



## Matrix of Well-Being



### Four Beautiful Truths

**1 You are loved. Be loved.**

**2 Honor life, and Honor Yourself.**

**3 Become an Artisan at Living Life.**

Sense the esoterics, the beauty of life through:

- discipline, with conviction
- committment, or concentration, with intensity
- patience, with humility
- practice

**4 The Divine Dance of Oneness.**

Being one with All That Is. Celebrate life by letting yourself dance with God, dance with the Goddess – a metaphor.