

SECRETS OF RADIANT HEALTH AND WELL-BEING

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The secret of radiant health and well-being is...

1. proper diet; eating foods that are rich in vitality; studying proper food combinations; not over-eating. If possible, eat in a harmonious environment, not in places where there is discord.
2. proper posture: Sit up straight; stand upright; hold your shoulders back, your chest up, your head high. Live more in the spine; let your movements flow outward from your inner center.
3. proper breathing. When walking, breathe deeply and rhythmically: Inhale counting four, hold four, exhale four, hold out four. Repeat this exercise six to twelve times. Make it a point to breathe deeply, from the diaphragm.
4. proper exercise. Be conscious of the life-force flowing in your every movement.
5. energization. Live by this teaching: “The greater the will, the greater the flow of energy.” Learn, and practice, exercises designed to increase your energy. Live in the awareness that you *are* energy.
6. daily meditation. From the center of stillness within you, radiance will illuminate your entire being.
7. impersonal love, which brings the body into perfect harmony. Love develops of itself, once the pettiness of self-love has been renounced.
8. happiness within, radiated outward in a sense of well-being to others. Happiness is the fruit of faith in life, in God, in one’s own high potential.
9. willingness: Train yourself to say Yes to life!
10. a positive, fearless attitude. If you affirm the highest good, you will attract it to you.
11. fresh air. Breathe consciously. With every breath, inhale vitality and courage; exhale stale thoughts, discouragement, old habit patterns. Breathe in a deep sense of freedom.
12. relaxation. For tension holds illness in the body, but relaxation releases it. To relax completely, first tense the body; then exhale forcibly and relax; *feel* all tension leaving your body. Release mentally all your cares and worries.
13. good company. Mix with generous, energetic, deeply concerned individuals; avoid the company of talking zombies. For the company you keep can either magnetize you, or else rob you of all magnetism.
14. eating more fresh, raw foods; fewer that have been cooked; and none that are stale or over-cooked. Remember, your food consists of more than chemicals. Choose foods that are rich in life-force. Eat more fruits and vegetables, fewer meats.
15. concentrating on the vital essence of what you eat. The more you make it a practice to eat consciously, the more the energy in what you eat will fill your being—and the more, as a result, you will *want* to eat correctly.
16. self-control—for by over-indulgence one only wastes his vitality.
17. to be more conscious of colors, as channels of energy. Surround yourself with cheerful, harmonious colors; inhale them mentally. Shun colors that are dark, muddy, or depressing. In selecting food, choose foods for their diversity of colors. This diversity will help to provide your diet with proper balance.
18. to be more conscious of sounds, especially of music. For music, whether calming or discordant, cheerful or depressing, affects the entire nervous system; it can make a person vital and responsive, or lifeless and resentful. Give preference to the music of composers whose awareness is expansive.
19. affirmation: Affirm good health, even in the face of illness. Positive affirmations, repeated frequently, will keep you radiant and strong. When your light shines brightly, illness will close its eyes and turn away.

20. to imagine yourself surrounded by an aura of light. Live more in this light. Expand it consciously. Include in it the people around you, the space within which you live.
21. to transcend petty self-involvement, which dulls the awareness. Lessen your attachment to littleness: little rules of diet, little fads. Expand your consciousness: Be inwardly free!
22. concern for others. Expand your sympathies; include others in your own radiant sense of well-being.
23. non-injury, for well-being depends on the kind of thoughts one sends out to others. Injurious thoughts steel one to receive injury oneself. Kind thoughts induce the nervous system to relax; they promote self-healing.
24. contentment—the supreme virtue; the soil in which all other virtues flourish; the smooth leaf to which the raindrops of illness cannot cling.
25. cleanliness, within and without; wholesome emotions; good thoughts. Disease thrives where there is impurity, but good health flourishes where attention is paid to cultivating physical, mental, emotional, and spiritual purity.
26. non-attachment—which results in inner peace, the precursor of contentment; and relaxation, the consort of good health.
27. neither envying nor blaming anyone; remaining restful in your inner center. Bless everyone as you go serenely on your way through life.
28. gratitude, which opens windows to the sunlight of infinite abundance.
29. to keep your energy flowing upward. Try this exercise: Bend forward, exhaling; then inhale slowly, straightening up, and raise your arms high above the head; feel life vitalizing your upper body all the way to the finger tips. Gaze upward more often, and try to keep your awareness focused at the front of your brain, at a point between the eyebrows. Walk lightly. Sit lightly. Smile frequently.
30. to be a cause, not an effect. Let nothing condition your happiness. Accept only that from others which you choose to accept: their good suggestions, but not their insistence on them; their constructive criticisms, but not their anger. Radiate outward into the world around you the light of faith and wisdom.
31. being a friend to all.

from the book of the same name, available at www.anandapublications.com