

Headstart in Life Tips

You will receive a body at no cost to you with the innate ability to be self regulating & self healing. It is your body, you may love it or you may hate it, however it is yours for as long as you live on earth. Learn to respect it, value it and treasure it – you only get one!

You will receive an education in life. The school of life will give you lessons each day. You have the choice to either learn from the lessons or continually repeat the class. It is your choice.

You will either grow or stagnate in life. Growth is a process of trial and failure. Never be afraid to try something and fail, here lays the greatest opportunity for learning. Be grateful for it.

To progress in life you have to learn the lesson. You will continue to be given the lesson in various forms until you get it! Only then can you progress in life towards balance, inner peace and success.

The learning is ongoing. As you pass and embrace each lesson you will move to the next level or phase of life. Each phase will bring with it, its own set of challenges. Be grateful for each step and the lesson will be easier to recognise and therefore learn.

You will never finally arrive to say I have made it. As each phase of the life journey completes the next phase begins until it is time to check out of the human world. Enjoy the journey.

Enjoy the “now” because yesterday has already gone and tomorrow hasn’t arrived. There is only ever “now” time. Being in the “now” maximises your energy and keeps you alert.

Everybody is a mirror of you. What you love or hate about someone else is only a reflection of what you love or hate about yourself. Be more compassionate to yourself and others.

Your body is a scoreboard of your life. Your body reflects everything about you, both inside and out. Flow of energy is life & congestion of energy is death your energy reflects this phenomena.

You were given the power of choice. Use this power wisely. You can choose to be happy or sad, healthy or sick, wealthy or poor. It is a powerful tool – use it with care as it WILL change your life.

You are the answer to everything in life. Listen to you inner voice, listen to your gut feel, learn to trust, be observant of yourself. You are the universe and the universe is you.

Have faith, confidence and belief in you, your purpose and your journey, remember make it a memorable, fun and enjoyable journey. It is totally up to you.