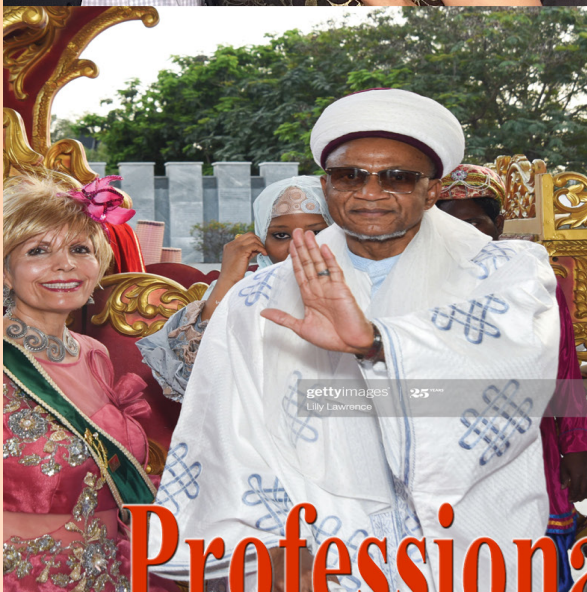


I use a water bottle when the gym is not available. My body is always taken care of. This keeps my body more muscular and toned.

Get Balance

Chapter 5

*Professional
Development*



Professional Development

This chapter was placed after physical development, because if you are not fit, you cannot work and this chapter will be of no use for you.

Professionalism in any business comes from spiritual awareness because it leads to making conscious, intelligent decisions. It is a constant process of improving and increasing capabilities of oneself before improving others. Once you achieve spiritual awareness, only then you can help your staff through education and training opportunities.

Professional and non-professional behavior starts with the CEO and then it projects onto the staff members.

My definitions include:

- ⊙ Accepting diversity is the key to succeeding in business negotiation.
- ⊙ Productivity starts with CEOs
- ⊙ Being aware of politics in the workplace
- ⊙ Paying attention to why we judge others
- ⊙ Understanding the curse of belief in humanity
- ⊙ Identifying the biggest mistake you made, learning from it and never repeating it
- ⊙ Understanding how good and bad memories affect us
- ⊙ Recognizing that a successful businessman lives outside the box and rises beyond his upbringing
- ⊙ Having knowledge of the subject

Accepting diversity is the key to succeeding in business negotiation.

If you understand these issues, you will have mental maturity and you will be ready to take a position of being the CEO of your company.

Women are treated differently than men on the executive level. At my line of global peace work there are hardly any women!. Judging others is an act of having an act where the conscience heart is sick and negative ego takes over them.. You can treat women, or other genders differently at work place and give them a high position even though they don't qualify is an act of negative ego.

People in general love dogs, in fact they will do more for dogs than their family? Because dogs give unconditional love and protection to their master. Just feed him. This shows that all different breeds of dogs in one race were created by the Lord- Dog kingdom. However, different types of human race is Not one race. They have prejudice, hate and judge other humans. They are all going to heaven and the one different from them are going to hell, so let's kill them all! Who are we to judge them, Diversity is everywhere and people are not present to value the beautiful human race He has created to enjoy this planet. Those who find the Lord practice silence with nature and become just Love. They cannot hate, or prejudice, or hurt another human. Why do you think the top spiritual leaders around the world instantly love me and my attire is always Beverly Hills styles even at home, they are not judging me, they feel my love for them and I'm receiving it back. My recommendation is FIND YOU then your faith will be stronger, your will become just Love. This spiritually awakened human free from pain and suffering. We are not made to hate, it is

against our soul which is part of the creator. This is what happened to me. In diplomatic peace negotiation and business with people with their professional college education cannot close the deal, but I have. Why? I follow what my heart is leading me. Don't question, if your heart beats with contentment go for it, don't listen to anyone or ask questions. Most people including your own blood family are not your well wishers. If you feel sad and your heart is beating nervously, walk away, I don't care how good it may seem. Run fast Don't look back. There is a division in every faith. I'm Christian? What kind of Christian are you? Divided! Im Muslim? What kind of Muslim are you? Divided!. Im Hindu? What kind of Hindu are you? Divided! Im Jew? What kind of Jew are you? Just a Jew, Not divided and Israel is their home wherever they live. Everyone contributes. Learn from people who know how to do it! WE ARE ONE!

The Skin color is the black. Im black, how dark 1 to 10 on the scale. Divided. It goes on-and-on. Division and diversity is created by the Lord, becoming an awakened adult I must choose my faith, my life, and how I want to behave! Prejudice, hate, judging others causes tremendous misery and trauma on the soul, body and mind.

There are big individual divisions in Hinduism based on which Hindu sect they come from. I did not learn this from any book or social media. This is my personal education. Brahmin sects are the top people. Now I'm going to share a story of one of the Brahmin brothers in Lucknow. Brahmins are not supposed to eat meat or kill a cow, which is a secret animal in India. People fighting against killing the cow and the majority of the export in India is done by Hindus? This Brahmin brother of mine was involved in exporting beef to Europe. When I spoke to him and asked him what he does for a living? He gave me four different business cards. I stayed in his big beautiful home in Lucknow. He got up in the morning and he was doing his worship. My heart was aching for him that there's something wrong. I asked him again, please, tell me what you really do so I can help you. He put his head on my shoulder and he started crying and he said I am a sinner and a bad man, but I don't know what else to do? I'm making good money but I'm not happy! This stree causing him health issues. He told me that he exports beef and he bought this business from a muslim man and he made million of dollars. His company is worth millions. I asked him if he would like to sell his business? He responded, still crying, who is going to pay me thirty million dollars in India. No Hindu will do it! I responded, "I did not ask that, "I believe Lord provides but you have made an intention,"

I left him and I went to Mumbai. I met a young film producer. He brought with him a tall and handsome young man who comes from a very wealthy family from London. This young man invests with just one producer only and he reinvests in his movies. I asked him if his parents are willing to buy a big beef business. He responded it is not possible in India for the Muslims to own beef business and the Hindu community owns it. I responded, "Nope, it's a democratic government if you want it or not? The rest leave it to the divine."

Next day at 7 AM he called me up and said his family would buy it. I have to close the deal with the Indian government, I was able to sell his beef business and I introduced him to a car dealer in London and he is doing good car business and very happy and content. The Muslim family got the beef business they are running and they able to employ muslim workers.

Do you totally understand why the brahmin man suffered from panic attacks, depression and high

blood pressure. Why? He was petrified with people judging him and will hate him. Can we accept people who they are and focus on ME! When you hurt someone, that person has to forgive you whether intentionally or unintentionally. The Lord will forgive you as I ask for forgiveness all the time. I don't want to hurt any human or this planet. I chose to take the pain and hurt myself more than others. Silence is a good answer for my healing.

Being a public figure no matter what you do, some people are going to criticize your work. But I sent them a love sticker. People including my family don't know someone who is content and wants to collect good deeds only! Sometimes my serving energy scares them and makes them feel bad and guilty so judging me they feel good about themselves. It is not important. Do I love them? Yes, or why I should waste my time judging them? All my readers have experienced this in their lives. This is why you create space to become just Love! Have you heard the saying, "Be careful when you gossip. The walls have ears. My ears were ringing and you called." Do you know what the old wise-man was referring too? When people spend a lot of time in silence, they start hearing other people's conversation! So Please Stop Judging others and focus on **YOURSELF!**

PRODUCTIVITY STARTS WITH THE CEO

I went to work out in a local gym and talked to ten people who promised to give me their time and information about their work.

Collecting data for this study took me ten working days, and it was more time consuming than I anticipated. A lot of people refused to be a part of my study group, but when I offered a reward, I got lucky with a group of 10 people. They were not aware of the purpose of my interview. I got permission to talk to their bosses.

QUESTION - Do you like your boss?

GROUP -1 4 people said, "I love my boss."

GROUP -2 6 people said, "I don't like or I hate my boss."

I visited the workplace of group 1.

Out of 10 bosses, it was easy to approach 4 bosses from group 1, 2 bosses from group 2, and 4 bosses from group 4. I found an unfriendly and hostile environment at work.

Then, I questioned 4 bosses from group 1 about the four individuals who had said they loved their boss.

Out of the four bosses, none of them had anything negative to say about their colleagues.

The sixth boss gave me the same stories:

One boss responded about his colleague: "She is a big chatterbox; she is here because she is a single mom and I feel sorry for her."

Being a CEO, it is our responsibility to set the work environment and be humble, authoritarian and kind. I got more work done in my school voluntarily and people were happy to help. Having a personal relationship with your team and col-leagues is the key to success in any business.

HOW TO DEAL WITH POLITICS AT WORK

Politics exist at home, at work, in religious institutions and in foreign affairs. Wherever we are dealing with people, politics come into being. Some are more aggressive; others are more passive. How can we stop politics at work?

Health and well-being cannot be purchased. You have the power for total transformation. Stop! And no more! What worse can happen? I know I cannot stop anyone from doing or saying what they want; however, I can change myself. How? When people are gossiping, I pretend that I'm reading a book or texting someone. If they ask me for a direct opinion, I just respond that I don't have an opinion. I don't want to offend my co-workers, and I make an extra effort to be kind to them and ask them about their families.

If you think the office is playing politics and not granting you the promotion you deserve, don't sit back. Write all the work you have done for the company and ask for a raise. If you don't ask, the answer is a big "NO." Or, look for other options and choices. I need to spend time alone to think about who I am honestly and not through the image (ego) I created for myself and what I was told by others.

I take responsibility for my actions and never repeat mistakes. This allows me to keep trying to be the best human I can and it is a process. If I keep repeating my mistakes, I am constantly going to face the same problem. A vicious cycle of my life will continue, which I will call "bad luck."

If you see yourself failing when you are dealing with people and getting fired from work, you must, as an adult, be aware and change your route.

MEMORIES AFFECT ON BUSINESS

Memories either good or bad cannot be repeated. It is best to live in the moment and take things as they come to you. Hanging on to our memories is always associated with pain. We want to repeat good memories, and bad memories give us tears. As we dwell on our memories, we miss out on the present moment and we might have a brilliant business idea that could get lost in disarray.

HOW TO BECOME AN ENTREPRENEUR

In some cases, financial independence is important in helping to keep the peace in a couple's relationship. Couples can fall apart because they get frustrated with financial issues and they take it out on each other. If this is your case, then both of you need to sit down and list your options on how to earn more. Look at it and plan a course of action. Act on it! If you feel scared of taking that first step, just — **GO FOR IT.**

Let me share a true story. I knew a Mexican family who came to the U.S. They were middle class. They struggled for five years. Then they found an opportunity in Dubai through me. They were scared and petrified going to a Muslim world and they had no friends or family there. I advised them to go. "What do you have to lose?" I challenged them, and they boldly moved to Dubai, and I found out from some of their family a year later that they now own their own company, have a villa, drive a nice car and enjoy all the luxuries of life.

Q1. Where do you think they would be today if they did not follow their intuition?

Perhaps still suffering! Find work that you really like.

Spend time in silence and write what you really like to do. This will lead you to the purpose of your life. Choose what excites you the most, and write a plan of action. Consult with anyone you know about your mission. Stay away from negative people in this process. Most of these kinds of individuals can be found in your close circle of friends and relatives. If you fail in your attempts, learn from the mistakes you have made. Re-write your plan of action following your third eye. You will see that the doors will be open by chance. Take that as a leap to reach your goals.

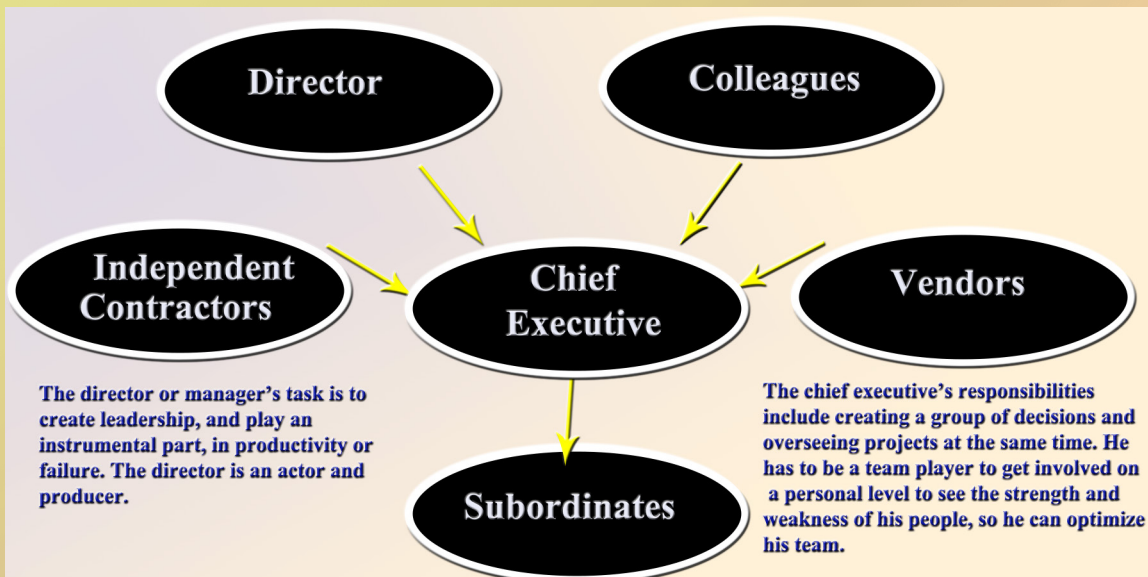
Q2. Do you want to collect wealth only? If this is your intention, then success will run away from you. Or, do you want to share what you have?

Success walks towards you. Look around you. People who share have good lives and they never go broke. People who collect their money and don't share can lose their health, wealth and sometimes both. Don't just believe what I am saying. Analyze the people around you.

Q3. Do you have spirituality?

Without a soul, you are always going to be a selfish and discontented person.

14 POINTS FOR entrepreneurship



Entrepreneurs take most of the risks; they want to create their own wealth and take a chance they might lose. I was 19 when I graduated from beauty school. I went to visit my Asian friend in Temple City in her salon. I watched all the things she was doing wrong for half an hour. Did someone teach me? Nope? It was a matter of conscience and providing services. I gave her unsolicited advice and she said, “Why don’t you buy it?” At that moment I had no plans. She told me that she would sell me her business for \$7,000 and I said “Yes.” I used a week’s escrow and did not tell my ex-husband because I did not want his bad energy. I stayed Sunday and Monday for almost eight to ten hours to clean up all the bad energy. It was a kosher place. My rabbi and all faith leaders came from the local place. I was young and wise. I followed the rules and I stayed out of trouble. I had a small opening. I was jam packed and extremely successful. My clients were driving in a big van from Beverly Hills and it was all cash. Even at that time, I used all my money to help so many people and I enjoyed most of the reward.

Entrepreneurs avail themselves of the opportunity that comes to them. Which I did!

I was conservative and saved money to buy my house when I was 24. I worked hard to save in case my business slowed down. I gave it away first and I’ve never been short. I was successful at everything I did because I’m the server of the Lord, so shall we be blessed. I did not wait to have more money in order to have the will serve. I lived in the moment!

Entrepreneurs have a project they actively and aggressively take action on to get it done. I’m 105 pounds. How do you think I can do so much in a day without stress?

Some entrepreneurs are home-based. I have helped many mothers and fathers with these kinds of businesses, such as making things at home and selling them online. I believe these millennials are going to be more entrepreneurial. When I was a little girl, most people did one business all their lives. Those days are over. I have seen that most billionaires have multiple businesses.

Lately, I have tons of technology on my table, green energy, very impressive. After the pandemic I’ve been getting my youth ready for the race of the new world. It is not a good world. I’m doing my best to keep them building their heart energy so they can be successful, happy and content. Entrepreneurs need venture capital and an intelligent professional team with good personalities to help run the business side. An inventor cannot be on the business side and when they try to do it, there can be disastrous results. The workplace environment has to be established; it does not come naturally. Two people cannot even stay in a marriage. What do you think about a group of people? An environment has to be created with positive rules, regulations and protocols.

In order to be an entrepreneur, you need to ask yourself:

1. Why do you want to become an entrepreneur?
2. Whether it is an idea or technology you want to promote:
3. You need to have the first spark of excitement.
4. You need to know your market. Is this something you and your family circle would buy within a heartbeat?

5. You and I know people who are always starting a business, but they keep going working until they are old. They never solidify their passion. Running your own business is intimidating, a high-risk venture, but it is a rewarding position to be in. It's full of stressful situations and challenges that also come with a sense of accomplishment.
6. If you have passion, diligence and a product or an idea, then you have all it takes to become an entrepreneur. All you need is one persuasive idea. If a great idea comes to you, assess it, and if it is convincing then consider:
7. The cost of engineering time as well as the attractiveness and demand.
8. Talk to other people who you can trust.
9. Always stay outside your box; stay open to different viewpoints.
10. Inquire about the demographics. What type of clients do you want to market to?
11. Documentation is necessary to look at the business plan and figure out which idea or product you can market. What percentage of people will buy your idea or product?
12. Let's say currently you don't have an idea, then create an idea and innovation file. Keep writing and answering questions about your target market. Make a list of things: places you can market and things people might really like. Narrow your list to about two to three items, keeping in mind:
13. How much will it cost to produce?
14. How many funds do you have?
15. Can you sustain the business for a year?

My father-in-law and his family came from Italy and they had very little money. He went to get his hair cut and he realized how much money was in the beauty business. He opened up a beauty school, and although he had no idea what he was doing, he felt like it was a necessary business. He hired a teacher and the business grew from there. I then multiplied the same business into an empire with my serving.

- ⊙ He was an entrepreneur.
- ⊙ He was passionate, obsessive and determined to make it in the beauty business.
- ⊙ During the depression, he followed his intuition in making this decision; he knew he was going to make it. He followed his dream and it wasn't as hard as he thought it would be.
- ⊙ During his business launch, he had to constantly shift a few things to reach success.
- ⊙ He was as consistent as possible in his productivity.
- ⊙ Today, we probably would have an online business. It makes so much sense to me now to build a business online. It took him a few years of constant 14- to 18-hour-days, seven days a week of hustling to generate success. Later, he was able to leverage his time and money to improve his school and travel the world.
- ⊙ My success came from opening a full service spa. When I bought it, I was confident that I would make it successful. I am a serving person. I used to visit high schools as a motivational speaker. I started to gratify the rich kids. I put a canopy in the back parking lot, where they could congregate and do their homework and I served them sandwiches, tea and coffee. I

became their mentor and they would come to me about their issues. Their parents would come to me for their issues as well.

- ⊙ All I can share with you is that I not only earned financial success, but I also helped these kids become better humans. My spa became a big rehab and social center. How many spas are offering this kind of service even today? I did not plan for it either; since I was a born philanthropist, it came naturally. It cost me money to feed these kids, YES, but they were my pleasure and my kids. I never looked at the expense, and success came from a unique service I offered them naturally. Without passion there is no success.
- ⊙ I started my own TV show and my success came from LinkedIn and Facebook, and this gave me a platform to build my audience without investment. I started hosting public speaking events, wrote books, and then I did workshops speaking about bigger ticket products and on webinars.
- ⊙ Most people have mentors and they are worth the investment. I could not invest because of my obligation with my charities; I had to do it myself. Study as much as you can from people successful in your business.
- ⊙ Invest in education, if you are working, time becomes a big issue, so try investing in your online education. Join organizations. This plays a significant role in leading to success.
- ⊙ Set up your website, and don't forget to find a place for people to engage.
- ⊙ I am always the best at marketing, and I always make sure to get the job done. Once you do, sales will be your focus. I love using webinars to sell because it's a great way to build your audience as well. I created many brand: From my heart to your heart, love and peace. We are one!
- ⊙ I built my credibility by serving for over 40 years. I am the author of several beauty education books, I am a motivational speaker for trade shows, and I write for magazines. Build your credibility by serving and increasing your personal brand and valued perception. I'm not expecting you to do what I did and I can only share the secret of my success.
- ⊙ I am consistent in my productivity. No one is going to hand you a million dollars. It took me a few years of constant passionate work. Now I'm able to leverage my time and money for the work with my youth.

UNSOLICITED ADVICE AT THE WORKPLACE

At work I had one of my older employees who thought she knew everything. I was the CEO and she used to give advice on everything, but I did not block her. I would listen to her, then make a wise decision. At times she had some good ideas; other times her decisions were not good. I knew that she loved and cared for me, so I allowed her to voice her opinions and it made her feel special. I did this for all my employees and my students. I have an idea box where they leave their ideas. I used to save them and discuss them in the teachers' meetings.

If we keep our minds open to advice, we have nothing to lose and everything to gain from unsolicited advice, leadership or mentoring. Listening to someone is not problematic for me. I feel like it makes them happy and makes them feel superior, which is all good. It is always our heart's power. Some advice can be worth it.

Second story: Once I saw a lady smoking with a baby in the car. I approached her and asked, "Would you like your baby to get sick? If your baby gets sick, you are going to suffer more than her." I know she was a selfish mom, so when I told her how she was going to suffer, she was more receptive. She looked at me

and thanked me. I feel sad to see kids in the cars with adults smoking.

Unsolicited advice, leadership or mentoring can be exasperating when leaders don't apply what they preach. If this kind of person is your family member/your boss/your best friend, then you are stuck with in them. You want to be polite. Listen and eliminate their information and find your answers within you.

PERSONALITY AFFECTS THE WORKPLACE

- ⊙ Being a positive and buoyant person, you can impact everyone around you, and so can negative people. For example, when I was at the LA International airport, I saw a nice looking woman checking in the business class with a lot of luggage. I saw her and she saw me, I smiled at her and she responded. We both sat next to each other, we talked for over five hours, and she became my best friend because I saw a lot of me in her. Now I am enjoying a good positive friend.
- ⊙ It's not how long you know a person, some individuals you instantaneously connect soul-to-soul, this habitually creates a strong bond.
- ⊙ When you go to work acting arrogantly by giving a stare at others, you can terrify them and cause their temperament to decline with fear. How hard is it to smile? It costs nothing and makes other people happy. This is good KARMA and good for your skin. If you are not smiling, start now! You will be able to help yourself plus create a positive energy to succeed in business and personal life..
- ⊙ Cranky and grumbling bosses make people move away from them. I know my late husband was perfect at home but at work he was the big boss and he was the most hated man, if I was not the icing on the cake, our business would have collapsed. Working under this kind of boss time drags on for employees, the work becomes an unpleasant task, productivity declines and the list is too long. Just being kind and smiling at people is too hard for you, then you are not a leader. Please stay behind the scene and get someone to close your deals.

Remember, if you're up for becoming a happy, positive, balanced person, then take the trial test, you can make positive changes now at this moment. It is easy, just for a moment only and flows from moment to moment! No need to try, just do it !.

SET UP VALUES AT THE WORKPLACE

The way to success is to work smarter towards your goal, finding your soul and being successful as an entrepreneur. The U.S. is the most overworked country in the world. Comfort is most often expanded with discomfort. Here are ways to set up values in the workplace:

Having a culture of good morals and building the trust of your clients is key for success.

- ⊙ At my beauty college, I valued each of my employees as a special person in my heart. I

made sure we all celebrated their cultural holidays and their birthdays in our school. I made sure my employees had top leadership for all entry-level employees, including our secretaries, the receptionist and my teaching staff. We were all working towards the same common goal, and we shared a bigger purpose: to serve our students.

- ⊙ My husband was difficult in school and he would fire students and teachers. He was, however, excellent at keeping the books in order. He never received a citation from the government. My staff and I were united in creating a positive work environment. He would get upset with the students. I tutored my students and helped them graduate. I motivated them to go to work. I taught them about the curse of welfare and gave them the road map on how to be successful with no funds in their pockets. They trusted me to the point that if they were to vote for a political leader, they would have all voted for the same person. Trust is important in the workplace.
- ⊙ Purpose is indisputably vital for employee satisfaction. My employees at work and my home are purpose-oriented, and this is why my workplace was home for them. All my staff had a purpose: to make us better human beings.
- ⊙ Family values at the workplace are critical if you want to create a long-lasting, successful and motivating place to work.
- ⊙ Confidence and boldness: We charged more tuition than other schools in the area. The students would transfer to my school every year and pay more tuition. Why? They felt the energy, reputation and trust, and our bold claim was: “We have no competition.” There was a school that was opened in Alhambra and we were in Rosemead, which was a neighboring city of Los Angeles. When the lady opened her school, she was going through teacher training in UCLA. I taught her and helped with lesson planning and preparing her school for accreditation from the State of California. My husband was furious with her and told her never to call me.
- ⊙ I told my husband, “She will never be competing with us. She has no purpose. She only wants to make money.” My husband believed in me and said, “No one can be Ms. Munní.” I was right. Her school never affected our business, and I continued to help her against my husband’s wishes because she needed me.
- ⊙ Honesty is our business. My husband was perfect with our bookkeeping. We always treated our students like family.
- ⊙ Accountability: Sometimes our students did not pass the state exam as most of our students did not speak English. The Lord knows how much I worked with them. We kept helping them for free until they got their licenses or we had them come back after they started working in any advanced classes for free. We had a continuous learning program.
- ⊙ I was passionate as a CEO with positive energy. I never acted as a boss. I used to tell people I was a teacher and my manager Ms. Rose was my boss. I always started my class in the morning with full energy.
- ⊙ There was diversity among all of my students, yet we were one. Before being in my school, the Chinese did not like Mexicans; the Mexicans did not like the Blacks; the Chinese and the Taiwanese did not like each other. They would eat lunch in their groups only. My goodness, there was no end to this prejudice and hatred. I solved it by making sure they all rotated as partners and got to know each other as a part of the human race. We created a positive environment.
- ⊙ The simplicity of my teaching technique and teamwork at the workplace made us very successful.
- ⊙ We had a happy place with good looking teachers. I wrote the detailed job description of each teacher, receptionist and even my janitor – the “dos and don’ts.” At the workplace, as a CEO, you cannot expect the employees to know and read your mind in order to know what you want and expect out of them.

- ⊙ Everything I allocated to any teacher or other employees was always in writing. In business you want to have documentation, just in case employee performance is not good.
 - ⊙ We were Mom and Pop business owners, but I started profit sharing with all our employees. When we closed our school, our teachers received a generous gift from us. We gave cash and Christmas bonuses and every year we had a beautiful place for Christmas parties. I was never cheap. If any of my teachers needed anything or talked about personal issues, I was always there as a mother or as a sister.
 - ⊙ Our alumni are proud graduates from my school. The school was full of my trophies, our students' national trophies and constant publications about our successes. Love is the final answer.
1. Think high enough to achieve success, you deserve more, why settle for less. There is much less competition on the higher level or state of mind than lower levels in the company. Spend less time talking about what you are intending to do for the future for yourself. Now is the moment.
 2. You are already reading this book; this is the first initial decision you have already made. The second step is to process what you're reading in your mind. The third step is how are you going to execute in your life. The fourth step is JUST DO IT! This rule applies to your work as well as to achieving a balanced life. Work smart so you can accomplish the job in less time. I have placed thousands of my students and I prepared them before they left my school.
 3. Overcoming fears will lead you to success; mental, emotional, professional and spiritual success. This type of fear, you don't want to walk away from, instead walk towards it. Talk about it, tell everyone and positive things will happen -don't stop believing in yourself ---- **YOU CAN DO IT, HOW HAVE THE POWER!** My success is total surrender to my Lord and I believe what I hear during my meditation. You don't need me to tell you what to do! You are better and higher than me. Just what I did in my life journey on the crazy planet with negative energies.

22 PERSONALITY TYPES

Many aspects can determine your personality type. You can approach it in a scientific way, by testing yourself and having a psychologist evaluate you. I don't want to evaluate anyone. I must spend time on evaluating myself.

Remember, a normal psychologist can evaluate you only on the information you are providing. The information you share can be delusional or based on your facts. Best to spend time and take the test yourself and you need to be honest to say, "I have this issue and only I can help myself. I am responsible for the good and bad that happens in my life." Allow a good professional psychologist or someone who is successful to have your trust and allow them to help you keep yourself balanced in the moment. I did it and so can you! This will help you to understand your family and co-workers. You can have your roadmap on how to deal with yourself and others.

1. Having the ambition to keep you going
2. Optimistic positive energy for your work
3. Exploratory willingness to learn new information is important for self-healing
4. Jovial, happy people feel comfortable approaching you and make them a part of your inner circle.
5. Manifest “civilized you” to get along with all faiths. Let being tolerant and unprejudiced become a part of your life.
6. Look around for inconspicuous people. They are an open book and expressive, and they are good for you.
7. When you turn courageous and fearless, you’ll take on challenges and move on to the next level to become perceptive and willing to learn as well as sovereign and self-directed. You know the right thing to do.
8. You appreciate scholarly intellectuals because you have spiritual awareness.
9. Profound thinkers
10. Tenacious and firm as a leader
11. Talented in your field
12. Persuasive and influential
13. Specific and precise in your goals and objectives
14. Promising and assuring your employees and your boss will value you more.
15. Enthusiastic and get others who are enthusiastic to do the job.
16. You will effortlessly become accommodating and helpful to everyone.
17. Humble people are not showy.
18. Charming and happy people move toward you.
19. You will have a good visionary life and a roadmap to success, with purpose in life.
20. Noble and self-sacrificing which comes naturally to you.

PERSONALITY TRAITS

There are countless diverse personality types, and it is sometimes difficult to categorize a person into a single category, as we may possess many different personality traits.

Personal traits are simple:

- ⊙ Level of your spiritual awareness (high, medium or low)
- ⊙ Outlook towards life (negative or positive)
- ⊙ Performance and action of your daily life (how you use your heart power to deal with people)

1. Endurance is a virtue, sometimes to the point it may be considered stupid, which is not true. People should learn to block out rubbish and stay content in their mental zone.
2. Find out your personality trait with conscience and really see yourself in the mirror. This helped me to fix my personality trait.
3. Compliance is part of their nature and they can help and get along with others.
4. Trustworthy no matter what the consequences are. They can be trusted for more responsibilities, as they are dependable. Furthermore, I'm a little bit meticulous.
5. Talented in their field
6. Persuasive and influential people
7. Specific and precise in their goals and objectives
8. Promising and assuring to their employees
9. Enthusiastic and get others enthusiastic to do the job, accommodating and helpful to everyone
10. Humble people like them because they are not showy.
11. Charming and happy people move toward them.
12. Visionary they have vision of their life, they know the purpose of their life.
13. Noble and self-sacrificing which comes naturally to them.
14. When we allow our negative ego to dominate us, we are too busy to hear our essence.
15. Our essence is pure, loving, kind and compassionate and cares for the universe. When we let our negative ego take over us, it leads to the following personality traits:
16. Arrogant: Proud of everything little they do. This behavior has only taken them into bad relationships, nicely staying disconnected so they won't challenge you. Arrogant: Their negative ego is too high, anyone who dares to hurt them will be punished badly. It's best to teach them the difference between the negative and positive ego. Argumentative: They are ready to argue to draw attention to themselves and prove that they are smarter than you. Avoid arguments and agree with them or walk away and don't look back.
17. Fraudulent: They are always attracted to wrong and cannot be trusted for key responsible positions. They will destroy your business.
18. Fussy: Nothing is good enough for them; they always find something wrong, not what is right. It is difficult for them to compliment anyone except themselves. Stay away from them.
19. Ironic: They enjoy making fun of others; it makes them feel superior. They can work on education.
20. Spineless: They are bullies; they usually want to hunt you when you are alone. Avoid being alone and report them with proof and documentation. With strict punishment they learn quickly.

21. Sluggish: They want to do a minimum, want to go through their motions. Their work is always left for tomorrow and, most of the time, is not finished. Best to work with them if they don't change, replacement is crucial for the company's growth.
22. Devious: They are sneaky and they act like your friend, then want to shoot for your position when you are not looking. Stay away, they cannot be trusted.
23. Disorderly: They are confused about their life and themselves; they change their opinions without thinking. They can be trained under strict regulation at work to keep the place tidy.
24. Domineering: They want to dominate every facet of their life. Some of them become successful because they get their way through bullying people. Best to avoid them.
25. Domineering: They want to dominate every facet of their life. Some of them become successful because they get their way through bullying people. Best to avoid them.
26. Spontaneous: They have no emotional maturity; they respond before thinking. They lack spiritual awareness. With love and kindness they can change with meditation.
27. Careless: They don't care about anyone; it is all about what they want and how they want it. Best not be around them
28. Egotistic: Their negative ego is very high. Most of them fall under the category of impossible people, and it is best to stay away from them.
29. Rude: They are the very ones whose behavior is beneath them. When the words pour out, it has the harsh voice that no one wants to hear.
30. Grudging: They never forget or forgive their possessed black heart. They live in the past. Stay away, they are usually impossible people.
31. Mischievous: They behave maliciously; stay away from them. Never attempt to do any business.
32. Particular: They are very clear about what they want and no one exists in their zone except them. With a little help these kinds of people can be very productive.
33. Hostile: People at work and families are afraid to ask questions or favors because they don't want to hear their aggressive lectures. They always fail at work and, of course, they are never at fault. It is best to teach them meditation and diet change which usually helps when it is implemented.
34. Snobbish: They suffer from a superiority complex; no one is better than them. It is hard to work with them. But they can be healed from social pressure
35. Despicable: They are dreadful, and these kinds of employees bring the whole administration down.



I have clear goals and understand individual differences, but how am I going to accomplish my goal? Clarifying goals involves:

- ⊙ Make sure that my people understand what they are being asked to do and what areas they are accounted for.
- ⊙ Understand what the clear written standard is for good performance, which will be evaluated every six months. If you can have this clearly explained, you can avoid countless hours of effort in reviewing tasks and redoing work. Do it right the first time. This will help you increase the overall goals of your team/department.
- ⊙ Avoid common managerial pitfalls that drain team performance which leads to stress and rework. If you want to increase your team's productivity, train them well and repeat and train them again and again throughout the year. We have a tendency to get lazy, so you need to provide a happy workplace and motivation to succeed.
- ⊙ Set clear written goals for each of your employees. This will set the standard for future discussions about their progress.
- ⊙ Become more aware of your employees' capabilities to optimize their talent and skills. Then give them challenges. Employees will agree with me if the job is structured properly – some tasks an employee can do, while others will be more of a stretch that cannot be accomplished. Try to provide constant training to keep employees motivated. If an employee cannot achieve a satisfactory performance, then you have the wrong employee and this one individual will affect the performance of your department/organization. Determining an employee's development level is a key managerial skill
- ⊙ Many managers develop lazy goal setting habits that don't really challenge their best people or choose the right people for their department. Team work is the key to success.
- ⊙ Everyone needs to know that they are valuable to the company. Make clear alignment between what the individual is doing and what your organization is trying to accomplish.
- ⊙ A well-defined job should have a clearly defined routine and some other challenging tasks.

LEADERSHIP AND ENTREPRENEURSHIP

My experience with vocational schools is that many schools are not well managed and are poorly organized because executives fail to tackle routine problems and have no concept of serving students. They allow themselves to become submerged with the particulars that should be assigned to assistants.

Through their dedicated commitment, real leaders are able to entice others, unite people, communicate through extravagant examples, and know the magnitude of their skills and apply them effectively.

I believe in a balance between reward and punishment. I would rather motivate them to accomplish a collective goal. Reward and punishment cause resentment, lower productivity and cause stress and anxiety. My punishment is making them feel good and letting them know in writing what they are not doing right. I always reward my employees by giving annual bonuses, offering cash on the side and being kind if they need to take time off. I established profit sharing for them. When I sold my school all of them were surprised to receive a nice fancy check.

My employees did not worry about rewards and punishment; they were content to be there with me. Even now my teachers are still in my college. The new owner could not replace them because they are the best. They were loyal to me. I tried to make them feel valuable; employees feel they're part of a candid team or family.

Executives must resolve to lead, not merely to manage but to become kind and compassionate.

Leadership isn't about your entitlement, nor is it about commanding others around you. Being a strong leader means identifying the objective to succeed as a team. It is helping your people to grow to their own full potential.

I sent my staff for training and paid for it, and they were worth my time and investment. I gave them promotions based on exhibiting good work. If you want to excel, don't wait for your promotion to start executing your talent and skills today! The more qualities of a leader that you begin to demonstrate, the more apparent a choice you'll be for the actual promotion down the road. By arranging and displaying yourself as someone who's ready to take on more responsibility, you'll be hard to disregard. Plus, over time, you have promoted your team with your efforts – this makes it a subjective and cooperative triumph.

Let's say you're a teacher striving to one day be a school manager. If a teammate struggled with his last lesson plan, ask if he wants to shadow you. Share your knowledge. If a teacher has an ill child, be there to take over the class even though it might be your day off. When there is a teacher's meeting, show up with some snacks before everyone arrives. This should be done genuinely because people will feel your good intentions. This act will uplift their morale and encourage them to start seeing you as an authority and a nice leader. When it's time for you to raise your voice, most of them will be thrilled because they will already be used to your kindness and leadership.

- © Write down your ideas about what you can do to improve your business. When you are having a staff meeting, be ready to vocalize how you personally could have done better – without casting any liability toward anyone else. Praise your colleagues with a positive compliment. By giving praise you're positioning yourself as a true leader/team player.

Happiness is not for sale; it is what we do at any moment of our lives that determines our state of mind, being happy or depressed. How many people in the world are on antidepressants? Are they content? Are they naturally high? It is our lifestyle that determines our state of mind. Being a leader, I created this lifestyle for my employees.

So Stay In The Present Moment And Keep Reading This Book.



5 STEPS TO EMPOWER EMPLOYEES

Empowerment is a term that should be at the forefront of every building conversation with your employees. Empowerment = a management drill of sharing knowledge, motivating employees so that they can take initiative and make judgments to solve their problems. Encourage employees to think independently so they are able to share and express their ideas to improve the service and performance of the company. Empowerment is the opposite of micromanagement. For this reason, it may be very beneficial for managers to empower employees, thus fostering employee reliability and an environment of teamwork. Employees reflect the manager, and the manager reflects the CEO. In other words, the CEO of the company sets

the tone of positive or negative performance. You do not have to be a college business major to learn how to empower your employees; most of it is humanity and common sense which naturally comes from the essence. If you are interested in knowing what it takes to promote employee empowerment in the workplace, just follow these guidelines for how to empower employees. I am sure all my readers understand it. Now, let's go in deeper and see if you are really practicing it. You have an employee that did something good today, did you call her office and give her a compliment today or were you too busy for it? How about the same employee who made a mistake? Would you call the office and let her know today or are you too busy for that?

A leader compliments employees and criticizes in a positive way in which the employee doesn't feel offended. If you use your essence and give that positive energy, they will respond to you in a positive way. Employees are human beings and there are many variables to explain why this employee made a mistake.

Step1– Walk in your office with a big smile and instead of saying good morning, which has no spiritual meaning, start using, “From my heart to your heart, love and peace. We are one!” Seeing the magic even on the street will make people smile. You must say it with your heart's energy. You will make yourself very successful in business.

Step2– Find out what is going on in their lives. Perhaps, an employee has a baby that kept her up all night, or they broke up with a relationship or did not have a good night's sleep.

Step3– Sit with your employees and go over the mistake, or get someone else to explain since, perhaps, she did not understand.

Step4– Finish with something positive about their work, which is honest. You don't want to compliment something that is not true; instead of helping, you might create a monster.

Step5– Document your meeting with the date, time or video of your conversation. Some employees are professional in making up stories and suing the owner. A leader holds the option to empower the employee to attain their optimum capabilities. This way you leave a good legacy behind.

COMPASSION WITH EMPLOYEES

You never know what employees are going through in their lives when they call you for time off. They may be upset or ill or even both. It is important for you as an authority to communicate on their level as best you can. Breathe and use your essence. They also may not know what you may have going on in your life. You can't allow anything personal you may be experiencing to come through during your communication with them. Concentrate solely on your conversation and try to determine their personality code as best you can and speak on their level, “Yes I understand. I am in agreement with you, and perhaps I can do----- for you. Let me know if I can do anything else for you.” They may not understand your management practices or they might be able to hear your kind words very well, if they are elderly, but be patient and listen with your essence. Use your positive ego and assertive way like a great leader. A soft hand and a hard hand will balance relationships.

The brain is wired to listen a certain way to a conversation, like a pre-patterned language. This is why some people “understand” when they are given instructions and others don't. When they don't, instead of judging them, perhaps the instructions were not presented logically according to their brain. Just like there are four temperaments (personalities) as described by Hippocrates, there are four ways of listening (related to the personalities). This is currently being validated by some recent studies. However, patience is still a great virtue, something which all of our essence possesses.

It appears that learning the four ways to communicate would be a great benefit to everyone. Can you imagine being able to determine your employees' personality codes and their way of listening? You can have up to 100% of your people understand you and "GET" you in each conversation versus reaching maybe only 25% of success. Think about what it could do for your business, your relationships and even for humanity and our universe!

WE ARE SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE.

- ⊙ Enter your blocks to unwind them. This is the only way a professional or a coach can lead you in the right direction. Or, take the responsibility, be honest, be yourself and take the first step of healing and unwinding blocks.
- ⊙ This is the first step to awakening and analyzing your issues and adding a good personality by learning to live with your essence and intuition. This is a lifetime process; just do it in a moment and don't try to do it for the rest of your life right now. Before you know it, transition time will be at the door. This is what I'm doing, what I'm sharing with you, and I find it rewarding and fulfilling for my soul.
- ⊙ Asking questions is a great way of uncovering who you are and what you want. Close your eyes, relax, breathe and find your ego and what the name of your ego is. This helps you face your ego, be present and listen to your essence.

LEADERSHIP ROLE & THE NEW WORLD ORDER

National and international conditions have been changing by the day, even by the hour, during and after the pandemic. Recently, I was at Dubai Airport and there was a big poster of a mother, father, a boy and a girl with their masks. at the bottom of the poster it stated: "Join our New World." Wow! Most people are not ready, so get up and learn about the new financial system and new business opportunities. I'm preparing my people on social media and those who are reading this book. Get going in the financial race.

An active CEO has priorities in making decisions and quickly processing available information. Breaking all the barriers and getting out of the box are important after a year of lockdown. It is important after a year of lockdown if your business is affected, then decide what not to do: putting a hold on large initiatives and expenses. The actions that previously worked will no longer work because the whole market and world banking system has changed. You have to stay in the race.

20 RECOMMENDATIONS NEW WORLD LEADERSHIP

1. Financial liquidity
2. Customer care
3. Recognize urgent and important things and act accordingly.
4. Think about survival today.
5. Make good decisions to have a bright tomorrow.
6. The default should be to push decisions downward, not up.
7. Embrace the good actions of the employee, be a leader and don't punish them for mistakes. The

- best leaders take personal ownership in a crisis and create a culture of accountability.
8. You and your leaders should make the workplace comfortable.
 9. Establish a routine of self-care: a healthy diet, exercise and meditation will bring good energy and increase productivity and minimize aggression.
 10. A good leader should connect with individual team members. Block out time on the calendar to do their team.
 11. A leader must be kind and compassionate. Understanding their team's circumstances and distractions is vital for team success. Covid-19 was stressful for some. Some leaders I know, like his excellency Dr. Michael Vo, created a positive environment for his city and brought a lot of business while the whole city of L.A. was locked down. Orange County was open. Many friends from Beverly Hills were going and enjoying Orange County's freedom.
 12. You and your leaders should now conduct 30-minute "wind down" sessions with direct reports each Friday afternoon via Zoom. People share their state of mind along with the week's highlights and low points. Dig down and engage with your teams. When communication breaks down and leaders act without team input, as can more easily happen when work is remote, there can be a bad result.
 13. The best leaders know they can't do everything themselves. Identify team structures and assign individuals to support key efforts. Ensure a focus on both customers and employees to support customers.
 14. Supporting employees: Lead them with empathy and a focus on safety and health. We have learned during the lockdown. What SHOULD we do? The answer is no need to do anything. We don't need too much to be happy. Should I do this or should I do that? But what we really need to focus on is what we want to do and be rather than what we think we should be doing. Time is the most precious thing. We have lost it and it is not coming back. My husband wanted to go to Iceland on a Crystal Cruise and keep traveling everywhere. When he was on his dead bed, he said, "I wish that we had taken that cruise and I should have helped people like you do." I am telling my clients. "If you really want it, just go for it." Tell people you love that you love them. That may be the last conversation!
 15. I have seen that people do not set goals, set vague goals, or set goals that are important but not present! I prioritize things! I listen to my heart and when something is exciting, I just do it and I don't question. Every time I questioned, my negative ego came in the middle and I made the wrong decision. Even my wrong decisions were good for me, I always say to myself, NEVER AGAIN!
 16. As I process, the doors open, I feel a sense of contentment and I build confidence each step of the way. I'm involved with many businesses. It comes naturally for me to take any business and grow it. Work becomes a pleasure, and you forget the time. If success is written, follow the lead. I have learned to listen to my heart. The train of life is running and it can stop anytime regardless of what you want. I lost my nephew at age 18. What do you think he planned? Did he dream he would die so soon? Nope! Have fun with whatever you are blessed with. I know a poor couple, so much in love, they are happy with simple things. Then I know a billionaire couple is not happy. Poverty and richness have their own issues. Is it about rich or poor or our attitude? You decide.
 17. If your business is affected, then decide what not to do. Put a hold on large initiatives and expenses. The actions that previously worked will no longer work because the whole financial system and the World Bank has changed..

18. You have to stay in the race, strengthen and build direct connections to the front line. In triage situations, it's crucial to have up-to-date technology that can bring the parties together; create a network of local leaders and influencers to get you going. I was amazed to see when working with the youth how well they are adjusting to the new world movement with the help of my mentoring.
19. Compassion goes a long way during turbulent times. Find ways to lend material aid to frontline employees who cannot work remotely, such as first responders, couriers and trash collectors. Collect and amplify positive messages —successes, acts of kindness and the obstacles that have been overcome. Many companies are tied to a noble purpose, such as saving lives, manufacturing medical equipment, helping markets function more efficiently or providing joy. Whatever your purpose, celebrate your daily (often unsung) heroes. Simply staying productive in these times is heroic. Train your team for crisis leadership.
20. As a leader of leaders, you are navigating new and ever-changing priorities with limited time to react. Some small investments in support and coaching can go a long way toward boosting your leaders' effectiveness.

LEAVE A LEGACY OF GOODWILL BEHIND.

Legacy = something handed down from an ancestor or a predecessor or from the past. You, as a leader, need to consider what legacy you want to leave behind so your employees can remember you. Do you remember a teacher or a family member that passed away who did something good for you and every time you think about that person you feel love for them? Some of you must be thinking, "Why would I care about a legacy? I am dead!" Then, it is your choice. I care about leaving a legacy behind. I found my purpose and it is to serve people and build a women's shelter. I am focused on my purpose. I work 14 to 18 hours a day to give time to my grandkids and my family. My personal assistant makes appointments for me to make sure I have quality time. I ask myself, "How may I facilitate my employees in taking ownership of their job assignments? What skills and information do they need? Should the job description be detailed with dos and don'ts?" Yes!

How may I enable them to pass the information along to others? Not every person desires to be a leader, but I, being a leader, can train them to be able to self-manage. They need to be rewarded with words of appreciation all the time, and at the end of the year, some financial appreciation will motivate them to work harder for the next year. I established a profit-sharing plan for my employees. My husband used to tell me, "We are small business people. We are giving away our profit." When we sold the business, everyone got some money, I was so happy to see smiles on their faces. We gave them extra bonuses as well at the end of the year based on their performances. My team consists of wonderful employees. When I took over the beauty college, my husband had 37 students; however, with the help of my team I was able to build an empire of 275 full-time students.

SUFFERING FROM THE MARTYR COMPLEX?

I was giving seminars globally and traveling five times a year because they gave me leverage to have a good life. In my opinion keeping your employees happy is the key; only then are they empowered to go an extra mile for you. You don't need to become a martyr.

New data reveals that 40% of American workers DO NOT plan to use all of their paid time off! Are you one of them? If so, what are your reasons for leaving your vacation days unused?

In 2019 I counseled two women in the U.S., one in Tunisia and one in France, all of them were suffering from the "work martyr complex." Let's discuss these two women from the U.S. One had a 13-year-old

child and the other had worked for 25 years; neither one had ever gone on vacation. These are some reasons they gave me: “I cannot afford a vacation,” “I cannot leave my work,” “Who is going to do my job?” They both own homes and have good savings and have good jobs. One lady was divorced, and I asked her what the reason for her divorce was. She responded that her ex wanted to travel, and he could not stand her working without family time. She, undoubtedly, preferred her work.

The second lady had no relationship with her husband. After spending hours on Skype with me, they both went on vacation. One went with me to Paris, and another went to Hawaii with her husband. They both felt rejuvenated. They had missed out on all this fun for so many years. Some people know how to work, but they don’t know how to enjoy life. We know an extremely wealthy family in the Los Angeles area. This man worked and collected wealth for years. When my husband was alive, he used to tell him to buy a first-class ticket and go on a five-star tour. He never listened, and now he is diagnosed with dementia, and of course, his kids don’t want to take care of him, and he is in a nursing home waiting to die. Too much attachment to money is a mental illness and a disconnection of the soul; it needs attention and self-reflection. We only have one life to enjoy on this earth. I cannot imagine myself not traveling; it is food for my soul. I think I would be sad to stay home without my husband. Traveling keeps me happy and productive. Trust me, your work will go on with or without you, so consciously choose to care for yourself. If you can afford to take a five-star vacation, go ahead, book it today and enjoy. If not, you can go on a budget trip, but get out of your house. Your relationship with people around you will improve. Kids do better in school when they travel. You are only going to gain and you have nothing to lose! Taking trips is healthy for relationships, the soul, and the body.

HOW JUDGING OTHERS AFFECT THE WORKPLACE AND SOCIETY

Accepting diversity is the key to succeeding in business negotiations. Otherwise, it can lead to self-sabotage in some people. It depends on how much space people create for themselves.

If you understand these issues, you will have mental maturity and you will be ready to take the position of being the CEO of your company successfully.

Women are treated differently than men on the executive level. In my line of global peace work there are hardly any women! Judging others unfairly is an action whereby the conscience of the heart is sick and the negative ego takes over. When you can treat women differently in the workplace and give them a high position, even though they don’t qualify, it is an act of the negative ego.

People in general love dogs; in fact, they will sometimes do more for dogs than for their family. This is because dogs give unconditional love and protection to their masters. We just need to feed him. This shows that all the different breeds of dogs in one animal group were created by the Lord - the Dog Kingdom. However, when we have prejudices, we cannot see the human race as one race. People have prejudices, and they hate and judge other human beings. Sometimes they believe that they are all going to heaven and the ones who are different from them are going to hell, so let’s kill them all! Who are we to judge them? Diversity is everywhere and people are not able to value the beautiful human race He has created to help us enjoy this planet. Those who find the Lord practice silence with nature and become just Love. They cannot hate, or feel prejudice, or hurt another human being. Why do you think the top spiritual leaders around the world instantly love me and my attire is always Beverly Hills styles even at home? They are not judging me; they feel my love for them and I’m receiving it back. My recommendation is FIND YOU; then your faith will be stronger and you will become just Love. This is a spiritually awakened human free from pain and suffering. We are not made to hate; it is against our soul which is part of the creator. This is what happened to me. In diplomatic peace negotiations and business there are people with their

professional and college education who cannot close the deal, but I have. Why? I follow where my heart is leading me. Don't question it. If your heart beats with contentment, go for it. Don't listen to anyone or ask questions. Most people including your own blood family are not your well-wishers. If you feel sad and your heart is beating nervously, walk away. I don't care how good it may seem. Run fast; don't look back. There is a division in every faith. I'm Christian. What kind of Christian are you? Divided! I'm Muslim. What kind of Muslim are you? Divided! I'm Hindu. What kind of Hindu are you? Divided! I'm Jewish. What kind of Jew are you? Just a Jew, not divided and Israel is their home wherever they live. Everyone contributes. Learn from people who know how to do it! WE ARE ONE!

The skin color is black. I'm black. How dark? 1 to 10 on the scale. Divided. It goes on and on. Division and diversity are created by the Lord. Becoming an awakened adult I must choose my faith, my life, and how I want to behave! Prejudice, hate, and judging others causes tremendous misery and trauma in the soul, body, and mind.

There are big individual divisions in Hinduism based on which Hindu sect an individual comes from. I did not learn this from any book or from social media. This is my personal education. Brahmin sects are the top people. Now I'm going to share a story of one of the Brahmin brothers in Lucknow. Brahmins are not supposed to eat meat or kill cows, which is a sacred animal in India. People fight against killing cows, and the majority of the export of beef from India is done by Hindus. This Brahmin brother of mine was involved in exporting beef to Europe. When I spoke to him and asked him what he does for a living, he gave me four different business cards. I stayed in his big beautiful home in Lucknow.

He got up in the morning and he was practicing his worship. My heart was aching for him, and I knew that there was something wrong. I asked him again, "Please tell me what you really do, so I can help you."

He put his head on my shoulder and started crying, and he said, "I am a sinner and a bad man, but I don't know what else to do. I'm making good money, but I'm not happy!"

This stress was causing him health issues. He told me that he exports beef and he bought this business from a Muslim man, and he made millions of dollars. His company was worth millions. I asked him if he would like to sell his business. He responded, still crying, "Who is going to pay me thirty million dollars in India? No Hindu will do it!"

I responded, "I did not ask that. I believe the Lord provides, but you have to have the intention."

I left him and I went to Mumbai. I met a young film producer. He brought with him a tall and handsome young man who came from a very wealthy family in London. This young man invests with just one producer and he was reinvesting in his movies. I asked him if his parents would be willing to buy a big beef business. He responded that he thought that it was not possible in India for Muslims to own a beef business and that the Hindu community would not allow it.

I responded, "Nope, it's a democratic government. Do you want it or not? Leave the rest to the divine."

The next day at 7 AM he called me up and said his family would buy it. I had to close the deal with the Indian government, I was able to sell his beef business, and I introduced him to a car dealer in London. He is now doing well in the car business and he is very happy and content. The Muslim family got the beef business which they are now running, and they are able to employ Muslim workers.

Do you totally understand why the Brahmin man suffered from panic attacks, depression, and high blood pressure? He was petrified of people judging him and hating him. Can we accept people as who they are

and focus on ME?! When you hurt someone whether intentionally or unintentionally, that person has to forgive you. The Lord will forgive you as I ask for forgiveness all the time. I don't want to hurt any human or this planet. I choose to take the pain and hurt myself more than others. Silence is a good answer for my healing.

Being a public figure, no matter what you do, some people are going to criticize your work. But I send them a love sticker. People including my family don't know someone who is content and only wants to collect good deeds! Sometimes my serving energy scares them and makes them feel bad and guilty, so by judging me they feel good about themselves. It is not important. Do I love them? Yes. Why should I waste my time judging them as well? All my readers have experienced this in their lives. This is why you create space to become just Love! Have you heard people say, "Be careful when you gossip; the walls have ears? My ears were ringing and you called." Do you know what the old wise-man was referring to? When people spend a lot of time in silence, they start hearing other people's conversations! So, please stop judging others and focus on ME!

Most of us have the tendency of judging others by the way they look, and we forget who we are ourselves. We have an image of ourselves in our minds. This is because we are affected by the adults' attitudes and behaviors around us as we are growing up, and for us it is normal. As an adult, we need to come out of these boxes and break the wall behind which we live and take responsibility for our actions.

- ⊙ How about pointing a finger at ourselves, do you think we can become better humans this way?
- ⊙ I have talked to individuals with light skin; they are prejudiced against darker skin. Darker skin people are as prejudiced against lighter skin as well.
- ⊙ I owned a vocational school and taught adults for thirty-eight years. I used to make sure to change students' seats and make them partners with different races. Here's what they used to say:
- ⊙ "Ms. Munni, I don't speak her language. Can I sit with my friend who speaks my language?"
- ⊙ My response: "That is so great. Now you have a new international friend. Get to know your new friend."
- ⊙ Students: "I have nothing in common with them."
- ⊙ My response: "Yes, you do. We all have the same religion with different beliefs. Talk about their family, travel, food, and habits. Ask questions about their culture. Stay away from discussing beliefs and politics."
- ⊙ The world would be so boring if we were all the same believers and followed the same religions. The Lord created this diversity to see how tolerant and good a human we will be. This is part of our test on this earth. I changed their thinking.
- ⊙ In the morning, I would start my class by saying good morning in different languages and every day they would shake their neighbor's hand warmly and say good morning in their language. This act brought positive energy to my college.
- ⊙ I taught students who came out of jail, those with physical impediments, the handicapped, and the abused as well as students who struggled with drug and tobacco addictions. They became more balanced and happier. They kept coming back to my school just to visit because my school was their home.
- ⊙ I noticed the students became such good friends, and I learned one Chinese student had the same personality as another African American student who had graduated. If teachers are reading this, they will agree with me.
- ⊙ If the owners of businesses would do the same, do you think it would help uniting cultures, lessen

prejudices, and create a healthy workplace?

We have been here on this earth for a certain amount of time, what legacy do we want to leave behind – as good human beings or bad ones? I believe we are good. We all come from the same Lord and the environment of this world corrupts us. This is what we need to be aware of at the moment.

THE MOMENT IS THE ONLY TRUE TIME

Judging people at the workplace can affect productivity and create sorrow. I have been a world traveler. I did not experience prejudice until I visited Africa. Trust me, it did not feel good. I am wise enough not to let it bother me because I understand where people are coming from. When I had an opportunity on their national television, I spoke about spiritual awareness and integrity which I experienced was lacking.

A workplace should be based on productivity. You don't need to love co-workers if you don't want to, but you must have the ability to tolerate and find one good virtue in every person you don't like. Bring that goodness out and you will see how your relationship with others grows. Some people are impossible. Avoid them and block them, but stay professional and keep your opinion about that person to yourself. You can come out of your box and go beyond your conditioning. Love and respect your parents; however, it is your duty to find out more about life and to go beyond. The quality of liberal and tolerant personality traits must be part of a leader's life. Making people sad is bad KARMA. Bad fortune will come to hound you in various shapes and forms, for example losing health, family, a pet, or a job... or the combination. No one can escape it.

The following article I wrote for a local newspaper shows how prejudice hurts innocent people:

THE CURSE OF BELIEF ON HUMANITY

DEFINITION OF BELIEF: According to the dictionary, a belief is confidence in the truth or existence of something not immediately susceptible to rigorous proof, for example trustworthiness of a person, idea, or thing, and it does not rest on logical proof or material. It is also referred to as faith. I have a strong faith that my Lord is my best friend and he sends angels towards me to help me finish my work. Remember, whether you agree or disagree, just spend a moment of self-reflection on how every human has its own fingerprint and DNA. Fantastic! The power of belief leads me to total surrender and freedom from anxiety and depression. Believing is the first step, then knowing Him will come as you practice silence.

WHAT IS A RELIGION? A set of beliefs concerning the cause and purpose of the creation of a superhuman agency or agencies, usually involving devotional and ritual observances and often containing a moral code governing the conduct of human affairs.

MY DEFINITION OF BELIEF: When Jesus, Buddha, Moses, Mohammed, and others came, we were not present, but we believe because our brains have been conditioned in this way since we were little. You are telling me a story, and I choose to believe it or not; it is up to me. Which story people want to believe is usually based on people's hearts. I respect and love them all. I'm a strong believer in my Lord and I have experienced total surrender. Our believers are all different. Think how boring the world would be if we all had one belief. Diversity is created to create action and reaction. But all believers believe that they are

going to heaven and that other types of believers are going to hell. This means you don't know the Lord. People who know HIM cannot hate.

Here is the Issue! Who are we to judge others when we have so much to do just to improve ourselves? Judging others is a part of human nature. For example, I see someone sitting watching television, and I know I might say, "What a loser." Remember this is my opinion and, as such, I am not -- hurting anyone. However, if I kill a person because he happens to be born into a family with a different belief, it makes me a terrorist, a murderer, and a bad person; my negative ego is dominating. Religion is how we treat others and serve in every moment. Religion is common among believers of a super power, the creator of this and other planets. Kids with religion in their homes do very well in their lives. Every faith has blood on their hands – IN THE NAME OF THEIR GOD! This has nothing to do with God!

I cannot imagine hurting someone. My conscience won't allow me! I want to install conscious education in kindergarten all the way to college. Then we will have people who love peace. The Kingdom of Hawaii still exists and these people are peaceful; they don't believe in war. The general public doesn't know, but the movement has started now! Stay tuned!

You can believe the word of Moses or Jesus. It doesn't matter if you are not practicing a religiously clean lifestyle. It is easy; just start breathing in silence and you will hear your heart. I was in Calgary, Canada recently. I saw demonstrations between Israelis and Palestinians. My judgement seeing this is that the western world was, "two old tribal groups living inside their boxes, justifying wrong behavior, and allowing their egos to take over their essence."

Our egos are the same. What makes us different depends on how much we allow the negative ego to take over us. In the same way, our essence/conscience are identical, and we need time alone to hear our essence. I believe we all need to support the THINK POSITIVE GLOBAL INITIATIVE. We need global awareness towards peace. The United States has been involved in over 130 wars. Where is the peace? Our modern technology has taught us to lose our essence and live with our negative ego. You, myself, and everyone need to be responsible. Let's go back to our essence/conscience and try to make a better world. Hitler killed so many poor Jews and other people, yet he was very personable with his people, and they loved him and justified the killing. I visited Israel and there are a lot of people who want peace. Killing people is an act of the negative ego. When anyone shoots children, we all have to do something about it. I interviewed a retired soldier, and he said, "I am having nightmares. I killed too many children and destroyed their families. I want to kill myself." I have been counseling this soldier for the last six months.

MY DEFINITION OF RELIGION:

Religion is the way we treat our elders, our family, our country, our teachers, etc. In simple words, does the world accept the Ten Commandments of Moses? Yes! Why are people hating each other and wasting time instead of looking at themselves? I'm loved by the top religious leaders of different faiths. Why? They see my heart is not capable of hating anyone! When I meet people, I always greet them, "FROM MY HEART TO YOUR HEART, LOVE AND PEACE. WE ARE ONE!" Simultaneously, I ask my Lord HOW CAN I SERVE? Seeing the energy is so powerful. This greeting means shalom, namaste, salaam alaikum, blessings on you. Is there any chi in saying good morning? Nope! Try even in the grocery store and you'll see how people gravitate towards you. HEART POWER! I'm successful globally because I'm a qigong practitioner, my heart power!

Most of these leaders have hugged me even though most of them follow the protocol not to hug a woman. However, at that moment they were with me connecting energy to energy. Why can't they love each

other? It is not a religious war; it is a political war created by the same people with no conscience. They are chips off the same old block. Television causes tremendous hate. Media people don't cover good news. Do they want bad news? Yes! Why? People want it. We are responsible for it. If people demand change, things will change. The media are feeding the public's demand. There are two sides of the story. I refuse to watch the news. My news comes from people. Then I do something about it.

*At the end of the day, we are all responsible for this hostile environment, by
accepting immoral acts as normal.*

Let's work together and stop killing and learn to use words instead of violence. This is 2022.



SPORTS AND AGONY

I love soccer and basketball, but we need to learn to enjoy the game. I am a Laker fan; I don't feel disappointed when they lose. They need to try again. These players work harder than animals. When they are injured, most of the fans don't care. They only care about their productivity and winning the game, but I care!!

I remember Kobe Bryant was injured; he played and did his best. The Lakers lost and the fans were upset!! You must be thinking I am crazy, yes! I felt their pain. I was backstage and I witnessed how he was suffering with agony, and then he was given shots, medication, and other treatments. He loves to win, he must play, where is the enjoyment? STRESS YES!!! Now he has gone into transition and left everything behind.

How about we just enjoy the game? We're all going to win and lose; that is a fact. They are all doing their best to entertain us, so let's give these players a break.

I'm pretty good at basketball when I play with my grandkids. Some days I cannot shoot the ball; this is life. We need to use our essence to be aware of our vicious conditioning.

I think society has put too much emphasis on sports. It's good for kids to keep them away from getting in trouble. However, when the pressure comes from the parents or coach to win, it takes away the beauty of the sport, giving birth to stress and anxiety in children. Is it all worth it? This is what you need to ask yourself. My mother never pressured us to get an "A" in school. She made sure we did our homework and provided us with tutors. We all did well. I was very hard on myself, and if I didn't get an "A," I used to cry and feel like the world was going to collapse on me. As long as your kids do their best, it should be good enough, and you can help them to raise their academic grades. You know what is best for your kids. My message is that learning and sports should be fun with minimal stress. You can train your kids to use their heart power. Use their essence/conscience to be present with the ball they are playing with and to listen when the teacher is teaching. Help them as soon as they have an issue with any subject NOW, not tomorrow. Give them tutors and ask the school to help. Don't wait until they have a poor report card, and then you yell at them by using your ego. Instead, take the responsibility that you were absent from helping them. My daughter and my grandchildren are coached to have fun, and I don't care if they win or lose. This is the attitude they have and they do well when they play.

HOW MANY BLESSINGS OF THE LORD CAN WE DENY?

It is a hard question, to really see what things we should be thankful for. Most people are not happy with what the Lord has given them. We have curly hair, but want straight hair. Dark-skinned people want light skin. Fair-skinned folks want darker skin. If someone has a Mercedes-Benz and we have a Toyota Corolla, we want their car. Just being able to see His blessings is a huge blessing. We forget to thank God for what he has given us and we always cry about something we don't have. After we have what we want, we go into the same cycle of WANT! Again. It is our negative ego working, being never happy and missing out on the present moment.

- ⊙ We say we're thankful; however, we really don't mean it. The day we understand this, our wish list will go down and we can be free from discontent, and happiness inside us will bloom.
- ⊙ We take those who love and care for us for granted, and we run after people who have more materialistic things or other excitements than those who love us - this applies to relationships in our lives as well. Again, this is our negative ego.
- ⊙ I have not gone shopping in years because I ask myself, "Do I want or do I need it?" I use all that money for my charities. Let me share a short story with you: I was at a resort hotel and went to take a shower. I noticed there was no hot water. The old, spoiled Dame Munni with a negative ego would have called and complained, but instead, I took a cold shower thinking about those kids in Thailand taking cold showers every day. Furthermore, I thanked my Lord for letting me stay in a beautiful five-star resort.
- ⊙ I have traveled around the world, and whenever I land at any of the U.S. airports, I always say, "Thank you, my Lord, for making me part of this land. May the Lord bless America."
- ⊙ The pandemic was very good for me. I loved being home. I traveled and had a lot of family parties. My grandchildren were a reflection of me. They were happy and content. They did not feel locked in. In fact, my daughter's boys went to a private school in the middle of a valley surrounded by the mountain, and it remained opened. The parents wanted to send the kids, and the rest went online. We were lucky.

I personally took care of eighteen Covid-19 patients having direct contact without physical distances, and I hugged them and kissed them. Using the term social distancing has caused physiological death globally. We are social beings, and deprivation causes a lot of people deep depression during the pandemic. I took many people to the Whole Foods Store to buy black seed oil, a facial steamer, vitamin D, C, E, chia seed, and hemp seed. I always pick up the same dirty cart and the worker will tell me with panic, "This is not clean, madam!" I respond, "I have been holding the same cart for over 50 years, why should I change now?!" I broke every rule, and I could not get Covid-19. You go to the restaurant and you must wear a mask, but if you're eating, no need. Because, does the virus understand you are eating? I traveled to Dubai for a 16-hour flight, and when we were exiting the aircraft, the captain announced that we needed to maintain social distances. Wow! For sixteen hours no need, people were sitting next to each other, but now while exiting we had to? People were laughing and realizing how we are educated to follow something that has no scientific reason. My daughter got Covid-19, got antibodies, got vaccines, and then got the Delta variance. I took care of her and she was saying, "Mom you will get this one. It is very bad!" She deals with wound care patients. I still don't have it. My son had exactly the same, and I took care of him and I'm still fine.

So, I have Dr. Chin, who is writing a thesis on everything I'm consuming and doing. In the process, he himself started making my smoothie and became a better and calmer husband. His wife called me and

said, “You put a magic spell on my husband, and he became romantic and he talks about it with everyone.” We are not just making nutritional food. Spiritual beings have faith and physical well-being and they practice quiet time.

I’m a living example of having a clean body and a connected soul. At some time, I will have to go into transition, but the quality of life I have is young and fit. Amen.” I am thankful to all of you for being a part of my life and taking time to read this book and listen to what I have to say. God bless you all. Take a moment, stop reading and ask, “What am I thankful for?”

Make a list. You can do it right now to increase the use of your heart power.

STEPS FOR SELF DISCOVERY:

- ⊙ Take responsibility for your actions
- ⊙ Meditate
- ⊙ Focus on your actions consciously
- ⊙ Volunteer to feed your soul and do something good for somebody today
- ⊙ Find the Lord in any belief of your choice
- ⊙ Being present increases relationships, business success, and memory.
- ⊙ Being positive and buoyant can impact everyone around you. Amen.

I have been very productive during this pandemic. It was therapeutic for me, and I was heartbroken to see so many businesses lose everything. I did everything to keep myself balanced after seeing so much misery.

Beverly Hills businesses were the victims of an organized, prefabricated vandalism and demonstration by looters. My peace leader got injured. She was inside a building when they came and they broke both of her legs in four places. They hit her several times and she is blonde, Caucasian, and just 105 pounds. Since then, she has had surgery after surgery and no compensation from the city or the government, so why? She was scared these guys would come into her truck and take everything and she was an eyewitness. They told her they would kill her. I would not get involved with these sophisticated high profile criminals. Who was so organized? One of my friends died. Two of my youths went to jail. I should have been depressed – I could not fly, I could not do my work, and I was locked inside my house. Do you think I should have been depressed? Absolutely not!

- ⊙ I had to stay home. My grandchildren were home. We did a lot of traveling within the U.S. and had fun. Beverly Hills was shut down, so we spent a lot of time in Orange County. Restaurants were open with soft precautions. I found life for the elderly whose kids left them.
- ⊙ Older people were treated like they were contagious. Eleven older people would come over every Sunday, dressed nicely, for Bible reading, food, dancing, and practicing qigong. We served good food in good china. We had candle-light dinners. They expressed how they felt. They were so turned off by their kids and, on the other side, I was fearless, loving, kind, and compassionate.
- ⊙ This is why I’m the philanthropist queen of Beverly Hills. I’m a leader who is not waiting for anyone to assist me. My Lord is my best friend. I made my own protocols at the moment and I’m very glad I did! I gave them something to look forward to and they waited the whole week for the

Sunday Party. None of them got Covid. Every one of their children had Covid-19. Bad karma!

- ⊙ I took a steam shower in both my homes. I use steam. If you don't have steam, then use a hot pot on the stove. Apply a little bit of coconut oil on the skin, so it won't get dry. Dry skin is porous and viruses can enter easily. Add some cinnamon sticks and cover the pot with a towel and breathe.
- ⊙ Before the pandemic I was very lazy about taking my supplements. I started taking 15,000 ml of vitamins – 1,000 ml of vitamin C, fish oil. Use no ice at all. Warm water, not hot, helps in cleaning our tubes which are full of old food coating and closing the skin pores. Take a cold shower. Please visit [art4peaceawards YouTube channel](#). I have fully detailed instructions. Breathe, inhale from the stomach, hold, and exhale haaaaaha.
- ⊙ I gave Joshanda tea to the people who visited my office and my home. If anyone comes down with a cold, from now on treat it like Covid-19. You never know.
- ⊙ Each one of us has our own DNA and immune system. I have asked 17 doctors from the family: "I have been exposed eighteen times to Covid-19 and seven Delta variances. Please help me understand if I need the vaccine." The answer is: silence or "You have a great question," or "No, you are immune." I get tested every week. I was forced to get a vaccine because of my travel and I had to do the whole treatment of cleaning my blood. Am I saying not to get the vaccine? No! Everyone who wants it should get it. I don't need it. The mandate is the issue. I lost seven people to these vaccines. Just like other medications, they need to make protocols as certain people cannot get this particular vaccine.
- ⊙ Masks come with protocols. Flying back from Dubai I was on a 16-hour flight, with four hours check-in before the flight and two hours after the flight. Do people wear the same filthy mask? I took a box of masks, and every hour I took off my mask and allowed myself to breathe normally. Wearing masks for a long time will cause people and poor children to be immune suppressed. There was a 2-year-old baby who kept crying at the airport and the mother kept pushing the mask back on his face. I had to tell her, "Please, don't torture this innocent kid. Let me hold him." He fell asleep in my arms within a minute. Kids are very connected; they know good energy and bad energy.
- ⊙ Conclusion: Vaccines and masks come with protocols, and they must be implemented before we have a sick society. People need education. Since we have herd immunity, it is the best time to educate people.



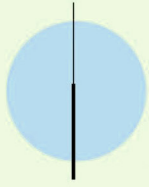
Get Balance

Chapter 6

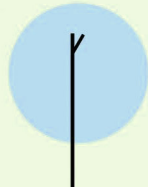
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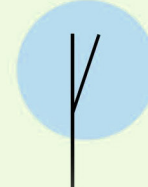
SPLIT ENDS CAUSES AND TREATMENTS



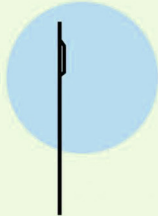
Hair ends become tapered when the hair is slithered by the hair dresser or dull tools are used



Hair ends split just at the very end. If they can be treated and repaired, the cuticles stay flat.



Hair Ends will get wider and you see while dry ciuticle detached from the hait folicle become tapered when the hair is slithered by the hair dresser or dull tools are used.



The hair shaft splits in the middle causing a hole. This happens when the earlier stages of split ends are ignored.



The hair shaft splits through the shaft or towards the in numerous places like a tree.. because of using: hot tools, using strong shampoo, or over shampooing without proper treatment, using plastic combs or brushes, using rubber bands on hair, teasing, using gel and too much hair spray, bleaching, perming, relaxing and tinting. Best treatment: Give your hair total rest. Keep trimming every week. Use organ oil to mix with avocado and egg whites, leaving it on overnight or for at least 40 minutes. Use shampoo with a PH of 4.5 to 5.5. Buy professional shampoos only. These commercial brands are not good, I never use them.



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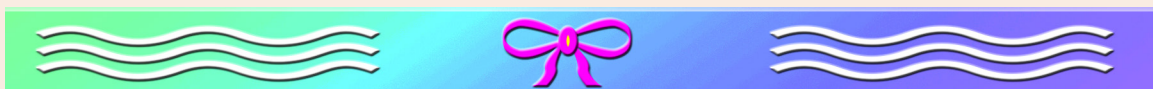
14 STEPS TO HEAL DANDRUFF

Dandruff is flaky skin on your scalp that can cause severe itchy scalp. Dandruff is usually due to the body's overreaction to the presence of normal yeast on the skin. Scratching causes permanent damage to the hair follicle, hence hair loss and scalp acne. These flakes can be caused by two very different conditions: Dandruff could be dry flakes or oily. Dandruff (also known as seborrhea) can usually be treated relatively easily and is seldom a serious medical problem. Seborrhea is an over-activity of Sebaceous glands (oil gland) which are attached to hair follicles. It causes skin problems. Dry Dandruff, dry scale which is contagious:

Step1– Be sure not to drink any sodas. Add two liters of water and watch your urine. it should be clear. If not, keep drinking water until it runs clear.



- Step2**– Breathe from your stomach and do haaaaaha. This will help release stress.
- Step3**– Do not share towels or pillows with anyone. Head-n-Shoulder shampoo is very strong. I have never used any harsh shampoo and tried to solve the issues from the inside out. 90% to 100% success with my clients. But you need to follow my instructions. If you need help, please send us an email at info@worldwideyouthcongress.net.
- Step4**– It is important you brush first to loosen dry flakes. Keep a towel on your shoulder. Place the back of the boar-brush on the scalp and roll then brush through the ends.
- Step5**– Apply on the first day and treatment. Take a gauze saturated with witch hazel. Gauze is better than cotton balls, because cotton balls leave residue on the skin and may cause hypersensitivity.
- Step6**– Apply ground onions on the scalp. Cover with a plastic bag. Leave it for an hour. Towel dry and apply coconut oil. Leave it for one 15 to 20 minutes.
- Step7**– No shampoo. Rinse the hair thoroughly.
- Step8**– When the hair is dry, apply coconut oil and use a fine tooth comb to remove dry scales.
- Step9**– Apply 99 to 100% aloe Vera gel and leave it on the whole day until the next morning.
- Step10**– Rinse with hot water, then cold water and mild professional natural shampoo or shampoo with sulfite with a PH of 4.5 to 5.5. Second application: I hardly needed to use any shampoo with sulfate.
- Step11**– Apply neem powder mixed with argan oil, make it a paste and leave it overnight.
- Step12**– Next day apply egg white with avocado on the scalp on top.
- Step13**– One light shampoo with a lot of hot water and cold water. You should be in good shape by now. If you still feel any symptoms there. Apply 2 to 3% peroxide with gauze. No need to brush it will be too porous and cause discomfort on some clients. Others with thick scalps handle it. Let it set and apply coconut oil with egg whites and let it set and don't shampoo.
- Step14**– Did you notice that I did not recommend the conditioner? No need for more chemicals, the less chemicals the better. If you have damaged long hair then you can use a protein conditioner and apply away from the scalp just on the hair.



Basic to Advanced Esthetician Guide

Basic to Advanced Estheticians



Published by
MDJ Publishing
Striving for Excellence



This portion is for men and women.

- Q1. Do you want young and supple skin?**
- Q2. Do you have fine lines that you want to remove?**
- Q3. Does your skin have minor to major breakouts?**
- Q4. Do you want to know what foods produce elastin in the skin?**

If your answer is YES to one of these questions you need to read this portion of this book.



Skin is the largest organ of the body. I never read religious books, but I was always interested in skin. Skin is the reflection of who we are inside. Even if the features are balanced, it is healthy skin that makes everyone attractive.

Skin on the face, neck, legs, elbows, and knees shows the highest stress. I'm keeping up with healthy skin without any doctor; it is the accumulation of my lifestyle.

I have a textbook on this subject, and I felt it was important to discuss this subject in this book.

Acne is commonly called pimples or the slang word, zits. It is a skin condition characterized by whiteheads and blackheads. In severe forms, there are inflammatory papules, pustules, and nodules. Acne occurs in areas that have the most sebaceous (oil) follicles like the face, back, and neck. It is caused by changes in hormones, eating toxic foods like shrimp, eating chocolate, and drinking excessive milk or other dairy products, which cause changes in the hair follicles and the associated sebaceous glands. Acne most commonly occurs in adolescents because there is an increase in androgen (male hormone) which causes an enlargement of the sebaceous glands. Enlarged sebaceous glands produce more sebum (an oily substance). Excess sebum and keratin clog hair follicles and lead to the formation of comedones (blackheads) or milia (whiteheads). Bacteria within the clogged pore can cause inflammation around the comedone, leading to pus-filled lesions like pustules and nodules. Inflammation can lead to scarring and hyperpigmentation (color stains on the skin). There are three types of scars which are common even in mild acne: acne pits, raised scars, and ice picks.

Ways to treat the skin:

- ⊙ Wax mask, red dermal light, and effleurage (deep rubbing or even medium rubbing) massage

Avoid

- ⊙ Avoid over-exposure to extreme temperatures – cold, hot, or harsh winds (Aging naturally has a tendency to make our skin thin.) When you are exposed to extreme climate over moisturize and use Aloe-Vera 99% gel. Wait until it is dry. Carry with you and apply fresh every couple hours.
- ⊙ Do not wash your face with hot or very cold water. Lukewarm is the best way to go when it comes to cleansing. Avoid scrubbing too much, such as towel cleaning, rubbing, brushing, and stretching of the skin.

BE GENTLE TO THIS KIND OF SKIN AS IT IS POROUS

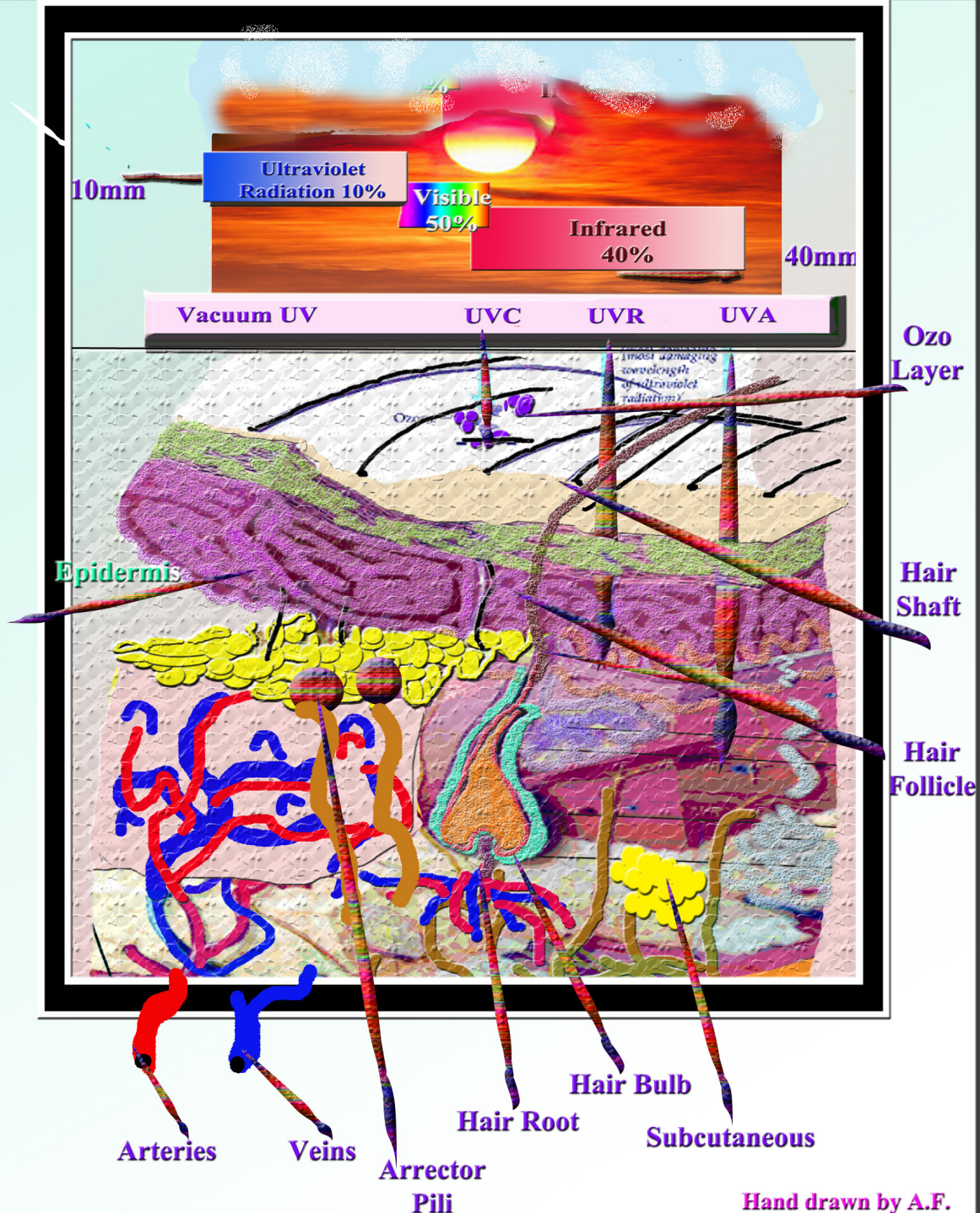
- ⊙ Acne can lead to depression, low self-esteem, and social withdrawal. There are many treatments for acne, and a combination of treatments is usually necessary to clear the skin.
- ⊙ However, watch your food and sugar intake. You can heal the skin externally, but inside new acne is coming and it is a vicious cycle.
- ⊙ Experiment with yourself just to stop all dairy, seafood, alcohol, and sparkly drinks for three months. Drink two liters of warm or room temperature water. Avoid ice water. This helps in cleaning your tubes and detox exercises will help in detoxing and sweating.
- ⊙ Get balanced and everything will heal from the inside out. Our skin is a reflection of who we are inside.
- ⊙ Externally, just use pure organic oil and then use mild soap on a washcloth and gently wash with warm water. Be sure to clean the indented areas of the face like the corner of the nose, chin, and forehead.



Sun and its Effects on Skin



The outside skin is a reflection of our inside general health. Keeping a balanced diet, exercising regularly, avoiding overexposure to the sun, cleaning properly and having a positive outlook on life are secrets of youthful skin.



Acne has memory, you cannot use the same brand, as you know after a while it stops working.

- Step1**– Do not rub; use a clean towel press and pat
- Step2**– Use witch hazel using a patting motion
- Step3**– Use moisturizer using a patting motion
- Step4**– Use diaper rash cream at night
- Step5**– Use neem powder with pure honey to make it like paste the second day
- Step6**– Use Vitamin A for the third day
- Step7**– Use Retin -A twice a week and antibiotics
- Step8**– Use Vitamin C on the fourth day
- Step9**– Use diaper cream again on the fifth day
- Step10**– Use pure Manuka honey only and put gauze over the skin; put a towel on the pillow to protect linen and keep a small towel wrapped around the neck. They use this in the Netherlands for the patients to heal after surgery. Many on the market are not real. If you want then I will lead you directly to the grower.
- Step11**– If you are home during the treatment, leave all these treatments on all day; it will clean your blood.
- Step12**– Select chamomile-based products to wash the skin
- Step13**– Use moisturizers with anti-inflammatory ingredients such as collagen
- Step14**– Use a spray machine to rinse the ingredients; avoid using a brush to scrub the skin
- Step15**– Use collagen and vitamin-E
- Step16**– I have used High frequency Treatment and I had good results. In some countries it is illegal to use at home. You can always go to the professionals and ask for treatment.

You have a choice.

- © I have helped thousands of people over my 39 years in the beauty industry, including acne rosacea, acne vulgaris, and acne simplex. The best thing to do is to have a video chat so that I can guide you through the process treatment.
- © Doctors usually recommend topical bactericides like benzoyl peroxide. Topical antibiotics such as erythromycin and clindamycin can also be used to kill bacteria trapped in pores. Doctors may prescribe oral antibiotics, topical retinoids such as tretinoin (retin-A), or oral retinoids (accutane). Hormones like birth control pills or medications that reduce androgen are usually recommended. Lasers can be used to reduce the appearance of acne scars. You should demonstrate to your client proper at-home care. Face washes made of salicylic acid or beta hydroxyl acid (BHA) can be used. BHA is derived from the bark of the willow tree, and it is the key ingredient found in many acne skin-care products found on the market today. These agents are used to treat the following:

•Acne •Psoriasis •Dandruff •Calluses •Corns •Warts

Dr. Tony Shum from - DSC LASER CENTER in San Gabriel, Los Angeles has a shot that clears your skin for two years. Many students have gone there. They are the only ones who give my facials. They are clean, reasonable and have updated technology. I have my students working there. I trust them. Furthermore, both the husband and wife are believers and philanthropists.

PPrimary lesions are commonly linked with the initiation of diseases. Identifying the primary lesion(s) can help resolve skin problems in its primary stages.

PPrimary lesions include: macule, papule, pustule, vesicle, bulla, nodule, tumor, wheal, and telangiectasia. Secondary lesions are modifications of primary lesions.

I have a whole textbook on skincare. This is just basic knowledge for the public.

Macules are called actinic keratosis, sun-spots, or age spots. There are discolored patches on the skin that are completely flat and can only be examined by visual inspection and not by touch. These skin patches may be brown, tan, gray, or pink. They tend to appear on the parts of the body that get the most sun exposure, such as the hands, arms, face, scalp, and neck.

1. Dermal light therapy
2. Skin bleaching
3. Surgery
4. Topical steroids
5. Excision is cutting the lesion from the skin. The medical practitioner may choose to remove extra tissue if there are concerns about skin cancer. Stitches may or may not be needed.
6. Cauterization is effective – lesions are burned with electric currents.
7. Cryotherapy is when the lesion is sprayed with a cryosurgery solution. It freezes the cells on contact, turns them into scabs, and drops them off in a few days.
8. Chemical peels, such as 5-fluorouracil, kill the skin cells and cause the lesion to scab over and drop off.
9. Phototherapy includes prescription medications. Chemicals are applied to the skin and then light is used. This procedure causes cells to die. It is not clear exactly how chemicals work in actinic keratosis.
10. You can use skin peels, minor skin bleaching creams, or lemon. Stay away from sun, wear sunblock over 60 SPF, and wear sun protective clothing and a good moisturizer.
11. Excoriation is cutting the lesion from the skin. Medical practitioners may choose to remove extra tissue if there are concerns about skin cancer. Stitches may or may not be needed.
12. Cryotherapy is when the lesion is sprayed with a cryosurgery solution. It freezes the cells on contact and turns them into scabs which drop off in a few days.
13. Chemical Peels such as 5-fluorouracil, kill the skin cells and cause the lesion to scab over and drop off.
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15. You can use skin peels, minor skin bleaching creams, or lemon. Stay away from sun, wear sunblock over 60 SPF, and wear sun protective clothing and a good moisturizer.

Papule comes from the Latin term *papula*, which means pimple. It is a small bladder-like sac or cyst containing a serum-filled blister formed in or beneath the skin. They are small, solid, and round raised bumps which are usually less than 1 centimeter in diameter and less than 3/8 inches across. A papule is an inflamed blackhead lesion which is tender to the touch. Papules may appear alone or in groups. The condition can cause emotional and psychological distress. Papules can lead to infection or permanent scarring. This type of acne takes many forms, including an inflammatory version that forms around hair follicles and produces small red bumps on the skin. A fibrous papule is a small, reddish-brown, smooth papule that could appear on the side of the nose and portion of the cheeks. It has fibrous tissue affecting the entire surface of the skin, hair, nails, muscles, and glands. Papule acne forms when a follicular wall breaks into the dermis and white blood cells rush in to combat and kill bacteria. This action leads to inflammation. The following may be responsible for creating papules:

- ⊙ Improper exfoliation causing dead skin cells to clog hair follicles and lead to papule acne
- ⊙ Overproduction of sebum
- ⊙ Heredity
- ⊙ Hormones
- ⊙ Certain medications and even restrictive clothing

ALL THESE TREATMENTS ARE DONE BY PHYSICIANS

1. CO2 laser ablation is when a special cream is used to desensitize the area; then a carbon dioxide laser is applied while avoiding damage to the surrounding skin. This will typically take approximately two full weeks before a complete recovery can be expected.
2. Cryotherapy involves applying liquid nitrogen to the pustule to freeze the lesion by forming a blister or a scab later.
3. Excisional surgery is when a local anesthetic is applied to the papules.



Psoriasis is a problem rooted in the immune system. What I have seen with clients for over 40 years is that it is totally related to stress, anxiety, and depression which will definitely challenge the immune system. Psoriasis is a chronic condition without a current medical cure and one that can cause a great deal of embarrassment, low self-esteem, and more depression when people look at themselves in the mirror. If you have psoriasis, that process speeds up in various spots on your body. This causes dead skin cells to build up on the surface. This usually occurs on the **scalp, knees, elbows, back, and arms.**

Psoriasis is considered an autoimmune disease, which means any organ can be attacked and there are no boundaries. The immune system normally guards against germs like bacteria and viruses. This is simple science – when immunity is low viruses like Covid-19 can proliferate as has been shown during the pandemic. Why do you think I don't have Covid-19 or psoriasis or dandruff or other health issues? Immunity is natural or acquired by health habits. The immune system senses these foreign invaders, and it sends out an army of fighter cells to attack them. When the defense is low, you lose the game; it is very simple to understand. In an autoimmune disease, the immune system mistakes part of your body, like your joints or skin, as foreign. It releases proteins called auto-antibodies, which attack healthy cells.

Practicing qigong and drinking my healthy smoothies have helped thousands of people to get fit around the world. Hospital vs. a healthy life!

I had a student full of white crust on her hairline, forehead, eyebrows, and a little on her hand. Every time she had an exam she would look worse. I started by rewiring her brain and connecting it to her heart. This changed her total lifestyle although it was hard to teach her because she was Vietnamese. She turned out to be my shining star. My husband went to France, and he met a receptionist who was in her 50s. She had never gotten married. It was one of the worst psoriasis conditions I had ever seen. There was no clear skin. Her face and hands were totally covered and she was overweight as well. I sent my husband away, and I stayed behind and I started a conversation. She told me about the psoriasis condition also affecting her private areas and her tears were falling. Psoriasis can take different forms. Sometimes the skin may look dry and cracked. Or, it may be reddened and dotted with small silvery patches. These were the treatments I gave her: I worked with her from 5:00 to 6:00 in the morning practicing qigong. I told her to omit seafood, pork, milk, and cheese from her diet. I also taught her meditation.

Things to do for psoriasis:

- ⊙ Use dry brushes on the whole body, brushing the skin towards the lymph nodes
- ⊙ Apply neem powder with honey, treat it as porous skin
- ⊙ Apply collagen with Vitamin C and E
- ⊙ No soap for the week
- ⊙ Apply argan oil and shower with no soap. Use hot water with a washcloth circulating motion all over the body first, then rinse with cold water
- ⊙ Then, I had her drink neem powder with some lemon and I put her on red ginseng from Korea. I saw relief right away. If you suffer from psoriasis, please follow this procedure.

Precaution: Be sure every single inch of the body has treatment applied; otherwise, a patch of dry skin on the body could cause viruses and bacteria to penetrate and cause health issues.

Keeping my mouth clean is vital for me. I eat and right away I floss and brush my teeth regardless of where I may be. My mouth is clean. This is half of the health problem for many people with poor oral hygiene. I have avoided the flu and Covid-19, including the Delta variance. It's not about the mask or social distances, it is about maintaining my total existence. How many people are willing to live my life? You decide – a healthy life of contentment or doctors' visits with misery. The ancient Ayurveda and Chinese recommendation of tongue scraping is one that is often overlooked today; however, modern science agrees with it. My mother was very smart. She taught us to brush our teeth after each meal. With this optimum care, how can anyone develop teeth or gum issues? Besides, once you're used to cleaning your mouth, you don't mind. Other benefits include health, and overall physical, mental, and spiritual health.

Step1– Flossing and oiling with olive oil with my finger on my teeth, gums, and tongue

Step2– I treat the tongue like I treat the skin. I apply olive oil on my tongue and the gums because it conditions and softens the dirt making it easier to remove.

When I consume teeth staining veggies like beets or turmeric in my smoothie, after I drink some sips I rinse my mouth. I'm too scared of staining my teeth. I use natural Listerine without sugar and I also use peroxide for a few minutes for a minute, gargle, and spit it out. Then I use a quick water rinse to remove the chemical. I get my teeth cleaned once a year by the dentist. My gums are healthy, and my teeth are pretty white.

Step3– Brush or scrape the tongue

Step4– This little step permits oiling, permits an immaculate cleaning, and prevents drying out of the mouth and infections.

Step5– I use a little bit of toothpaste and brush downward motions with a manual soft brush on the upper teeth and upwards stroke on the bottom teeth using a soft brush.

Step6– I don't use an electric brush. As I travel a lot and my oral hygiene has perfect results, no need for me to change. If you use an electric brush, it is perfectly fine. Getting your mouth clean is the key.

Step7– A clean mouth means a clean body, mind, and soul.

Step8– Oral cavities are one of the main gateways for viruses to enter the body. Most of the toothpastes on the markets have extra whitening. These toothpastes contain bleach and other abrasive agents.

Step9– I use baking soda and let it sit; it is a good disinfectant. Your teeth will become white and shiny. People think I have fake teeth because of my natural color. This color is natural because I believe in optimum care for my body, my soul, and the people around me.

Step10– Natural toothpaste does not mean it is good for the teeth. Natural ingredients are not legally defined. Sometimes they use a foaming agent that can cause mouth sores and add fluoride or glycerin, which leaves a coating on teeth and prevents them from absorbing minerals.

Step11– I buy toothpaste that does not contain artificial sweeteners, dyes, or flavors.

Step12– I have followed this way of cleaning my mouth that was taught to me by my mother. I don't have cavities nor did my mother have cavities. Most of my siblings are also good with oral hygiene.

Step13– When I consume teeth staining veggies like beets or turmeric in my smoothie, after I drink some sips I rinse my mouth. I'm too scared of staining my teeth. I use natural Listerine without sugar

and peroxide shuffle for a minute, gargle, and spit it out. Then I use a quick water rinse to remove the chemical. I get my teeth cleaned once a year by the dentist. My gums are healthy, and my teeth are pretty white.

Step14– I use water pressure on my gums when I am in my shower to massage my gums, and the feeling of cleanliness is amazing. I have been successful in achieving optimum oral hygiene.

Dentists recommend brushing your teeth twice a day, because they know some people don't even do that. My regime sounds crazy, however, I have never suffered from tooth pain!!! It is all worth it. Dentists recommend brushing your teeth twice a day because they know some people don't even do that. My regime sounds crazy; however, I have never suffered from tooth pain!!! It is all worth it. Clean your mouth after each munching and viola! This will prevent you from eating all day long! In this way I have never gained weight and your weight can only go down. I'm also physically very active.

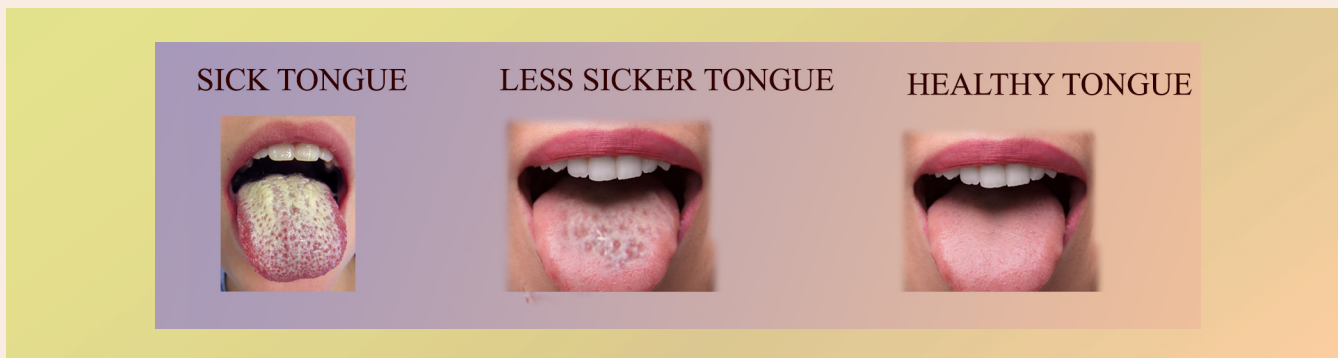
FOUR STEPS FOR TONGUE CARE

The early Ayurveda belief is that cleaning the tongue removes indecent odors and tastelessness and that taking out layered coatings on the tongue, teeth, and mouth bring fresh delight immediately to the soul. Scraping the tongue daily or even brushing removes toxic residue from the mind-body. Be sure your tongue is pink, not white. According to Ayurveda, not cleaning the tongue daily could result in an imbalance somewhere in the gastrointestinal system. Simple- if the tongue is not pink, start cleaning and save yourself a lot of pain.

- ⊙ In addition, from Ayurveda and modern science perceptions and evaluations, by removing this coating you improve your ability to taste your food, which makes it more pleasing and fulfilling. Western science also believes this coating on the tongue is an indication of a keratin imbalance.
- ⊙ By increasing the taste reception, not only do you eat less, you also eliminate the craving to add more sugar, salt, or excessive spice to the food to make it more flavorful.
- ⊙ Many of the advantages of phytonutrients and “body indicators” are that our food ingredients are first interpreted by the heart- mind-body upon the first contact with receptors located on the tongue.
- ⊙ In simple words, clean your tongue, floss, apply oil with a clean finger on the gums and tongue, brush your teeth after each meal, and stay away from pain and enjoy your health.

10 Common Symptoms of Tongue Piercing

- | | |
|------------------------------------|----------------------------------|
| 1. Mood swings | 8. Diarrhea |
| 2. Weaknesses | 9. Chills |
| 3. Insomnia | 10. Hepatitis B, and hepatitis C |
| 4. Gum disease | 11. Abdominal pain |
| 5. Uncontrollable bleeding | 12. Vomiting |
| 6. Flu | 13. Shortness of breath |
| 7. When the hair is dry. | 14. Nerve damage |
| 8. Tingling in your hands and feet | |



All these conditions can challenge your immune system and we can get sick easily. I brush my teeth and tongue after each meal. If the tongue is white, yellow or black, it is an indication of digestive tract issues, heart issues and other bodily malfunctions.

Understanding Phytonutrients Or Phytochemicals For Healthy Living.

According to some of my doctor friends and family, the words are phytonutrients or phytochemicals are derived from the Greek word for plant. These chemicals are supported in protecting plants from fungi, germs, bugs, and other external extortions.

Fruits and vegetables, such as nuts, beans, and natural green tea, contain phytonutrients,. Eating or drinking phytonutrients may help prevent disease and keep your body working properly. My world’s best smoothie for leaders is so crucial, and I am a living witness. I have thousands of people around the world following and enjoying a good, healthy life. Phytonutrient ingredients are found in plant foods, such as:

- ⊙ **Glucosinolates** are found in mustard, cabbage, horseradish, brussels sprouts, and bok choy.
- ⊙ **Flavonoids** are contained in star-fruit, blueberries, green tea, chocolate, bilberry, cherries, broccoli, kale, yellow, red and spring onions, hot peppers, rutabaga, spinach, watercress, and mushrooms. I just put these ingredients in my smoothie.
- ⊙ **Resveratrol** is found in grapes, nuts, and berries.
- ⊙ **Phytoestrogens** exist in soybeans, and garlic has a higher amount of phytoestrogen compared to other vegetables. Winter squash, broccoli, green beans, collards, and cabbage also contain phytoestrogens.

Other sources for flavonoids are grains, chickpeas, mung bean, green beans, hummus, sprouts, kudzu root, red clover blossom, red clover sprouts, and alfalfa sprouts. Also, dried apricots, dried dates, dried prunes, peaches, blueberry strawberries, raspberries. Watermelon has a small amount of phytoestrogen as well.
- ⊙ **Carotenoids** exist in abundance in carrots, sweet potato (baked), dark green leafy, butternut squash, cantaloupe melon, sweet red peppers, and dried apricots. Alpha-carotene, beta-carotene, and beta-cryptoxanthin are needed for eye health -according to Dr. Nishat Alvi, who is the best Ophthalmologist I trust.
- ⊙ **Ellagic Acid** wild berries, raspberries, pomegranates, walnuts, pecans, and cranberries as well as in strawberries. raspberries, and pomegranates.
- ⊙ **Lycopene** is found in pink grapefruit, tomatoes, and watermelon.
- ⊙ **Lutein and Zeaxanthin** exist in spinach, kale, and collard greens.

https://youtu.be/d_JT7eRiX_k

8 Reasons for Nail Fungus

Hair, nails, and skin are composed of a protein called keratin. Usually when fungus is present, it is because:

1. Walking bare-footed
2. Wearing dirty socks
3. Wearing shoes without socks
4. Not cleaning properly when showering
5. Working out, sweating, and wearing dirty moist socks
6. Using public showers
7. When acrylic nails are lifted, moisture gets underneath and fungus grows.
8. Nail polish was put on a dirty nail. Symptoms: there is a white, brown, or yellow discoloration of one or more of your toenails. It may spread and cause the nails to thicken or crack or crumble and fall off.

Treatment:

Neem oil ½ tsp. or black seed oil ½ tsp., neem powder, honey ½ tsp., 1 tsp. Turmeric.

Vicks Vapor Rub, oregano oil, vinegar, garlic, make a wrap with potatoes, and cover the nail with a band aid

Procedure:

Step1– Clean the skin with 3% to 5% peroxide

Step2– Mix neem oil with neem powder, raw honey, and turmeric powder

Step3– Make a nice thick pack on the nail and on the entire toe and middle toe as well

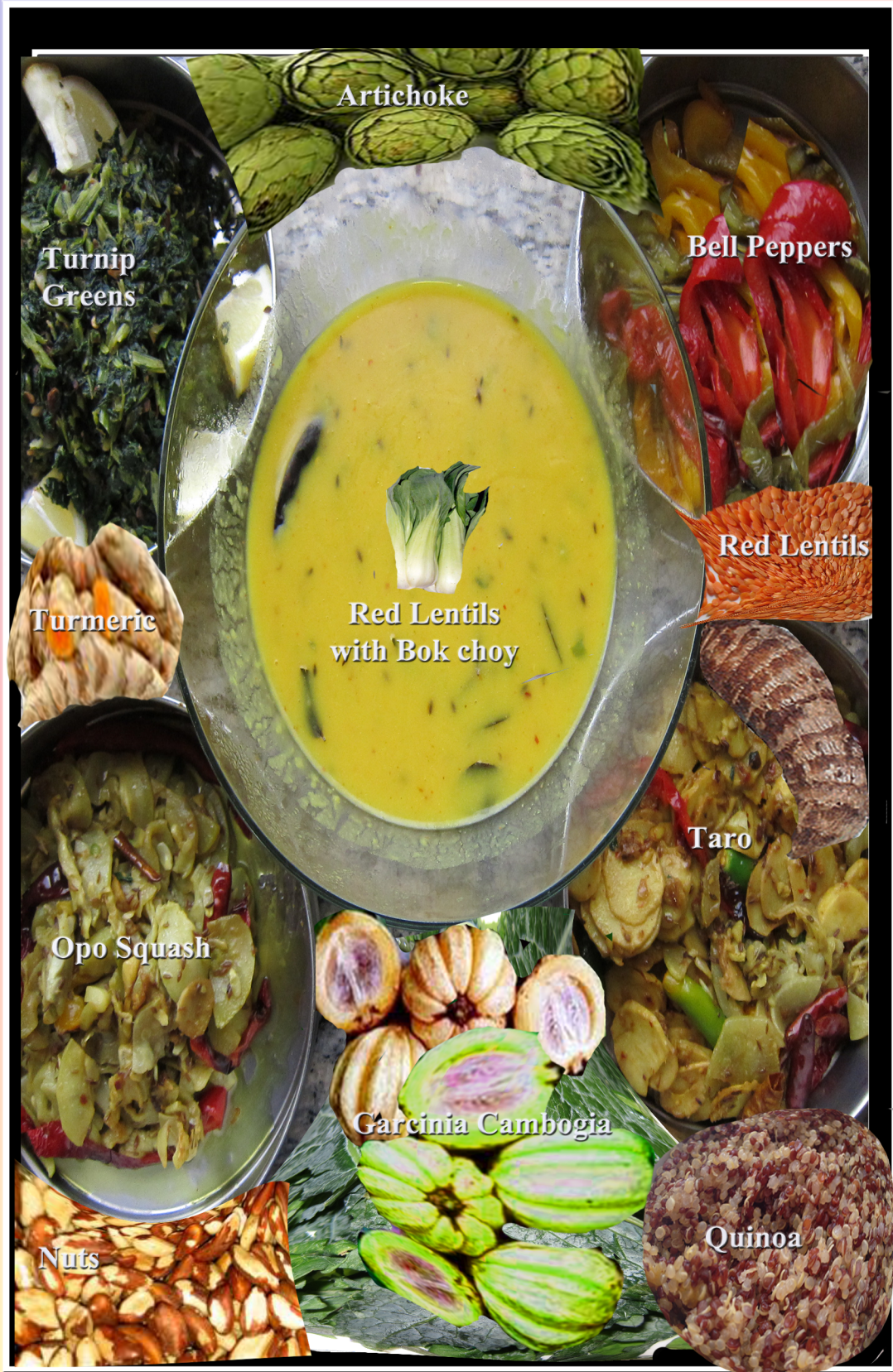
Step4– Fungus is contagious and it can spread.



Get Balance

Chapter 7

Healthy Living



FOOD GROUPS:

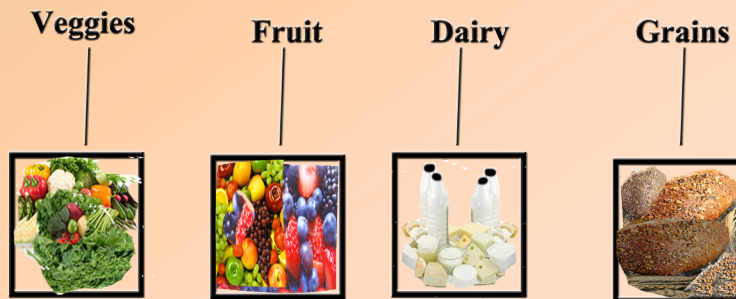
We live in a health-conscious society with fast changing technology. Some of us spend a lot of time trying to achieve mental and emotional maturity by staying healthy. Unfortunately, others engage in self-sabotaging behaviors. This may include consuming too much food, alcohol, and smoking cigarettes as well as not getting enough exercise or sleep, having a negative attitude, and being overworked.

There are five food groups. The first group consists of the protein group which includes meat, poultry, fish, lentils, organic eggs, nuts, tofu, and edamame.



Vegetables, fruits, dairy and grains

SECOND FOOD GROUPS



DR. Hazel NG,RD

The vegetables you eat must be fresh, the last choice is frozen, I freeze my own from my garden. Foods lose some nutrients when we freeze them or cook them, but they are better than the market. I don't like to eat dry or canned food. Every time food is manufactured genetically and packaged by manufacturers, only the Lord knows what these people are doing to make money.

The vegetables you eat must be fresh, the last choice is frozen. I freeze my own from my garden. Foods lose some nutrients when we freeze them or cook them, but they are better than in the market. I don't like to eat dry or canned food. Every time food is manufactured genetically and packaged by manufacturers, only the Lord knows what these people are doing to make money.

Dark greens such as kale, greens like parsley, spinach, swiss chard, bok choy, broccoli, collard greens, turnips, and mustard greens are the best leafy veggies. Listen to your body and see which one is good for your body. I cannot eat too much spinach. I drink it in my smoothie. Ever since I visited India and got sick eating spinach, my body is still turned off. I'm good; they are tons of greens for me to eat and drink.

Red veggies such as beet roots, red bell peppers, tomatoes, and kidney beans are also great. If you have arthritis, then avoid eating tomatoes 100%; they can be extremely toxic. I usually don't let my clients with arthritis consume tomatoes. Beets and their leaves are very good for the skin. I put one in my smoothie. If it is a big sized beet root, then I take half. I'm a fruitarian and vegetarian by nature.

Orange veggies like carrots are nutritious. Good for eyesight. I used to wear my light reading glasses since I using invert machine, I stopped using glasses slowly. The blood going in my eyes was very good for me.

Beans, such as, string beans, split-peas, green beans, black-eyed peas, and lima beans (which are considered part of the protein group) hold great nutritional value.

Yellow veggies including squash, sweet potatoes, and bell pepper have their own nutritious value. The more color on your plate, the more you balance your diet and whole lifestyle. The food we eat has a direct influence on our bodies.

FRUITS

The fruits you consume must be fresh and in season. Eat what's in season. Stay away from canned or dried fruit, which should be the last choice. Berries are very good food antioxidants. My children buy melons in winter! I don't eat them. They are brainwashed by the media. Most fruits grow in summer when we have long days. Juicy fruits and veggies are provided by the Lord. During winter, we need to rest. Nuts, guavas, tangerines, and other citrus are provided. Pay attention, as we are connected to nature directly. Harmony between the two helps in balancing ourselves.

Some of you probably believe that fruits are nothing but mere sugar water. Yes! I agree, but each color of fruit has its own properties. Besides, they are created by the Lord, so why should we deprive ourselves? Americans always follow one diet plan or another. Listen to your body; it will lead you to what is best for you.

Scientific research has many claims and they keep changing. I have been talking about colorful plates of food since 1982, and people thought I was crazy. The world was using the pyramid diagram to explain a balanced diet. It did not make sense to me. Having a scientific brain, I knew it then and I am sure you are in agreement with me. We need to use our judgement rather than following this research. Be aware of how the research is done. Who sponsored it? I am not denying that we have come so far thanks to those scientists, and I love them. Most of them are servers, but for the others we cannot trust, keep your eyes open and follow your heart.



DAIRY

If you have to consume milk products, then your choices should be real organic milk and portion control is vital. Products made with dairy include calcium. Yogurt includes calcium, magnesium, potassium, vitamin B-2, and vitamin B-12, and it helps with certain gastrointestinal conditions, such as constipation, diarrhea, lactose intolerance, and colon cancer. A six-ounce serving contains about nine grams of a protein called “probiotics,” which means it contains bacteria which are naturally present in our digestive system and which aid in boosting our immune system.

Here is a surprise for you. There are several foods which contain calcium and you don’t need to drink milk as an adult.

So, I eat fish and egg whites with green veggies. Likewise, if you don’t like veggies, I recommend you start cutting them very fine and eat them with meat dishes. Slowly you can eat more veggies and less meat. For some vegans and vegetarians, eggs, meat, and fish are not appealing. I hide them with rice and other veggies and eat them that way. I don’t have any options for food. I eat what my body needs. I have no plans to get sick.

SOY

Soy contains lots of calcium. Just 1 ounce of tofu (which usually comes in a 12.5-oz package) has 105 mg. Hard tofu has more, I add hard tofu to my signature smoothie.

- © I went for my physical 2014 and the doctor told me that I have borderline osteoporosis, and very small bones, this is normal for a small person like me. My oldest sister has it too but she has medium bone structure. She does not have my lifestyle. I do everything positive for my body and alternative preventative medicine is my first choice. I started taking Cal-Algea. This 2022 and my most recent check up was in December and the doctor told me, “See you are doing good with the prescription I gave you!” I don’t want to say anything except-Thank you. My manifestation is to stay fit and then go into transition with heart failure. I don’t want to bother anyone!
- © I consume tofu, lentils, beans and nuts as my main source of protein. I travel a lot and it is hard to find protein. If I don’t have protein in one meal I get headaches. I don’t care for fish or eggs, when I cannot find protein, I hide them in my veggies and shuffle them down to sustain myself. I know my body and I know what I need to eat.

Just 1/2 cups of edamame a day increases our daily fiber, protein and vitamin/mineral content of our diet.

I took a frozen pack on my trip and it was still half frozen, the flight will last for 10 hours. I enjoyed eating natural food, just put some hot water to defrost and eat with nothing on it. Since then I have learned to take a pack or two on my trips, so I don't consume nasty eggs or fish.

The doctor cannot tell me what I should eat. I know my body and I'm always the best doctor for myself for healing. Consumption of protein is a must for my body. When I miss just one meal, I get headaches and I lose a pound!

GREEN VEGETABLES

Dark green vegetables, such as kale, broccoli, Swiss chard, spinach, collard greens, and mustard greens have a fair amount of calcium. One cup of cooked spinach, for instance, has 245 mg. Green leafy veggies contain fiber that provides assistance to control cholesterol. People who eat fiber have no issues with constipation or hemorrhoids, and they have a lower risk of developing cancer.

Mustard greens grow in abundance in California from November until March. I grow Swiss chard, turnips, broccoli, mustard, and different herbs in my garden. Mustard greens bear golden yellow-colored flowers that consequently develop into mustard seed pods. You can see them in the mountains and valleys of California. Mustard pods and green leafy veggies are a storehouse of phytonutrients and are commonly used in South Asian cuisines. When in season, I use leaves, pods, and flowers in my smoothie. I have never thrown away the seeds of any fruits or vegetables, except apple seeds. I use them all for my smoothies. All different types of melon seeds are in my smoothie, too.

You can test your stool. If it is broken up or hard, it means you are lacking nutrients and fibers. If it is smooth and long, it is a healthy stool.

- ⊙ Fresh leafy veggies are also a very good source of folic acid. They contain water-soluble vitamins and have an imperative role in DNA synthesis and cell division. They are highly recommended for women during preconception time as a natural supplement. This vitamin may help prevent neural tube defects.
- ⊙ Take chia seeds and hemp seeds, two tablespoons each. I put them in hot water and mix vigorously to avoid clotting in lumps and it is like a meal for me. Buy a one-liter thermos with an open mouth for water; buy only stainless steel.
- ⊙ Your stool will be smooth and you will detox your body every day. I have never gone to a detox center. I have a lifestyle that allows me to keep myself fit and content.
- ⊙ Check your urine; it has to be white or clear. Sometimes after we take vitamins, it might turn yellow, but this yellow is lighter. If your urine is yellow, keep drinking just clean warm water or at room temperature until it turns white.

Green leaves are an excellent source of vitamin C. They are dominated with natural antioxidants that offer protection against free radical injury and flu-like viral infections. When I travel abroad, even in European countries, it is hard to find green veggies in the restaurants or they have canned veggies. I buy powdered wheat grass and other greens; I mix them with water and drink it, and I keep something sweet to eat or drink to take right after. They do not taste good. I don't give myself a choice; either I am going to get sick or take prevention to avoid it. I choose the second choice.

HERBS

Dried herbs are loaded with calcium. One tablespoon of ground thyme has 81 mg, ground oregano has

86 mg, and basil has 101 mg. I consume these in my herbal smoothie. Whenever I visit India or Africa, I take rosemary, thyme, oregano, cilantro dill, basically all of them, to detox my body. I feel warm after I consume these herbs. So far, I have never been sick in these countries.

SEEDS

Tiny sesame seeds are packed with calcium. Just 1 tablespoon will give you 88 mg and in a whole cup, you'll get more than a day's worth. 1,404 mg! Flax seeds are another source of good calcium, a cup will give you 428 mg. I mix two tablespoons of flaxseed in my smoothie. Poppy seeds are a great source of protein, fiber, vitamins and minerals, including calcium and magnesium.

NUTS

Nuts are an excellent source of calcium. One cup of Brazil nuts has 213 mg. and 1 cup of whole almonds has 378 mg, more than a cup of milk. Almond butter (instead of peanut butter) in a sandwich at lunch can give you at least a quarter of your recommended daily calcium intake.

GRAINS

These are types of grains I prefer: multi-grain, oatmeal, brown rice, red rice, and black rice. I avoid refined grain. If I have a choice between white bread and white rice, I will choose white rice. I'm a rice lover; white rice is light. People eat white rice and live long healthy lives. It is easy to digest. I don't consume white bread which is just eating white dough. I, myself, have been living a fit life eating white rice. You must listen to your body.

REMEMBER

- ⊙ Wrong foods = portion control
- ⊙ People eat white rice and enjoy a long, healthy diet because they eat veggies and other healthy foods.
- ⊙ More colors = balanced food
- ⊙ I don't believe in dieting, just changing your lifestyle.
- ⊙ Avoid sugary cola and high calorie drinks. Ice tea and water are healthier choices. Don't cut off any food group entirely. The secret to weight control is eating small portions of all food groups. Focus on increasing your physical activity.
- ⊙ The following are "super foods" because they contain nutrients which have a positive impact on our health:
- ⊙ •Cinnamon •Chili •Peppers •Cloves •Artichokes •Cabbage •Kale •Spinach •Beets •Parsley •Nuts •Red •Yellow and Green Bell Peppers •Flax Seed •Chia Seeds •Fresh Turmeric •Ginger •Bee Pollen •Hemp Seed •Berries.
- ⊙ My friend, a scientist at UCLA, has shown that by rubbing meat with a mixture of paprika, cumin, ginger, garlic, oregano, and rosemary before cooking reduced the oxidized fat formed on the meat by 70%. Since we see what it does to meat, what do you think it will do to your body? Common sense!
- ⊙ Smart eating is essential for healthy living. Your success is directly related to healthy eating habits. You should review your nutritional choices. Eating unprocessed natural or whole foods is the best choice of all!

<https://youtu.be/exsXYI76N-s>

QUICK REVIEW

- ⊙ Did I learn the essentials in previewing these sections?
- ⊙ Why must we control our mental and emotional behavior?
- ⊙ What can we do to control anxiety?
- ⊙ What can we do when you feel depressed?
- ⊙ Why is it important to consume my smoothie?
- ⊙ It is important for us to be consciously aware of the state of our spiritual, mental, physical, and emotional health. If we do not have balance in these areas, a successful life and career will not be possible. Mental and emotional health are directly related to the foods we consume.
- ⊙ A crucial part of my physical health is eating the right foods, exercising, and making my smoothie.



I wanted to share a story of my rich uncle who was a very successful man. I went to visit him and we were sitting at his dining table. His servant was serving. He told his young servant, "Do you know you are a rich and lucky man?" The servant responded, "No sir I'm a very poor boy." He asked me to make space and allow him to sit at the table. The servant was not comfortable, but he took his order and sat down. My uncle said with glassy eyes, "Look at this wealthy man. What is he eating? Just rice water! His money cannot give his life or health back. Now tell me who is rich?" I could not help shedding tears and the servant responded, "Yes sir, I'm very rich and blessed to have a boss like you." I was a very young girl, maybe 11 years old but I never want to forget wisdom of this moment. HEALTH IS WEALTH

If you cannot eat greens then drink it in a smoothie. World's best smoothie for leader
PLEASE DRINK IT AND SAVE YOUR HEALTH.



BASIC RULES FOR HEALTHY EATING

Correct your eating habits, limit your fat intake, pass over fast food and make your own meals with chicken. Keep beef for Sunday treats. In simple language, be sure your plate has colors. Your salad should be spinach or kale instead of lettuce, which has the lowest nutritional value. Your favorite dessert? Have it once in a while in a small portion, then detox with my smoothies.

I just use my common sense and I don't deprive myself of something I love. I eat small portions. People refuse to take a bite of something unhealthy as if one bite of junk food is going to make them sick. It is not, just like one good meal is not going to make you healthy.

STAY BALANCED, THE MIDDLE ROAD IS THE BEST.

INGREDIENTS

- ⊙ Use 2 oranges, just use whole lemon and put in the whole orange.
- ⊙ 4 inches long ginger and fresh turmeric
- ⊙ One beetroot
- ⊙ 2 tablespoons of flaxseed
- ⊙ 1 tablespoon of bee-pollen
- ⊙ 1 tablespoon of beeswax
- ⊙ 1/2 bunch of parsley
- ⊙ 1/2 bunches of kale, change greens according to the season
- ⊙ Beetroot and its leaves
- ⊙ Blackberries,
- ⊙ Raspberries.
- ⊙ Strawberries
- ⊙ Goat yogurt -Trader Joes
- ⊙ Have you son not consume diary instead drink
- ⊙ Soy milk.
- ⊙ Black seeds 1tbsp



GLUTEN FREE AND SUGAR FREE BROWNIES

INGREDIENTS

- ⊙ 2 cups almond meal
- ⊙ 4 small beets or 2 large beets
- ⊙ 4 egg whites
- ⊙ 1 pound of Hershey dark -
Chocolate
- ⊙ 2 tbsp coconut oil
- ⊙ 2 cups cashew meal

PREPARATION

Step1– Steam the beet roots for ten minutes, then blend them in a blender

Step2– Preheat the oven to 350 degrees and bake for 15 minutes

Step3– Mix egg whites with almond meals and cashew meals

Step4– Add blended beets and coconut oil to the mixer

Step5– Soften the chocolate on the stove for a few minutes; quickly mix chocolate with the other ingredients

Step6– Choose any shape container you desire. After wrapping it in an airtight glass container, enjoy it for one week. You can insert a fork, and if it comes out clear, your brownies are ready. These make a good treat for kids and adults. This is a good way to include almonds and cashews as a protein in our diet. Some people don't like beets. This is a good way of eating beets, and they are beneficial for skin care. You cannot taste beets in brownies. I would like to hear from you.

Please send me an email at info@worldwideyouthcongress.net

Thanks to Dr. SAM MARSHAL



HIGH PROTEIN GRANOLA

INGREDIENTS

- ⊙ 1 cup of fresh ground pistachios
- ⊙ 1 cup of fresh ground pecans
- ⊙ 1 cup of freshly ground almonds
- ⊙ 1 cup fresh ground cashews
- ⊙ 1 tsp of coconut oil
- ⊙ 1 1/2 cup shredded coconut
- ⊙ Cocoa-palm sugar 1/2 to 1 cup
- ⊙ 1/2 cup cream of wheat (optional)
- ⊙ 8 pieces of cardamom
- ⊙ 8 black cloves
- ⊙ Cocoa-palm sugar 1/2 to 1 cup 1 1/2 cup shredded coconut
- ⊙ 1/2 cup cream of wheat (optional)
- ⊙ 8 pieces of cardamom
- ⊙ 8 black cloves

PREPARATION

- Step1**– Ground the nuts and dry roast them to a golden color
- Step2**– Take a large pan and add one teaspoon of coconut oil and mix in the cardamom and cloves
- Step3**– Add the cream of wheat
- Step4**– When it starts to turn a golden color, put all the nuts in at the same time until they turn brown
- Step5**– Brown all the nuts together; remove the cardamom and cloves from the nuts
- Step6**– Take two cups of water and mix in the sugar; bring the sugar water to a boil until the water becomes sticky
- Step7**– Now add sugar water to the nuts and start mixing as fast as you can until the nuts become wet
- Step8**– Take out a flat dish and place wax paper over it; put the mixture over it and flatten it nicely and smoothly
- Step9**– Take a knife and cut it into the shape you desire and they will harden
- Step10**– After, take each piece and wrap it in foil
- You can keep it for two weeks.



GLUTEN FREE GRANOLA

INGREDIENTS

- ⊙ As with any granola or trail mix recipe, you can add or remove any of the ingredients and make it your own! But this is yummy just the way it is!
- ⊙ Recipe: Grain-Free Granola/Trail Mix (Makes about 4 cups)
- ⊙ 1 cup unsweetened coconut chips
- ⊙ 1/4 cup roasted cocoa nibs (see pic below)
- ⊙ 1 cup chopped cashews
- ⊙ 1/2 cup chopped, dried apricots
- ⊙ 1/2 cup sunflower seeds
- ⊙ 1/2 cup chopped pecans
- ⊙ 1 tsp pure vanilla extract
- ⊙ 1/2 cup pure honey
- ⊙ 1/2 cup chopped, dried cherries

PREPARATION

- Step1**– Preheat the oven to 325 degrees
- Step2**– In a large bowl, stir together all the ingredients except the cherries, apricots, and organic cocoa chips
- Step3**– Line a baking sheet with parchment paper, and spread mixture evenly over it
- Step4**– Bake in the oven for 10-15 minutes, until the mixture begins to turn golden
- Step5**– Remove from the oven and pour back into a large bowl
- Step6**– Add some cherries, apricots, and coconut chips to your taste
- Step7**– Place a new piece of parchment on the baking sheet and pour the mixture back on, spreading evenly
- Step8**– Let cool for about 10 minutes, then store in an airtight container.
- ⊙ Thank you to Ms. Shanti Landon from “ Back to Basics”



FRENCH ROSEMARY TOFU CHICKEN

INGREDIENTS

- ⊙ 1 pound of tofu chicken meat
- ⊙ 1 cup of rosemary
- ⊙ 2 or 3 large cloves of fresh garlic
- ⊙ 1 tsp of black pepper
- ⊙ 4 tbsp avocado oil

PREPARATION

- Step1**– Take oil and add garlic, rosemary, black pepper, and salt; mix the ingredients together
- Step2**– Make any shape of chicken you desire and gently pierce and add to the oil mixture; let marinate for a few hours for the best results
- Step3**– Preheat the oven to 350 degrees and cook for 10 minutes; then broil for five minutes
- Step4**– Enjoy this Tofu chicken with organic pasta, quinoa, and millet
- Step5**– Add sautéed mushrooms, bok choy, or kale salad





PASTA WITH TOFU FISH, PISTACHIOS & SQUASH

INGREDIENTS

- ⊙ 1 small onion
- ⊙ 3 tbsp olive oil
- ⊙ 2 tbsp garlic
- ⊙ 1 handful chopped parsley
- ⊙ 10 cherry-tomatoes
- ⊙ 3 tbsp of pistachios
- ⊙ 3 squashes
- ⊙ 1 pound of tofu fish, chopped into small pieces

PREPARATION

You will cook pasta, sauce for pasta, and squash dishes all at the same time.

Step1– Cut cherry tomatoes into small pieces. Ground pistachios, cut tofu fish into cubes or buy precut fish.

Step2– On the other stove, boil the water boiling for pasta. Cut the squash.

Step3– Sauté onions a little, add garlic and keep steering. Add tomatoes and close the lid for a few minutes until they become soft.

Step4– Add the tofu fish cubes to the sauce, close the lid and cook until it is done.

Step5– While the fish is cooking, start squash Sauté, onions and put squash in it. Add salt and pepper, let it cook.

Step6– Return to the tofu fish and sprinkle some parsley. Add some pistachios. Carefully and gently mix pasta with sauce.

Let the ingredients simmer for a few minutes, then it is ready.



HOME MADE PASTA PRIMAVERA

INGREDIENTS

- ⊙ 1 cup of multigrain flour
- ⊙ 2 eggs

- ⊙ 3/4oz of olive oil
- ⊙ Cold water

PREPARATION

- Step1**– Mix 2 eggs in a bowl, oil with flour and slowly add some water and blend quickly.
- Step2**– Knead the dough and keep making a smooth ball. Wrap the dough in a saran wrap and place it in the refrigerator for ten minutes.
- Step3**– Place wax-paper on the bottom, place the dough on the top. Put another wax-paper on top and roll evenly and flat. Cut lengthwise. Hold and put in the pasta cutter and cut to your desired shape.

NOW PREPARE THE VEGGIES

INGREDIENTS

- ⊙ 1 red bell pepper
- ⊙ 1 yellow pepper
- ⊙ 2 tbsp garlic
- ⊙ 1 green bell pepper

- ⊙ 2 Squash
- ⊙ Handful Fresh Italian parsley, fresh basil
- ⊙ Olive oil, salt, black pepper
- ⊙ 10 cherry tomatoes

PREPARATION

- Step1**– Cut bell peppers in half. Remove the seeds from the peppers. Brush olive oil, cut squash lengthwise, brush with olive oil and place these veggies in the oven at 350f.
- Step2**– Remove veggies. Start boiling water for pasta. On the other stove, put a little olive oil and garlic and put 1/2 of white wine in the pan. Bring it to a boil so the alcohol evaporates. Put the veggies in it.
- Step3**– Now add enough pasta for one serving, filter water, put pasta, parsley, basil in veggies. Sprinkle a little cheese. It is ready to serve. Yummy



BRUSSELS SPROUTS

Benefits

Brussels sprouts deliver special fiber-related components which could help in lowering cholesterol. They are high in glucosinolate content. (Glucosinolates are natural components of plants, such as cabbage, turnip greens, mustard, and horseradish. The spiciness and bitterness of those plants are due to mustard oils produced from glucosinolates.) Brussels sprouts comprise cancer-preventive components. Brussels sprouts are known to help normalize thyroid function. It is very important not to overcook brussels sprouts. Not only will they lose their nutritional value and taste, but they will also begin to discharge the disagreeable sulfur smell associated with overcooked cruciferous vegetables.

INGREDIENTS

- ⊙ 1 pound of Brussels sprouts
- ⊙ 4 tbsp olive oil
- ⊙ 2 tbsp ground garlic
- ⊙ Salt and black pepper

PREPARATION

- Step1**– Cut brussels sprouts in half
- Step2**– Mix oil with garlic according to your taste. (I eat garlic so I use a nice fresh half a cup of fresh garlic and ground it.)
- Step3**– Add salt and black pepper in a separate bowl
- Step4**– Then add the brussels sprouts mix with a hand (I wear gloves.)
- Step5**– Let it marinate for a few hours and turn on the oven at 350 degrees
- Step6**– Put brussels sprouts on a baking tray for 7 to 10 minutes.
- Step7**– It is a delicious healthy dish. You can serve as an appetizer or as a side dish. If you cannot eat them, then put them in your smoothie. Prevention is better than getting sick and going to the doctor.



MUSHROOMS

There are thousands of species of mushrooms. Most provide an abundance of fiber, protein, vitamin C, vitamin B, calcium, and various minerals. The three most dominant species are shiitake, maitake, and reishi, which have validated extraordinary healing potential.

These pharmaceutical mushrooms have been shown to:

- ⊙ Upkeep the body's decontamination mechanisms
- ⊙ Increase ability to combat allergies
- ⊙ Improve heart health
- ⊙ Boost immune function
- ⊙ Minimize the risk of cancer
- ⊙ Combat bacteria, viruses, and fungus

INGREDIENTS

- ⊙ Two spoons garlic
- ⊙ Black pepper
- ⊙ Salt
- ⊙ Fresh basil

PREPARATION

Use avocado oil or grapeseed oil on a high flame. Simply sauté mushrooms with garlic and add fresh basil. Or eat them in salad with olive oil and balsamic vinegar. Or, if you want calories, you can use a heavy whipping cream.

2nd Mushrooms recipe

Step1– Cut bella and white mushrooms in half

Step2– Sauté in olive oil with chopped shallots (They are a little sweeter than regular onions and have a more subtle flavor.)

Step3– Add salt and pepper

Step4– When browned, add 1/2 cup of vegetable broth

Step5– Add heavy 1/2 cup whipping cream reduced a little then done

Recipe by Wanda Alvi



BROCCOLI

Over recent years scientists all over the world have acknowledged innumerable therapeutic properties correlated with broccoli.

Research reveals that broccoli may help:

- ⊙ Safeguard your skin against harmful UV light
- ⊙ Prevent osteoarthritis
- ⊙ Decrease cancer risk
- ⊙ Repair heart damage
- ⊙ Broccoli plant compounds decontaminate air toxins in the body.

There is an enzyme in broccoli called myrosinase and it is a rich source of vitamin C, which is beneficial. However, if broccoli is overcooked, it can emasculate the beneficial effects of this enzyme. Lightly steam broccoli to procure optimum health benefits or eat it uncooked.

INGREDIENTS

- ⊙ 1broccoli flour
- ⊙ 1 tbsp garlic, salt and black or crushed pepper
- ⊙ 2 tbsp Chopped Garlic
- ⊙ Italian seasoning
- ⊙ Organic Quinoa pasta

PREPARATION

- Step1**– Cook pasta al dente, not overcooked (Some people like it overcooked.)
- Step2**– Add some olive oil and water
- Step3**– Drain and keep it separated
- Step4**– Chop fresh fine garlic, roast it brown
- Step5**– Add raw olive oil and keep separate
- Step6**– Roast broccoli then add garlic, pasta, salt, crushed pepper, and Italian seasoning
- Step7**– Add raw olive oil. Mix quickly and enjoy



BOTTLE GOURD/OPO
SQUASH OR LONG MELON

BOTTLE GOURD/OPO SQUASH

Benefits of Opo Squash

Bottle gourd or opo squash and long melon are different names that are used. A fascinating element of dried bottle gourds is that they were not only used as bottles but were also used to manufacture conventional musical instruments in some countries like India. When I saw how beautifully they were decorated, they appeared like high-gloss wood finishes. These squashes are part of Asian and African cultures. Each of these countries prepares them in different ways. I have enjoyed all these different ethnic cuisines.

- ⊙ Bottle gourd delivers assorted health benefits, such as good sources of essential vitamins and minerals:
- ⊙ Helps with relief from urinary disorders
- ⊙ Biological laxative
- ⊙ Shields against liver disease and disorders
- ⊙ Remedy for acidity
- ⊙ Destroys intestinal worms

How to serve bottle gourd: One of the best ways to give the bottle gourd to your baby is by peeling the hard outer layer, cutting it into small pieces and steaming them. Do not boil it as the vitamins in it get washed away during the boiling process.

Bottle gourd is comprised of water, essential vitamins, and minerals. Babies can develop acidity when they have colic. It helps reduce this condition. This is perhaps the least volatile vegetable and the most easily digestible among children, the sick, and the elderly.

I used to steam opo squash then ground it, after adding a little salt and butter, and serve it with rice or pasta when my kids were five to six months old. You can increase the amount of bottle gourd for your baby progressively. Make it a practice to apply the four-day test when introducing any new food for your baby. (Consult with your physician.) You don't need to prepare your vegetables the same way, as you may get so tired of eating the same food that you may stop eating it altogether. I prepare the same veggies in various styles so they can be enjoyed.



OPO SQUASH

INGREDIENTS

- ⊙ Squash chopped
- ⊙ Red bell pepper
- ⊙ Fresh fine chopped ginger
- ⊙ Green Chili
- ⊙ Cumin whole
- ⊙ Salt

PREPARATION

Step1– Peel the skin, cut the opo squash in half, and slice into thin pieces

Step2– Roast 1 tsp. of cumin, dry, then add oil sauté until it turns color (This way the oil will not be overcooked.)

Step3– Add the opo or any other squash

Step4– Add crushed pepper, salt, and one green chili, according to your taste

Step5– Close the lid and let it simmer until it is soft

Step6– It is delicious. Serve with quinoa, rice, or multigrain bread.

Once I was in Africa and I had a little stomach upset, and right away I took a teaspoon of dry cumin and drank some water. Instant relief and my stomach was calm. I carry it when I travel. You can take it two or three times a week to keep your stomach calm. Chewing anise seeds is good for digestion and it is a natural mouth freshener.





ANY SQUASH WITH YOGURT

INGREDIENTS

- ⊙ 1 1/2 tsp of whole cumin
- ⊙ 2 cups yogurt
- ⊙ 1 garlic
- ⊙ 8 to 10 Curry leaves (Sweet neen leaves - curry patta-from Indian store)
- ⊙ Salt and Pepper
- ⊙ 1 opo squash
- ⊙ 2 tsp taco seasoning
- ⊙ 1 green chili
- ⊙ 1 tbsp of grape/avocado oil

PREPARATION

- Step1**– Wash and just scrape the skin of the opo squash
- Step2**– Cut a little opo squash in half and steam or boil it a little bit (You can use any squash or green with the same recipe.)
- Step3**– Blend the squash
- Step4**– Add two cups of yogurt and hand mix squash with a large spatula
- Step5**– Take 1 tsp. of ground roasted garlic
- Step6**– Add some crushed pepper and salt according to your taste
- Step7**– Mix ingredients well
- Step8**– Close the lid. Warm up a teaspoon of grapeseed or avocado oil and add a 1/2 tsp of cumin seed, curry leaves, and two whole red chilis
- Step9**– When it turns color, pour on the yogurt mixture, then close the lids (This sizzle adds a lot of flavor. Or you can add powder cumin with no sizzle.)
- Step10**– You can serve it with rice or multigrain bread or a no carb tortilla
- Step11**– Just eat it as a meal or keep it as a sauce for salad





SQUASH WITH LENTIL/ TOFU

INGREDIENTS

- ⊙ 1 tbsp of grape/avocado oil
- ⊙ 4 tomatoes and curry leaves
- ⊙ 1 white onion
- ⊙ 1tblsp ground ginger
- ⊙ 1tblsp of ground garlic
- ⊙ 2 tbsp plain yogurt
- ⊙ 1 cup yellow or red lentils
- ⊙ 1/2 fresh lemon
- ⊙ Cilantro,
- ⊙ 2 whole red peppers

PREPARATION

- Step1**– Sauté onion then add ground ginger and start cooking the lentils with 4 cups of water and add garlic, salt, and pepper
- Step2**– While it is cooking, scrape the skin of the opo squash a little, cut the opo squash in half, then cut into small pieces
- Step3**– Boil for five minutes and blend it
- Step4**– (You can do this for other veggies. This is for those who hate veggies. You can use them with any foods you like. Trust me, you will get used to them and your body will crave them.)
- Step5**– Mash the lentils and leave some texture in the mixture
- Step6**– Add opo squash and let the ingredients simmer for a few minutes
- Step7**– Take a frying pan, add a small teaspoon of oil, then add garlic, onion, and red chili until brown
- Step8**– Toss it on the lentils and shut the lid squeeze lemon and cilantro (optional)
- Step9**– Serve it with polenta, couscous, quinoa, pasta, rice, or have it like a soup.





OPO SQUASH SOUP

INGREDIENTS

- ⊙ 2 boxes of organic vegetable broth
- ⊙ 1 garlic
- ⊙ 1/2 white onion
- ⊙ Salt and Pepper
- ⊙ 1 opo squash, Peas, spinach, carrots
- ⊙ 10 to 14 cherry tomatoes
- ⊙ 1 tbsp of garlic
- ⊙ 1 tbsp of grape/avocado oil
- ⊙ 4 tomatoes and curry leaves
- ⊙ 1/2 fresh lemon, cilantro, or mint
- ⊙ 3 cups of chicken or veggie broth

PREPARATION

- Step1**– Cut veggies in small little cubes. Sauté onions then add garlic, salt, pepper, then add opo squash, tomatoes and water to let it cook. After opo squash is soft peas, spinach, carrots.
- Step2**– Let it simmer until juices are blended together. Add vegetable broth.
- Step3**– Garnish with fresh lemon juice, mint or cilantro according to your preferences. Sprinkle with a little cheese for kids if desired.





OPO SQUASH PUDDING

INGREDIENTS

- ⊙ 1 cup of opo squash
- ⊙ 1/2 gallons of milk or soy milk
- ⊙ 1/2 cup of coco palm sugar to use according to your taste
- ⊙ 3/4 tsp vanilla extract (Optional)

PREPARATION

- Step1**– Cut the opo squash into small pieces
- Step2**– Put the opo squash and organic milk or soy together and let it come to a boil
- Step3**– Turn the flame to low for a couple of hours; let it burn a little in the bottom to golden brown
- Step4**– Mash the ingredients well
- Step5**– Add cocoa palm sugar, vanilla extract, or remove vanilla and use melted dark chocolate on top or add a chocolate chip
- Step6**– Serve it chilled or hot
- Step7**– It is a good dessert for kids to eat and take for lunch. Stays well for a week in the refrigerator.





PASTA FAGOLLI WITH ANASAZI BEANS

Benefits of Beans

The relationship between the consumption of dry beans and health outcomes is not known to a lot of the public. We know how fiber helps in the prevention of cancer. There are so many types of legumes: white, yellow, brown, red. Despite their nutritional value, bean consumption by the average adult in the United States is still lower than in other countries.

Dry beans are both a soluble and insoluble source of fiber and an economical source of concentrated vegetable protein, several minerals, and vitamins. Numerous studies indicate that incorporating beans into the diet could aid in the prevention and/or management of chronic diseases, such as diabetes, obesity, and cancer. Beans are naturally low in fat with little saturated fat. As with all plant foods, beans do not contain any cholesterol.

The leading causes of death in the U.S. are: (1) heart disease, (2) cancer, (3) stroke, (4) chronic lower respiratory diseases, (5) accidents, and (6) diabetes. It is widely accepted that environmental (i.e., non-genetic) factors, including inappropriate food choices, are major causative factors in the development of chronic diseases.

Beans are generally consumed as cooked or canned beans as opposed to the grinding and heat processing that occurs with cereal grains. Bean protein and starch are contained within cell walls that remain primarily intact during cooking and canning. Chewing and mixing in the stomach breaks open only a few of the cells. Furthermore, bean protein and starch enter the small intestine encased within fibrous cell walls. Interesting information is that bean starch is digested at a much slower rate than cereal starch. The slow rate of starch digestion contributes to the low glycemic factor.

Gelatinization and retrogradation of starch affect starch digestion. This is why I like to cook my beans in a pressure cooker to provide sufficient thermal energy to cause complete gelatinization of bean starch. Canning, because of the higher temperature attained, allows for the nearly complete gelatinization of the starch; however, I prefer to cook my own beans.



PASTA FAGOLLI WITH ANASAZI BEANS

PREPARATION

- ⊙ 2 Celery
- ⊙ 3 tbsp garlic
- ⊙ Basil
- ⊙ 1 Onion
- ⊙ 1 lemon
- ⊙ 1 tbsp olive oil
- ⊙ 2 carrots
- ⊙ 1 garlic
- ⊙ Salt and Pepper
- ⊙ 1 opo squash
- ⊙ 10 to14 cherry tomatoes
- ⊙ Or I can of tomato sauce

PREPARATION

- Step1**– Soak Anasazi beans and remove the water
- Step2**– (You can cook in a pressure cooker or let it cook on a low flame for 3 hours. Sometimes I let it cook on a low flame with a lot of water overnight and it is soft in the morning.)
- Step3**– Cook the beans until they become soft
- Step4**– Finely chop a lot of celery, two carrots, and two large unions
- Step5**– Ground in half a cup of garlic and sauté onions to soft brown in avocado oil; add garlic, celery carrots, and tomato sauce
- Step6**– After the beans are done, mash some and leave some whole
- Step7**– Mix the sauce with beans and let it simmer
- Step8**– Add fresh basil, and sprinkle Italian dressing and fresh lemon juice You can serve just like this for an appetizer or put in a few pieces of cut penne pasta
- My grandkids love it. I just made more pasta for them. Ready to enjoy.





BEETROOTS WITH ANY TOFU MEAT

Benefits of Beetroots

Many people neglect consuming beetroots in whole form in their regular diet. Beet greens have even more iron than spinach. Beet Roots are high in carbohydrate level, but these are good carbs. I highly recommend to consume beetroots, I use one beet root five days a week in my smoothies; it goes into your blood stream. I drink my smoothie slowly it takes me almost two hours, after my body feels warm. I love eating raw beets with salad dressing, however we never going to chew fine as in smoothie as in smoothie consistency. I notice my smoothie taste better and look appealing with beetroots and their leaves. They are rich source of B-complex vitamins such as (B-3), (B-5), (B-6) and minerals such as iron, manganese, copper, magnesium, process good levels of potassium, 100g fresh beet root has 325 mg of potassium or 7% of daily requirements. Relish beetroots and their leaves, not only their sweet, earthy flavor but also their dynamo nutrients that may improve your health in the following ways.

1. Help fight osteoporosis
2. Fight Alzheimer's disease Invigorate the production of antibodies and white blood cells
3. Lower Your Blood Pressure
4. Benefits reduce the risk of birth defects
5. Enhance Your Stamina and fight Inflammation
6. Anti-Cancer Properties and rich in high immune-boosting and Fiber
7. Support Decontamination of the body





BEETROOTS WITH TOFU OR MEAT

BEETROOTS WITH ANY TOFU MEAT

INGREDIENTS

- ⊙ 3 beet roots
- ⊙ Salt and red crushed pepper
- ⊙ 1 tsp of fresh ground ginger
- ⊙ 1 tsp of fresh ground garlic
- ⊙ Cilantro
- ⊙ Any tofu meat
- ⊙ 1 tbsp of oil
- ⊙ 1 onion
- ⊙ 3 large tomatoes
- ⊙ 1 tsp of fresh turmeric
- ⊙ 1 tsp of coriander powder

PREPARATION

- Step1**– Chop onion and beet root in thin pieces. sauté, onions.
- Step2**– Add ginger and garlic, turmeric, coriander,
- Step3**– Add tomatoes and beets let the beets soften then add tofu meat and let it cook until you smell the aroma..
- Step4**– Garnish with cilantro and serve with rice, or polenta or couscous or whole wheat pita bread.

I am a non-vegetarian, so I use meat instead and use the same recipe.





BETROOT'S WITH TURNIPS OR MEAT

TURNIPS

Benefits of Turnips

Turnips deliver a wide range of health benefits. A one-cup serving of boiled, mashed turnips and their leaves contains 51 calories and they include vitamin C, vitamin A, calcium, magnesium, and potassium. Turnip root is considered a starchy vegetable; however, it contains only a third of the calories of a potato. They are an excellent substitute for potatoes in soups. Turnip sprouts provide high protection against some forms of cancer and provide antibacterial, antifungal, and antiparasitic benefits.

If you have a hypothyroid condition, talk with your physician about including turnips in your diet.

Turnips are good substitute for potatoes. Use in soups. When in season I eat them raw, they are sweet.

ENJOY COOKING TURNIPS

INGREDIENTS

- Step1**– Chop onion turnips in fine pieces.
- Step2**– Sauté, onion then add fresh ground garlic.
- Step3**– Add the turnips and tomatoes. Let the flavors mix together.
- Step4**– Garnish with parsley. Serve with nine grain-organic pasta.

If you have a hypothyroid condition, talk with your physician about including turnips in your diet.





TURNIPS WITH TOFU MEAT

INGREDIENTS

- ⊙ 3 Turnips
- ⊙ 1 tsp of fresh ground ginger
- ⊙ 1 tsp of fresh ground garlic
- ⊙ 1/2 tsp of turmeric
- ⊙ 1 Onions
- ⊙ 2 tbsp tomato paste
- ⊙ Salt, red crushed pepper according to your taste
- ⊙ 2tblsp plain yogurt
- ⊙ 1/2 tsp of ground coriander
- ⊙ 2 large sized unions
- ⊙ A hand full of cilantro
- ⊙ Avocado oil
- ⊙ Meat of your choice

PREPARATION

Step1– Finely chop pieces of two whole onions and turnips into small pieces

Step2– Sauté onion

Step3– Add fresh ground garlic, ginger, coriander, turnips, tomato paste, and yogurt

Step4– Let the flavors mix together

Step5– Add tofu roasted or fried

Step6– Garnish with cilantro

Step7– Serve with lentil soup, rice, multigrain bread, or split tortillas

Step8– If you want to eat it with tofu meat:

- ⊙ Cut onion in fine pieces; dry roast onions then add oil
- ⊙ Add the grounded garlic, ginger, freshly roasted or powdered coriander, turmeric, yogurt and tomatoes
- ⊙ Continue stirring until it starts to give an aroma
- ⊙ Add tofu meat and sauté all ingredients together Add turnips after the meat is soft. Garnish with cilantro. Serve it with rice, split-tortillas, multi-grain tortillas, quinoa, or couscous.



EGGPLANTS

Benefits of Eggplants

- ⊙ Eggplants, also known as aubergines, belong to the nightshade family of plants and are used in many different dishes around the world.
- ⊙ Eggplants are not vegetables that come from the fruit family.
- ⊙ This article takes a deep look at 7 health benefits of eggplants.
- ⊙ One cup (82 grams) of raw eggplant contains the following nutrients (2):
- ⊙ Vitamin C, Fiber, Protein, Manganese, Folate, Potassium, Vitamin K
- ⊙ May Reduce the Risk of Heart Disease
- ⊙ May Have Cancer-Fighting Benefits
- ⊙ High in Antioxidants. May Reduce the Risk of Heart Disease and Could Help With Weight Loss
- ⊙ May Promote Blood Sugar Control

PREPARATION

- Step1**– Turn the oven on to 450 degrees
- Step2**– Cut red bell pepper and the eggplant into thin pieces lengthwise
- Step3**– Take a new bowl; put 1 ½ tsp. of olive oil, garlic, salt, and crushed peppers together
- Step4**– Then add eggplant and red bell pepper
- Step5**– Mix all ingredients together
- Step6**– Place the mixed ingredients in the oven until they turn soft
- Step7**– While the eggplants are cooking, sauté onions; then add garlic and tomatoes
- Step8**– Check when the eggplant is cooked softly put in with tomato sauce
- Step9**– Let it simmer for a while until all flavors are blended

- ⊙ Garnish with basil
- ⊙ Sprinkle a little cheese for kids, so they can enjoy it
- ⊙ Serve alone or with pasta or rice
- ⊙ Finely chop pieces of two whole onions and turnips into small pieces
- ⊙ Sauté onion
- ⊙ Add fresh ground garlic, ginger, coriander, turnips, tomato paste, and yogurt
- ⊙ Let the flavors mix together
- ⊙ Add tofu roasted or fried
- ⊙ Garnish with cilantro
- ⊙ Serve with lentil soup, rice, multigrain bread, or split tortillas
- ⊙ If you want to eat it with meat:
- ⊙ Cut onion in fine pieces; dry roast onions then add oil
- ⊙ Add the grounded garlic, ginger, freshly roasted or powdered coriander, turmeric, yogurt and tomatoes

I'm Using the Following for the Prevention of Covid and its Variants



Using steam shower or use a steamer



I have been taking real black seeds in my smoothie since Covid. I have been using blackseed oil in my throat twice when I'm exposed directly to my covid patient.



Ice water is toxic in this sick environment. I drink only warm water.



After steaming my face, I'm alright. However, I'm asking my grandchildren to snort a little ginger powder. I don't need to because, I drink fresh ginger and turmeric in my smoothie



Drink hot tea with cinnamon, rosemary, sage, lemon and other herbs.



BOK CHOY

Benefits of Bok Choy

You can cook eggplant firm or soft depending on your preference

I love bok choy. It doesn't have a strong taste, and it can be prepared in numerous methods of preparation all with taste great.

It can be stir-fried, steamed, or boiled. I shred it and make it into coleslaw, or I cut it finely and simply just sauté with ginger or garlic.

Kimchee is a popular dish for many people around the world. I am not a pickle fan, but if you like bok choy, it is a good choice.

Bok choy is full with life-giving nutrients. It could help prevent asthma and colon and prostate cancers. It contains an abundance of vitamin C (is an antioxidant), vitamin A (responsible for functioning immune system), and K, calcium, magnesium, potassium, and manganese.

INGREDIENTS

- ⊙ 2 tbsp. soy sauce
- ⊙ 1 tsp. Palm Sugar
- ⊙ 1/2 tsp. Cornstarch
- ⊙ 1 tsp toasted sesame seeds
- 1 tsp. Sesame oil (dark)
- ⊙ 2 garlic cloves, minced
- ⊙ 1/4 cup chicken or veggie broth
- ⊙ 1 tsp. Fresh ginger, peeled and minced
- ⊙ 1/4 teaspoon crushed red pepper flakes (or to taste)
- ⊙ 1 1/2 lbs Bok choy, chop into bite-sized pieces



BOK CHOY CONTINUED

PREPARATION

- Step1**– Wash bok choy thoroughly
- Step2**– Fine-chop bok choy
- Step3**– Heat a large wok to medium high heat; to find out if it is ready, drop water; if it sizzles, it is ready
- Step4**– Put a teaspoon of oil in the wok
- Step5**– Add in the garlic, ginger, and crushed red pepper; stir-fry until it releases an aroma - about 30 seconds
- Step6**– Add in the bok choy; cook, stirring often, for 3 minutes
- Step7**– Add the broth, soy sauce, sugar, and cornstarch; bring it to a boil, stirring
- Step8**– Cook for a minute or until thickened
- Step9**– Remove from the heat and sprinkle with sesame seeds
- Step10**– or tofu meat oo.



INGREDIENTS

- ⊙ Bok choy
- ⊙ Salt and black
- ⊙ Pepper,
- ⊙ Ginger
- ⊙ Oyster sauce

PREPARATION

- Step1**– You can bok choy to any of your meat or tofu meat dishes by steaming
- Step2**– You use some soy or oyster sauce, I use bok choy in my smoothie
- Step3**– Since it has a mellow taste to it;
- Step4**– Bok choy becomes compatible with any of your favorite dish.
- Step5**– You can chop fine and add to the omelet with artichoke's heart serve with multi-grain bread. All green leafy veggies can be prepared with meat or Sauté them. Since a lot of people don't like them to eat them make smoothie or mix with the meats you like..



ASPARAGUS SOUP

Benefits of Asparagus

Asparagus is a prebiotic food, which helps in providing beneficial bacteria for the gut. The food I consume in my smoothie is great for gut and total bodily functions. Think about how our liver has to work when people are consuming alcohol like water.

INGREDIENTS

- ⊙ 1 bunch of asparagus
- ⊙ 1 tbsp of olive oil
- ⊙ 1 small onion
- ⊙ 1 tsp of fresh ground garlic
- ⊙ Salt and black pepper
- ⊙ 1 tsp of sour cream

PREPARATION

- Step1**– Wash asparagus thoroughly and let all the water drain from them
- Step2**– Sauté onion and garlic to a golden color in olive oil and remove from the oil (Some garlic can stay in oil. If you don't like the taste then blend it with asparagus.)
- Step3**– Sauté asparagus for a minute
- Step4**– Add salt and pepper
- Step5**– Shuffle the greens quickly for a few minutes and let these ingredients simmer
- Step6**– Add chicken broth or vegetable broth
- Step7**– Puree all the ingredients in the blender; make it into a soup.
- Step8**– Add sour cream and mix together
- Step9**– It is fast to make this soup. Enjoy your health and serve with multi-grain bread or crackers.

Instead of sour cream you use Greek yogurt, half and half, or coconut milk.



BARLEY SOUP

INGREDIENTS

- ⊙ 1 cup Barley
- ⊙ 1 tbsp of olive oil
- ⊙ 1 small onion
- ⊙ 1 tsp of fresh ground garlic
- ⊙ Salt and crushed pepper
- ⊙ 10 mushrooms
- ⊙ Handful of parsley or cilantro
- ⊙ 1 carrot- Baby Kale chopped fine to garnish
- ⊙ 2 tbsp finely chopped, optional
- ⊙ 1 lemon and 1 bay leave
- ⊙ 1 onion finely chopped optional
- ⊙ 2tblsp freshly ground garlic

PREPARATION

- Step1**– Wash and use plenty of water to cook barley
- Step2**– Let the soup cook for a couple of hours on a low flame or use a pressure cooker. (I like to cook on a low flame.)
- Step3**– Take a new pan and sauté onion
- Step4**– Take another pan and sauté mushrooms on a high flame; keep the ingredients separate and add when the barley is done
- Step5**– Add freshly ground garlic, bay leaves, tomato sauce, carrots, and celery and make a sauce.
- Step6**– When the barley is well done, add the sauce to it; then add juice to your taste
- Step7**– You can garnish the soup with finely chopped cilantro or mint or finely chopped baby-kale
- Step8**– You cook it for yourself and offer it to your children and blend it for the babies.



This movie "Freedom" is one of my peace projects. The movie is about how non-violence is more powerful than violence. We must learn from history and not get influenced by politicians who divide us. Stay behind me, we are connected for a global positive shift.



Disclaimer: The information in this book is not intended to be a substitute for professional medical advice. Do not use this information to diagnose an ayurvedic treatment for hair-health and/or dandruff without consulting the doctor. Consult your physician. This book is about what I have done. I believe we all choose our lives. I choose my faith, I make my own protocols for my health, I choose who I want to be, and I live the dream life I want. I thoroughly acknowledge that this moment is the only true time. I want to live it and share what I have found on my journey to this planet. Dame Dr. Munni Irone is in charge as her Lord is her best friend.

Get Balance

I consider this book as preparation for my transition. This is my 10th book. Most of my books include the concepts of Academic Education in cosmetology. I have been practicing Qigong since I was seven. I had a severe accident when I was 9 years old and I healed myself without any therapy, meditation, or medical help. I put my life puzzle together, hoping millions will do the same. My coaching has impacted thousands of people over the last 40 years. I've always been a complementary coach. People approach me with their problems and they establish a relationship with me as a Mama, sister, or their best friend.

My powerful Mantra is "My heart to your heart, Love & Peace, We are one!". All we need is "Love and Care." This book contains the secrets of my success, which include my sister was in comma and how I brought her back to life, diet for a healthy living, and daily discourses.

I wanted to leave my legacy for what I have done. Who am I? What do I really want? How can I serve the people that were sent into my life? My wealth is enjoyed by numerous people. I always ask the Lord how I can serve you. I freed myself with attachments and suffering.

I'm not a politician or a religious leader. This book is about physical, spiritual, mental and professional balancing. Also about beauty tips on skin care, hair care, nail care and I also shared some food recipes.

Once you complete reading the book, I am sure you are going to take a treasure of knowledge which makes you a successful person to lead a great life.

I walked away from my state in 2008 after my husband passed away. My children tried to put a break in my philanthropic work. But, I'm focused on my work and giving my family time. I live in two luxury homes. I am a wanted woman. I never drank, smoked or took drugs or dated. I totally understand human relationships. I work 14 to 16 hours a day without stress.

The most important thing in my book is how to create your space? This was never taught to me by anyone I found being a teacher as I was looking into myself.

Your dollar is at work with me. I'm going to use every penny and time to give. I'm not needy or hungry. I have plenty of philanthropic bars going around the world and together we can make a positive change.

- Dr.(Hon) Dame Munni Irone



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