

What Advice Would I Offer a Younger Version of Myself?

NAYASWAMI JYOTISH

1. Protect, nourish, and deepen your intention to find God.
2. Relationships are nurtured by friendship and kindness.
3. It is all about consciousness.
4. Don't be too impatient.
5. Have faith, God and Guru love you.
6. **Be happy along the way.**

