

THE 10 KEYS TO HAPPINESS

By
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ONE

Listen to your body's wisdom, which expresses itself through the signals of comfort and discomfort. When choosing a certain behavior, ask your body, "How do you feel about this?" If the body sends a signal of physical or emotional distress—watch out! If the body responds with joy and comfort—go for it!

TWO

Live in the moment! The present is the only moment you have, Have your attention on what IS and see its fullness in every moment. Have psychological acceptance totally and completely that this present moment is as it should be. How could it be otherwise? This moment is as is because the universe is as is. Don't struggle against the universe.

THREE

Take the time to be silent, to quieten the internal dialogue, to be guided by your intuition, rather than externally imposed interpretations of what is or is not good.

FOUR

Relinquish your need for approval.
There is great freedom in that choice.

FIVE

When you find yourself reacting with anger to any person, situation or circumstance - recognize that you struggle only against yourself. Don't be so hard on yourself.

SIX

Know that those you react to strongly, whether you love them or hate them, are reflections of yourself. Use the mirror of relationship to guide your own spiritual evolution.

SEVEN

Shed the burden of judgement - you will feel much lighter.

EIGHT

Don't contaminate your body with toxins - either through food, drink, or toxic emotions.

NINE

Replace fear-motivated behavior by love-motivated behavior.

TEN

Understand that the physical world mirrors the process in our own consciousness. Cleaning up the environment and getting ride of the toxic wastes and dumps that contaminate our earth, its rivers and oceans is worthwhile, but even more important is the flushing out of toxic ideas that contaminate the human mind.

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