

# LIVE ON PURPOSE *with Faith & Hope :-)*

A MONTHLY NEWSLETTER TO INFORM, INSPIRE & ENGAGE



## THE MUSIC ISSUE

"If you've enjoyed the dance, pay the musicians."  
~German Proverb

Hi Friends!

Happy Holidays! We hope you are enjoying the festivities of the winter season! After all, what can really be better than family, friends, good food, and of course a nice melody or two?

Speaking of music, in this issue of *Live On Purpose* we explore the art that is music and more importantly the musician. We hope that you will try this month's *Exercise for the Soul* (we did and it was quite awesome). We also invite you participate in the December Good Karma Challenge: Support a local musician in your city or town. They have families too and when you buy a ticket to a show you help to not only feed a family but expand the artist's ability to further his/her reach through marketing materials etc. Musicians give so much of themselves to the world. This month let's show our appreciation. It's as easy as buying a ticket and enjoying the show :-)

XOXO,

*Faith & Hope*

### Exercise for the Soul

TRY RELAXATION MUSIC TO UNWIND DURING THE HOLIDAYS:



We invite you to participate in our **Exercise for the Soul**: An effort to relax and recharge in the midst of holiday shopping, hosting & etc.

#### Be Healed

When the body and mind are relaxed, the body's natural ability to heal itself is greatly enhanced. By listening to deeply relaxing music, you can assist your body to release its healing powers.

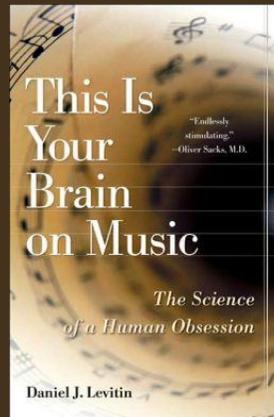
#### Balance Your Life

Create a zone of peace that allows you to experience each day from a place of alignment with your true nature.

## Epiphany READ!

### LETTERS TO A YOUNG SISTER

BY: DANIEL J. LEVITIN



Regardless of what fills your iPod, music has a significant role in your life—even if you never realized it. Potential answers to why music evokes such powerful moods are presented in *This is Your Brain on Music*. Both a cutting-edge study and a tribute to the beauty of music itself this book is a must read for inquisitive minds. Pick up a copy online or in your local library!

## Good Karma!

### THIS MONTH'S CHALLENGE:

For full details see-

[www.moazenjewelry.com/good-karma-challenge](http://www.moazenjewelry.com/good-karma-challenge)



### LAST MONTH'S CHALLENGE WINNER:

**TIFFANY GRIER**

JACKSONVILLE, FLORIDA

"MOUNITY" EVENT CALENDAR

1.22.2013 Charlotte 2014 Education Summit

*Innovative Design...*

It's our *Specialty*.

visit us online at  
[www.moazenjewelry.com](http://www.moazenjewelry.com)

