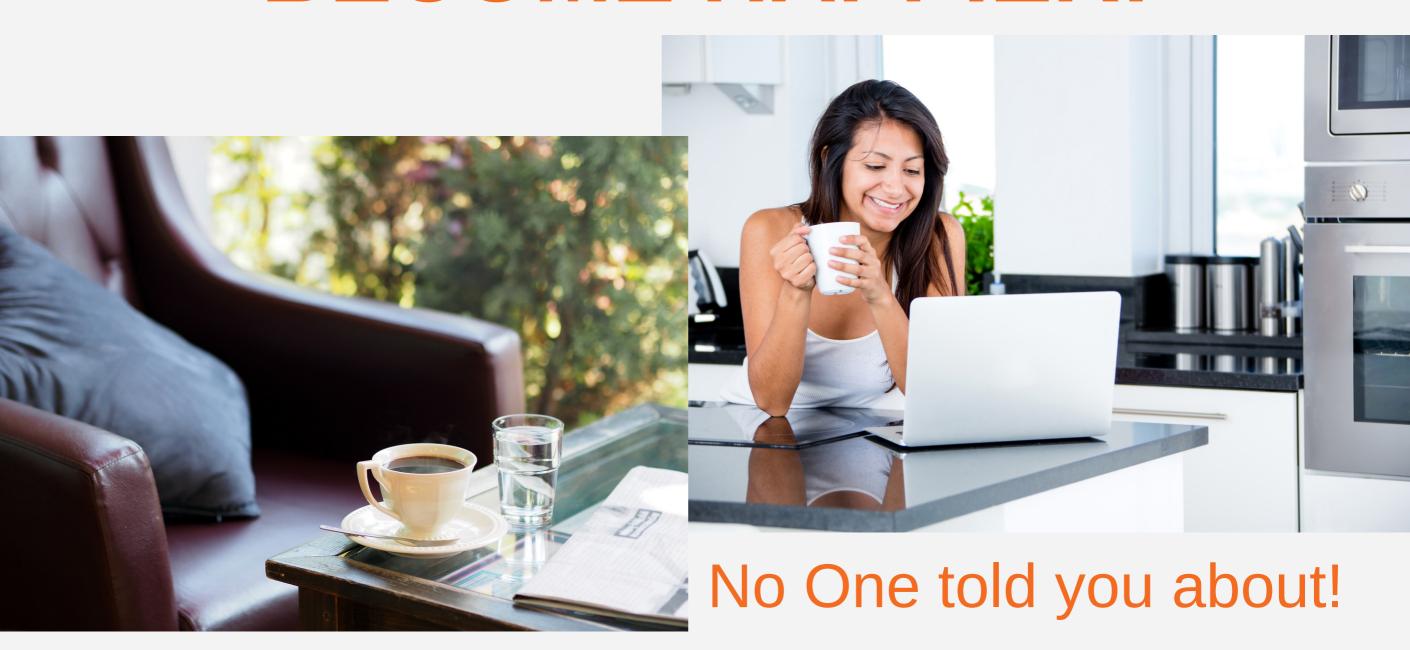


## ONE SINGLE WAY TO BECOME HAPPIER!





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# "When you start each day with a grateful heart, light illuminates from within."

ONE SIMPLE SECRET TO LIFE PURE HAPPINESS

IT ALL STARTS IN THE MORNING.
RIGHT, WHEN YOU AWAKE.
EVEN BEFORE OPENING YOUR EYES.
THIS IS ACTUALLY A MEDITATION
STATE\*. THERE, THIS IS 'THE
MOMENT' TO CREATE YOUR BRIGHT
HAPPY LIFE.

BEFORE YOUR BRAIN WANTS TO START SLOWLY TO SHIFT INTO A FUNCTIONAL STATE OF OUR HUMAN BRAIN\* ...
AND BEFORE IT CONNECTS WITH A MILLION THOUGHTS. MOST OF THE

\*(ALPHA & BETA waves) explained below

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TIME, NOT VERY PRETTY, RIGHT!?



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## HOW TO LIGHT UP YOUR LIFE RIGHT IN THE MORNING!

YOUR VERY FIRST THOUGHT
WHILE STILL in a relaxation,
calmness and meditative state,
is VERY important. Take these
few minutes before jumping out
of bed to connect with your
heart, with yourself.
Be thankful and grateful every
morning as you wake up,
happiness will come out from
within you.

Think about all the very great things that You have in your life. And without failing, each morning will bring you incredible inspiration, new dreams, for your best day ahead, while using the powerful gratitude thoughts.

And a smile on your face!

Guaranteed!

Since I have applied this simple easy process, my life and millions of others, have changed for something amazing.

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A GIFT
just for
you

"When you arise in the morning, think of what a precious privilege it is to be alive -to breathe, to think, to enjoy, to love."

Marcus Aurelius

## HAVE A BRIGHT HAPPY DAY!

Talk soon, With Love, Elisa



For Abundance increase in every area of your life, read this every day:

7 best gratitude attitude hacks continuously deliver incredible results-life

## ALPHA WAVES (8 TO 12 HZ)

Alpha brainwaves are dominant during quietly flowing thoughts and in some meditative states. Alpha is 'the power of now', being here, in the present. Alpha is the resting state of the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning.

## BETA WAVES (12 to 38 Hz)

Beta brainwaves dominate our normal waking state of consciousness when attention is directed towards cognitive tasks and the outside world. Beta is a 'fast' activity, present when we are alert, attentive, engaged in problem-solving, judgment, decision making, or focused mental activity.

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