

2 Minute Intro, HereandNowHappiness.com (Green indicates a slide on the video)

Hi, I'm RL at HNH.com

And stated as briefly as we know how, here's the way we **unique mind, body, spirit humans operate.**

In a nutshell, we DO and we BE.

And when we're able to stop BEING **those inner, negative, weakening, needy states of being** we most often BE. And instead, more often BE **those positive, strengthening, nurturing states of being** we all, universally want to BE, all of the outward behaviors we DO towards others and most importantly our self, will also be strengthening, nurturing, liberating, and life-enhancing.

Yeah, life really is this simple. **When we first BE those inner positive states of being, we will always DO positive behaviors. And when we BE positive and therefore DO positive, our here and now life experience is sure to be enjoyable, rewarding, fulfilling, and meaningful.**

So, if you want to understand how to stop BEING negative and more often BE the positive way we all want to BE and enjoy the rewarding, fulfilling, meaningful life we all want. Check us out at HereAndNowHappiness.com. I think you'll BE glad you did.