

# 12 Laws Of Healing and Happiness

- 1. Always detach from what is toxic.**
- 2. Never think or act in fear; always think and act in love.**
- 3. Never become consumed with other people's thoughts and feelings.**
- 4. Always focus on, and work toward, the most beneficial possibility.**
- 5. Always focus on your gifts and blessings.**
- 6. Always see the universe for exactly what it is, based on evidence.**
- 7. Never be concerned with past blame; be concerned with future responsibility.**
- 8. Always focus on what you can do.**
- 9. Everything you do must align with your purpose.**
- 10. Never view or treat any human as worthless, especially yourself.**
- 11. Always pause and meditate before speaking and acting.**
- 12. Always think and do what is beneficial to the self and others.**