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The Law of The Nature of Life Chart www.claritypointcoaching.com

The Law of the Nature of Life: Everything moves and changes from these four categories every day but you ALWAYS have all four at some level.

Your focus is the cause of your suffering and you can end your misery with a shift in perspective.

CRAVING The things you don't have and wish you had. Suffering – Misery	GRATITUDE The things you don't have and are glad you don't have. Happiness
GRATITUDE The things you have and are glad you have. Happiness	AVERSION The things you have and wish you didn't have. Suffering – Misery