

RIGHT LIVING

FOUR AGREEMENTS

- 1. IMPECCABLE WORD***
- 2. MAKE NO ASSUMPTIONS***
- 3. TAKE NOTHING PERSONALLY***
- 4. DO THE BEST YOU CAN***

FOUR DIVINE ABODES

- 1. LOVING KINDNESS***
- 2. COMPASSION***
- 3. SYMPATHETIC JOY***
- 4. EQUANIMITY (LETTING GO)***

THE UNIVERSE IS TOO BIG TO HOLD ONTO BUT THE PERFECT SIZE TO LET GO!

***RIGHT DIET
RIGHT MOVEMENT
RIGHT LIVLIHOOD
RIGHT MINDED***