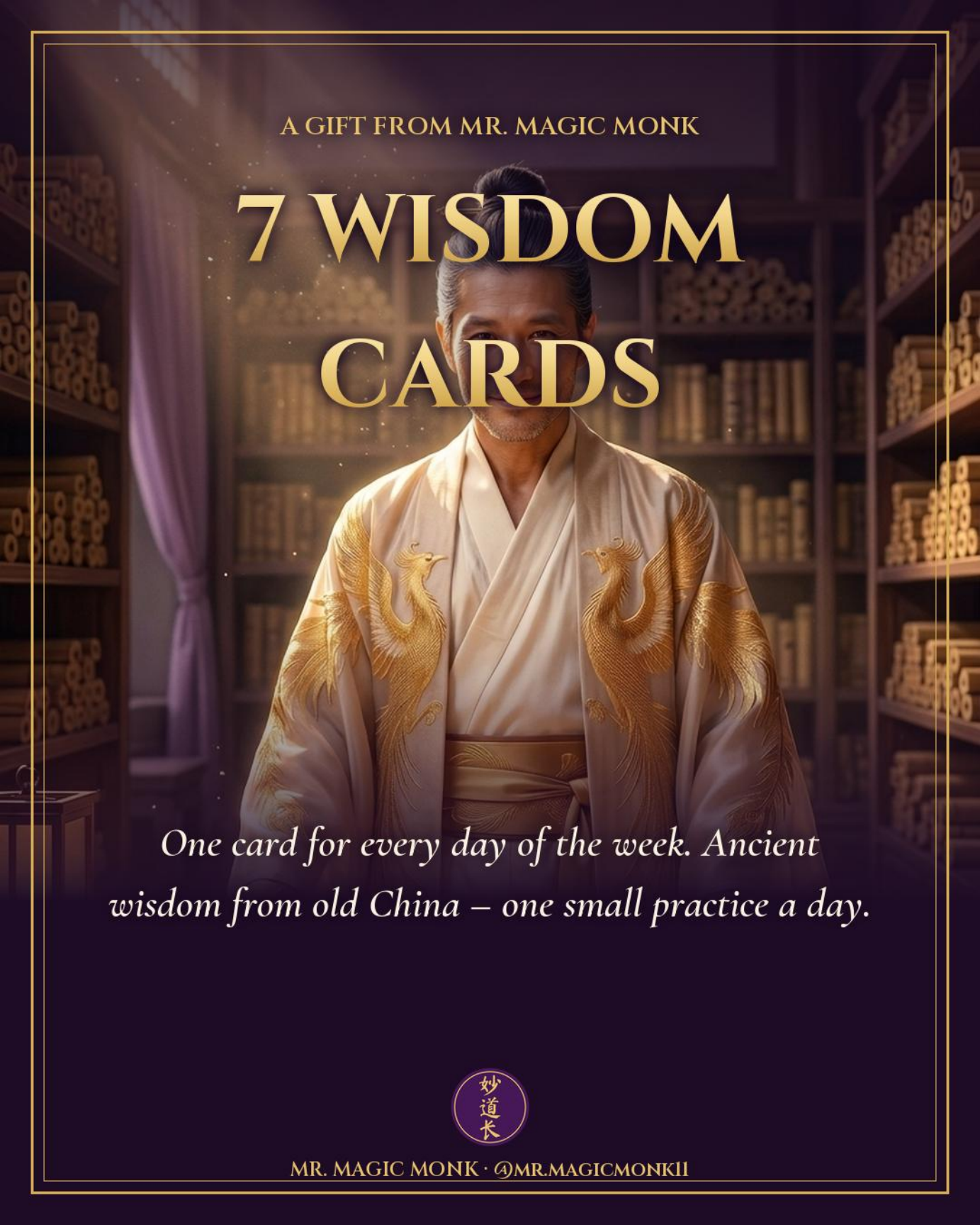
A GIFT FROM MR. MAGIC MONK

7 WISDOM CARDS



One card for every day of the week. Ancient wisdom from old China – one small practice a day.

妙道长

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DAY 1 · MONDAY
THE FIRST STEP
“A journey of a thousand miles begins beneath your feet.”
— LAO TZU
TODAY’S PRACTICE: Today, take one small step towards something you have postponed.
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DAY 2 · TUESDAY

BE LIKE WATER



"Nothing is softer than water – and nothing is stronger against the hard."

— LAO TZU

TODAY'S PRACTICE: When something pushes you today: breathe in for four, out for six.

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DAY 3 · WEDNESDAY

WHO KNOWS?



"Good luck and bad luck turn into each other. Who can see where it ends?"

— THE OLD MAN AT THE FRONTIER

TODAY'S PRACTICE: Before you judge what happens today, quietly say: "Who knows?"

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DAY 4 · THURSDAY

THE GOLDEN MORNING



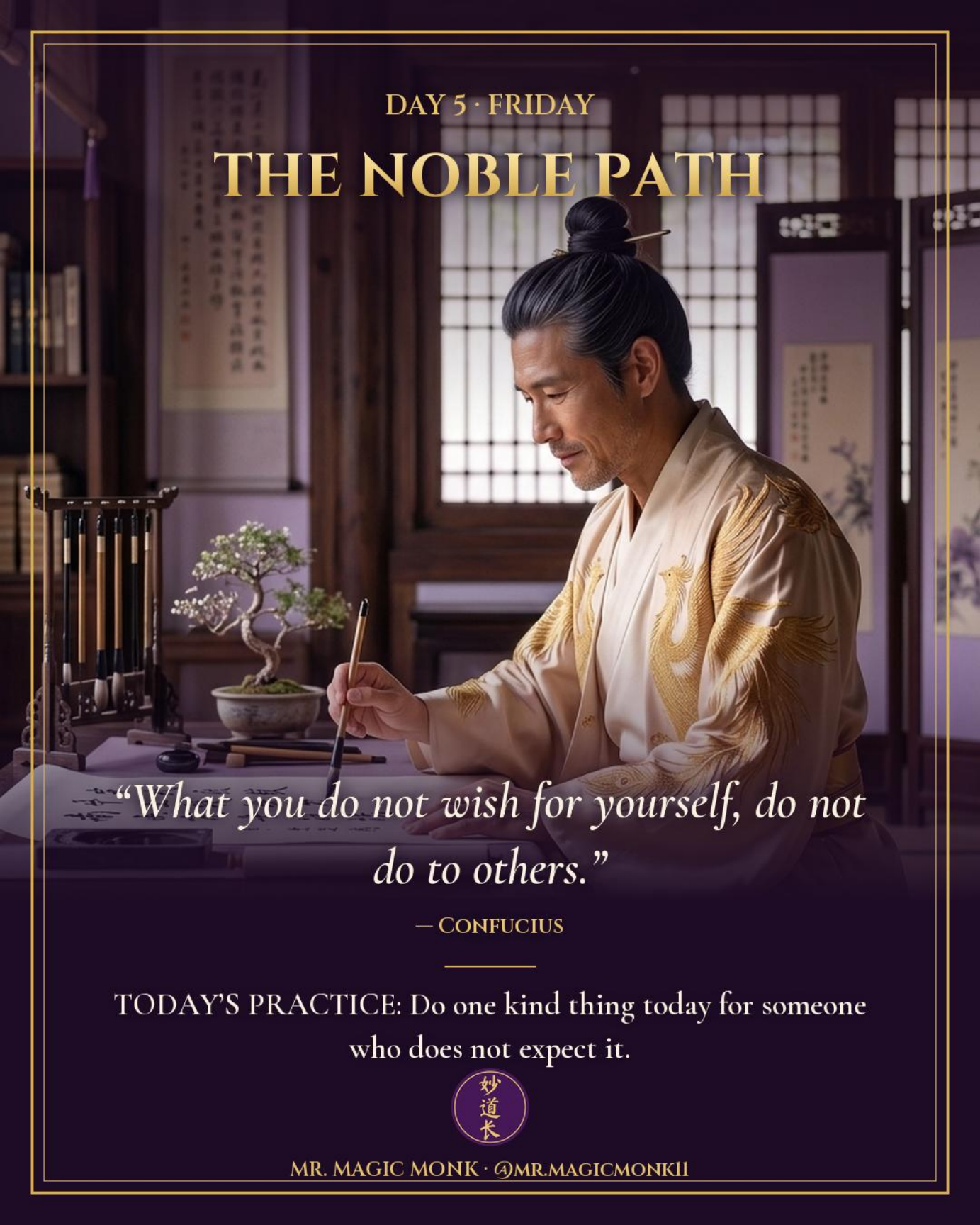
"The whole day's plan lies in the morning."

— OLD CHINESE SAYING

TODAY'S PRACTICE: Before your phone: warm water, three deep breaths, three thank-yous.

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DAY 5 · FRIDAY

THE NOBLE PATH

"What you do not wish for yourself, do not do to others."

— CONFUCIUS

TODAY'S PRACTICE: Do one kind thing today for someone who does not expect it.

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DAY 6 · SATURDAY

THE FREE HEART



"The still heart of the sage is a mirror of heaven and earth."

— ZHUANGZI

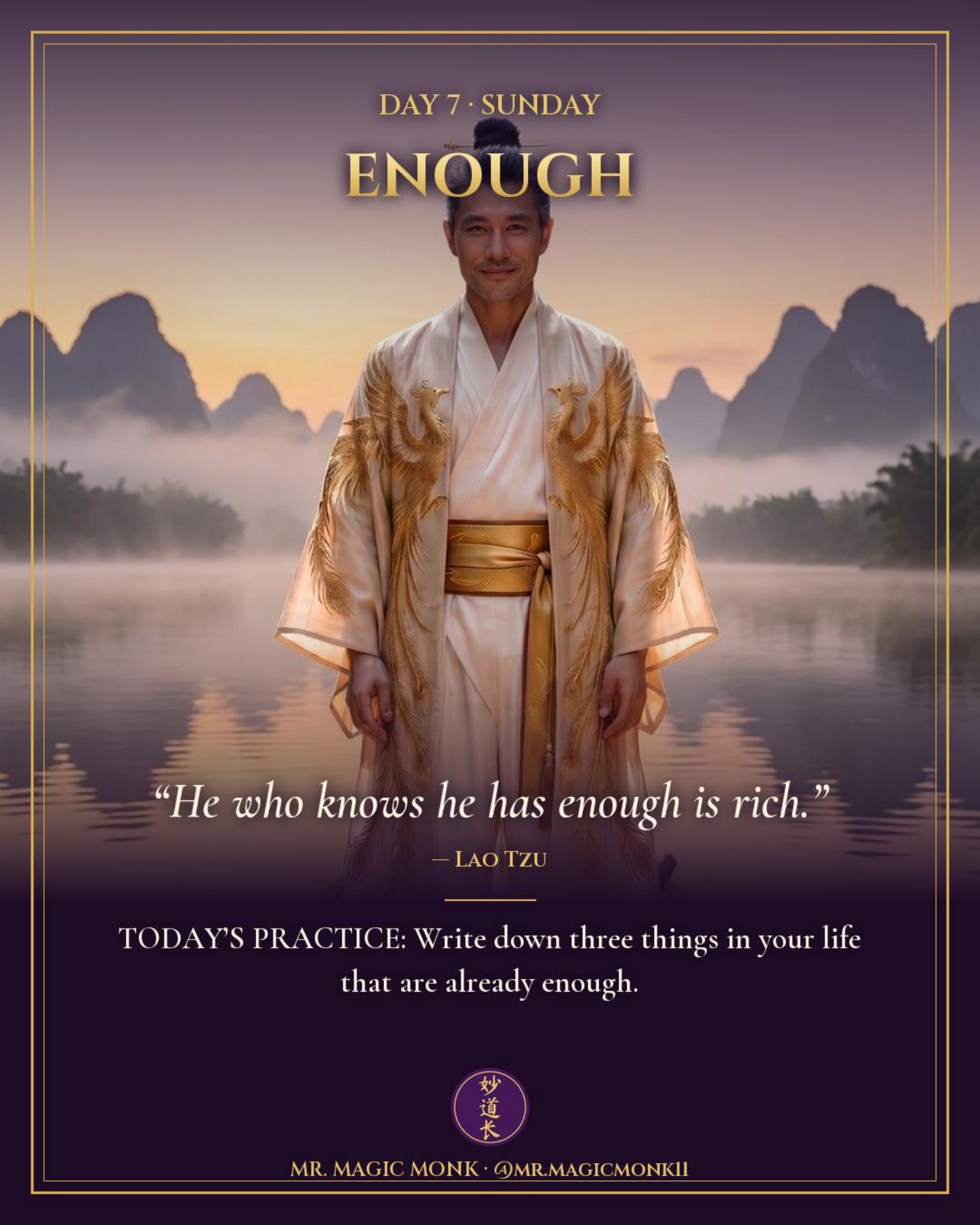
TODAY'S PRACTICE: Give yourself one "useless" hour – no goal, no phone, just being.

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DAY 7 · SUNDAY

ENOUGH



"He who knows he has enough is rich."

— Lao Tzu

TODAY'S PRACTICE: Write down three things in your life that are already enough.

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THANK YOU, MY FRIEND

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