

A Venn diagram consisting of two overlapping circles, one slightly to the left and one slightly to the right, centered on the page. The circles are light red and semi-transparent, overlapping in the center.

EVOLVE IN **LOVE**

a practical guide to
mastering the art of relationships

chris walker

 RealPublishing™

BACK ON TRACK™

This amazing booklet has been put together to help you move deeper into your truth and stay on track in your life by simply exploring something new everyday.

Share it with your friends please

Some people have done the whole book in just a week,
how inspiring!

Some people have taken a lifetime
still inspiring!

The key is to evolve yourself everyday of your life
to stay in tune and challenge yourself daily.

Do not strive for peace

That is the domain of toxin and stagnation

Strive instead for love

a balance of support and challenge

which

at the end of the day

we have no choice about

All life is a balance of

support and challenge and this book

can bring about challenge

so life doesn't have to do it for you.

Jan. 1

The art of achievement is the art of making your life a masterpiece.

List three areas of life that you would love to become more masterful in. What are some action steps that you can take to make this happen?

1.

action steps

2.

action steps

3.

action steps

Jan. 2

I am grateful for my dreams and inspirations.

Write a few sentences describing yourself experiencing some very inspiring moments.

Example- I am at the beach, sitting around the campfire contemplating Universal Principals with my family and friends.

Jan. 3

I have the wisdom to follow the dream in my heart.

One thing I know I could do, that would help me follow my dream is...

Jan. 4

Achievement starts with a single great thought.

My challenge for today:

Every hour I will say an affirmation to myself. These words of power will be...

I am _____

Jan. 5

If you have an idea, you have the ability to manifest it.

Think of a great idea for each of the seven areas of life.

Physical

Mental

Social

Family

Spiritual

Career

Financial

Jan. 6

I am as worthy as I believe I am.

Remember seven times when you knew that you were worthy.
Discover some common people, places, things or ideas that you
associate with self worth.

Jan. 7

As I believe, I achieve.

Look at your weakest area of life. List twenty action steps that you can take to strengthen this area.

Jan. 8

I am grateful that my actions determine my results.

Remember times when you feel your actions produced horrible results. Find the benefits to each of these situations.

Jan. 9

I appreciate the wealth that I have and know that I can earn more.

My financial situation challenges and supports me by...

Jan. 10

I am a master of moderation and my life is balanced and centered.

I exaggerate _____, _____, _____

I minimize _____, _____, _____

Jan. 11

I am a master of finance and money flows easily into my life.

Set the timer for five minutes and visualize money coming to you. For example, imagine holding a check, receiving cash, looking at a bank deposit, opening an envelope with money in it, signing a contract, hearing somebody offer you payment for your work, hearing yourself ask for payment...

Jan. 12

I am grateful equally for my courage and for my fear.

List five times when you felt the fear and did it anyway.

- 1.
- 2.
- 3.
- 4.
- 5.

Thank you!

Jan. 13

I have a wealth of valuable skills and talents.

Throughout my life I am grateful for developing these skills and talents...

In your mind, acknowledge your teachers and send them some gratitude.

Jan. 14

Get up and set your shoulder to the wheel—how long is this life for? As you have come into this world, leave some mark behind.

—Vivekananda

I will be remembered for...

Jan. 15

Nothing is really work unless you'd rather be doing something else.

-Sir James Barrie

List five things that you don't like about work and the ways in which these things serve your purpose.

- 1.
- 2.
- 3.
- 4.
- 5.

Jan. 16

The impact of an idea whose time has come is
immeasurable.

I have always wanted to _____

Here is my plan (in time and space)

Jan. 17
Follow your bliss.
-Joseph Cambell

Spend ten minutes remembering moments when the tears flowed and the heart was open. Ask for a message and write it down.

Jan. 18

What would you attempt to do if you knew you could not fail?

-Robert Schuller

Answer the question.

Jan. 19

Strong lives are motivated by dynamic purposes.

Find an object that represents your purpose and place it in a familiar place.

Jan. 20

The great use of life is to spend it for something that will
outlast it.

-William James

Read something inspiring, listen to some beautiful music and/or
see some masterpieces of art that have withstood the test of time.

Jan. 21

The purpose of life is a life of purpose.

Describe the perfect day.

Jan. 22

One can never consent to creep when one feels an impulse to soar.

-Helen Keller

What do you feel is holding you back? How do these things serve you?

Jan. 23

I am organizing my days by prioritizing my daily actions.

List the seven top priority action steps that you will do today. Put your least favorite on the top of the list.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Write a short message of thanks to the creator for your work.

Jan. 24

It is your work in life that is the ultimate seduction.

Picasso

Use this page to create your own masterpiece. The title of this piece of art is, "My Work, the Ultimate Seduction."

Jan. 25

I am a spiritual being living a life of love.

See how many people you can look in the eye today, express your love to them without saying a word.

Jan. 26

There is much more opportunity than there are people to
see it.

-Thomas Edison

The more I _____ the more I will grow.

The more I _____ the more I will learn.

The more I _____ the more I will know.

Jan. 27

I am skilled in the art of listening.

Today I will first try to understand the other person before I tell them my point of view. I will remember what others have said to me by writing it here and reflecting upon it.

Jan. 28

I embrace people from all walks of life.

List seven moral or ethical issues that you have and see where you are doing these things that you condemn.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Jan. 30

Without my sense of humor I doubt I'd have much sense at all.

Today I will learn a joke and pass it on to at least three people.

Jan. 31

I am a genius and I apply my wisdom.

List everything that you are grateful for until you feel your heart open up. When you feel light and open hearted ask for a message and write it down.

January

Affirm It!

Everyday is a day of new beginnings. Suppose that your Life, as you see it, has been a dream, and right at this moment You are in the process of waking up. Every memory from the past or imagination of the future that you have today is based upon this dream. Deep inside you know that every person, place, thing or idea in this dream served you and taught you about unconditional love. Now that you are awake, life is yours to live. All your fear and guilt is just an illusion. From this moment on you are as worthy as you believe you are. Anything that you believe is now true. Every great thought that you think or dream will be actualized. What would you love to do? What will you do? Have the wisdom to do what you love. You already have a wealth of valuable skills and talents. You know that money is available and flows easily into the lives of those who live purposefully.

To begin, moderate your actions, balance and center your breathing, listen to your inner wisdom and follow it. The whole purpose of life is a life of purpose, what a glorious design! You have a purpose. Your purpose is what you love. The Universe supports you as you chunk down your purpose into daily action steps and complete them. No matter where you go or what you do an inner voice is whispering, calling, guiding you along the way. Everything on the outside of you is reflecting you and showing you parts of yourself. The more aspects of yourself and others that you love, the more purpose you will pursue. Of course laughter and tears are your companions, along with many, many moments of bliss. So, welcome to today, feed yourself with words of power, be the genius that you are and apply your wisdom.

Feb. 1

Every person and every event provides another opportunity for me to learn another lesson in unconditional love.

A difficult situation that I am having is...

The benefits that I am receiving from this situation are...

Feb. 2

I am one with everything and everyone that exists.

Today I will make eye contact and be present with as many people as I can.

Feb. 3

I am a cup filled with love and gratitude.

Today I will look at my finances, making certain that they are in order. I will pay myself first, give a percent to an inspiring cause, spend according to my highest priority and offer a prayer of thanks for my financial situation.

Feb. 4

I am grateful for what is, as it is.

I am grateful for...

- 1.
- 2.
- 3.
- 4.

- 5.
- 6.
- 7.
- 8.

Feb. 5

The whole of your life must be spent in the company of yourself.

My deepest darkest secret (and how it served me) is...

Feb. 6

I know that the answer to all great questions is
unconditional love.

Repeat these words over and over until you know this is true:

I came from love.

I am going to love.

I am here to love.

I am love.

Feb. 7

I acknowledge the balance in all people, things, and events, and I know the true meaning of all that exists is love.

Recall three times that you judged something or someone that you now love.

- 1.
- 2.
- 3.

Any comments...

Feb. 8

My loving energy is open and flowing in every area of my life.

Call, write or visit someone today and express your appreciation for them.

Feb. 9

All my experiences are opportunities to gain more power, clarity and vision.

Recall one of your most embarrassing moments.

How did this event serve you and awaken in you a sense of power, clarity and vision.

Feb. 10

Miracles are love in action.

What action step can I take today that will bring a sense of magic into someone's life?

Feb. 11

When man has love he is no longer at the mercy of forces greater than himself, for he becomes the powerful force.

-Leo Buscaglia

I have been feeling sorry for myself because...

This is a more empowering way to look at this situation.

Feb. 12

I know what I love to do and I do it.

Imagine in your mind's eye doing what you love. Now add ten more details.

Feb. 13

Teach only love, for that is what you are.

List three people or events that you would like to fix, change or help.

- 1.
- 2.
- 3.

What if you loved these things as they are, then what?

- 1.
- 2.
- 3.

Feb. 14

Love conquers all.

Remember five moments when you experienced unconditional love.

- 1.
- 2.
- 3.
- 4.
- 5.

Who will you express your love and appreciation to today?

Feb. 15

Viewed in awe by those who study it, the heart is a masterpiece of strength and endurance. It must be to beat approximately 100,000 times a day, every day.

-Harvey Diamond

Focus on your heart and quiet your mind until you feel it's rhythmic pulse. When you feel a sense of poise ask if there are any action steps you can take that will keep your heart well and write them down.

Feb. 16

Unconditional love dissolves illusions.

What is your biggest obstacle? _____

How does this serve you?

Feb. 17

Love brings whomever you love into your presence.

Make a list of all of the people who inspire you (alive or dead) and imagine yourself in their presence.

Feb. 18

To be inspired, inspire.

Create opportunities to say thank you, I love this, excellent and beautiful several times today.

Feb. 19

The key of your realm is in the bottom of your heart.

-Francine Talbot

Sit in a still place and reflect upon your void and how it has inspired your value.

Wise reflections...

Feb. 20

I follow my heart and am open to the opportunities and the beauty of a full and vital existence.

My physical body will love it if I eat _____
_____ and do these activities _____

Here is my plan...

Feb. 21

Love is the basis of my divinely designed master plan.

Loving ways in which I challenge myself...

Loving ways in which I support myself...

Feb. 22

Unconditional love knows no fear.

An unresolved lie from my past it...

A more balanced way of looking at this is...

Feb. 23

I take no credit, take no blame, I keep on evolving
gratefully in unconditional love.

I am here to serve by...

I won't take credit for...

I won't accept blame for...

Feb. 24

I am powerfully fulfilled with gratitude.

Write a brief prayer or letter of gratitude...

Feb. 25

Whatever I unconditionally love, I get to run.

Three things in the past that I have had the privilege of running have been...

- 1.
- 2.
- 3.

Insights...

Feb. 26

I allow the truth of my soul in and grateful unconditional
love comes out.

Remember an inspiring story and pass it on to others.

Feb. 27

I am the Light of Love.

Gather a special treat for each of your five senses: your favorite textures, scent, taste, music and object. Next, read your affirmations and purpose statement out loud until you are highly inspired. Ask for a message and write it down.

Feb. 28

The four magical feelings...
Unconditional Love,
Inspiration,
Enthusiasm and
Gratitude.

Who, when and where have I felt:

Unconditional love

Inspiration

Enthusiasm

Gratitude

Thank-you!

Feb. 29

You already have everything your heart desires.

I am grateful for the way in which my _____ serves me.

Family

Friends

Finances

Job

Beliefs

Body

Knowledge

February
The Power of Unconditional Love

Love is infinite, present, forever permeating everything. No matter the crisis, love is in the center of the chaos. Love plays no favorites, it is in every person and event throughout all time and space. God is love, the all in all, the almighty, the creator, the source, the mysterious force manifested in creation. Love contains every emotion. The more lopsided our emotions, the harder we fall. Knowing that the harder we fall, the higher we rise reminds us that nothing is missing. Pleasure and pain are temporary emotions that come and go, so be grateful for both but don't get caught up in either because one takes you to the other and around in circles you'll go. Learning how to be comfortable being uncomfortable is the great lesson.

Unconditional love, loving it as it is, is the most powerful force in the Universe. The moment that love is the answer, all things are connected. Love comes from above, down, inside out. There is a divine design or balance within everything. Every thought or idea is a two-sided coin. People are balanced by everything that they perceive. This is how we attain a sense of self. Since the whole of our lives must be kept in the company of self, it is wise to discover the hidden balance within all things.

Everything serves a purpose. Separation is the illusion. The need to fix, change or help creates judgement, which causes stress and disease. Wanting to control the people and events in life so that they give us pleasure lead to a life of re-action. Judgements create interference and block or tamper with energy. When there is no judgement, purpose is revealed and one's life becomes directed by purposeful action.

When doing what you love, don't take credit or give blame. Intentions that come from an unconditional state of love require no justifications or rationalizations. Recognize your own inner voice that calls you to do what you love. Open your heart to the feelings of unconditional love, inspiration, enthusiasm and gratitude that light your path and align you with your soul-guided master plan.

March 1

The problems our world faces can never be solved by the same type of thinking that created them.

-Einstein

Remember three times in your life when you felt something or someone was a problem, but in the long run things worked out well.

- 1.
- 2.
- 3.

Realizations...

March 2

When the artist is alive in any person, whatever his kind of work may be, he becomes an inventive, searching, daring, self expressing creature. He becomes interesting to other people. He discovers ways for better understanding.

Who sees you as:

Inventive _____

Searching _____

Daring _____

Self expressing _____

Interesting _____

March 3

I am daring enough to open doors to new experiences and
to step boldly forth to explore strange new horizons.

I am ready to take the next step in _____,

but my fears are _____,

yet my fears will serve me by _____,

so here is my plan _____.

March 4

This is my time, and my place. I will accept the challenge.

My biggest challenge is _____.

How I am supported in this area

March 5

Letting go and holding on, illusions have a mighty song.

What was the hardest thing you ever let go of and how did it serve you?

March 6

I am not bound to win but I am bound to be true. I am not bound to succeed but I am bound to live up to what light I have.

-Abraham Lincoln

Write out the first thing that pops into your head.
I know that I know that I know...

March 7

The infinite hunger of the soul cannot be filled with the things of sense.

I feel satisfied in these areas...

Ideas for even more growth in these areas are...

March 8

Never question how the universal substance will come into form, just be thankful and know that it will.

If somebody handed me a check for _____ dollars I would...

March 9

And the love between you will flow as the waters of a deep and powerful river, and no matter where you go, as individuals, you will never be alone.

-Ellsworth

What is your earliest memory of missing someone?

What did you gain from this experience?

March 10

Embrace the journey. Trust the process.
-Ellsworth

What is testing your endurance?

Write a statement confirming your commitment to this person or situation.

March 11

If my hands are fully occupied in holding onto something, I
can neither give nor receive.

-D.Solle

What are the benefits of not sharing?

What are the drawbacks of receiving?

Insights:

March 12

One doesn't discover new lands without consenting to lose sight of the shore for a very long time.

Andre Gide

Think of the times when you felt lost.

What did you discover?

March 13

What a wonderful thing, to begin by struggling with an adversary, only to discover that you are in the embrace of a lover.

List three times when you have had a falling out with someone and then the issue was resolved.

- 1.
- 2.
- 3.

What is common among the three events?

March 14

Faith is being willing, able, gutsy, vulnerable, and courageous enough to let go of the safety and security of the swinging bar, in the middle of the air, in order to take the hand of the one who will meet you.

R. Hesttenes

Trust Is?

March 15

Take what you can and let the rest go by.

I spend too much time _____

I don't spend enough time _____

Here is my plan _____

March 16

In the last analysis, our only freedom is the freedom to discipline ourselves.

This week I will get in the habit of...

March 17

Each one sees what he carries in his heart.

This has really been pushing my buttons

This is serving me by... _____

March 18

Life belongs to the living, and he who lives must be
prepared for changes.

-Johann Wolfgang von Goethe

The one thing I would never want to change is

If this changed I would grow and be grateful for...

March 19

The capacity for reformation and change lies within.

What I ate today and how I feel about it....

March 20

He who chooses the beginning of a road chooses the place
that it leads to.

-H.E.Fosdick

Things left to do in this lifetime...

March 21

The middle of the road is all of the usable surface. The extremes, right and left are the gutters.

-Dwight D Eisenhower

I have been exaggerating...

I have been minimizing...

My plan of action to moderate these things is...

March 22

The rose and the thorn, and sorrow and gladness are
linked together.

-Saadi

List some benefits of:

Dysfunction

Abuse

Obesity

Debt

March 23

It is wise to learn; it is God-like to create.

-John Saxe

I am called to participate in the creation of...

March 24

Every crisis offers you extra desired power.

-W.M. Marston

If it hadn't been for _____, I wouldn't have

If I hadn't met _____, I wouldn't have

If I hadn't neglected _____, I wouldn't have

If my body hadn't _____, I wouldn't have

March 25

Every problem is an opportunity for you to learn to love.

I learned to be patient from

I learned to be tolerant from

I learned to appreciate differences from

March 26

No noble thing can be done without risks.

M. E. Montaigne

I was really afraid to _____, _____ and
_____.

I'm thankful that I did because

_____.

March 27

The brighter you are the more you have to learn.

-Don Herold

The next five topics or skills that I would love to know more about are....

March 28

Maximum growth occurs at the border of chaos and order.

My life feels like it is in order in these areas...

My life feels like it is in chaos in these area...

March 29

So you have passions...or do they have you?

This habit controls me _____

The benefits I am receiving are...

Here is my plan to moderate this habit...

March 30

Some men see things as they are and say why? I dream things that never were and say why not?

–R.F. Kennedy

I am utterly grateful that I took the risk and...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

March 31

In the midst of change...Count Your Blessings

Tilt your head up 45 degrees. Close your eye lids loosely. Begin by thanking all of the people, places things and events that have made you what you are today. When you feel your heart open and are in a state of awe, ask for a message and write it down.

March
The Winds of Change

Change is inevitable and the biggest thing that anyone can change is his or her attitude. Change comes when we change our mind and our actions follow. The one with the best attitude is the one who knows that life is not about being more happy than sad or more right than wrong. Very often, in the middle of great change it's the ones who know a solution that keep on going, not usually offering input unless they are asked. It's the ones who don't know what's going on that try to hold onto what they think they've lost, expecting others to help carry the load.

Change is simply an idea that there are more positives or negatives to any situation. Change causes some people to over or under re-act out of fear and guilt. When too much new information comes in at once change can seem like pure chaos. Chaos craves order and can be a huge, gigantic, overwhelming, yet welcome challenge. The only other choice is to be a victim, which is a pretty long and repetitive road of self-pity. All victims need a hero, and the best option when one feels like a victim is to find the hero within.

It takes a huge amount of faith to move forward when nothing seems to make sense, but life would be so boring if everything made sense because there would be nothing left to discover. Life is full of discovery and nothing can be discovered unless someone is asking questions. Questions lead to change, or does change cause one to question? Either way, growth is inevitable and comes to those who are willing to take risks and accept the changes as they come.

Knowing that the more things change, the more things stay the same makes one desire to know Universal Principals. A universal principal is a principal that holds true no matter where it is applied throughout time or space. Since the universe is infinite, expanding and contracting all the time, it is forever changing. By learning the principals that govern the universe, and applying them to our lives we can more fully participate in this ever-changing world. Learning means experiencing life and experience means change. Change, when viewed in this way, is life itself. So welcome and embrace change, rise to the challenge of living.

April 1

Everything cycles; birth, maintenance, decay and death.
Enjoy the process!

If I let go of _____ I will hold onto _____

As I release _____ I will embrace _____

April 2

The best use of life is to use it for something that will
outlast it.

-William James

When I pass on, I would love to leave a legacy of...

April 3

Life is a series of little deaths out of which life always
returns.

-Charles Feidelson, Jr.

I thought I lost _____, until this showed

up_____

April 4

Who bravely dares must sometimes risk a fall.

-Smollett

I have been playing it safe by _____

This is a risk I am willing to take _____

April 5

Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing at all.

-Helen Keller

Three activities that really awaken me are:

- 1.
- 2.
- 3.

April 6

The whole is simpler than the sum of its parts.

-Gibbs

I have been so distracted _____

The big picture is...

April 7

There can be no rainbow without a cloud and a storm.

J.H. Vincent

The worst thing that I have ever experienced was

I am grateful for this experience because...

April 8

Everything perceivable comes in pairs.

My dark side...

My light side...

Insights...

April 9

There is a land of the living and a land of the dead and the
bridge is love.

-T. Wilde

The benefits of death are...

April 10

For everything you have missed, you have gained something else.

-Emerson

When I lost _____, I gained this _____

I don't have _____, but I do have _____

I let go of _____, and I'm holding onto _____

April 11

The more infinite you perceive life to be in space and time,
the more purpose you pursue.

After you leave this planet, where will you go and what will you do?

April 12

We rise to great heights by a winding staircase.

-F. Bacon

My greatest accomplishment is _____

List the ups and downs that you've experienced along the way.

April 13

One's wisdom is inversely proportional to the time it takes
to find symmetry in one's illusions.

If I could change one thing about this world it would be...

If this were to change the drawbacks to the world would be...

April 14

Nothing is lost, nor gained, only changed in form.

My greatest skill or talent is _____

The steps that I took to develop this ability are

Say a prayer of thanks for the opportunities that you've had.

April 15

Maybe God doesn't look at death the same way we do.

-P. K. Cary

How does God look at death?

April 16
So ask, how can I love this?

Hatred teaches...

Sorrow teaches...

Confusion teaches...

The worst mistake I ever made was...

The benefits for myself and others are...

April 17

It is not love, but lack of love, which is blind.

-Glenway Wescott

The main thing that I would like to change about

_____ is _____.

I do the very same thing in this area of my life

The benefits I receive from this

are _____

April 18

United we stand, divided we fall.

G. P. Morris

It's time I make a commitment to _____

Here is my plan...

April 19

The great enemy of truth is very often not the lie—
deliberate, contrived, and dishonest— but the myth—
persistent, persuasive, and unrealistic.

—John F. Kennedy

I have an unrealistic view about _____

I can love it as it is by looking at it this way...

April 20

What you feel you're missing is often what you value most.

Things that are important to me...

April 21

Whatever you don't love you will repeat until you do.

I try to avoid _____ and keep running into

_____ to teach me _____

April 22

To everything there is a season.

I've been putting off _____ and am now ready to

give it my attention by _____

April 23

Let not the pain or pleasure interfere with the pursuit of
your purpose.

In the past I let _____ stop me.

Today I confront that challenge by...

April 24

Our strength grows out of our weakness.

-Ralph Waldo Emerson

My strengths and their opposite traits.

- 1.
- 2.
- 3.
- 4.
- 5.

April 25

Love is not in competition with anything.

I wish I were _____

I already am _____ in this way _____

April 26

Sunshine is delicious, rain is refreshing, wind braces up,
snow is exhilarating; there is no such thing as bad
weather, only different kinds of weather.

-John Ruskin

I could use a new attitude when it comes to my dogmatic belief
about

Here is a new perspective _____

April 27

The Universe doesn't throw anything away. Nothing is missing.

Today I will designate a time to clean out an area of my home and pass on those things which I no longer use.

April 28

Every form changes.

Signs that I am aging and the benefits to each...

April 29

Knowledge is not an endless cycle, but an upward reaching spiral.

-Emmet Fox

I am grateful that I have learned...

April 30

When I slow myself down I speed up my awareness.

Spend ten full minutes just breathing.

April Secrets of Creation

The secret of creating the life that you would love to live is to focus on a purpose bigger than yourself. Be willing to take risks, let go of the things that no longer serve you and be willing to follow your inspirations. Become a Master Dragon Slayer.

Every Master comes with a dream and all purposeful dreams come with Dragons. Dragons always wear disguises like ridicule, opposition, challenge and loss. Dragons have many tricks up their fire snorting nostrils and will use lust, addictions, fantasy, illusion, fear, guilt or sleep to keep the Master from the pursuit of his/her purpose.

The 'secrets of creation' are tools that all Master Dragon Slayers know. First, the Master recognizes the dragons by their dualistic nature and tricks them by exposing the truth. Since the Dragon is not even real, any time a Dragon is tricked it dissolves.

Dragons love competition, but the Master is not in competition with anything. Dragons are constantly changing their mind, unlike the master who can see from many different angles. Dragons like brain noise and stir up confusion just to be entertained. They pop up whenever the Master takes his/her eye off their purpose. Dragons like the drama of death, until they feel the power of the Master's unconditional love. The Master knows that the only way to kill the Dragon is to love it so completely that it changes form. This transformation is a magical event filling the master with more love, light and wisdom than ever before. The more Dragon's that the Master dissolves, the greater the Master awakens to the secrets of creation. Master's love Dragons because without them the secrets of creation would still be a mystery.

May 1

Focus on the flowers, not the weeds.

I am grateful for...

May 2

Develop an appreciation of beauty, expand your mind to encompass great ideas; use the magic of your mind and heart to create and to serve.

Today I will either rearrange my surrounds or add something new to my environment that inspires me.

May 3

I have wings that allow me to fly to the highest heights.

I am expanding this area of my life _____,

and this is how I plan to do it...

May 4

I am grateful for everything that comes my way.

The benefits of:

Being frustrated _____

Not having enough _____

Feeling alone _____

May 5

Things don't change, you change your way of looking,
that's all.

-Castaneda

Today I will wear something uplifting, eat something different for lunch, meet someone new and go outside at night to gaze at the stars.

May 6

Don't let the uncertainty turn you around. The world
keeps turning around and around. Don't it make a joyous
sound.

-Browne

I often hesitate to _____.

As I get over this fear I will...

May 7

We teach best, what we most need to learn.

Lately I have been thinking that _____ needs to do
_____.

I could apply this advice to my own life in this way...

May 8

What you become thankful for grows.

The first big present that I remember getting was a

_____.

List the chain of gifts that this gift has brought you. Example: I remember getting a new doll, next I had Barbie dolls, then I was chosen to be a teacher's aide and today I have beautiful children and many students.

May 9

Inspired Action

List five activities that inspire you and put a date by when you will do each one.

- 1.
- 2.
- 3.
- 4.
- 5.

May 10

Loving Service

Today I will inspire somebody to give me loving service and I in turn will give service to others.

May 11

Grateful Prayer

Today I will count my blessings as I brush my teeth, use the bathroom, drive in the car and before I sleep.

May 12

Divine Guidance

I will keep a notepad and pen with me wherever I go and jot down every inspired thought and idea that I am aware of.

May 13

Sharing Wisdom

Today I will express my love and gratitude to

I will do this by _____

May 14

Caring Sincerely

Today I will give to a cause bigger than myself. I will invest in inspiration.

May 15

Present Silence

Today I will meditate. I will listen to others and remain focused on them until they are finished speaking. I will stop throughout the day to take a breath and silent my brain noise.

May 16

Study Truth

Today I will review something that inspires me and learn something new and share it with a friend.

May 17

Temperate Rhythm

I will be more moderate in this area _____

Here is my plan _____

May 18

As we understand more and more about the nature of the Universe, our wonder will not diminish, but rather become sharper and more narrowly focused on the mysteries that still remain.

Three important questions that I will research are...

- 1.
- 2.
- 3.

May 19

All of mankind is divided into three classes: those that are immovable, those that are movable, and those that move.
-Arabian Proverb

My weakest area of life seems to be _____

I will take action by...

May 20

Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment.

-Thich Nhat hanh

Today I will make a point to smile, give eye contact and acknowledge everyone that crosses my path.

May 21

Take time to marvel at the wonders of life.

Today I will take a few minutes to go outside, take some deep and powerful breathes, tilt my head up, say a prayer of gratitude and open my heart.

May 22

If one advances confidently in the direction of his dreams,
and endeavors to live the life of which he has imagined, he
will meet with a success unexpected in common hours.

-Henry David Thoreau

I am holding myself back by _____

I will confront this fear and _____

May 23

Remember that the faith that moves mountains always carries a pick.

-Anonymous

Here is my list of things to do, with dates beside them, to get my work and home areas clean and organized.

May 24

Energy and consistency conquer all things.

-Benjamin Franklin

Today I will drink water, eat light and make a make a commitment to do all the little things that I know will keep my body functioning efficiently.

May 25

One inspiring question leads to another.

I love to _____

I am inspired by _____

I enjoy _____

I am enthusiastic about _____

May 26

Who are you?
Why are you here now?

Today I will ask five people these questions and reflect upon their answers.

May 27

There is a balance in each of us, but it takes a true and humbling inspection to discover it.

List the five most significant people in your life and write down their weakest point.

Now, discover where you have all five of these traits and write down how they serve you.

May 28

Things don't change, you change your way of looking,
that's all.

-Carlos Castenada

I used to believe...

and now I know...

to be true.

May 29

Each one sees what he carries in his heart.

-Goethe

Visualize your heart opening up and trillions of hearts flying out.
Where will these hearts go and why...

May 30

This could be our revolution: To love what is plentiful as
much as what is scarce.

-Alice Walker

I could use more _____,

yet I am being served by things as they are because...

May 31

Your inner most dominant thought determines your outer most tangible reality.

Today I will write an affirmation and copy it onto index cards, which I will place in at least five places that I will regularly see for the next week.

May
Focus on the Flowers

Attention is a funny thing, it can either be placed here or there. If we saw everything all at once there would be nothing left to see. So here we are, in time and space, with the ability to focus on what we love or on the many distractions that seem like so much fun. It takes discipline to expand your mind. Encompassing great ideas is not for wimps. Service and creation require focused energy.

Not everything is easy or comes naturally. Some dreams demand that we take a leap of faith. Anyone feel like diving off a cliff? Funny, yet staying on purpose can sometimes feel like making crazy decisions. It's all a matter of perspective and the more you follow your intuition the more you come to know that Universal support really does exist. So don't be afraid to teach what you most need to learn. Put it out there, whatever your message is. Remember to take a moment now and then to get a balanced perspective and be grateful. It is guaranteed that you will grow if you do!

This Universe is a pretty amazing thing. The more we seek, the more we know. So keep asking and questioning everything. The more we know, the more we do. The more we do, the more we serve. The more we serve our purpose, the greater our capacity to participate in the magnificence that permeates all.

And at times, when the world seems really messed up, focus on the flowers. Look again, see the other side, know why you are here and hold holy your highest hope.

June 1

Mere enthusiasm is the all in all

-William Blake

Today I will let three people know about my next goal. I will also listen attentively while three people share with me some of their dreams and goals.

June 2

My energy is infinite when I am inspired in love.

Here is a list of the obstacles that could possibly interfere with the obtainment of my next goal. Next to each obstacle is a solution or benefit.

June 3

Through my inspiration, energy is infinite and
universally available.

Today I will share these words with five people...

June 4

My loving energy is open and flowing in every area of my life.

One small action step that I can take in each area of life is...

Mental _____

Spiritual _____

Family _____

Social _____

Career _____

Physical _____

Financial _____

June 5

To be inspired, inspire. Powerful people have powerful breaths and are filled with creative energy.

Breath in for seven counts, hold it seven counts, breath out for seven counts, hold it for seven counts. Do this seven times.

June 6

Your vision is the spark, which your actions make the inferno.

Visualize yourself doing what you love and loving it!

Now add five more details.

Write them down.

June 7

My balanced breathe, inspired thoughts, vivid visions,
clear affirmations and loving feelings clear out my portals
of infinite energy.

As you breathe in say to yourself, "I do what I love and I love what I
do." Breathe out and say to yourself, "I do what I love and I love
what I do."

Do this twelve times.

June 8

No day but today.

-Jonathon Larson

Today I will _____

Today I am _____

Today I have _____

June 9

Balanced perceptions birth potential energy and motivate one into action.

Define your biggest problem.

Now list 25 benefits that this problem is providing for you and others.

June 10

Until you can manage your time, you won't likely get to manage any money. Order plus organization = life!

I have been putting off _____

Here are the action steps I will take _____

I will organize _____ by doing

_____ and delegating

June 11

Money is God in action.

-Reverend Ike F. J. Eikerenloetter 11

God and money are alike in that...

June 12

What action steps can I do today to help me accomplish my purpose?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

June 13

If you want to be a leader, you must learn to lead yourself.

I don't understand why I _____

This serves me _____

I can be more moderate by...

June 14

Once you have a vision and a mission to work on you will become inspired, motivated into action, and alive with creative ideas.

Draw a picture or insert a photo to represent your vision. The more details the better!

June 15

Know that you know that you know.

I know that I know that I know that

_____ brings me happy tears.

June 16

And so you celebrate yourself and your humanness with joy and with magic. And then along with that you celebrate others.

-Leo Buscaglia

I celebrate _____ by

I show my appreciation to _____ by

I love _____ and my action steps are

June 17

Start associating with those that match your dreams.

Ten people that I would love to associate with are...

- | | |
|----|-----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

June 18

Jesus said, “You will know my disciples by the way in which they love one another.”

Today I will call, write or find balance in these people to express my love and appreciation for them.

June 19

If you desire to have a lot of energy, love a lot of things.

I love...

June 20

The more you organize, the higher you rise.

Organize your work area and everything in it. Begin today and make the time to finish the job.

June 21

A place for everything, everything in its place.

Clear out some space (a closet, garage, desk, car) in order to attract something new that will better help you to serve your purpose.

June 22

Every production of genius must be the production of
enthusiasm.

These words bring happy tears to my eyes and a deep sense of
truth to my being.

Sit quietly and repeat them over and over until you feel full of light.

June 23

Enthusiasm means—One with the energy of the divine.

I am inspired to

June 24

My way back into life was ecstatic dance. I re-entered my body by learning to move myself, to dance my own dance, from the inside out, not the outside in.

Things that distract me...

Things that keep me on purpose...

June 25

Rejuvenate the body and cultivate the mind.

Check list

- Drink water
- Exercise
- Read
- Share knowledge
- Express my appreciation
- Pray and meditate
- Other

June 26

Live well, exercise regularly, eat properly, and breathe
deeply.

-J. Donald Walters

Dear Body,

Thank you for...

June 27

Sit upright with a straight spine; feel that your strength emanates from your spine rather than from the muscles of your body.

-J. Donald Walters

Put on some of your favorite music and give your body an all around great stretch.

June 28

Nothing is more revealing than movement.

-Martha Graham

Starting today, get into the routine of moving every one of your joints everyday.

June 29

I love and respect my body as my most dedicated and loyal friend.

Find some time to be alone, take off all of your clothes, look in the mirror and see how beautiful you are!

June 30

Everyday I say the same inspiring words, hear the same inspiring words and at the same time apply these words to my life.

Write down three affirmations and say them three times a day.

- 1.
- 2.
- 3.

June Abundant Energy

Today is the day! Today is the day that you get to do what you love and inspire others to do the same. To begin, start to see the purpose in everything you do. You may have to dig deep and reach up to discover that you are living a dream that you once imagined for yourself. I know, I know, now you want more. That's o.k. Sometimes we ask for one thing and when we get it we realize that we could have asked for more, yet there was no way of knowing what was available until we received our first request. So, be grateful for where you are, where you've been and where you're going.

The clearer you become, the more details you see, the more organized you are, the more energy you will have. What would you do if you had so much energy that you only slept three or four hours a night? What could be so motivating, so inspiring that nothing could distract you from the pursuit of this mission?

Donald Walters writes, "Live well, exercise regularly, eat properly, breathe deeply."

The secret to abundant energy is really no secret at all. Live with purpose by finding purpose in all that you do. Exercise regularly by using this magnificent human body to move, stretch and breathe. Breathe with awareness, rhythm, and power. Eat raw foods that are filled with life and wholesome, cooked foods that satiate and sustain life. Remove any interference by balancing your perceptions and embrace everything that you judge with unconditional love. You mean love the things that I hate? Yes, love the things that you hate!

"If you desire to have a lot of energy, love a lot of things."

Abundance means that there is "overflowing fullness" and energy means that there is a capacity for "forceful action". Each one of us has the capacity to overflow with abundant energy by powerfully and actively pursuing our highest calling.

July 1

If you don't pass the torch, you don't get the light.

Make a list of all of the people that you would love to share your services with. Now list the main reasons why these people would benefit from your services. What action steps will you now take to communicate to these people your service of love?

July 2

For, when men shall meet as they ought a shower of stars
clothed with thoughts, with deeds, with accomplishments,
it should be the festival of nature which all things
announce.

-Emerson

Do a gratitude exercise focusing on the many times when you have
been in the great and powerful presence of loved ones. When your
heart is open, ask for a message and write it down.

July 3

We all carry our own light.

List the three most important people in your life and write a sentence that tells how they shine.

1.

2.

3.

July 4

A mighty flame followeth a tiny spark.

-Dante

List three examples of how a big project started with an idea.

July 5

The whole world burns and sparkles with light.

This evening, surround yourself with candles, put on some beautiful, inspiring music, find the stillness within and be present.

July 6

Deep within our hearts a fire glows. It spirals out,
expanding...
We are the children of light, we are the voice of creation
exclaimed as sound became light. We see within our
hearts a stream of wisdom.

-Ywahoo

I am in the process of creating...

July 7

I am the light of love.

Take five minutes to find a comfortable spot, close your eyes and breathe. As you inhale hear the words in your mind, "I am love." Hold the next moment in silence, now exhale and hear, "I am love." After a moment of silence, repeat this process.

July 8

To the degree that we open our heart to the illuminated divine wisdom and the true light of truth we approximate what is the true equality of all human consciousness.

List five things that you feel self righteous about and five things that you have been beating yourself up about. Make a commitment to yourself to balance your perceptions in these areas.

July 9

Light seeking light doth light of light beguile.

-Shakespeare

I would love to be more enlightened in the art of...

I am becoming more enlightened in the art of...

July 10

I'm going to turn on the lights, and we'll be two people in a room looking at each other and wondering why on earth we were afraid of the dark.

I know that I make the biggest difference when I can look at the worst traits that I see in others and see where I have these same traits and love myself, while thanking them.

Some examples of when I have done this are...

July 11

There is no object so foul that intense light will not make it beautiful.

In my opinion, the most horrendous crime is...

The benefits to the victim and criminal who participate in this act are...

July 12

To do right is to be faithful to the light within.

-Oliver Wendell Holmes

In order for my light to shine more brilliantly, I will attempt to perfect the skill of...

These are the action steps that I will take.

July 13

And God said, "Let there be light."

-Genesis 1:1-3

Just in the past few months I have shed light on...

Thank you God. I love you!

July 14

Consciousness is the inner light kindled in the soul; a music, strident or sweet, made by the friction of existence.
-George Santayana

Write a jingle, ad or slogan for yourself.

July 15

Ye are the light of the world. A city that is set on a hill cannot be hid. Neither do men light a candle, and put it under a bushel, but on a candlestick; and it giveth light unto all that are in the house.

Jesus of Nazareth
Mathew 5:14-16

Repeat twelve times, “My love is a light for all the world to know.”

List twelve action steps that you will do to expose the light of your soul to the world and beyond.

July 16

There are two ways of spreading light: to be the candle or the mirror that reflects it.

–Edith Wharton

From your earliest memories begin to thank all of the teachers that you have had in your life. Find the benefits to the tough and hard teachers, the drawbacks to the soft and easy teachers and a deep appreciation for the inspired teachers. Now do this same exercise reflecting upon your many students.

July 17

Love is but the discovery of ourselves in others, and the
delight in the recognition.

–Alexander Smith

Today, as you go out among people, take note of the first thing
that you see in others (good or bad) and discover it within yourself.

July 18

Love without attachment is light.

-Norman O. Brown

My earliest memory of clinging onto someone or something...

The benefits, drawbacks and insights of this experience...

July 19

Mirrors should reflect a little before throwing back images.
-Jean Cocteau

I find myself reacting to...

I make a commitment to silence my mind when these buttons are pushed in the future, center myself, and come from the heart.

July 20

It often happens that I wake up at night and begin to think about a serious problem and decide I must tell the Pope about it. Then I wake up completely and remember that I am the Pope.

-Pope John the 23

I am thankful for the huge load and responsibility that I carry because...

July 21

Man is his own star, and the soul than can render an
honest and a perfect man, commands all light, all
influence, all fate.

-John Fletcher

List equal amount of benefits and drawbacks to being honest and
perfect.

July 22

Give light and the people will find their own way.

-Motto of the Scripts Howard Newspaper

If I could I would change or fix...

What's in the way of me loving it as it is?

If I did love this as it is, what would be the benefits to myself and others?

July 23

If you have anything really valuable to contribute to the world it will come through the expression of your own personality, that single spark of divinity that sets you off and makes you different from every living creature.

List the top ten little or big things that you think makes you different or weird (in a negative way) and an equal list of your special and unique gifts. Find the benefits to the negative list and the drawbacks to the positive list until you can love both sides of yourself. (use the back of this paper)

July 24

Energy flowing through a system acts to organize that system.

-Whole Earth Catalog

The top five activities that fill me with abundant energy are...

July 25

To the dull mind all nature is leaden. To the illuminated
mind the whole world sparkles with light.

These people, places, things and events wake me up...

July 26

Properly we should read for power. Man reading should be man intensely alive. The book should be a ball of light in his hand.

-Ezra Pound

Make a commitment to discover and start to read a book that lights your fire!

July 27

Everything you think and say makes an impression on your mind and body. The two greatest healers are laughter and tears, because they are the two sides of love.

Things that make me laugh...

Things that make me cry...

July 28

By expanding our deepest beliefs about what is possible,
we change our experience of life.

-Dan Millman

What would you do if you knew you couldn't fail?

July 29

Just as a sunbeam can't separate itself from the sun, and a wave can't separate itself from the ocean, we can't separate ourselves one from another.

-Marianne Williamson

Imagine that you could meet anyone in the world that you wish.
List five people who you would love to associate with.

July 30

Ah, not to be cut off, not through the slightest partition
shut out from the law of the stars.

-Rainer Maria Rilke

Go outside this evening and wish upon a star.

July 31

Today I know the supreme magical force—that of unconditional love—is within me and within you and within everything that exists.

Spend five minutes in quiet meditation. As you breathe in hear the words, “I am one with all that exists.” As you breathe out hear the words, “All that exists is one with me.”

July Let the Light Shine In!

To be filled with light is an experience that is beyond words. To be immersed in the light of love takes one beyond their senses. By acknowledging the magnificence that exists, and unconditionally loving all that is as it is, our radiant light expands and reaches higher realms. During these highly enlightened states of being, we tune into the voice and impressions of our soul. Nothing is more divine than this.

We each have a responsibility to order our lower minded thoughts and discover the hidden message of love. Love, the grandest gift of all, comes to those who are willing to dig deep for the answers to their questions.

“By expanding our deepest beliefs about what is possible, we change our experience of life.”

–Dan Millman

To believe that love is possible in every person, place, thing or event leads one to believe that all the world is filled with light, the supreme magical force.

August 1

It ain't the things you don't know what gets you in trouble;
it's the things you know for sure what ain't so.

-American Proverb

I need to _____ I ought to _____

I should _____ I want to _____

The benefits of me not doing these things are...

Aug. 2

Everyone is a genius at least once a year. The real geniuses simply have their bright ideas closer together.

-George C. Lichtenberg

The last three times that I've been really inspired were...

- 1.
- 2.
- 3.

Aug. 3

There is one thing stronger than all the armies in the world, and that is an idea whose time has come.

-Victor Hugo

The most amazing realization that I've had in a long time is...

Aug. 4

There is nothing more difficult to take in hand, more perilous to conduct, or more uncertain in its success, than to take the lead in the introduction of a new order of things.

I am most often criticized for...

I most often criticize others for...

Insights...

Aug. 5

Prosperity won't come with wishful thinking. Don't fritter energy away on trivial desires. Drop by drop a leaky faucet wastes many gallons.

-J. Donald Walters

Today I will check to make certain that my finances are in order.

Aug. 6

No man really becomes a fool until he stops asking questions.

-Charles P. Steinmetz

What if I...

Who can help me with this...

Other resources...

Aug. 7

How can they say that my life isn't a success? Have I not for more than sixty years got enough to eat and escaped being eaten?

-Logan Pearsall Smith

I am grateful that I have _____

I am grateful that I am _____

I am grateful that I _____

Aug. 8

Look behind the obstacles you face in life. They may prove to be windows of opportunity.

-J. Donald Walters

My earliest memory of having a real difficult obstacle is

The benefits I received from this situation have been

Aug. 9

It is the commonest of mistakes to consider that the limit of our power of perception is also the limit of all there is to perceive.

-C.W. Leadbeater

The following people, places or events are worth exploring a little more.

Aug. 10

Victory belongs to the most persevering.

Sometimes I feel like giving up on _____

Here is an affirmation I will say to myself at these times

Aug. 11

You have to do it by yourself, and you can't do it alone.

-Martin Rutte

I can do more work in this area...

I can delegate more responsibility in this area...

Aug. 12

There comes that mysterious meeting in life when someone acknowledges who we are and what we can be, igniting the circuits of our highest potential.

-Rusty Berkus

Today I will thank three people for their love and inspiration.

Aug. 13

Life is like a movie screen: it reflects what you project.

Before speaking I will take a breathe to make certain that who I am speaking has had time to finish what they are saying.

Aug. 14

View the Universe as having its center everywhere, its circumference nowhere.

Today I will spend five minutes contemplating the wonders of the Universe and thanking the creator for my existence.

Aug. 15

The only way to discover the limits of the possible is to go
beyond them into the impossible.

-Arthur C. Clarke

Even though at times it seems impossible, I dream about...

Meeting ...

Having...

Going to...

Being...

Doing...

Aug. 16

All that we are is the result of all that we have thought.

-Dhammapada

The last three things that I have attracted are...

- 1.
- 2.
- 3.

My #1 thought for today is...

Aug. 17

As our case is new, we must think and act anew.

-Abraham Lincoln

I used to believe _____

and now I know that _____

so I will think and act

Aug. 18

Out of thought comes the entire direction of our lives.

-Wayne Dyer

I have been _____

I am going _____

I am _____

Aug. 19

Free will means that you can choose to abide by the laws that speak within your deepest intuition, or you can let impulses, fears, and habits run the show.

-Dan Millman

I have to have _____

I love _____

What's the difference between the two?

Aug. 20

Our destiny changes with our thought; we shall become what we wish to become, do what we wish to do, when our habitual thought corresponds with our desire.

-Orison S. Marden

My inner most dominant thought is...

Aug. 21

Associate reverently, as much as you can, with your loftiest thoughts.

-Henry David Thoreau

Today I will spend a few minutes several times throughout the day chanting my favorite words of power.

Aug. 22

Gratitude is one of the least articulate of emotions,
especially when it is deep.

-Felix Frankfurter

Before I fall asleep I will count my blessings until my mind is still
and poised.

Aug. 23

I am grateful for my perception of voids because these voids help me identify my values.

Aug. 24

Pain is inevitable, suffering is optional.

Lately, I have been distracted, worried or concerned about...

Looking at the big picture, I see many of the benefits and they are...

Aug. 25

Penetration seems a kind of inspiration; it gives me an idea of prophecy.

I see myself in the future

Being...

Doing...

Having...

Aug. 26

We are shaped and fashioned by what we love.

-Goethe

I love...

Aug. 27

All things are connected, like the blood that unites us all.
-Chief Seattle

Sometimes I wish I could be separate from...

Some of the benefits of being right where I am are...

Aug. 28

You can only see things in others that exist in yourself.

Look around, what is the first thing that you see? Write down it's characteristics and see where you have these same traits.

Aug. 29

Remember the source with gratitude, and love one another. In this way the meaning of life as an interconnected web of love becomes manifest in even the most seemingly mundane moments.

-Joan Borysenko

Make a list of all of the people in your life that you are grateful for. Now, in your mind, think about and thank each and every one of them.

Aug. 30

We dance round in a ring and suppose, but the secret sits
in the center and knows.

-Robert Frost

One of my biggest perceived problems is...

Five possible action steps or solutions to this problem are...

Aug. 31

There are no boundaries when we fully embrace each other.

-Thomas Crum

Do this exercise with a friend or looking into the mirror. Sit directly across from each other, look into each others left eye, match your breathing and still your mind. Do this until you have a desire to embrace. Go ahead and hug! Oh, if you're by your self, hug your self.

August

Perception is Everything

Sept. 1

Knowledge is love, and light, and vision.

-Helen Kelle

I love...

_____ fills me with light.

My vision is:

Sept. 2

As knowledge increases, wonder deepens.

-Charles Morgan

I am deeply curious to know...

Sept. 3

The world is so full of a number of things, I'm sure we
should all be as happy as kings.

In my life I would love to study and/or experience...

Sept. 4

To find yourself, think for yourself.

-Socrates

Some of my unique points of view are...

Sept. 5

Your questions forge the direction of your quest.

If I could ask a question for each of the seven areas of life they would be...

Finance

Career

Social

Familial

Physical

Mental

Spiritual

I know that every question has an answer.

Sept. 6

Like lightening thought flashes out, of necessity, complete
in form.

-Nietzsche

Keep a note pad and paper with you today and write down any
sudden insights that pop into your mind.

Sept. 7

The love of truth not only stimulates scientific discoveries, inventions, philosophical and religious verities, but love directly contributes to our knowledge and learning.

-Pitirim A.Sorokin

I know that I know that I know that

Sept. 8

Exposure to knowledge is what's important. Some of it
will sink in.

-Marva Collins

Make plans to participate in a cultural event that will spark some interest in a subject that you love. (Resources might include reading a book, going to a lecture or concert, a TV documentary, an exhibit, using the Internet)

Sept. 9

You can't put your hand in a pot of glue without some of it sticking.

I would love to learn more of the details about...

Here is my plan of action...

Sept. 10

Doing leads to understanding and action turns knowledge
to wisdom.

-Dan Millman

Today I will:

Do

Be

Have

Sept. 11

If you have knowledge, let others light their candles at it.

-Margaret Fuller

I can share many of the knowledge, insights and skills that I have learned in these ways...

Sept. 12

If you have the knowledge, if you have the skills, people
will come to you.

-Marva Collins

I am grateful for my students. My students and potential contacts
are...

I am grateful for my teachers. List the teachers that you have had,
do have and would love to have...

Sept. 13

Give a man a fish, and you feed him for a day. Teach a man to fish, and you feed him for a lifetime.

-Chinese Proverb

I can teach others...

Sept. 14

A true teacher is not the one with the most knowledge, but
the one who causes the most others to have knowledge.

D. Walsch

My most successful teaching techniques are...

Sept. 15

If I grow and grow, I can give you more of me. I learn so
that I can teach you more.

-Leo Buscaglia

I will learn more about _____ so I can teach it

to _____

Sept. 16

Don't feed pearls to swine.

At the moment _____ is just not

interested in what I have to offer. Here is a list of people and

organizations who would love what I offer...

Sept. 17

Fear always springs from ignorance.

-Emerson

Make a list of responses to rejections.

Sept. 18

Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not. This is the first lesson to be learned.

-Thomas Henry Huxley

I will discipline myself to...

I will do this by...

Signed _____

Sept. 19

The questions you ask indicate what you want to learn and the questions that inspire you stem from your heart and soul.

Think of what frustrates you the most and come up with a question that could help take the charge off of this frustration.

Sept. 20

To sit alone in the lamplight with a book spread out before you, and hold intimate converse with men of unseen generation—such is a pleasure beyond compare.

—Kenko Yoshida

Sit quietly and think of the many books that you have read. Imagine the authors of these books spending hours creating these books. Say a prayer of thanks for the opportunity to read.

Sept. 21

He put his book down, and I could see the delight in his eyes.

-James Redfield

Read something inspiring today and share it with three people.

Sept. 22

There is no knowledge that is not power.

-Emerson

I am empowered to know...

Sept. 23

A single conversation across the table with a wise man is
worth a month's study of books.

-Chinese Proverb

Think of all of the brilliant people who you have been blessed to
know. Write a brief letter of thanks for these special people...

Sept. 24

Imagination is more important than knowledge.

-Einstien

Draw yourself surrounded by love, light and wisdom.

Sept. 25

Knowledge, in truth, is the great sun in the firmament.

Life and power are scattered with all its beams.

-Daniel Webster

Write a list of words that make you feel:

Powerful-

Full of life-

Use these words several times today.

Sept.26

When I am totally involved and inspired in my writing, the typewriter seems almost to smoke as I fill page after page without effort.

-Wayne Dyer

I lose all sense of time and have what can be called flow experiences when...

Sept. 27

When I was young I spent hours staring at the stars,
wondering about why I was here and what it all meant.

Go outside tonight and do some star gazing.

Sept. 28

He who can no longer pause to wonder and stand rapt in awe, is as good as dead; his eyes are closed.

-Albert Einstein

_____ leaves me speechless.

Sept. 29

Wear your learning like your watch, in a private pocket:
and so not pull it out and strike it, merely to show that you
have one.

-Earl of Chesterfield

Twenty benefits of remaining silent are...

Sept. 30

Our great thought, our great affections, the truth of our life, never leave us. Surely they can not separate from our conscious, their nature divine and immortal.

-Thackeray

Some of the greatest truths that I've learned so far are...

September

Knowledge is Power

From the moment of birth we cry out for something. We cry out for food, for touch, for comfort and attention. We cry to communicate our own existence. Once our physical needs are met, we cry out for knowledge.

Helen Keller said, "Knowledge is love, and light, and vision."
What a marvelous idea! You can never learn less, you can only learn more because knowledge is infinitely available. There will always be more to discover.

"As knowledge increases, wonder deepens." –Charles Morgan
So ask, ask, ask! The more questions you ask, the more answers you receive. Once you know where you're going, your questions will determine the speed in which you get there.

Dr. Demartini teaches that, "Your questions forge the direction of your quest."

The key to being highly curious is doing what you love and loving what you do. In other words, loving what you do will lead you to doing what you love. Whatever you love, learn about it. Continue to learn about the things that you love until you can teach them

The wise man knows that he knows that he knows and when he isn't certain he asks inspiring questions.

Knowledge is power and reading is for the elite mind. Reading and communicating with an open heart open up the portals of memory and imagination which can, with a bit of self- reflection, lead one to the door of infinite wisdom.

An inflow of inspired thoughts and ideas awaken one to a hidden order, answering fundamental questions such as,

"Who am I?" and "Why am I here."

Moments such as these leave one humble to a creator greater than themselves and inspired to follow their purpose.

October
Solving the Mystery

Oct. 1

Mystics acknowledge the enormity of the unknown, but rather than being frightened by it, they seek to penetrate even deeper into it that they may understand more– even with the realization that the more they understand, the greater the mystery will become.

M.

Scott Peck

What is the enormity of the unknown?

Oct. 2

The highest feeling is that of unity with All That Is.

-Walsh

There are times when I have felt one with All That Is.

I remember when...

Oct. 3

The most beautiful and most profound emotion we can experience
is the sensation of the mystical.

-Einstein

I believe that “the sensation of the mystical” means...

Oct. 4

The mystic feels the truth flow into him from its source like a dynamic force. He cannot help himself from spreading light, just as the sun cannot stop itself from pouring out its light.

-Pitrim A. Sorokin

The earliest memory that I have of being filled with light was when...

Oct. 5

We are able to see things that others are not because the reach of our minds is extended through out the contemplation of the universe.

-R.L. Wing

I think the most amazing thing about the universe is...

Oct. 6

And with extraordinary impetus, all of his vital forces suddenly began working at their highest tension. His mind and his heart were flooded with extraordinary light.

-Dostoyevskys

What activities do you participate in that have brought you to moments where you felt flooded with extraordinary light?

Oct. 7

Or the moments when “music is heard so deeply that it is not heard at all, but you are the music while the music lasts,”

–Sorokin

Put on a favorite piece of music and become fully present with the sounds.

Oct. 8

Love is indeed the most intense vital force, the central core
of life itself.

-Pitrim A. Sorokin

Oct. 9

When you are truly grateful, you transcend the illusions of space and time and soar with your heart and soul.

What is keeping you from being truly grateful...

List the benefits and drawbacks of this situation until you can clearly see how it is serving you.

Oct. 10

Love is the synthesis of all emotions.

List your three favorite emotions and three emotions that you try to avoid.

Positive emotions...

- 1.
- 2.
- 3.

What kind of tangents do these emotions take you off on?

Negative emotions...

- 1.
- 2.
- 3.

What are the benefits of expressing these emotions?

Oct. 11

And remember you this: that which you condemn will
condemn you, and that which you judge, you will one day
become.

-Walsch

I just cannot tolerate...

Where do I do this and how is it serving me...

Oct. 12

Angels are not these nice, chubby friends that make people feel good. They're forces that bring terror and awe...and humility.

-Roberta Hestenes

I am grateful that I have been humbled and inspired by...

Oct. 13

Man always travels along precipices. His truest obligation
is to keep his balance.

-Gasset

Take a look at the seven areas of life; career, financial, mental,
physical, social, familial and spiritual.

How do these areas intertwine and balance each other just as they
are.

Oct. 14

There cannot be day without night, joy without sorrow, nor
spring without winter.

-Greene

Here is an example of how my weaknesses balance my strengths.

Oct. 15

A clear heart sees clearly.
Prather

I know that I know that I know that

Oct. 16

Unconditional love is all knowing, all healing, and all powerful.

These are some powerful actions steps that I will take to help me do what I love.

Physically-

Mentally-

Spiritually-

Oct. 17

Prayer is talking, meditation is listening.

Sit in a quiet place, breathe in and hear the words, "Thank you, I love you." Hold your breath in silence for a moment. Breathe out and hear the words, "Thank you, I love." Remain silent for a moment before breathing in and repeat.

Oct. 18

The truth is not something we attain, one only approaches
the truth.

I am getting closer to expressing the true essence of who I am by...

Oct. 19

Listen to me in the quiet of your mind.

-N.D. Walsh

Write down three questions.

- 1.
- 2.
- 3.

Sit in stillness letting these questions quietly brew without forcing out an answer.

The answer is there already.

Oct. 20

How wonderful it is to be with the moment when you see a flower.

-Leo Buscaglia

How many flower beds, bushes, arrangements or pictures of flowers will you see today. Take a minute to see a flower, stop and really look at the color, smell it, feel it and marvel at the wonder of it.

Oct. 21

You make the decision, you take the paintbrush, you choose your colors, you paint your paradise, and then you live in it.

-Leo Buscaglia

Describe what paradise looks, feels, tastes, smells, and sounds like. What do you do there and how does it feel to be in paradise? How is your life, as it is, like paradise?

Oct. 22

Experience: that most brutal of teachers. But you learn,
my god do you learn.

-C.S.Lewis

What was one of the hardest experiences you have ever had
and what did you learn?

Oct. 23

See problems as small miracles, which can bring about knowledge and change.

-Leo Buscaglia

Think back to the times in your life where you felt you changed a lot. What kind of small miracles took place at that time?

Oct. 24

The great thing in this world is not so much where we are,
but in what direction we are moving.

-O.W. Holmes

What direction are you moving in...

Financially

Mentally

Socially

Physically

Spiritually

Career

Family

Oct. 25

The best way out is always through.

-Robert Frost

What is a difficulty that you have been trying to avoid?

How will you work through this situation?

Oct. 26

Think of yourself as an incandescent power, illuminated
and perhaps forever talked to by god and his
messengers.

-B. Ueland

When have you felt called, nudged, talked to, been shown a vision
or just knew that God and his messengers were telling you
something?

Oct 27

Recognize that you are an instrument in the great Orchestra of Life. All Life will sustain you, if you attune yourself to its harmonies.

J. Donald Walters

What are you really in tune with?

Oct. 28

I have four things to learn in life: To think clearly without hurry or confusion; to love everybody sincerely; to act in everything with the highest motives; to trust in God unhesitatingly.

-Helen Keller

finish these sentences...

I am clear about

I love

I act in the highest motives towards

I trust in the Universe unhesitating regarding

Oct. 29

Discover the mystic power of silence and come to know
the secret inner voice of intuition.

Take five minutes to relax. Relax your body, brain and quiet your
mind. Don't ask or answer anyone or anything. Just be silent and
listen.

Oct. 30

I ponder the imponderable to stretch my mind.

Reflect upon your purpose. Imagine the imaginable and write down what you dream about.

Oct. 31

Silence is the element in which great things fashion themselves together.

-T.Carlyle

Make a conscious effort to communicate to others today without speaking. What are some others ways to communicate besides talking?

The Mystery

Solving the mystery is an awesome task. It begins when one asks to become one with all that is. This includes moments of bliss, enraptured states of grace, the sensation of soaring beyond this earthly plane into other worldly dimensions. I can speak of it, I can remember as well as foresee these moments, but these are just words.

We are all here by some divine and mysterious design. We live in a magnificent universe and are here to co-create our visions of love.

Giving our grandest service of love is the ultimate acknowledgement of a force or creator bigger than self. When giving we begin with gratitude.

Being grateful for all of the many aspects of ourselves will truly result in an outpouring of love to others. Not one among us is so full of love that they haven't got room for more. Love is the infinite source. Love speaks in visions and inspirations. Love has a presence that is of the utmost power and beauty. It is all love, love is the all in all. I am an expression of love and so are you. Gratitude is the result of loves messages made manifest. Action lights the world with unique expressions of love.

The price for love is an exchange of fears and guilt. Every curse contains a blessing, every challenge an opportunity and every judgement holds questions that reveal the truth. Whatever the dream, vision or calling, go forward in the direction that calls to you when in your highest states of grace. Be enthusiastic about this quest. Remain certain that the more you do what you love, the grander the vision will become. Be like a magnet that is forced to connect with its opposing charge. Become increasingly grateful for the dance of life with its many contradicting sides. Bring together the fragmented illusions that take one off on tangents, and go back to your heart.

Give from the depths and heights of your being so that you may receive more and more from the radiant source that provides inspiration to us all.

Stay steady and true to the one clear voice that demands nothing less than all of you. There is so much to be thankful for. We live in a truly magnificent universe and are invited to participate in its unfolding.

November

Gratitude
Inspiration
Vision
Enthusiasm

Nov. 1

“I open my heart with gratitude to listen to the wisdom.”

In your mind, go through your lifetime and remember as many people, places, things and events that you are grateful for. Continue this exercise until you feel your heart open. When your heart is open ask for a message and write it down.

Nov. 2

I am grateful for my ability to acknowledge the balance in all I experience.

This situation or person in my life seems out of balance

List as many drawbacks to this situation or person that you can. Next, list an equal amount of benefits to this situation or person. Keep your lists growing until you acknowledge the balance in this area.

Nov. 3

I am grateful for my many blessings.

Remember times in your life when you thought something was bad or just not right, yet now you view these same events in a different light. Write them down and acknowledge in gratitude your many blessings.

Nov. 4

I am grateful for the grand and masterful design.

In your mind visualize some of the many wonders of the world. The ocean, mountains, a star filled sky, snow, flowers, animals, people, art, music; continue to visualize until you are filled with the magnificence of this grand and masterfully woven universe.

Nov. 5

I am grateful for what is, as it is.

Write a list of three items that you are working on.

- 1.
- 2.
- 3.

I am grateful for the opportunity to work on these areas since they are teaching me...

Nov. 6

What I think about and thank about I bring about.

Think about the seven areas of life; mental, career, financial, social, spiritual, physical, and familial.

List your strongest area _____,

Your weakest area _____.

Now write, with some detail, what you are thinking and thanking about in these areas.

Nov. 7

I think and thank about what I love daily!

Sit quietly, still and poised. Breathe evenly, straighten your spine and tilt your closed eyes upward. Begin thanking your family and friends for their love and presence. Thank your financial situation as it is and all of the lessons and blessings that money has brought into your life. Be grateful for your purpose, as well as your willingness to act upon this calling. Become aware of your physical body and be grateful for this amazing tool. Sit in the stillness of your being and appreciate your own mind. Acknowledge a power greater than yourself and become filled with light.

When you are ready, write down whatever inspires you.

Nov. 8

Gratitude opens the heart to inspiration.

I am grateful and inspired to...

Nov. 9

Inspiration– divine influence directly exerted upon a mind
or a soul.

I am inspired to be...

I am inspired to do...

I am inspired to have...

Nov. 10

Inspiring messages are available at every moment; just be truly grateful and listen with your heart.

I will begin today, and continue for this month, to sit in silent gratitude for a moment before I eat until I receive an inspiring message.

Nov. 11

If you love everything you will perceive the divine mystery
in things.

Sorokin

It is a mystery that the benefits of horrible things exist.

List the benefits of...

War-

Death-

Nov. 12

Attempt to love the world with an all embracing love.

One of the hardest things for me to love is...

The benefits to self and others in relationship to this are...

Self-

Others-

Nov. 13

You can't celebrate anyone else in the world until you
celebrate yourself.

Leo Buscaglia

My deepest darkest secret is...

I can love this part of myself because...

Nov. 14

Celebrate what you want to see more of.

-Tom Peters

I celebrate what I want to see more of by...

Nov. 15

So I tell you, whatever you ask for in prayer,
believe that you have received it,
and you will.

-Mark
Bible

The ultimate prayer is love and gratitude. Spend five full minutes repeating in your mind, "Thank you, I love you."

Nov. 16

Great things are only possible with outrageous requests.

-Thea Alexander

What is your dream, vision or grandest desire?

Who can you ask, what will you ask, why will you ask for this dream to manifest?

Who-

What-

Why-

Nov. 17

Hopes enunciated and principals expressed are not enough; we need people of action.

-Dr. Tom Duley

I have avoided acting upon...

I know that these actions steps will help me to achieve more of what I love.

- 1.
- 2.
- 3.

Helpful insights:

Nov. 18

The man who removes a mountain begins by carrying away
small stones.

-William Faulkner

An overwhelming goal of mine is to...

The first three action steps that I will take are...

- 1.
- 2.
- 3.

I will complete these action steps by_____

Nov. 19

Vision is not enough, it must be combined with venture. It is not enough to stare up the steps, we must step up the stairs.

-Vaclav Havel

I am grateful for these examples in my life where I have taken a big idea, chunked it down, and co-created it.

Nov. 20

Let the beauty of what you love, be what you do.

-Rumi

Write five descriptive sentences that illustrate what you love.

- 1.
- 2.
- 3.
- 4.
- 5.

How are these things manifesting in your life?

Nov. 21

There is a vitality, a life force, an energy, a quickening,
that is translated through you into action,
and because there is only one you in all time,
this expression is unique.

Martha Graham

I am unique in that I have

_____ability.

I am unique in that I have

_____knowledge.

I am unique in that I have

_____experience.

Nov. 22

Blessed are those of us who go down roads armed with
our own vision.

-Marva Collins

Write down several details of your vision.

Nov. 23

I think one must finally take one's life in one's arms.

-Arthur Miller

I realize that no one will build me up or beat me down any more than myself.

My weaknesses turn into strengths when I view them this way...

My strengths hinder me when I...

Nov. 24

A life lived by choice is a life of conscious action. A life
lived by chance is a life of unconscious reaction.

-N.D. Walsch

I choose to focus on...

Nov. 25

The present moment is a powerful Goddess.

-Goethe

Right here, right now, stop, look about and list anything and everything that you find powerful, beautiful and inspiring. After you are finished, re-read this list and become increasingly grateful for this moment.

Nov. 26

Every moment is a golden one for him who has the vision
to recognize it as such.

Henry Miller

Who or what would you love to express gratitude to?

Do it now. You can do this by hearing in your mind what you would love to express, you may wish to write a note, make a phone call or express yourself face to face. Nobody can turn away from an open heart.

Nov. 26

Follow Your Bliss!

-Joseph Cambell

Possible obstacles that could prevent me from following my bliss are...

Possible solutions to these obstacles are...

Nov.27

Nothing great was ever achieved without enthusiasm.

-Emerson

I express the divine in me by...

Nov. 28

You can have anything you want if you want it desperately enough. You must want it with an inner exuberance that erupts through the skin and joins the energy that created the world.

-Sheila Graham

This is what I will have...

This is what I will exchange for it...

These are my priorities...

Nov. 29

Whatever you can do, or dream you can, begin it.
Boldness has genius, power and magic in it.

W.H. Murray

I am grateful for these times when I have boldly followed my dream
and recognized the power, magic and genius within myself and
others...

Nov. 30

We cannot live a full life unless we have a purpose bigger
than ourselves.

-R. Nixon

I am grateful for...

I am inspired by...

My vision is...

I am enthusiastic about...

My service of love is...

Gratitude
Inspiration
Vision
Enthusiasm

Gratitude is a state of being that fills one with a sense of poise, humility, awe and grace. It is a feeling that awakens one to an appreciation of all that is, as it is.

Being grateful for what is, as it is, unlocks the heart and clears the pathway to the soul. The soul's purpose is to reveal to us it's message and guide us throughout our lives. States of gratitude enlighten through the experience of inner stillness and utter speechlessness. During these times the soul's messages are most clearly revealed. This wakes one up to the magnificence that is there all the time. One cannot feel grateful without acknowledging the whole picture, seeing that it makes sense and hearing with certainty an inspired message.

Everything is already organized and serving the grander whole as it ought to be. The key to experiencing states of grace lies in ones ability to be aware of their reactions to information that comes in and most importantly to balance any emotional charges. Knowing that there exists a divine design, a hidden order, and a bigger picture when one rises above any situation; motivates one to see where they are holding onto, by exaggerating and minimizing selected points of view, their own judgements. As one dissolves their judgements by balancing their perceptions, gratitude is birthed.

Appreciation of self and other than self is the greatest gift of all. Once the light of unconditional gratitude and love is ignited a mighty flame of purposeful action takes one to places that they have only dreamt about. The beauty of what one loves becomes what they do. We are all on a journey to the soul.

Every moment becomes part of the process of reuniting and getting into alignment with our soul guided, master plan. Life truly is a daring adventure, and the soul is not an easy teacher. Your mission is to be grateful so that you will receive a message, see a vision, take action and be grateful... so that you will receive a message, see a vision, take action and be grateful. ... so that you

will receive a message, see a vision, take action and be grateful.....

December

The Richness of Life

“On with the dance, let the joy be unconfined.”

Words of wisdom from Mark Twain, reminding us that life is a dance, a game, a marvelous playground filled with light. One of the tools of the game is money. Money, money the omnipotent ruler of material substance that can affect one's reality without reason. Energy is money, money is energy.

Money says, “Thank you for your service, thank you for your time, thank you for your life.”

Money defines so many things. So define yourself with money, pay yourself first.

“It's a kind of spiritual snobbery that makes people think they can be happy without money.” A. Camus

Love money as much as you love life. Money, like life is a demanding teacher and it requires attention, respect and appreciation. Organize your money like you organize your time. Prioritize your buying, saving and earning. Value what you give, value what you receive. Become a master of moderation.

Dec. 1

On with the dance, let the joy be unconfined!

-Mark Twain

Make plans today to do something that brings you joy. Fill this month with inspiring activities, intimate interactions and special events.

Dec. 2

The world is my playground and I am a winner in the game of life.

I acknowledge myself for following my soul guided messages.
Here are some examples of when I followed my heart...

Dec. 3

Pay yourself first.

In what ways will you pay yourself today? (financially, mentally, spiritually, socially, career, family and/or physically)

Dec. 4

Priority buying is a sign of wisdom.

Think of all of the purchases that you will be making this month.

Make a list of what you will buy, for whom, a price range, where you will buy these items and when you will do it.

Dec. 5

I can imagine that I am a financial master and have acquired an abundant mass of wealth.

The largest amount of money that I can imagine receiving at one time is _____.

Believing that this will be a reality one day, this is how I will handle this money...

Dec. 6

I invest in my inspirations.

Reflecting over the year, this is how I have invested in my inspirations...

Next year I plan to invest in...

Dec. 7

Energy is money.

In what ways do you feel that money is one of the most spiritual forces in the world...

Dec. 8

I value my time.

Make a list of all of the things that you have to do, that waste your time. Next to each item list the ways in which these activities benefit yourself and others.

Dec. 9

I love my family and am grateful for every person and experience that my family brings.

What are some of the more difficult lessons that having a family has taught you?

In what ways is your family perfect for you?

Dec. 10

I have the perfect family for me to learn unconditional love.

The three most challenging aspects of having a family like mine are...

- 1.
- 2.
- 3.

These challenges help me to be a better person because they teach me...

Dec. 11

I appreciate the way my family supports and challenges me
as I take action steps towards my life's work.

My family supports me by...

My family challenges me by...

Dec. 12

I am organizing my days by prioritizing my daily actions.

The top priority in my life is...

The action steps that I will be taking in the following weeks will be...

Dec. 13

I do what I love and love what I do!!!

I lose all sense of time and space and fully enjoy ...

Dec. 14

I am a master of moderation and am physically in balance.

My physical body is balanced in these areas...

Some ways that I will create more balance in my physical body are...

Dec. 15

I do not let the pain or pleasure interfere with the pursuit
of my purpose.

I minimize...

I exaggerate...

Insights...

Dec. 16

I know that every obstacle has a solution

The biggest obstacle that I see at this time is...

Reasons why this is an obstacle...

Solutions to all of the above excuses...

Dec. 17

It's a kind of spiritual snobbery that makes people think they can be happy without money.

Camus

Write a letter to money expressing your gratitude for the many lessons and blessings that it has brought to your life.

Dear Money,

Dec. 18

Money, which represents the prose of life, and which is hardly spoken of in parlors without an apology, is, in its effects and laws, as beautiful as roses.

-Ralph Waldo Emerson

Organize your finances and become aware of as many details as possible.

Dec. 19

Prosperity increases by leaps and bounds when all fear of poverty disappears.

The benefits and drawbacks of poverty are (list at least 25 of each) add more if you like but keep your lists of equal amounts.

Dec. 20

Payment of a tithe is an extremely efficient act of faith.

I tithe to...

The purpose of my tithing to this source is...

Dec. 21

Bless a thing and it will bless you.

Emmet Fox

I find it very difficult to bless...

List as many blessings to these charged issues until you can clearly see the hidden blessings.

Dec. 22

When you invest wisely in yourself and others, your riches multiply.

I wisely invest in myself by...

I wisely invest in others by...

Dec. 23

No person was ever honored for what he received. Honor
has been the reward for what he gave.

-Calvin Coolidge

My purpose, or service of love is...

Action steps that I do on a daily basis to grow in this direction
are...

Dec. 24

Love is bringing us to an awareness of our awesome power as co-creators of Life and the great responsibilities which accompany this power.

-Ellsworth

Make a list of all of the people, places, things and events in your life that you are somewhat in awe of; knowing that you take no credit or blame for these gifts.

Dec. 25

Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven.

-Jesus

Make it a priority today to express your love to as many people as possible. Accept the love of others, in which ever way they express it. Let others know that no matter what they have done or not done they are worthy of love.

Dec. 26

The world will be transformed through your transformation.

-Ellsworth

List two things in your life that you could change if you could.

- 1.
- 2.

Suppose that these things didn't ever change. How could you change your way of looking at them so that they could serve some purpose in life.

Dec. 27

A wise man will not seek peace without, but peace within.
-Dr. Frank Crane

Sit in silence, sit up straight, quiet your mind, focus on your breathe, close your eyes, and know that everything serves. Love yourself as you are. Love others as they are. Thank God!

Dec. 28

Each of us stands alone in this vast world, momentarily
bathed in a ray of sunlight.
-Quasimodo

Imagine yourself reaching out and holding a loved one's hand. Now have that person reach out to someone else you know and love. In your mind's eye see how long you can make this human chain.

Dec. 29

It is a glorious privilege to live, to act, to listen, to behold,
to love.

Finish these statements with the first thing that pops into your
mind.

I live...

I act...

I listen...

I behold...

I love...

Dec. 30

You know that there is no brighter light ever to shine than that which comes from a child's eyes formerly hidden in the dark.

-Marva Collins

When I was a child I was filled with light when...

Dec. 31
Thank you, God.
I love you.

Reflect back on the previous year. Make a gratitude list. (Any memories that come up to which you feel bad or resentful towards, list them along with as many benefits as it takes until you become grateful for them as well.)

December
The Richness of Life

Know that not easily shall a conviction arise in a man unless he everyday speaks the same thing and hear the same things and at the same time apply them unto his life.

Epictetus

We don't receive wisdom; we must discover it for ourselves after a journey that no one can take for us or spare us.

-Marcel Proust

this book belongs to _____

