

Be kind, to yourself and others

Pleasure is always available, even in your darkest moments

Laugh often and loudly

Surround yourself with beauty

Appreciate deliciousness in all its forms. Food. Art. Music. Poetry. Sweetness between people

Never doubt your magnificence

Enjoy your sensual nature. Have a great meal. Feel the breeze on your face. Hug a friend. Pet your cat. Have a romp with your lover

Indulge in creature comforts

Sing in the shower

Treat yourself to something everyday, on a whim

Surprise yourself, try something new

Explore and delight

in what it means to be human

THE **motheral school** FOR **wonderful living**

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