



Four Steps to a Joyously Fulfilled Life

By Isadora Tavens

Save Money Big Time

Set clear financial goals and work toward the satisfaction of achieving them. Simplify. Give away unnecessary possessions. Simplify. Pay off credit card debt. And finally, simplify.

“Have nothing in your houses that you do not know to be useful or believe to be beautiful.”

William Morris
19th Century Designer

“Simple living and high thinking make for contentment.”

Paramahansa Yogananda
Author of *Autobiography of a Yogi*

Make Friends of All Ages

Expand your connections beyond work and relatives. Make friends of all ages. Volunteer, mentor and participate in community, social, charitable, religious/spiritual and other groups. See www.idealists.org or www.volunteermatch.org. Follow your interests! Make time to be a good friend.

“When I give I give myself.”

Walt Whitman
American Poet, *Leaves of Grass*

Make Wellness a Priority

Eat organic foods. Spend time in nature. See exercise as play. Seek stress reduction through massage, energy work, meditation and other natural methods. For preventative health care see an herbalist, acupuncturist or other natural health care practitioner ideally at least twice yearly. Release from your life those things that no longer serve your highest good: chronic stress and worry, tobacco, alcohol, junk food, excess time in front of television and computers. Breathe!

“I pay my health insurance at the health food store check out counter.”

Ananda Dancingheart
Massage Therapist, CO & Jamaica

Spiritual Development

Expand your consciousness either through the religion you may have grown up with or the path you've come to as an adult. Read uplifting and inspirational books and magazines. Gain the wisdom and perspective necessary to make peace with what has happened during your life. Deeply seek to forgive yourself and others. Forgiveness is often our greatest challenge.

“Haven't you ever needed forgiveness?”

Mary McNellis
Massage Therapist, Stillwater, MN

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Isadora is available for telephone consultations and to travel for consultations and classes.