

We Need Space

Life Without Lyrics Email Newsletter

Oct 2015

Some subject lines:

My Experiment in Abolishing Lyrics from My Life 43/67

How Giving Up Song Lyrics Radically Improved My Life 49/66

In the 1990's, Dr. Masaru Emoto of Japan studied the effects of positive and negative words on the crystalline structure of water. Positive words and prayer caused beautiful snowflake-like patterns in the water. Negative words created a chaotic structure.

We are made mostly of water, so I decided to form my own experiment. Music is a very powerful force, and not all of it is positive. I made a choice to hear fewer words and simply feel more. **I DECIDED TO ABOLISH ALL MUSIC LYRICS FROM MY LIFE, AND THE RESULTS WERE AMAZING!**

Here are just two of the results after abolishing lyrics for 4 months:

- Improved focus and thought clarity
- Much stronger intuition

Click Here to Read the Results of My Lyrics-Free Experiment <http://weneedspace.org/life-without-lyrics/>

One Door Closes, Ecuador Opens: Seizing the Moment in Latin America

Nora the Explorer shares her experiences in Ecuador. Not only do you get a rare glimpse of the culture of the Qito region, you also get one hell of a travel guide. You'll need one of those after you read Nora's story.

"Upon arriving in Quito, Ecuador in August 2014, we were greeted by the friendliest locals and workers (unlike most airports and cities). Ecuador is so far one of the only places I've been where I didn't feel like I was at a tourist destination. It still had that thrilling atmosphere to it and the locals went about their normal and traditional routines."

Click Here to Read the Story and Picture Gallery <http://weneedspace.org/one-door-closes-ecuador-opens/>

Try My Vegan Cinnamon Almond Pumpkin Breakfast Loaf Recipe

This loaf is superb in the Autumn pumpkin season. It's gluten-free and yeast-free. Instead of sugar, I use other sweet and yummy ingredients. Click Here for the Recipe <http://weneedspace.org/cinnamon-almond-pumpkin-breakfast-loaf-vegan-gluten-free-yeast-free-no-sugar-added/>

Talk to you soon,

Sara Abbas