

Download Happiness Is Just A Breath Away

Quotations about happiness, unhappiness, and attitude, from The Quote Garden. How it's done: With one hand on the chest and the other on the belly, take a deep breath in through the nose, ensuring the diaphragm (not the chest) inflates with enough air to create a stretch ... Happiness can be "achieved", when we stop giving meaning and evaluations to situations and people. Everything is just what it is. It is neither good, nor bad. \Home > Free Books > In Woods of God-Realization Vol. 1 > Happiness Within Happiness Within. Lecture delivered on December 17, 1902, in the Academy of Sciences, San Francisco, U.S.A., Happiness Is Just A Breath Away.

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