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**100% Effective Natural Hormone Treatment**  
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**Impair Healthy Healing In People Over The Age Of 30!**

**Ten Ways To Achieve Harmony**

**By Sibyl McLendon**

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- 1.Meditate on a regular basis. You do not have to isolate yourself and chant mantras to meditate. Just take 15 minutes a day, sit quietly (maybe listen to some soothing music) and let your mind relax and wander.
- 2.Stop and think before you act/react. Ask yourself if the situation is really going to matter tomorrow or next week. If the answer is no, then there is no reason to get upset today. If the answer is yes, then ponder how to solve the problem simply instead of going ballistic.
- 3.Surround yourself with harmonious things. If you are watching violent or disturbing television or movies, listening to negative music, reading negative or violent books or playing violent video games, harmony is always going to elude you. Change your habits to find the harmony within.
- 4.Clean up the mess. If you have piles of papers, loads of junk and a messy environment around you it will lead to disharmony within. When you eliminate the mess and simplify your surroundings, harmony follows.
- 5.Create a harmonious ritual for yourself. If you can do one thing a day that makes you feel peaceful you will be amazed at the results. Take a candlelit bath, journal before bed, take a walk, learn Tai Chi... just find one simple ritual and stick to it.
- 6.Surround yourself with harmonious people. If your friends and family are on the opposite pole from harmony, go where peaceful people hang out and make some new friends. Like-minded people are the best support system.
- 7.Pray. It doesn't matter what your spiritual inclination is, praying helps. I am not talking about getting down on your knees with clasped hands; I am talking about establishing a dialogue with a Higher Power.

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8. Do good deeds selflessly. When you do for others without the expectation of a return for it, it makes you feel better inside.

9. Look for the blessings in your life instead of the problems. We all have blessings! If you are alive, if you have food to eat and a place to live you are better off than the majority of people on this planet. Think about your blessings every day.

10. Give up trying to be perfect. No one is. If you were perfect, you would be dead or God. Just be the best that you can be on a daily basis. Live your day so that you can go to bed with no regrets, one day at a time.

Sibyl McLendon, a Navajo woman living in the American Southwest, is a personal empowerment coach for Circle Of Grace <http://www.circle-of-grace.com> Sibyl can be contacted at [sibyl@www.circle-of-grace.com](mailto:sibyl@www.circle-of-grace.com)

### **Change Your Thoughts, Change Your Life. Five simple ways to bring more peace and harmony to your life!**

**By Marla Sloane**

When you change your thoughts, you change your life. The fastest way to achieve peace and harmony is to change your thinking. In order to change your outer world you must first change your inner world. Your thoughts dictate your behavior, and when you change your thought patterns, you will be changing your behavioral patterns as well. Altering your behavior will change the course of your life. Here are 5 simple ways to achieve peace and harmony.

1. **Observe Your Internal Chatter.** If you find your thoughts are negative or limiting, stop and replace those thoughts with positive ones. Your internal chatter is a good forecast to the direction your life is headed. Meditation is a good way to clear that negative chatter, and assist you in changing your thought process.

2. **Say What You Mean, and Mean What You Say.** Healthy communication is a key element in keeping peace and harmony in your life. Good communication eliminates being misunderstood, and prevents stressful situations. Saying what you mean not only gives you a sense of peace, you also earn the respect from others when they know you are true to your word.

3. **Focus on the Positive Not the Negative.** Turn negative situations into positive ones. Everything happens for a purpose and a reason. Instead of complaining, and feeling wounded after a negative situation, stop and think about how you can change it into a positive one. Remember, you attract what you dwell on; positive attracts positive, and negativity attracts negativity. If your thoughts are negative and victimizing, you will attract exactly that into your life. What are your thoughts attracting?

4. **Practice Guided Visualization.** This technique involves sitting comfortably, and listening to a tape or

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an instructor who guides you through a relaxing scenario. The setting is calm, tranquil, and peaceful allowing your mind and body to connect. You can create what you visualize, and with the aid of your subconscious mind, the possibilities are limitless!

5. Get Organized. Organizing your surroundings, and managing your time wisely helps give you a clear head for making wise choices. Your choices are dependent on your thoughts that precede it. How can you make a wise decision if your thoughts are cluttered and unorganized? Start organizing your life now, and see how fast you can change your life.

Thoughts are powerful, after all, everything ever created started with a thought. You are creating your tomorrow with the thoughts you have today. Taking control of your thoughts will give you a sense of stability, and with that stability brings peace and harmony.

Marla Sloane Ph.D. is a successful author and speaker. Her Daily Positive Affirmations subscribers have reached world-wide proportions, and her book, "The Masks We Wear and How to Live Without Them" is at the heart of her teleclasses; Live Your Best Life. Marla has also produced, Trilogy of Meditations, for your Mind, Body, and Spirit, which is distributed nationwide, and in Europe. You can visit her web site at:

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