

Audio Narrative - What We're About in 104 seconds (green indicates a video slide)

Hi I'm Russ Lawrence and this is our quickest-ever description of what we're all about at [HNH.com](http://HNH.com).

So looking at those two lists of "what we BE".

We know that we all want to BE inner (+). And no one wants to BE (-). And yet, as a group, we humans much more often BE negative than positive.

Why? Obviously, because we don't know how to BE the way we want to BE. And that's a big problem because....

All the weakening, coercive, controlling behaviors we DO,

from tiny to terrible, to others and our self, are just the behavioral expression of BEING negative.

And... all the strengthening, nurturing, liberating behaviors we DO to others and our self are the behavioral expression of BEING positive.

Yeah for real, what we BE directly determines what we DO.

And the big deal is.... We have absolutely cracked the code on how to BE the (+) way we all want to BE.

So if you want to stop BEING negative and BE and DO positive.... Check us out at [HNH.com](http://HNH.com).