

A vibrant sunset over a field of purple and red flowers. The sky is a mix of blue, orange, and yellow, with a bright sun partially obscured by clouds. The foreground is filled with tall purple flowers and green grass, with a few large red flowers scattered throughout. The overall mood is peaceful and beautiful.

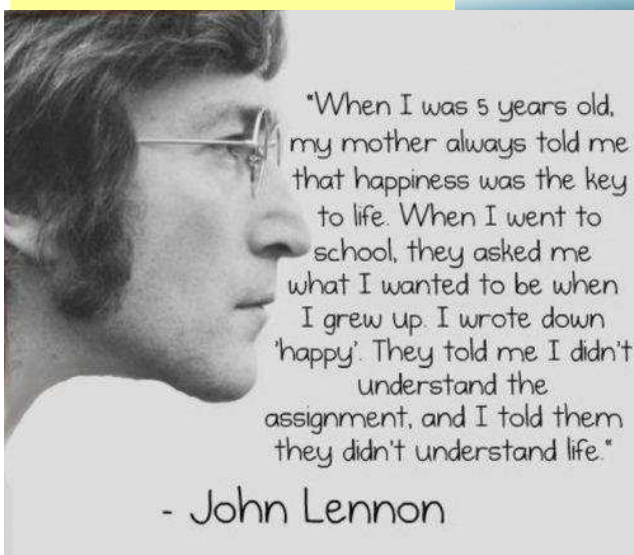
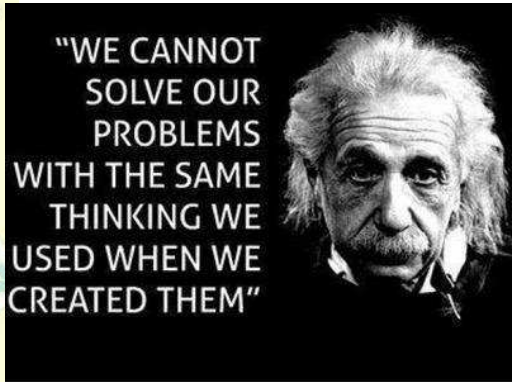
Living in Love and Light

Troy & Tina Bunnell

Living in Love and Light

Do you want to be happy or not?

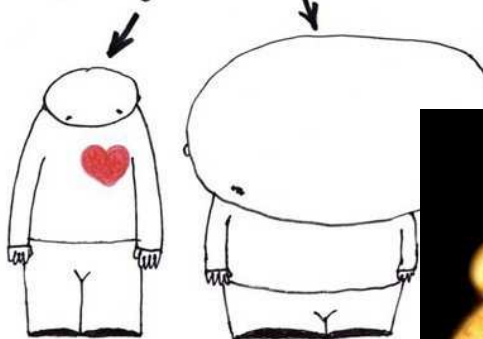
1. Give up your need to always be right.
2. Give up your need for control.
3. Give up on blame.
4. Give up your self-defeating self-talk.
5. Give up your limiting beliefs
6. Give up complaining.
7. Give up the luxury of criticism.
8. Give up your need to impress others.
9. Give up your resistance to change
10. Give up labels.
11. Give up on your fears.
12. Give up your excuses.
13. Give up the past.
14. Give up attachment.
15. Give up living your life to other expectations.



Meditation

What it is and what it ain't

Who ya gonna trust?



"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma—which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become."

—Steve Jobs



Nothing happens if you keep it all inside.

Love must be expressed in order to be answered.

Life is a flow...Go with it!

CHOOSE A PATH WITH A HEART!

There is no wrong or right in life,

There are the experiences we have along

the path we choose to walk.

Choose well

and you will have experiences

that will fill your soul

with love and gratitude



“The trick is in what one emphasizes.
We either make ourselves miserable, or we make ourselves happy.
The amount of work is the same.”
~ Carlos Castaneda



“A man of knowledge lives by acting,
not by thinking about acting,
nor by thinking about what he will think
when he has finished acting.
A man of knowledge chooses a path with heart
and follows it; and then he
looks and rejoices and laughs,
and then he *sees* and knows.

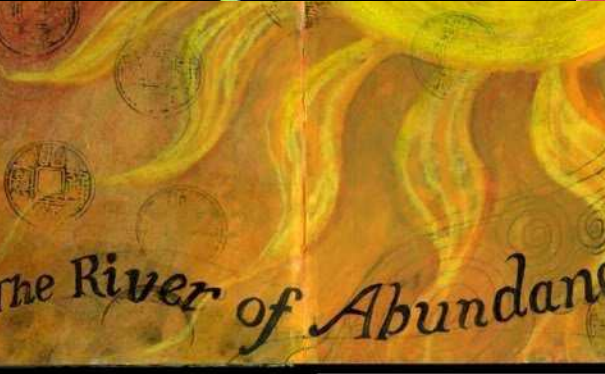
He knows that his life will be
over altogether too soon,
he knows that he, as well as everybody else
is not going anywhere,
he knows, because he *sees*,
that nothing is more important than anything else.

In other words,
a man of knowledge has no honor,
no dignity, no family, no name, no country,
but only life to be lived,
and under these circumstances his only
tie to his fellow men is his controlled folly.”
~ Carlos Castaneda

**YOU HAVE
THE POWER**

OK....Sometimes it's not so easy

grateful things
 receive blessings
 appreciate
gratitude
 thankful
life
 every day
 give Every deeply truly
 be forever
 abundant brings
 filled
 moment
 abundance
 brings
 filled
 every
 day
 thankful
 appreciate
 good
 able
 now
 thankful
 appreciation
 immensely
 people
 why
 others
 count
 utilize
 the



"CHANGE
 YOUR
 THOUGHTS
 AND YOU'LL
 CHANGE
 YOUR
 WORLD"

RELATIONSHIPS

Otherwise known as.....

He completes me

Ohh baby baby,

SEX

Soul Mate

Are you kidding me?

What the @# \$!

Seriously?

Why?

Dear God Save me please!!

THE FACES CHANGE

BUT THE GAMES THE SAME

When?

My better half

How do you know?

Ole Ball & Chain

And other assorted sundries



enjoy
the
little
things



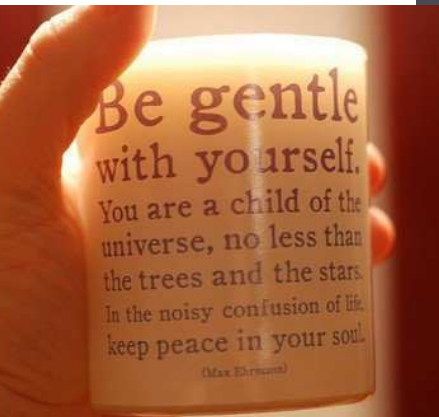
... a decision
The universe
Conspires to
Make it happen.
-Ralph Waldo Emerson



Brianne Hoyt-Stam | Photo comp



date yourself



Be gentle
with yourself.
You are a child of the
universe, no less than
the trees and the stars.
In the noisy confusion of life,
keep peace in your soul.

(Max Ehrlich)



BE
KIND
TO
YOURSELF

FOR EVERY-
ONE YOU
MEET IS
FIGHTING
A GREAT
BATTLE.

BE KIND

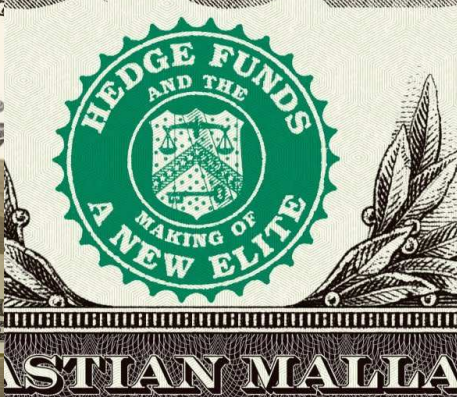
PHILO OF ALEXANDRIA

ONE OF THE MANY FORMS OF ENERGY

**BUT PROBABLY THE ONE WE THINK
ABOUT MOST**



**MORE
MONEY
THAN
GOD**



ASTIAN MALLA

So how do I know if I'm
choosing right?



**IF YOU'RE
WAITING
FOR A SIGN**



**THIS
IS IT.**



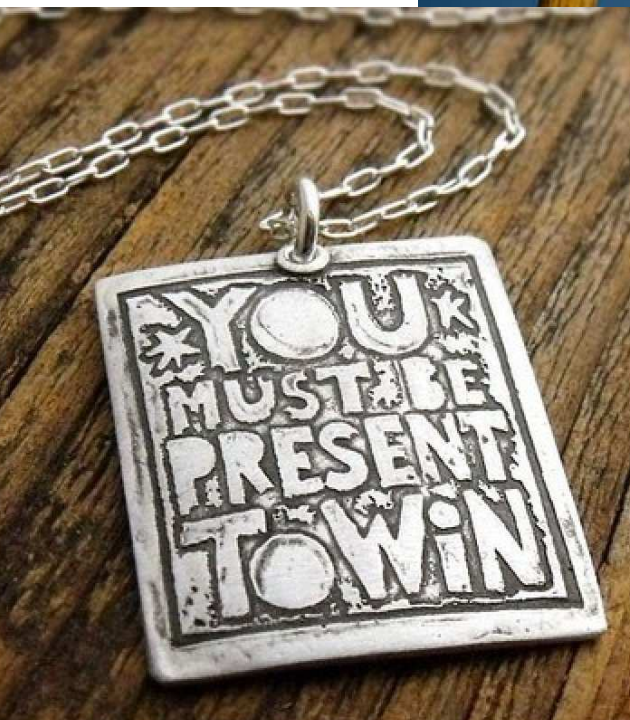
**FOLLOW YOUR
DREAMS
AND THE UNIVERSE
WILL OPEN DOORS
FOR YOU
WHERE THERE WERE
ONLY WALLS**

The Power of BEing

Actually the ABSOLUTE necessity of BEing your Dreams

Go confidently
in the direction
of your dreams!
Live the life
you've imagined.

-Thoreau



I
AM

Two of the most
powerful words
in the world.
For whatever you
put after them
shapes your reality



COMMITMENT

The chicken is involved. The pig is committed.

Shhhhhh! Don't tell anyone but

The secret to success is.....

Intent

Practice

I AM IMPECCABLE IN MY THOUGHT, WORD, AND DEED!

ALL MY NEEDS ARE MET ABOVE AND BEYOND MY GREATEST EXPECTATIONS!

MAINTAINING POWER, INTENT AND FOCUS ... AWARENESS OF DETAILS

IMPECCABILITY

TRUTHFULNESS

DISCIPLINE

CERTITUDE

FOCUS

ORGANISATION

CLEAR COMMUNICATION

February 2011

The Four Agreements

BE IMPECCABLE WITH YOUR WORD

- Speak with integrity.
- Say only what you mean.
- Avoid using the Word to speak against yourself or to gossip about others.
- Use the power of your Word in the direction of truth and love.

DON'T TAKE ANYTHING PERSONALLY

- Nothing others do is because of you.
- What others say and do is a projection of their own reality, their own dream, their own conceptions, their own fears, their own expectations, their own moods and beliefs, and their own mental models.
- When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

DON'T MAKE ASSUMPTIONS

- Find the courage to ask questions and to express what you really want.
- Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.
- With just this one agreement, you can completely transform your life.

ALWAYS DO YOUR BEST

- Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick, when you are tired as opposed to fresh, when you are angry as opposed to calm, when you are confident as opposed to insecure, when you are loved as opposed to lonely, and so on.
- Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.

Intent & Will

Now it's Monday and the first day on the job!

Get going! Keep great notes!

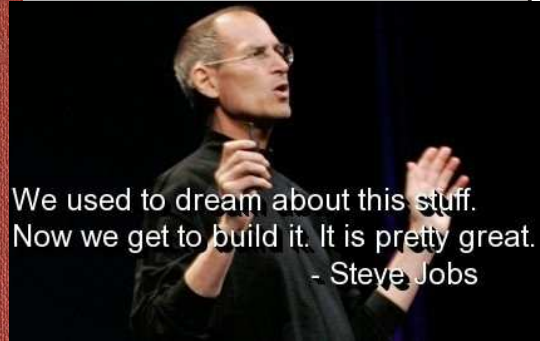
ENJOY LIVING IN LOVE AND LIGHT!



I DEEPLY AND
COMPLETELY
LOVE AND
ACCEPT MYSELF

intoheaven

Dear Diary



We used to dream about this stuff.
Now we get to build it. It is pretty great.
- Steve Jobs





♡

LIEBE

BAISER

♡♡

♡ amore

♡ Love

liebe

♡ BESO

♡ AMOUR

♡ KISS

♡ LOVE

Bacio