

A vibrant sunset scene over a field of purple and orange flowers. The sky is filled with soft, golden light and scattered clouds. In the foreground, there are large, bright red poppies and smaller purple and orange flowers. The background shows a line of trees under the warm glow of the setting sun.

# Living in Love and Light

Troy & Tina Bunnell

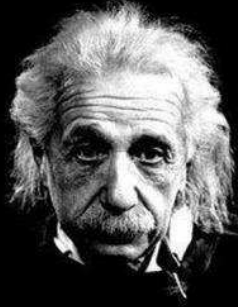


Living in Love and Light

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.

"WE CANNOT  
SOLVE OUR  
PROBLEMS  
WITH THE SAME  
THINKING WE  
USED WHEN WE  
CREATED THEM"



*My happiness will not depend on others anymore...  
I'm happy because I love who I am. I love my flaws. I  
Love my imperfections. And beyond all. I Love to follow  
what's my heart says.  
They make me "me" And "me" is pretty amazing...*



"When I was 5 years old,  
my mother always told me  
that happiness was the key  
to life. When I went to  
school, they asked me  
what I wanted to be when  
I grew up. I wrote down  
'happy'. They told me I didn't  
understand the  
assignment, and I told them  
they didn't understand life."

- John Lennon

**STOP**  
being afraid of  
what could go  
wrong and  
think of what  
could go right.

QUOTEDAILY.NET

What do I need to give up to **BE** Happy?

[illegible]

[illegible]

[illegible]

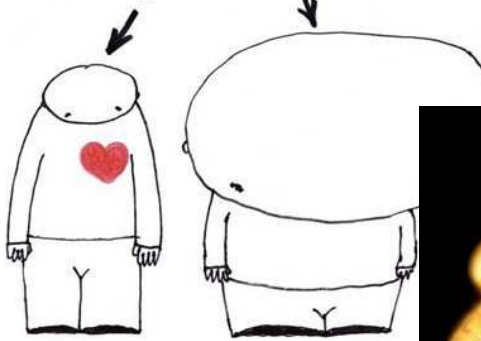
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# Meditation

**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



## Practice Trusting what you hear

[illegible]

## In and Up!

"As above so below"~ Hermes

[illegible]

## Connect ~ Ask ~ Listen

[illegible]

[illegible]

Nothing happens if you keep it all inside.

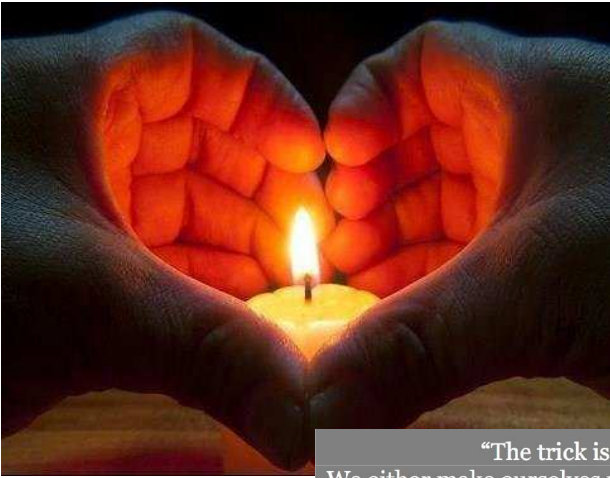
Love must be expressed in order to be answered.

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**



## Meditation Part 2: Now what?

[illegible]

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