

When You Stop Trying, You  
Begin to Live



Things are not brought into being by thinking about their opposites. Studying and thinking about disease does not achieve health. Studying and thinking about sin does not promote righteousness. And no one ever got rich by studying poverty.

Medicine, as a science of disease, has increased disease; religion, as a science of sin, has promoted sin; and economics as a study of poverty will fill the world with wretchedness and want. - Science of Getting Rich



Take all of your negative thoughts and all of your negative emotions, trade them in for appreciation, and your whole life changes in an instant. ..

Gratitude-it doesn't matter what you appreciate. Love, joy and giving all trigger the same positive transformation. The shift in your focus creates space for your spirit to enter the game...you actually rewire your nervous system, training your mind to find the good in every situation, so your experience of life is one of thankfulness and joy – Tony Robbins



**Galatians 5:16** I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh. **17** For the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish. **18** But if you are led by the Spirit, you are not under the law.



**Galatians 5:19** Now the works of the flesh are evident, which are: adultery, fornication, uncleanness, lewdness, **20** idolatry, sorcery, hatred, contentions, jealousies, outbursts of wrath, selfish ambitions, dissensions, heresies, **21** envy, murders, [d] drunkenness, revelries, and the like; of which I tell you beforehand, just as I also told *you* in time past, that those who practice such things will not inherit the kingdom of God.



**Galatians 5:22** but the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, **23** gentleness, self-control. Against such there is no law. **24** And those *who are* Christ's have crucified the flesh with its passions and desires.

