



Your Environment affects everything you do, in every way. Grow up in a hostile non-nourishing environment and all the superior innate abilities you possess might never grow to fruition.

We cannot control where we were – our past environments – but we do have the power to change our surroundings today, for more positive ones. As well, using the Keys to Wellness we may shape how we view our environment and turn it into a positive one regardless of its intrinsic reality. Put it this way, it is not what happens that shapes us but how we allow the events of today to affect us. We may rise above all negativity and embrace our environments for whatever there is that is positive in them, and nurture ourselves to become more than the sum of what is around us.