

# Shomi™ LLC

Dear Friends,

This is an invitation to the *never-ending celebration* your life was intended to be. Staying awake on our path is the challenge.

The SHOMI Method is founded on the Seven Essential Truths, which help you navigate your way home while practicing the art of *staying awake*. Based on the laws of physics, these truths are a bridge to escort you from *where you are* to *where you really want to be*.

## Seven Essential Truths for Revealing Your Secret, Sacred Self

**1st Truth:** The Human Body Holds Infinite Wisdom

Practice: Listen To Your Body

**2<sup>nd</sup> Truth:** Energy Doesn't Lie

Practice: Move Your Body

**3rd Truth:** A Clear Body Channel Holds the Highest Truth

Practice: Put Good Things In Your Body

**4th Truth:** The Mind is a Wonderful Servant but a Terrible Master

Practice: Put Only Good Thoughts in Your Mind

**5th Truth:** You Are the Sum Total of the 5 Closest People that You Associate With

Practice: Surround Yourself with Supportive People

**6th Truth:** Your Life Purpose Is Your North Star on Your Journey

Practice: Keep Your Eye On The Ball

**7th Truth:** You Have Unlimited Access to a Power Greater than Yourself!

Practice: Pray for Guidance

Break your survival pattern and start celebrating your life. If I can do it so can you! I pray you find the willingness and courage to keep staying awake. Don't just talk about it, SHOMI!

Many Blessings,

*-Maryanne Comaroto*

[www.maryannecomaroto.com](http://www.maryannecomaroto.com)

[www.naction.org](http://www.naction.org) – (National Action Organization)