



7 Days to Happiness, Success & Wealth

by
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How to make your dreams a reality



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Welcome to 7 Days to Happiness, Success & Wealth

This simple and easy to use system will help you realize your full potential and put you on the path to happiness, success and wealth in only 7 days. Soon, obstacles that have prevented you from being the person you want to be will fall by the wayside as you learn to recognize and harness the enormous power that exists deep within yourself, a power that, until this moment, has remained unused and dormant, a power that you will use to become the person you have always wanted to be.

At first blush, this may seem a daunting task and in some ways it is, but you must remember that it is within your grasp and, once you begin to believe in yourself and follow the effective guidelines and tools provided for you here, you will have the ability to achieve your goals and live the life you have only dreamed about, a bountiful life that is filled with happiness, rewards and the comfort of friends and loved ones.

Now. let's get started.



How 7 Days to Happiness, Success & Wealth Works

You have enormous potential but chances are, that like most people, your potential has been hidden or overwhelmed by the negative feelings and actions of those around you. Quite possibly, even your own actions and doubts may have contributed to holding you back. You must overcome these doubts and negativity, build your confidence, instill some discipline and give yourself a sense of purpose, a reason to look forward to each and every new day. Once you accomplish this, happiness, success and wealth will be yours.

7 Days to Happiness, Success & Wealth is centered around three basic tools that will give you all you need to start on this journey to a better life. They are:

This book, not surprisingly, it is entitled *7 Days to Happiness, Success & Wealth* and it lays out, in clear and unambiguous language, the 7 guiding principles that will give you the foundation you need to attract people and enrich your world.

7 guiding principle posters, a poster for each of the guiding principles that will enable you to become happy, successful and wealthy.

And finally, an endless supply of special note cards to make it easy and convenient for you to reach out to loved ones, friends and people you would like to have as friends.



Attaining Happiness, Success & Wealth

You have already taken your first step by beginning to read *7 Days to Happiness, Success & Wealth*. You don't have to read it all at once. If you like, you can start by reading one guiding principle each day, preferably shortly after you wake up. That way, you can spend the rest of the day thinking about what it means to you and how it will change your life as you go about your daily chores and routines.

It is not a long book and each guiding principle is only a few pages. The important thing is to focus your concentration on these 7 guiding principles so that you can fully contemplate and absorb them until they are ingrained in your consciousness. You will be pleasantly surprised at how quickly your life can change for the better as you begin to incorporate these guiding principles into your daily existence.

As a helpful reminder and gentle encouragement, the 7 Day posters are meant to be hung in prominent places as you finish reading each of the guiding principles. They can be placed over your desk, in the kitchen, in the living room, anywhere where it is easy for you to see and read them. They do not have to all be in the same place. They can be scattered all about. The important thing is that they serve to reinforce and accentuate the positive changes in your life.



Another central element of *7 Days to Happiness, Success & Wealth* is that right from the very beginning of this transformational process, you will see the value of reaching out to friends and loved ones or, if there are not people in your life at present, you will find that there is value in reaching out to those who you desire to bring into your life. The special note cards that are included in this book provide an inexhaustible supply of printable cards that you can use for this purpose along with a printable envelope. Some of these cards contain quotes from noted thinkers and philosophers while others are blank. They all have beautiful pictures on the front.

When using the cards containing the quotes you can simply sign your name and use the quotes as the message or you can write an additional message or greeting as well. With the blank cards you can, of course, include a written message as brief or as long as you like. The important thing to remember is that you are reaching out and touching other people. In return, the ones who count the most will respond.



Confidence and Commitment

As you begin this journey to happiness, success and wealth, you will soon find that your confidence in yourself and your abilities rise with each step you take. As your confidence rises so too will your personal power. In turn, this will attract people and opportunities. This change will not happen by accident. It will happen because you made the conscious decision to realize your full potential and create a better world.

To make all of these extraordinarily positive changes in your life a reality you must show a strong sense of commitment to yourself and to *7 Days to Happiness, Success & Wealth*. This will occur naturally as you begin to faithfully follow the 7 guiding principles.

And now, it is time to get started.



1st Guiding Principle - Let Go of the Past

We have a tendency to let our past govern our future. We dwell on regrets, recriminations and lost opportunities from years long since gone. Even if we are not consciously aware of them, these emotions and memories become our constant companions. They are with us during the day and they run wild in our dreams at night. They have the power to haunt us with more force than any scary Hollywood movie or terrifying horror novel, and they have the power to keep us from finding what we seek most, happiness, success and wealth. Fortunately, with the proper guidance, we have the ability to let go of these harmful memories while we preserve and nourish those that soothe our souls and heal our wounds.

First, we must come to grips with and realize the damage that we inflict on ourselves through these mental minefields. And, let there be no doubt, without exception, each and everyone of us carry pain from past relationships and events, all the way back to early childhood, often starting with our parents.

There are things that were done to us and things that we have done to others, things done in ignorance, things done in anger, things done with reckless abandon, things that shouldn't have been said, and things that should have been said. These memories of things we wish we could change become so ingrained in our consciousness that they often exert a very powerful and negative influence on our lives.



There are many obvious examples of how destructive this thought process can be, how it can sabotage our daily existence in ways both small and large. There is the skier who falls because of memories of previous spills. The job hunter who agonizes over interviews because of recent lackluster performances under pressure. There are the many men and women who are afraid of entering into relationships because of past failures in love and friendship. And then, of course, there is the fear of taking chances and the fear of challenging oneself. As you look closely, you will see that these examples all share one common characteristic, the loss of confidence brought about by incidents in our past that we let control our future.

That is why these negative influences often become self-fulfilling prophecies that drag us down and prevent us from attaining our goals. They are insidious and enslaving, like having iron anvils shackled to our ankles as we struggle to move ahead in the world. Saddled with these onerous burdens, it is only with much effort that we are able to stagger forward, making far too little progress at far too great a price. This must and will stop because reliving your past failures will only lead to present and future failures, in relationships, in business, in everything you do.

This is why you must not let your past own your future. Look at the people around you. Look at them closely. Study them. Every single one has regrets, recriminations and lost opportunities. It is part of the human experience. It is unavoidable and inescapable for we are all flawed creatures in one way or another.



The problem arises when we let these doubts and misgivings from our past overwhelm us. They drain our energy and sap our confidence leaving us diminished, unhappy and with obstacles of our own making. Obstacles that block our path to happiness and success. Do not let mistakes that happened long ago haunt you. It is a vicious mental cycle that you can and will break.

Today, right now, is time to let go of the demons from your past so that you can free yourself for a better future. This does not mean that you forget loved ones, friends, important events and even your history. These things will never be lost or forgotten, nor should they. What letting go of the past means is that you now recognize that all of the experiences and events that caused you pain and damaged your self-esteem will no longer have power over you. They have become remnants of a time long gone, like the ancient pyramids of Egypt or the Great Wall of China, they will always exist but they will not hold sway over your life or harm you anymore.

Furthermore, from this point on, as you go forward in life, you can create new positive memories that give you joy and refresh your soul. These positive memories can be of significant events or accomplishments in your life or they can be something as seemingly fleeting and ethereal as a smile or a small kindness from a stranger.

Remember, the next time a painful memory, regret or recrimination from your past intrudes on your life and causes you pain or threatens to damage your confidence and self-esteem, say to yourself, "I will not let my past control my future. I can accomplish anything I set out to accomplish." And, when these harmful thoughts start to overwhelm you or fill you with negativity or doubt, simply replace them with happier images and newly created memories that bring you comfort and joy.



2nd Guiding Principle - Think of Your Life as You Want It to Be

Now that you have let go of the past, it is time to think of your future, of your life as you want it to be. Do not be overly extravagant but do envision the things you both need and desire. Perhaps it is someone who loves you, someone who gives you a feeling of intimacy and fulfillment that brings joy to your soul. Perhaps it is a circle of friends with whom you can share experiences, a close group of people who admire and respect you for the person you have become. Perhaps it is a world of financial security where you are free from debt and can buy the things you want. All of this is possible and it is you that possesses the power to make it so.

If you already have a companion who loves you and a group of close friends then concentrate on other areas of your life that are empty or are not giving you the satisfaction you need. The point is that by thinking these thoughts you are creating a mold, a vision of the future that you will gradually be able to step into. You are like a carpenter building a house that one day will be yours. First, you must lay the foundation. Then you can create it from the ground up.

This mental imaging will not only take you on a rewarding path. It will also be greatly satisfying. Start by thinking of yourself as the person you want to be, as you see yourself in the future. Now that you are no longer bound by the past, you are free to start with a fresh canvas, a world of possibilities without any limitations. You can project yourself into social situations you would never have thought possible, into rewarding relationships, new career achievements and soaring success in everything you do.



Keep these thoughts, dreams and aspirations with you constantly. Carry them with you during the day and think them as often as possible. Think them when you have spare moments, when you are able to let your mind wander. Think them as you go about your daily chores and routines. Think them as you lay in bed as you close your eyes and drift off to sleep. Build upon them. Make them more intricate as you replay them over and over in your mind.

In these dreams, these visions, these thoughts of the future, imagine the clothes you and others are wearing, the locations and situations you place yourself in, the lively conversations and events that occur. See yourself as the person you want to be and will soon become, successful, confident, admired and liked by those around you.

People will begin to respond to this new invigorated sense of worth and confidence that you project. They will enjoy being in your presence and will want you to become involved in their lives. Present and future employers as well as prospective business partners and associates will also be drawn to you, making your financial picture brighter and more rewarding.

As you think these thoughts and build them layer by layer into a complex and sturdy foundation you will find that they will bring you enormous comfort as they draw you closer and closer to your goal of making them a reality.



3rd Guiding Principle - Respect Yourself

How you feel about yourself is a crucial indicator of how others feel about you. If you do not respect yourself, it will clearly show to everyone you come into contact with in the course of your daily life, whether it be family, friends, colleagues or acquaintances. It shows in the way you hold yourself, in the way you walk, in the way you look at people or the way you avoid looking at people. It shows in the clothes you wear, in the way you groom yourself, in your entire appearance. No one, no one will ever respect you until you learn to respect yourself.

When you respect yourself it increases your personal power and self worth. You move with confidence, hold your head higher and look people directly in the eye. People see this and react to it in a very positive way. This is the way you are meant to live, as a valuable human being moving with dignity wherever you go.

Of course, each one of us has things that we do not like about ourselves and in this you are no different. It may be some aspect of your appearance. You may feel that you are not tall enough, not slim enough, not young enough, not attractive enough. If this is how you feel it is not surprising. Everyday we are bombarded by the mass media with computer-altered images of models who are presented to us as the ideal for perfection. This is not perfection. It is fiction. It is a psychological device used by marketers to sell products to gullible consumers by making them feel inadequate in some way. Otherwise, hair replacement formulas, face lifts, platform shoes, and silicon implants, among many other consumer items would lose their allure. The result of this marketing strategy is a public brow beaten into a state of low self-esteem in which their quest for false perfection can only seemingly be attained through the purchase of any odd assortment of products or medical procedures.



Knowledge is a very important tool and your closest ally. Once you understand the all pervasive nature of this mass media assault on your sense of well being you can begin to inoculate yourself from its negative effects on your psyche. Substance is what is important not superficiality or cosmetics.

People come in all sizes, shapes and ages. Do not compare yourself with anyone else and do not be afraid to be who you are. Most of all, do not sell yourself short and do not let people diminish you in any way. You are a unique and valuable individual.

In good times and in difficult times you must always strive to maintain your dignity. In a society that often prizes youth over wisdom and money over kindness it may seem that you are often swimming against the tide. This is not the case. By not giving into group mentality and the lowest common denominator you are showing inner power and great personal strength. This will separate you from the pack and will attract people to you who recognize and appreciate these qualities.

Another aspect of respecting yourself is to acknowledge your strengths and to build upon them. We all have special talents and certain areas we excel in. It is important that you find yours and that you nurture them so that they grow and become even more pronounced. It could be that you have a knack for painting or working with wood. It could be that you are good with computers or that you have a gift for photography or writing. Whatever it is, share it with others, join clubs, make new friends that have these common bonds with you. As your circle grows so does your likelihood of happiness, success and wealth.



4th Guiding Principle – Use Your Inner Voice

We are all guilty of falling into routines that over time acts to separate us from the simple beauty and amazement that exists wherever we are and wherever we go. We get so used to waking up and doing the same things over and over again that we get numb to our own existence, to the people and things around us. Time passes, years turn into decades and then, before you know it, it seems as though life has gone on without us. This is not how it is meant to be. One day should not fade into another unnoticed and without meaning, seemingly driven by inertia alone. This cycle of sameness must come to an end and when it does you will rediscover the secret to making your life more exciting and fulfilling.

To break from this routine you must first reconnect with your inner voice. This inner voice is the essence of your being, the manifestation of your soul and the one thing that has remained constant throughout your entire life. Simply put, it is the silent internal dialog with yourself that you have engaged in since your very earliest memories. At times this inner voice has been strong and bold. Other times it has seemed weak, unsure and unsteady. Most worrisome of all is when it has disappeared altogether or has just been ignored. The best way to reconnect and strengthen your inner voice is through the process of learning, a process which also leads to enlightenment and is another important step on your way to happiness, success and wealth.



There is a sense of accomplishment and a certain satisfaction that comes with the thrill of learning something new that we all remember from childhood. Yet, somehow, this feeling of wonder and exploration diminishes as we grow older until, for most people, it eventually vanishes altogether. Curiosity, amazement and joy are replaced by a perpetual monotony that causes something wonderfully mysterious and magical to die within us. This is a crime against our very nature and it must be reversed in order to reach our full potential. This is not an insurmountable task by any means. All it takes is a little concentration, focus, and the reestablishment of your inner voice through a renewed and spirited dialog with yourself in which you begin to see everyday as an opportunity to increase your knowledge. This will keep you youthful and vigorous, and will be noticed by those around you who will increasingly come to enjoy your presence.

When you wake up in the morning, give yourself a warm greeting and a healthy dose of encouragement. Make your inner voice your best friend for no one knows you better and no one is capable of being more loyal, though you will find others who come close as you progress on your way to a new and better life.

Begin this silent dialog and carry it through the day. Look forward to the adventures that await you. Don't shy away from challenges and don't be discouraged by the difficulties you may face. Remember, most difficulties are fleeting in nature and we tend to make them worse if we don't have the proper attitude. This is yet again where the inner voice plays an important role. Instead of using your inner voice to exaggerate your problems and tear yourself down, use it to place things in perspective and to keep a proper and upbeat attitude that not only helps you through the day but brings tangible benefits as well. This is not to say that you should not face any problems or difficulties that you may have, only that you should approach them with an open mind and view them as challenges that will only serve to make you stronger.



Use this inner silent dialog to make observations about the things that interest you. This is the essence of education and learning, the exploration of curiosity. It is a wonderful feeling to see things in a new light or in a heightened manner and it doesn't even have to involve big subjects or complex matters. It can be about seemingly little things which after some contemplation may not seem so little after all.

Once you open you mind and fully engage your inner voice you will rediscover the joy of learning and find that it is a continuous process that never stops.



5th Guiding Principle - Inspiration is Everywhere

Most people go through life wearing metaphysical blinders and earplugs, shut off from the world, adrift in a sea of mediocrity. They never see, hear or experience the majesty of life. They are bystanders in their own existence. This sad spectacle must be avoided at all costs and the key to prevent it from ever happening is to simply realize that inspiration is everywhere and to use all of your senses to recognize it in its full glory.

Begin by looking at everything as though you were a visitor and seeing it for the first time. Study your surroundings, the entire panorama. Then, focus on one thing, at one single object or even just a single direction for a few minutes. Observe as many details as you can. Notice the intricacies, shapes, colors, and patterns. As you do this concentrate on the sounds you are hearing. Listen carefully to everything that is around you, the wind, the birds, voices in the distance. Realize that, at this moment in time, all of these things have coalesced in your presence and that you are not only an observer but a participant. This is the majesty of life and it is very much part of you as you are part of it.

Draw on your observations as a continual source of inspiration. They will energize and empower you in every endeavor you pursue. They will also keep your instincts finely tuned to your world and the people who inhabit it. This will bring about an immediate and positive transformation. Everywhere you go and everyone you come into contact with will seem more familiar and more open. You will be able to respond to any given situation with greater ease and you will become more acutely aware of your desires and the direction you wish to move in.



As each new situation presents itself, your increasingly developing powers of observation will enable you to adjust and recognize the environment you are operating in. Your heightened sense of awareness will make you a formidable individual in everything you attempt. You will be able to draw strength from the inexhaustible source of inspiration that the universe makes available to all of us but who only a few are wise enough to use.

You will now see that you are actually much stronger and resourceful than you ever realized and you will also find that you are able to put these new talents to use in advancing your goals and desires. There is no object or obstacle that can stand in your way and no individual who can lord over you or stop your progress. You can not be defeated and you can not be denied.

Yes, there will be setbacks and temporary halts in your progress. That is to be expected and you must not let it get you down or discourage you in any way. As long as you keep your focus and follow this guideline and the others, there will be no stopping you. The world and everything that comprises it is your wellspring of inspiration and it will not let you down as long as you let it into your heart and mind.



6th Guiding Principle- Communicate with Friends & Loved Ones

Opening yourself up to your friends and loved ones and those who you wish to become friends and loved ones can be a joyful and rewarding experience. Too often, people choose the opposite route which inevitably leads them into sadness and despair. They isolate themselves into their own tiny little cubicles of existence, walled off from others and deprived of the companionship that all of us need to thrive. They are like deep sea divers, sealed off from their environment by a survival suit that provides just enough air to survive but little else. They stumble forward seeing only those things that are visible through the glass pane that serves as their eyes to the world. They are prisoners in their own self-imposed mockery, travelers without a meaningful destination, lacking hope and direction they plod on, too afraid to stop and fearful of what they will find ahead.

Life can be so much better than this. All it takes is a willingness to reach out to others, to open up and share with those around you. Once you do this, you will find that those you have invited into your confidence will, in return, respond in kind.

Furthermore, once this cycle of communication has begun you will find that it gathers strength and builds on its own momentum, attracting others into your circle and instilling a deep sense of satisfaction and camaraderie among all whose great fortune it is to participate. This expanding network of friends and loved ones will not only give you great pleasure and a foundation for personal and professional support, it will also provide an excellent environment for social engagements and business opportunities.



There are several ways in which you can begin this cycle of communication. One is to join local organizations and attend meetings that attract like-minded people who share your interests. This could be a soft ball league, a gardening group, library volunteers, a computer club or just about anything that you enjoy doing. You may find it difficult to motivate yourself to take the first steps to do this but when you do you will find that tangible results are not long in coming.

Another way to start the cycle of communication and perhaps the most effective of all, is to establish lines of communication with your friends and loved ones and those who you wish to be friends and loved ones by reaching out to them on an individual basis that is highly personal and makes a direct connection. The best and most rewarding way to do this is by sending these individuals hand written notes to both initiate these contacts and to keep them active and vibrant. These messages do not have to be long. In fact, they can be any length at all. These personal notes will create a bond that will grow stronger with the passing of time. Additionally, unlike e-mails and phone conversations, these notes have a real tangible presence that will continue to have value for weeks and months and even years

Of course, e-mail and the telephone are also useful tools in maintaining relationships and ones that are not mutually exclusive with the sending of personal notes. However, because of the sheer volume of spam e-mail that people are exposed to daily and the frivolous and incessant use of cell phones, these methods have largely lost their effectiveness, except when combined with the use of personal notes.



To help get you started on your circle of communication, *7 Days to Happiness, Success and Wealth* has included 7 special note cards from Cards Right Now 1st Edition (www.cardsrightnow.com/1stedition.html) along with a printable envelope. You can print these note cards and envelope over and over again so you can send them to as many people as you like. These note cards and the envelope can be found at the end of this book or you can click on the links below to go directly to the note card you choose. Once you pick the card and print it (printer setting at shrink to fit), just fold it twice and it is ready to send. Four of these cards are blank inside while three have quotations from famous figures. Your personal handwritten message can be as long as you like or it could just be a quick greeting with your signature. You can also hand deliver these note cards or even place them where the recipient is sure to find them.



As your circle of communication grows closer, the use of personal notes will continue to nurture it as it is progressively embraced by others. Sending notes or greetings on birthdays or special occasions also contributes to the strengthening of these bonds and lets people know that you are thinking of them on these important dates. There is no greater feeling than the companionship of friends and loved ones and the comfort it brings. These are the people who will delight in your good fortune as you attain happiness, success and wealth.



7th Guiding Principle – Make Opportunities Happen

Opportunities can present themselves by chance and when they do you must strive to make the most of them. However, the most precious and valuable opportunities we will come across are often the ones that we create ourselves. They are tailored to our specific needs and desires and they are built upon the fruits of our labor which makes them more relevant, more meaningful and more lasting. You have it within your power to create such opportunities.

First, you must treat every day as a gift and a new beginning because that is exactly what they are, for every day you are given the chance to shape your world for the better. Some days the changes will be more pronounced than others and some days there will be setbacks. Enjoy the advancements you make along the way but remember that it is also important that you do not let the setbacks deter you from further progress. They are an inevitable part of the process and should be accepted as such. What matters most is that you are on a clear trajectory to happiness, success and wealth in which all obstacles and delays are only temporary road bumps that will be overcome. You are now on a journey that leads to emotional and financial prosperity.



There are three key elements to creating your own opportunities. They are insight, reflection and implementation. Everything, everything, begins with insight. It is the moment you pierce the veil of superficiality and start to see the reality that exists beneath the surface in any given situation.

As you have no doubt become aware, things are often not as they seem. That is why you must use your powers of observation to look within, to see the hidden currents, riptides and forces that are not outwardly obvious to the nonobservant. This is the path that leads to insight.

Looking within means that you do not accept things at face value. Instead, you probe, you explore and you discover. The most effective way to do this is to observe as many details as you can and then ask questions, whether to yourself using your inner voice or to anyone who is present and able to answer your queries. You will be amazed how enlightening this can be as it will often give you a perspective quite different than the one that is presented for common consumption.

It is an extraordinary experience to watch the walls come down and the curtains part as the true nature of things is revealed. You will learn what motivates individuals and why they act as they do. You will also be guided toward those situations that are worth the investment of your time and away from those that are not.

These insights will give you an advantage in everything you do. They will enrich your life with deeper meaning and lead you to the next vital step in creating your own opportunities, reflection.



Reflection takes place when you look closely at your insights and contemplate the possibilities they present. How do the pieces fit together? Where do they lead and how can they help on the path to attaining happiness, success and wealth? This can involve personal relationships, financial investments, creative projects or new business ventures. In fact, this process of reflection will have a positive impact on anything upon which your concentration is directed.

For the best results, put your mind at ease, take several deep breaths, relax, and allow yourself to think about your insights and what you have observed. Entertain ideas that come to you in these moments of inspiration. Let them develop and grow as you continue to contemplate the different possibilities that emerge. Weigh the various pros and cons. Look closely at what is required to put these ideas into motion and then try to foresee the unexpected. By reflecting in this manner you are actually creating a plan of action, a blueprint which will lead you confidently into the future.

Implementation is putting your plan into action and bringing it to life. It is the final key element to making your opportunities happen and it means taking concrete steps to turn your thoughts and ideas into reality. This can be exhilarating, challenging, extraordinarily rewarding and even a little frightening, but most of all it is an immensely satisfying experience to be both the creator and beneficiary of your own efforts.



Seven Days that Last Forever

By incorporating these 7 guiding principles into your daily life for 7 days you have started on a great journey that will take you places you never thought possible. Doors will begin to unlock and people will embrace you with warmth and openness.

Now that you have initiated this change it is important for you to realize that this incredible transition into a new and better world does not end after the first 7 days. These guiding principles will continue to enrich your life immensely and should remain close to your heart and mind for the next 7 days and the 7 days after that and so on and so on.

As you come closer to realizing your dreams, be patient, be persistent and always remember that it is up to you to create a better future for yourself. You have the power and strength to shape your world for the better, the power and strength to attain happiness, success and wealth.



Posters and Note Cards

The following pages contain 7 posters for each of the guiding principles and 7 special note cards. More note and all occasion cards can be found at www.cardsrightnow.com.

Show Your Appreciation

Please take the time to show your appreciation for *7 Days to Happiness, Success and Wealth* by going to www.cardsrightnow.com/7days.html and paying either the twenty-five dollar suggested donation or any amount you feel you are able to donate. What you give will come back to you many times over in many different ways and will also make it possible for *7 Days to Happiness, Success & Wealth* to continue helping others.

Send any questions or comments to lhgrant@cardsrightnow.com



Let Go of the Past

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Think of Your Life as You Want It to Be

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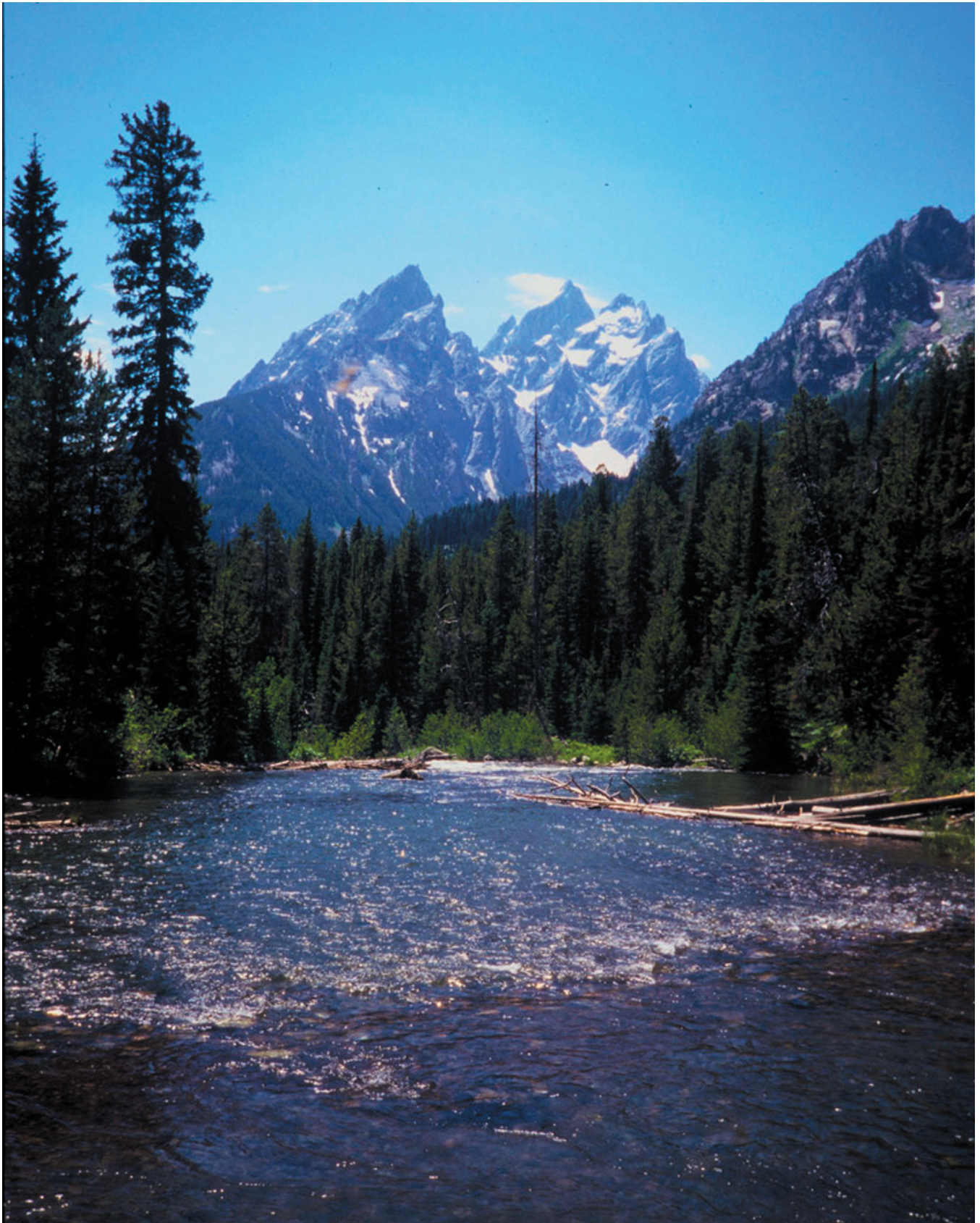
Respect Yourself

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Use Your Inner Voice

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Inspiration is Everywhere

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Communicate with Friends & Loved Ones

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Make Opportunities Happen

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*To see a world in a grain
of sand and heaven in a
wildflower. Hold infinity
in the palm of your hand
and eternity in an hour.*

William Blake

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*Be like the flower, turn
your faces to the sun.*

Kahlil Gibran

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Peace is always beautiful.

Walt Whitman

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