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## **RELIGIOUS AND SPIRITUAL PRESCRIPTION FOR A HEALTHY HEART AND HEALTHY LONGER LIFE**

- 1. LIVE IN THE HERE AND NOW.** Let the past go. Put it in its proper context and look at what you've survived. We are not life's victims. It is imperative to move from the victim mode to actually thriving. Life is a blessing and a gift that was meant to enjoy. Create good from perceived bad.
- 2. FORGIVE YOURSELF AND OTHERS.** Perhaps the most important part of letting go of the past is forgiving.
- 3. DEVELOP LIFE-SUSTAINING RELATIONSHIPS** with yourself, with others and with God, and leave the rest behind. Our social support systems mirror the way we truly feel about ourselves. If we are in unhealthy, damaging relationships, something within us is out of order with our highest good. Do unto others as you would have done to yourself.
- 4. HAVE FAITH IN YOURSELF** as a part of a higher power. Regardless of what we may call the Supreme Being, God, Yahweh, Allah, Great Spirit, Jehovah or any other divine name, that state of awareness brings forth healing in every area of our lives, mind, body, spirit and soul.
- 5. PRAY** in accordance with the pure intents of your heart. The true heart we all possess is a life-giving organ always accessible to our innermost thoughts and desires. Live in that truth.
- 6. TAKE TIME TO LISTEN** to your inner voice and follow its instructions. Become internally focused rather than externalized. The simple fact is that we only have to release the negative thoughts and create positive thoughts.

Live long and healthy

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