

IF YOU MISS THE PAST....

IF YOU BRING ALL THOSE TO THE NOW MOMENT WITH A GRATEFUL MIND, YOU THEN GO FORWARD KEEPING A PART OF IT FOR NOW AND THE FUTURE

BRING BACK THE ENERGY WHICH NEVER CHANGED



You can go to nature
Forests, lakes, rivers, fields are the same today



Look at animals
Look at them, same as when you were kid



Watch a Sunset
We forget them, but their beauty is still here every day

BRING BACK THE ENERGY OF YOUR BEST SOUVENIRS



Listen to good old music you liked
You are reliving the joy of the moment



Look at pictures of places you have been to
Be grateful for the experience, this triggers peace



Think of people you have known, who brought joy
And be grateful they were on you path...