

You will worry. You will have anxiety.
But if you can, try to

RELAX INTO LIFE.

Don't dwell on the past. It only has power over you if you remain attached to it. Plan for your future, but **be flexible and adjust to what comes.**

Don't let anyone else's fear, anger or bitterness enter your heart. This world will never be perfect, but that doesn't mean that we shouldn't **strive to make the world a better, more peaceful place.** Serve life as best you can.

Whatever situation God puts you in, appreciate it, embrace it, do what you can to make your life and other's lives better. Be kind in your words and deeds.

See the best in others,
and by doing so, you will bring
out their best.

Stay calm and project calm when tensions are high. Find peace in your heart. Each moment, you have a choice to either be a vehicle for God's Love, or a vehicle for illusion and fear. **Choose God's Love;** this will uplift others.

LET YOUR LIGHT SHINE FORTH. The clay temple you wear during your short time in this world is not who you are. So don't tie your identity to the color of your skin, your gender or how wealthy you are. You are Soul, God's creation, which is the only thing of permanence.

We are in this world to learn. The situation you find yourself in, including your challenges, obstacles and any perceived privilege, is between you and God only. God put each of us in our particular situations because this is the best way for us to learn what He wants us to learn.

Don't feel guilty or resentful for your situation and don't compare your situation to others, because we are each experiencing what God wants us to learn.

GIVE PEOPLE FREEDOM

to say what they want to say, even if you don't agree. We each have the right to speak our minds. **Let people be.** You can't force people to believe as you do, nor is it your right to do so. The only way to inspire change is by living your best life and letting God's light shine through you.

Don't let anyone infringe upon your body, thoughts or God-given liberties. Stand up for yourself when you need to. Defend yourself and your loved ones when necessary.

For 20 minutes each day, **have alone-time with God.** Quiet your mind. Still your emotions. Be grateful for your life and focus on love with complete purity.

Be gentle with yourself. We all make mistakes. Love yourself as God loves you.

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