

## Live young to enjoy a Long, Good & Healthy Life

We are designed to live a natural, drug-free, long and healthy life not only for the body but also for the heart and mind too. We ought to have a sound mind, heart and body living life to the fullest.



Not only our body has a defense system but also has a self-healing system and a restoration system. It is an effortless lifestyle worth pursuing for. The threshold to attain this long life of sound mind and body is our choice.

Dear Singaporean & Residents,

You are cordially invited to **The Green Pastures** to pursue long life & good health

**Date/Time** : Saturday 4.30pm - 6.30pm (Free admission, please register to secure a place)  
**Venue** : **Appliance Innovation Pte Ltd**, 9 Little Road, Off Upper Paya Lebar Road, #08-02 MG Manufacturers Building, Singapore 536985  
**Contact** : Deborah at HP:92234100  
**Email** : [the\\_green\\_pastures@yahoo.com](mailto:the_green_pastures@yahoo.com)  
**Website** : [www.ai-m.net/zoey.html](http://www.ai-m.net/zoey.html) (Location Map: [www.ai-m.net/map.jpg](http://www.ai-m.net/map.jpg))

### About The Organiser, Aim and Purpose

*The Green Pastures is a voluntary service community (sponsored by Appliance Innovation Pte Ltd and a group of voluntary helpers) packed with visions, knowledge and foresight aimed at creating practical and meaningful lifestyle, making it available for all residents here to pursue a long, good and healthy life for the mind, body and heart. We conduct periodic health knowledge seminars, teaching on air, water, food, nutrition, recipes to make own DIY health food, music and effective exercise for our defense & repair systems, natural self healing program, seminars about the heart and mind for renewal of the body for health and progress, etc., pertaining to living healthy drug-free life for the mind, heart and body. We address the body, mind and heart issues. In this realm of giving and sharing, some contribute money, some give time, some give resources, ~~some may give a fish for a day~~, some teach on how to fish, some give lasting solutions. This community aims at all these except one. The purpose is to provide a lasting solution to build a healthy world with sound mind and body. It takes time and effort but let's start from here. There are 8 aspects contributing to a holistic health: Spiritual, Mental, Physical, Emotional, Will, Verbal, Social and Financial Health. They are all inter-related. A good and strong nation needs a good, cohesive and healthy family and it starts from a willing heart. When we have complete health in both the mind and the body in unity then we become more effective to pursue our life goals, even acquiring wealth and security without losing health or getting sick. Whether you find this leaflet beneficial to you or not at this point in time, please don't throw away but pass it on to another one who may find a solution to his/her present need, this is the best contribution you would have done that will be honoured. Let us share this knowledge so that no one should be oppressed by sickness, stress and poverty anymore but will prosper in Health, in Wealth and Live Long.*

Register to secure a place by email or SMS  
(Limited for 100 adults only, on first come first served bases)  
(For testimony please visit [www.ai-m.net/zoey.html](http://www.ai-m.net/zoey.html))

Name :

Tel/Fax :

Email :

Profession :

I have talents and want to be trained to be part of the community as a volunteer to contribute pertaining to this goal:

**This is a free voluntary service to benefit the people. Do bear with us if there is anything that we do that may fall short of your expectation. We treasure your feedback to improve our service. We would appreciate your cooperation by maintaining the place orderly and tidy. Please do not bring children below 12 as we do not have helpers to take care of them.**