

10 Simple Ways To Live Joyfully

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of how to live in this spirit vibration. These 10 truths will pretty much take care of everything you need in life. These 10 simple steps will provide all that you will ever need to grow and thrive and be your best as well as be a contributor of joy to the planet. It isn't more complicated than this.

Over the years, I watched

and studied and practiced and tested. I have traveled around the world to see if they test in every culture. They do. They are basic truths that we all intuitively know. We just forget about them. They are practical in their common sense so they are doable.

Not long ago I wanted to learn to meditate to a new level so I got a book. It was so convoluted, so esoteric

and it was so self-selective I just wanted to throw it across the room. This doesn't help me, this doesn't engage me, it frustrates me and makes me feel stupid. We have so much challenging us in today's world that we have to find ways to be creative and find things that actually work without a lot of fuss.

Krysta: I love what you said in the chapter about medita-

tion because you do make it seem simple.

Sonia: I like to say meditation is sitting in the lap of your divine creator for awhile and being loved on. Anything else serves the ego. I am not trying to take away from those who choose to go into the more extreme modalities. I am talking to the people who want to feel better now, which is 95% of the planet.

Krysta: It's about wanting to make that connection with your spirit.

Sonia: Yes, and when you have that connection you start to heal naturally and, what's more exciting, you start to become the healers of others, naturally, by example and by vibration, not by a lot of talk. I think there's too much talking going on.

Krysta: One of the things I like best about your book is that so much of it is fun.

Sonia: I believe we learn best when we are having fun. You forget things if you are not having fun. This is more of a book to be lived than to be read. It shows a way to live that is simple and fun and you will accomplish more, attract more and experience more while doing less.

The better you feel, the more good things you will attract to yourself. You will never feel good coming from the ego but always feel good when coming from spirit. When people live this way, they find themselves to be more joyful and they discover that it is the most natural way to live.

Sonia Choquette will be in Seattle Oct. 18. Call 800-654-5126 or visit www.hayhouse.com. Learn about her internet courses and other books at www.soniachoquette.com.

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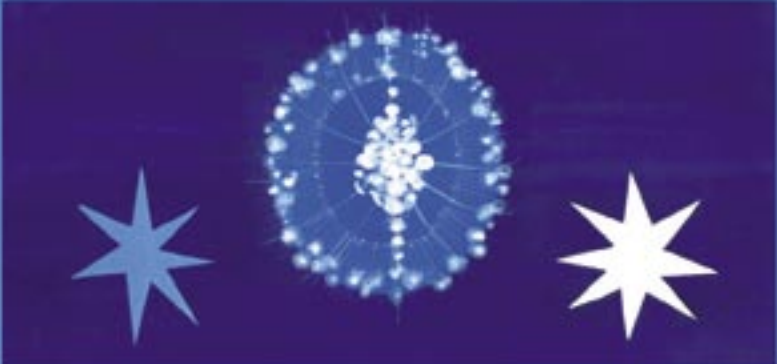
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The Healing Power of Jigsaw Puzzles

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better quality of life, and reduce our chances of developing certain types of mental illness, including memory loss, dementia, and even Alzheimer's Disease (by an amazing third).

But how does this simple toy accomplish such amazing things? Most likely it is due to the simultaneous use of both sides of the brain. The left brain hemisphere, our analytical side, sees all of the separate pieces and

attempts to sort them out logically. The right brain hemisphere, our creative side, sees the big picture. Both types of thinking are required in order to successfully piece the puzzle together. In

exercising both sides of the brain at the same time, we create actual connections between the left and right sides, as well as connections between individual brain cells. These connections increase our ability to learn, to comprehend, and to remember. In addition, completing a puzzle, or even just the successful placement of one piece, encourages the production of dopamine, a brain chemical that increases learning and memory.

The connections made while working on jigsaw puzzles aren't limited to our brain cells. Exercising both sides of the brain simultaneously also allows the brain to move from a Beta state, the wakeful mind, into an Alpha state, the same mental state experienced

while dreaming. The Alpha state is where we tap into our subconscious mind. Jigsaw puzzles naturally induce this state of creative, focused meditation, where connections can be made on deeper levels.

The jigsaw puzzle is a metaphor for life. Challenges we face with our jobs, relationships, and health can leave us confused and overwhelmed. These challenges are easily likened to the fragmented jigsaw puzzle, with so many disconnected pieces and no clear starting point. By physically piecing a jigsaw


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