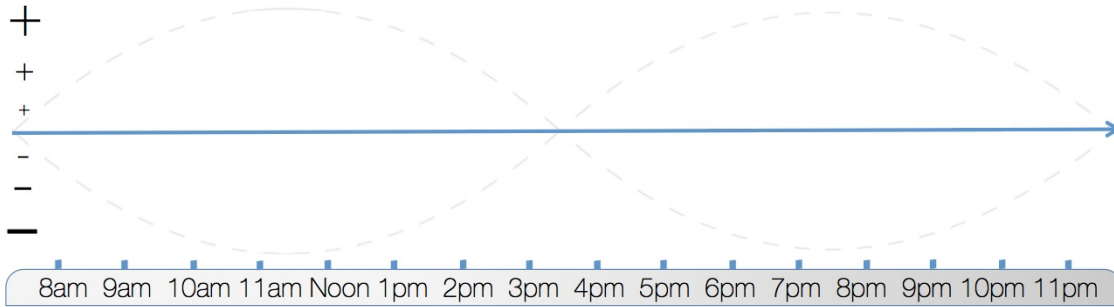


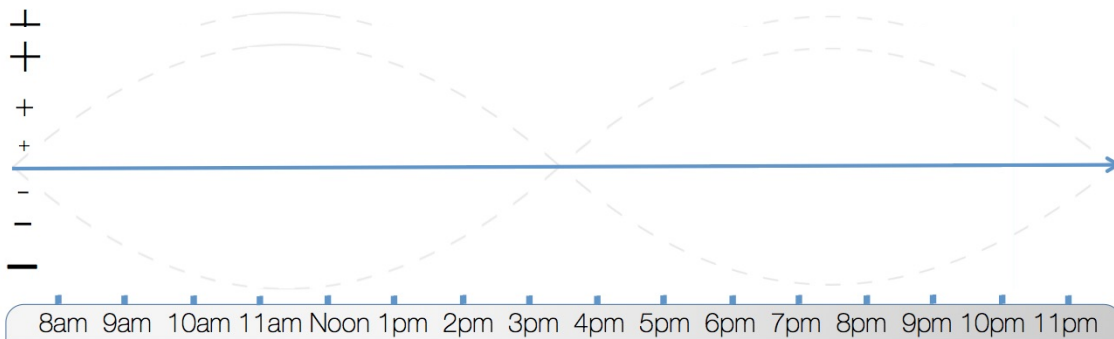
Creating Your Own Luck—Simple Form

A. EXTERNAL WORLD

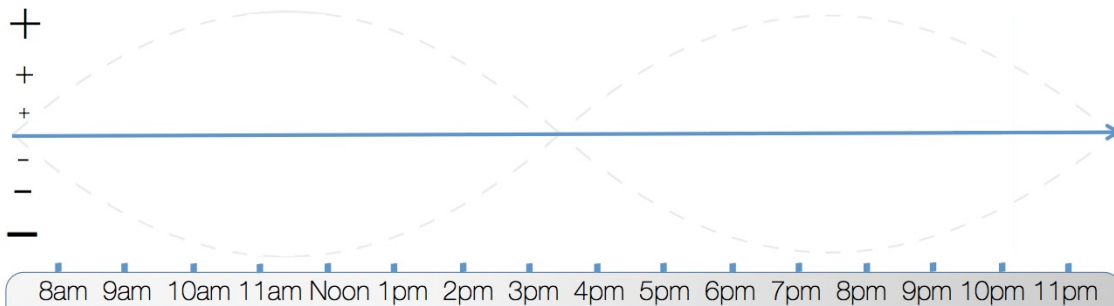


B. INNER WORLD

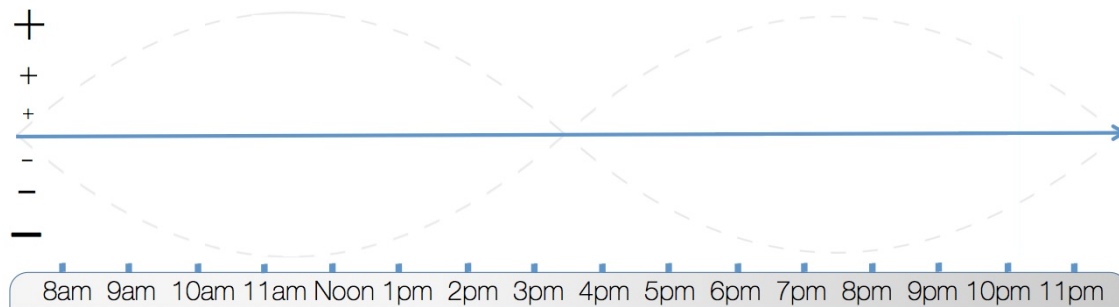
- **Stressed/Confused Mind**



- **Laughing Heart (Field Independence)**



C. Paying Forward—Inner/External Worlds Meet



D. Discoveries:

Notes:

- Simply trace the “wave” form of a day, week, or month.
- Above the line indicates “positive” move toward Laughing Heart; below the opposite. Laughing Heart correlates closely with movement away from excessive stress or negative emotions toward exuberant vitality, health, joy, and flow.
- Note the interplay of the three lines.
- Keep a record. Please tell us about your discoveries.
- The data will become more reliable, the more easily you can enter a Laughing Heart state. We call this the “principle of increasing fidelity