



## **Enlightenment that's RIGHT for You**

**What is The RIGHT Way<sup>®</sup>?** The RIGHT Way recognizes there is no *one* right way to become physically healthy, mentally clear or spiritually enlightened. It is an integral method of self-realization that guides you in the discovery of an authentic life philosophy that is most profound for you. It shows you how to embody your unique viewpoint by revealing your highest virtues and deepest values, then transforming them into positive beliefs and productive behaviors. The RIGHT Way helps you to practice *your* true enlightened perspective by teaching yoga, spiritual philosophy, meditation, nutrition, breathing, communication skills, community service and other lifestyle routines in order to enjoy vibrant wellness and rewarding relationships.

The RIGHT Way is not an organized religion and does not require any adherence to fixed doctrines or specific ways of being. It does not involve striving or searching; it simply shows you how to find the right answers within *your own* Intelligence and then apply them to enrich all areas of your life. If you already have a personal growth or spiritual practice, The RIGHT Way will support you to master it to your true potential. It will help you perfect your pursuits of personal fulfillment, family unity and professional success.

### **The RIGHT Virtues and Values:**

*Respect* -- esteeming with reverence

*Intelligence* -- applying your intuition and experience into wisdom

*Grace* -- engaging in heartfelt acts of courage and courtesy

*Humor* -- celebrating with amusement and gratitude

*True* -- living your life with integrity

### **RIGHT Way Principles**

People are innately spiritually enlightened

People living with integrity respect and trust themselves

People can accomplish anything when they share their resources

People who honestly voice what is true have no need to offend or defend

People are intelligent and already know the answers that are true for them

People are responsible for integrating their wisdom into a Way of self - realization

People need daily routines to have the energy to create, commit, and complete their plans

People need to feel physically safe and emotionally secure to creatively express themselves

### **The RIGHT Practices**

Breathing – charging yourself with Intelligence

Meditation – inquiring, focusing or surrendering attention

Exercise – participating in activities that rejuvenate your body by toning tissue (flexibility and strength) and rejuvenate your mind by tempering thoughts (calming or exciting)

Communion – remaining true to who you are

Relations – sharing resources with others

Resting – being with what Is

Recreation – participating in activities that restore your natural, innate energy (sports, art, music, etc)

Nutrition – eating for energy not for entertainment

Religion – remaining true to what you are

Releasing – destroying unhealthy beliefs and behaviors, allowing authenticity & creativity to arise

Communication – voicing what is true for you

Service – giving your virtuous gifts without expecting anything in return (renunciate)

Celebration – enjoying your life with gratitude and humor in easy and difficult times