

Manifesto for a Blossoming Heart

- ♥ Open to love and beauty
- ♥ Keep moving in the direction of your desires
- ♥ Switch on your heart-light with acts of self-love
- ♥ Make other people happy-be kind
- ♥ Engage in exercise that makes you feel fabulous
- ♥ Have a cause bigger than yourself if you desire a bigger life
- ♥ Do what you love and love what you do
- ♥ Look at the light and shade of life-each has a message
- ♥ Use your treasures and beautiful things everyday