

Today is going to be a beautiful day.

You are going to have a lot of experiences, some you perceive as good and some that you perceive as bad.

You will make it through all of them.

You will learn, a lot and perhaps more through the experiences that you didn't want or expect.

You get to experience contrast, the light and the dark,
both will guide you in the direction you are meant to go.

Both will teach you very valuable lessons.

Try not to stay too much in your head.

Life doesn't happen there

and it's easy to get caught up if you're not careful.

If you do, it's okay - we all do

but just breathe, focus on your breath instead of the thoughts.

Just keep coming back to your breath.

It's a beautiful thing to have air in your lungs and a beat in your heart

because today you get to live as a human

and manifest things in this physical experience

which is living out your purpose here on earth.

Go out - move, smile, laugh, act, do, talk, be.

You only get to experience this life as this human once, make it a great one.

今天会是美好的一天。

在这一天你会经历很多事，有些经历你认为是好的，也有些你认为是坏的。

但无论好坏，它们都会过去。

你会从中有所收获，收获甚多，而且，也许通过那些你不想要经历，或没有想到的事情，你的收获会更多。

你会经历两种不同境遇的反差，光明的与黑暗的

它们都会指引你走向自己意欲前往的方向。

它们都会让你学会重要的教训。

试着不要耽于自己脑子里的想法。

生活不会发生在你的脑子里

如果你不够小心，你很可能陷入困境。

不过，如果你真的陷入困境，这也没什么大不了——所有人都会陷入困境

你只需要深呼吸，让自己的注意力集中在你的呼吸，而不是你脑中的想法上。

如果你一不小心分神，就重新专注到你的呼吸上。

感觉你的肺里有清新的空气，你的心脏发出有力的搏击，这是一件美妙的事情。

因为今天，你是作为一个有血有的人存在

你通过各种实际的感官感受世界，也表现你的意愿

通过这些实际的感官，你慢慢实现着自己来到尘世的目的

走出屋去——去运动，去微笑，去朗声大笑，去行动，去做一些实际的事情，去交谈，去真切的存在。

你只有一次机会，以人的肉身去体验生命，让自己的一生灿烂起来吧！