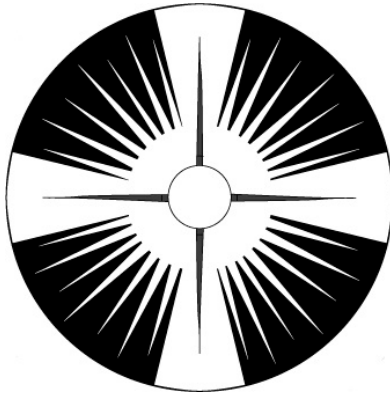


Peaceful Reminders



Practical Guidance For Inner Peace

Betty Lue Lieber, PhD, MFT

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ISBN: 978-0-9899133-3-1

First Printing 2001

Second Printing 2014

Printed in the United States of America

Reunion Press

17664 Greenridge Road

Hidden Valley Lake, CA 95467

(800) 919-2392

Other books by Betty Lue Lieber, PhD, MFT

Loving Reminders 2000, 2014

Relationship Reminders 2003, 2012

Healing Reminders 2014

Healthy Reminders 2014

Family Reminders 2014

Pocketbook of Affirmations 2014

Dedication

May this little book of inspired writing bless your life with a touch of our Creator's Love for you.

May you awaken to the Peace of God.

Betty Lue

Acknowledgments

Loving Reminders come from my quiet Mind and Open Heart, where I listen to the Voice Within, the Holy Spirit, that lives within each one of us.

Thank you Spirit.

You, the readers, have been my inspiration, my reason, and my encouragement for putting them into book form.

Thank you Friends.

My Godsent Life Partner, Robert Waldon, is my helpmate and support in bringing the printed form to you with spiritual integrity.

Thank you Robert.

I am forever grateful to the Love that lives within me and sets me free to totally trust in the Love We Are together.

Thank you Love.

Introduction

Peaceful Reminders are written **for me**. Usually early in the morning when I am not travelling , I sit and write whatever comes to me. There is no hesitancy or forethought, but rather a spontaneous pouring forth of whatever I am called to write. For a gift to be wholly received spiritually, it must be fully received by the messenger. So I take time to receive it for myself and sometimes correct the typos.

I know everything is perceived through the filters of the recipient. Therefore I trust that you will interpret what you read through your own beliefs, judgments and life experience. Together we are exploring our world and the integration of spiritual principles in everyday life.

I am with you because I am You. You each represent a part of me that seeks to love and be loved. You show up in my life as teacher and learner, so I can learn what I am teaching and see in you what I have learned. The mirror can be directed in many ways for me to see mySelf, my Holy Self, in all its many facets and personalities and bodies and missions.

Betty Lue

Question Until You Know

Don't eat everything that comes your way.

Don't buy into beliefs that don't feel healthy.

Don't let outside authority lead your choices.

Don't automatically believe what I say.

Remember that everyone is sharing from their own perspective.

We are all individuals on our own unique path to freedom and enlightenment. There is a perfect timing, a time and place for everything. Even great teachers have their own learning perspective, their own biases and filters. Choose what is true for you, each moment in time.

I am here for you and with you as I am here for myself. My Peaceful Reminders are writings from my inner work. If they work for you, digest them and be nourished spiritually. And if they are not true for you right now, simply set them aside. Spend no energy on resisting, but rather choose again and move on.

Life is really about our own unique individual work, our own inner spiritual growth. We have guides, facilitators, supporters and cheerleaders along the way, but this is an individual journey for each of us.

Pledge of Love

I pledge to give all of my Being to Love.
In trust and freedom I experience Love.
I express Love. I am Love.

I pledge to respect all beings,
to honor all paths,
to reverence all creation as sacred.

I commit my Self to be the Love I am,
to share the Abundance I receive,
to offer the Truth I know,
to bring the Joy I experience.

I pledge to always remember the Source
from which all things come;
to be grateful for the joy of being here,
to facilitate our spiritual family-community
in the co-creation of a New World,
the Real World,
Heaven on Earth

Who Is My Teacher?

Holy Spirit or the Voice Within has guided me faithfully, answering every question and responding to every request. I feel always loved, supported and provided for in every need. I need do nothing, except remember I am here to give freely the Highest I know to those who are sent.

I recognize that teachers and students are simply those at different levels of awareness for a temporary period of time. The teacher gives a hand to the student to lift them to a higher perspective. The student is called to the teacher who is able to provide the next opportunity to awaken. As the student and teacher fully open and appreciate their teaching-learning relationship, Spirit enters in and provides all that is needed for both.

I teach as I learn. I give as I receive. Along the path, the Spiritual Seeker seeks outside themselves what is already there within, quietly waiting to be discovered. Periodically I am called to simplify and return to the basics. I release everything that does not support me in being the Love and Light I Am. Our function here is forgiveness, releasing everything that is not Love. We are here to set ourselves free to be the LOVE WE ARE. Seeking for nothing, simply being what we already are and have always been: LOVE.

Creator's Prayer

I am here to be freely creative.

I am here to represent my Creator.

**I need not be concerned about what to create,
because Love will create through me.**

**I am at peace to be where I am called, knowing
my thoughts, words and deeds are forever creative.**

**I realize my Goodness and Beauty as I allow the Creator to
teach me to know only God and the True Creation.**

To Remember Who You Really Are:

Are you willing to release the past?

Are you willing to unlearn limiting beliefs?

Are you willing to be Whole and Happy and Free?

Are you willing to trust in Spirit or a Higher Power?

Are you willing to take responsibility for your life?

Are you willing to extend love to all creation?

**Are you willing to recognize you are teaching and learning
with everyone?**

Are you willing to give and receive abundantly?

Are you willing to experience inner peace?

Are you willing to commit to Self-Actualization?

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Ingest the Best and Forget the Rest!

Is it best for you to read the newspaper?

Is it best for you to watch television advertising?

Is it best for you to listen to sad or negative lyrics?

Is it best for you to participate in gossip?

Is it best for you to commiserate with friends?

Is it best for you to spend time feeling sorry?

Is it best for you to drink and eat too much?

Is it best for you to spend more money than you have?

Is it best for you to neglect your own needs?

Is it best for you to look on the dark side of life?

Read inspiring and hopeful news.

Watch programs that are truly entertaining.

Listen to uplifting music.

Participate in positive conversations.

Encourage, love and bless your friends.

Spend your time feeling grateful.

Drink, eat and spend in moderation.

Spend money you have on what you really want.

Remember to fill your own life with love and joy first.

Look on life with a sense of childlike delight, appreciation and open-mindedness.

What Are Your intentions for Your Life?

Do you allow the Universe to support you in realizing your Highest Potential? Do you allow the Universe to balance your daily life, your relationships and your work? Are you willing and open to be and do and have what Spirit in you calls forth?

What Life will be when you are fully Self-Realized:

Fun, safe and easy.

Total Freedom and Perfect Trust.

Respectful, responsible and cooperative.

Abundant Living and Joyful Giving

You will be a Holy Loving Reminder!

Look for open doors and invitations.

Listen for encouraging words and gratitude.

Expect miracles of forgiveness and Love.

Be fully present and say “Yes” to Joy.

Give your best to your Self and others

Clear limitations, littleness and lack.

Free yourself from attachments.

Trust what you need will be provided.

Give yourself the time to look, listen, let go, learn and love again.

You are more precious and important than you know.

You Are Precious

Each and every one of us makes a difference in our own universe.

Each one of us extends love or fear, generosity or greed, acceptance or hatred, appreciation or suspicion, freedom or limitation.

Each one of us can live respecting ourselves and others, taking responsibility for the quality of our communication and relationships, and cooperating with the Earth and our fellow human beings.

Each one of us can bring peace and harmony with our thoughts and our feelings, with our words spoken and written, with our deeds everywhere we go.

You are more precious than you know.

You are more powerful than you know.

You are more healing than you know.

You are more important than you know.

We must do this work consciously, both individually and collectively. As you become aware, you are called to begin forgiving your past unconsciousness and the ignorance of those around you.

Only in totally forgiveness are we truly free to change.

Peace Begins with You and Me

What can we do about peace in our world?

Can we individually and collectively make a difference?

What we think creates.

What we say teaches.

What we do leads by example.

We can forgive prejudices and offer blessings.

We can respect differences and offer prayers.

We can treat our neighbors as we would want.

We can change our choices to include everyone.

We can listen to the deeper needs and respond with understanding.

We can make sure those in our lives feel important and heard.

We can offer a safe place for others to express and heal their feelings.

Each one of us makes a difference in the lives of those around us.

Peace begins with me and with You.

Choose

Everything you think and do and say teaches and touches everything in your world. Your whole life health and happiness are influenced by every choice you make.

I now choose to live my life in the highest and most conscious way I know.

I now choose to give my mind and heart to thoughts and deeds which create Goodness.

I now serve only the Magnificence, Abundance and Freedom in myself and others.

I now choose to live in a harmonious and beautiful environment.

I now choose to give appreciation and respect in all my relationships.

I now choose consciously what I read, what I watch, what I listen to and what I eat.

I now choose impeccably what I think, what I say, and what I do for myself and others.

I choose to have a good life and give freely of the Goodness I experience.

Willing to Build a Better World

If you see something that needs to be done, it is yours to do!

Whenever we are complaining about something left undone or needing correction or renewal, we have work to do.

The public bathroom, rude service at the store, dishes left undone, car unwashed, button missing, someone looking unhappy, all are calls for loving attention.

The one who sees what needs attention is the one who is to give the attention needed with love.

Sometimes we are to clean up the mess and wash the dishes.

Sometimes we are to respectfully request help from others.

Sometimes we are to let those in authority know of the need.

Sometimes we are to change our attitude and bless the situation.

Whenever and wherever you are called to loving service, listen within your own heart and respond with willingness and gratitude. Forgive and erase all judgments on what you see and you will hear clearly what is truly your part.

It takes all of us together to build a better world.

How We Live Matters

Christian, Buddhist, Hindu, Moslem, Pagan, Wicca, Agnostic, Humanist, Bill's friend, Spiritualist, Rosicrucian, Sufi, Sikh, or a believer in your personal Truth?

My languaging is sometimes with Christian terms, sometimes New Age, sometimes Buddhist and many other faiths as well. The languaging and the religion make no difference to me. **Love Matters.**

What matters is how we live our lives.

Do you live your faith?

Do you practice what you preach?

Do you honor Life?

Do you appreciate being alive?

Do you see yourself as a gift to be given?

Are you willing to forgive the past?

Do you know what your purpose is on Earth?

Do you live everyday in a loving way?

Are you respectful of others?

Are you tolerant of differences?

Are you willing to be honest?

Are you open-minded?

Do you trust in anything?

Can you hear the Higher Truth?

Loving Your Whole Self

It takes courage, faith and willingness to commit to
and choose what is good for our whole and Holy Selves.

Do you love your whole Self unconditionally?

Do you take exquisite care of your whole Self?

Do you deserve the best?

Do you forgive Self-doubts, Self-criticisms and Self-denial?

Do you listen within yourSelf and honor what you hear?

Do you trust yourself to be responsible in Self-care?

Do you know what is best for you is a gift to others?

Do you remember to love yourSelf as God loves you?

Do you give yourself what makes you happy and healthy?

Do you respect your mind and body and Spirit?

Do you recognize you make a difference in your world?

Do you realize you are teaching your world by your example?

Are you willing to love, honor and cherish yourSelf today?

**The only mistake we ever make is when we forget to LOVE—
Our Whole and Holy Selves.**

Loving your whole Self perfectly is a gift to everyOne!

Conscious Response

We tend to have the same re-occurring issues. We simply respond to them differently. Usual forms of egoic and fear-based responses are to intimidate or threaten, to withdraw or ignore , to play poor-me and victimize yourself, or to interrogate and ask endless questions. Everyone has a usual way of reacting to judgment and fear.

Healthy, conscious ways to respond to issues are:

To express what you feel, want and are willing to do.

To really listen to what other's feel, want and are willing to do.

To ask for spiritual help and intervention.

To take total responsibility for the quality of the relationship.

To seek professional counseling.

To stop all blaming and criticism of yourself and the other.

To be clear about your agreements and keep them faithfully.

To face the problems with a desire to negotiate what is fair.

Affirmations:

I am highly pleasing to myself in the Presence of _____,

I forgive myself for letting anyone or anything hurt me.

I forgive myself for forgetting to Love and be the Love I Am.

I am willing to express my self fully and freely.

I am willing to truly listen with my heart.

I am willing to love, learn and let go.

What You Believe You Make Real

Whatever we believe is “true”, our mind seeks and gathers evidence to prove itself right. The mind is like a magnet which attracts to itself proof that its opinions are correct. What we believe, we perceive. And what we perceive strengthens our beliefs. We literally get stuck in our limited thinking and our false beliefs. As we undo our false beliefs, misperceptions and limiting creations, we awaken to the Truth of the Original Blessing of Beauty, Innocence and Abundant Love for All.

To see the Truth, we must forgive and erase our false beliefs. We can choose to program our mind to erase all that is not wholly True and of God.

I now choose to forgive and let go of all that is not wholly true and wholly loving.

My mind and body easily erase everything that is not God’s Will for me.

I now create and choose thoughts and experiences which are Good, Whole and Beautiful.

I naturally unlearn everything that is limiting, lacking and belittling.

I choose to see the Beauty and Perfection of Creation.

Life is a Holiday

Can you create feeling 'in love'?

Can you experience the first day of Spring?

Can you live today as though it 's a holiday?

What if you give yourself the experience of being on vacation today and everyday?

What if you see yourself totally at choice about what to eat, who to talk with , and what work to do everyday?

Consider changing your mind, perceive your daily life as though you were on vacation or 'in love'. Change your "should's", "musts", "have to's" into "I want to" , "I choose to", "I'm happy to" .

I use certain cues to trigger my enjoyment and freedom response. (Wearing happy clothes. Weather that is breezy and warm. Music that is light and carefree. The thought, "What would you really like to do today?" to myself.

I give myself the opportunity to do my usual home chores and work chores with this attitude of enjoyment and freedom. It is like being on vacation and choosing to do what I would do anyhow with a new mental attitude. Not only does the work get done with more joy and excellence, but I have time left over for other activities as well. Sometimes beginning the day with special preferences, painting, reading, dancing, singing, a beautiful breakfast, is enough to make the whole day a holiday!

You Can Listen Within

Each of us can access these inner spiritual messages: to heal us and guide us, to answer our questions and calm our fears, to open the doors to new possibilities and visions of hope.

Take time daily to sit quietly, to listen to your own thoughts.
(Write in a journal.)

Write 20-30 forgivenesses to clear your own mind.

(I forgive..... write what comes)

Write your own declaration or request.

(ie. I choose to hear my inner voice.)

Then with an open mind write down the words, thoughts, or pictures that come to mind.

Within you lies everything.

Each of us can choose to think with a mind filled with love, or a mind full of fear.

We can choose to be “de-lighted” with life or feel in the dark .

We can bring hope of wonder-full possibilities or can be the bearers of bad news.

You are choosing every moment to create a better world of hope and faith and love or a world of despair, doubt and fear.

Choose for the highest and best you know.

God Speaks. I Listen.

What is Your Will for me?

Peace. There is nothing and no one more important than your peace. For in the quiet you will hear the Voice for Love. In the silence you will know the calling of your heart. In the empty mind you will learn of the wisdom of your ways. You will see Me, feel Me, touch Me, and know Me as you know your Self.

Peace of mind enlightens you, inspires you, opens you and invites you into the Divine mysteries of your soul. The light in your mind shows clearly your path. No hesitation or doubt, no fear or regret, no avoidance or judgment. There in the enlightened peace you are lifted into spiritual transcendence, a place of unimaginable beauty and blessing.

Be willing to leave the worldly path behind

And discover your Inner Sanctum Divine.

Now and forevermore, This is what you came here for.

Seek no more, my Lady, For the joys of the quiet mind.

Herein lies your healing.

Herein lies your grace.

Herein lies your treasure.

To see God's Holy Face.

You are loved unconditionally.

Forgive Poor Choices

When I feel hurt, I contract.
When I feel scared, I withhold.
When I feel disappointed, I wait and see.
When I feel frustrated, I push harder.
When I feel uncertain, I look for agreement..
When I feel judgmental, I try to fix.
When I feel tired, I go be alone.
When I listen to bad news, I scare myself.
When I fill my body with poor nutrition, I feel bad.
When I am lost in confusion, I lose my Center.

I forgive myself for playing small.
I forgive myself for withholding Love.
I forgive myself for waiting for others.
I forgive myself for wanting to “get”.
I forgive myself for trying to fix.
I forgive myself misperceiving.
I forgive myself for staying separate.
I forgive myself for listening to fear.
I forgive myself for letting others lead.
I forgive myself for eating poorly.
I forgive myself for making foolish choices.
I forgive myself for forgetting Who I Am.
I forgive myself for being lost and confused.

True Response-Ability

Our Response ability come from our willingness to respond to all circumstances, events and relationships with peace in our minds and love in our hearts. When we believe in Love as our Reality, then we choose loving as our perception. There is only Love and the call for Love. Our True response ability is to respond to the call for Love with the Love we really are.

What we believe, we see. What we perceive, we strengthen in ourselves. What we choose to give or get determines our intention. When we believe we are the Essence of Love, we perceive others like us. We know wherever there appears to be forgetfulness, we can respond as a Loving Reminder. When we try to get Love, we strengthen in ourselves that we are less than, separate, and needy. When we respond by giving the Love we are, we demonstrate and strengthen the remembrance of Love for ourselves and others.

What we see or hear is determined by our current state of mind. When we are in fear, we perceive the fear state in others and our world. When we are in our natural state of Love we see either Love or the call for Love. The healing and return to wholeness is always to change our mind, to be willing to perceive things differently.

This is our True Response Ability.

Spiritualizing Your Life

When you are listening and guided by your Inner Voice, life works. Life is safe and easy. Whether you name this Inner guidance, Holy Spirit, God, Guardian Angel, Guide, Higher Self, or intuition, there is a place in every one of us that gently guides and encourages our happiness and peace of mind. Those who are guided are happy, confident, energetic, positive, peaceful and trusting. They are present, purposeful, respectful and grateful. They are content.

When you are listening and guided by your “adulterated self”, life is a struggle. Whether you call this ego, personality, or the voice of temptation, this “adulterated self” calls us to compare, try harder, want more, feel guilty, regretful, hurt, critical, resentful, victimized, suffer and want to quit. Those who let their ego lead are easily upset, stressed, tired, conflicted, and doubting. They are off purpose, in past regret and future worry, judgmental and unfulfilled. They may experience pain and dis-ease.

Whenever I am upset, judging, or have pain, I have forgotten to listen within. I am off purpose. I need to stop and look around at where I have chosen to put myself. I must take the time to honor my Inner Voice. I must choose places, people and life circumstances which support my Spiritual Life.

Whom Do I Follow?

When I call the Voice “He”, what do I mean?

When I allow myself to be led, whom do I follow?

When I trust All is well, in what do I trust?

There is an inner knowing of Goodness without end.

There is a song of freedom that is my inner friend.

There is a sweet forgiveness that comes without request.

There is a gentle Lover that gives me ease to rest.

There is easy conversation between my “self” and “I.”

There is no doubt or fear of lack in every kind reply.

There is a Voice of confidence in all I say and do.

There is the gift of peace and love as “I” responds to “You”.

When I Am really listening to that Voice Within

I know that I am Thou and all of us are kin.

True listening requires acting on what you hear.

There is great wisdom in all of us, but few respond to the call.

Listen, listen, listen.

Everyone's Tastes are Different

Some like coffee. Some like tea.

Some like expensive and some like free.

Some like hot and some like cold.

Some like new and some like old.

Some like worldly, some like Divine.

Some prefer their ideas, and some like mine.

Whatever your preferences, I trust you to know.

Whatever is best for you, let it all flow.

Trying new things is a sign of growth.

You can still choose to like both.

Life requires you make some decisions.

And you can do it without derision.

Changing your mind will change your life.

You can tell your truth without any strife.

Changing your choices opens new possibility.

Let yourself choose and set yourself free.

I trust you to say what is true in your heart.

To lie or to fake will set you apart.

Your real intention will always come through

When you tell the whole truth in all that you do.

An Invitation

What I write here is not everyone's cup of tea.
We are all in our own places, so we see differently.
Everyone has a right to be where they are.
So please forgive me, if you think I've gone too far.

Because these ideas and learnings for me are real and true.
I apply them to daily practices, when I am loving you.
Let go of what won't work for you and ingest the very best.
Move on in life with what you want . What works is the test!

What you choose is best for you, so give yourself a voice.
Delete yourself from reading this and I will trust your choice.
Everything we share here comes from inside of me.
I share with you the best I know that all may soon be free.
Free to sing and play and work at what inspires your heart.
Free to choose to live life your way, to play your sacred part..
For when we come together, all happy and as friends,
Life will be a paradise, as the world we've known will end.

Transform your life today with forgiveness of everything.
What's left will be so beautiful, your heart will truly sing.
The work is finding peace of mind by undoing all you see.
Enjoy the journey as you forgive with thanks for you and me.

True Forgiveness

Forgiveness is a willingness to let it go.
Forgiveness admits you don't know.
Forgiveness releases all judgments and fears.
Forgiveness desires pain and regret to be cleared.
Forgiveness changes our mind and opens our heart.
Forgiveness clears the clouds and gives a new start.
Forgiveness sees the light and all possibility.
Forgiveness says, "I really want to be free."
Forgiveness erases the past.
Forgiveness allows Love to last.
Forgiveness allows for our human mistakes.
Forgiveness eliminates all prejudice and hates.
Forgiveness is willing to see things differently.
Forgiveness longs to just let life be.
Forgiveness wants happiness more than making wrong.
Forgiveness shows us how to simply move along.
Forgiveness remembers Who We really are.
Forgiveness is our calling and a guiding star.
Forgiveness remembers what's good and beautiful.
Forgiveness is our function and a healing tool.
Forgiveness sees the love and the light.
Forgiveness knows it all is all right.
Forgive. Forgive. Forgive. This is your only function.
To forgive, erase and make whole All that is not of God.

Gratitude

Gratitude erases our fears and heals our hurt.
Gratitude lifts our Spirits and our confidence.
Gratitude costs nothing and gives everything.
Gratitude is the most respectful reminder.
Gratitude is seeing the Truth beneath illusion.

Are you grateful for your life of learning?
Are you appreciative of Who You Are?
Do you celebrate how much you contribute?

Live is for Giving and You are The Gift!

I thank you for being a friend.
I thank you for shining your Light.
I thank you for being so bright.
I thank you for giving Who You Are.
I thank you for loving as you do.
I thank you for just being You.

Express Your Emotions

Waiting, delaying, procrastinating can be harmful to one's well-being. We are naturally energetic beings called to extend the Love We Are, to contribute the gifts we have and to shine the light within. When we hold back, are self-deprecating, doubtful and critical, careful and uncertain, we diminish and may destroy our hope, faith and love for life.

Life is our safe place to explore, to give ourselves the freedom to experiment with energy and creation. When we limit ourselves, we become depressed, lethargic, lazy, addictive. We feel the pain but surround ourselves with the numbing agents of comfort, habit and addiction.

Whether happy or sad, angry or glad, emotions are the energy within, the fuel of our expression. To hold them inside we become sick and toxic to ourselves and others. Express your emotions with focus and desired outcome in mind. Release what is toxic so that no one gets hurt. Use your life energy in a way that heals, inspires and moves you to take action on your dreams.

Life is for giving. You are the Gift.

It is in giving your Gifts that You recognize the Gift You Are.

Remember

You are Love expressing itSelf
In thought, word and activity.

I Am Love expressing itSelf
In full appreciation of You.

I see your Goodness.

I see your Beauty.

I see your Wholeness.

I see You.

I know You.

I love You.

Always remember Who You really Are!

Waking Up with Joy

To wake up with joy and enthusiasm one must have a day to look forward to. The primary cause of fatigue is being off purpose. Often we are trying to please others, complete unfinished projects, fulfill obligations, provide for our families, and have little time for our own joy and pleasure. No wonder we wake up with tiredness, irritation or pain.

Give yourself permission to take one day a month or one hour/day, just for your own pleasure. When we discover we no longer know what brings us joy, we need to be alone and free to ponder, imagine and explore possibilities. Would I like to sleep, walk, draw, dance, weave, write, sing, meditate, sit in nature or drive somewhere by myself? Plan 24 hours where you pleasure yourself with food, rest, music, reading, activities that feed your soul. Give yourself a real inspiring treat, a spiritual retreat!

Some hints for a good night's rest include: quiet time for at least an hour before bed, inspiring thoughts of gratitude, a light meal with no meat or sugar at least 3 hours before bedtime, affirm as you fall asleep, "I will awaken naturally at __AM feeling alert and enthusiastic." When you awaken, greet yourself with "I will totally enjoy my day doing what I love and loving what I do."

Freedom Is

Freedom is having no limits.

Let go of inability: Express your abilities.

Freedom is living without fear.

Forgive your defenses and self protection.

Freedom is knowing no boundaries.

Explore a world of infinite possibility.

Freedom is expressing your highest thoughts.

Be willing to say what is for the Good of All.

Freedom is giving yourself permission.

Dare to say “YES” to your dreams and visions.

Freedom is living in the moment.

Release the past and trust in the future.

Freedom is loving yourself unconditionally.

Forgive your judgments and expectations.

Freedom is being willing to make mistakes.

Learning from everything is truly success.

Freedom is daring to conceive and achieve.

Allow your creations to be made manifest .

Freedom is appreciating what is valuable.

Let go of focus on what you are releasing.

Freedom is living life fully right now.

The blessing of today is here. Enjoy it!

Freedom is changing your mind.

Forgive false beliefs and choose again.

In Divine Order

All is in Divine Order! No matter what we think, what we judge, or what we fear, all is well beneath the apparency.

What does it take for us to trust and be happy?

What does it take to drop our fear and be at peace?

What does it take to extend Love and create with Joy?

What does it take to live our purpose and serve All?

What does it take to become as a child?

For those who want to control, who think they know where they go, who like to plan for all outcomes, who only trust in themselves, unexpected changes will happen. Resistance and fear increase the bumpy ride and often create pain and delay positive outcomes. It pays to let go and trust!

When trusting and flowing with what is, life is fun, safe and easy. When one door closes, others always open. Delaying those changes we have known to make, making excuses for why we have stayed when it was clearly time to go, and preventing the natural unfolding of what is highest and best for us will eventually lead to the undoing of everything not wholly true and loving for us. Trust that your Higher Self, the God within you, wants you whole and happy and free. There is no sacrifice in God.

Goodness Begets Goodness

Goodness begets goodness. Joy begets joy. Love begets Love.

Choosers choosing to beget with our every thought, word and deed. Sometimes there are time delays, but the process of conception, gestation, labor and delivery appear to take time. Continue conceiving what you desire to experience. Keep on connecting with the Love within and extending it out. The beauty and goodness you want to experience is created within you and your choices.

See no evil. Speak no evil. Hear no evil.

Life has as much badness as we see, speak about and hear.

I see goodness. I speak goodness. I hear goodness.

And my life is pure Goodness.

I see helpful possibilities. I write and speak about helpful possibilities. My life is filled with helpful possibilities.

Fill your sight, your speech and your hearing with what you want to experience. It will be so.

Life is as good as you let it be.

Flush the Toilet!

The “cosmic toilet” is always flushing wherever I go and whatever I am doing. I imagine that there is the perfect tidy receptacle for easy discard of what does not serve my Good and the Good of All. Each of us is like a universal janitor or garbage man.

Our work is to consciously and conscientiously release the unhealthy, unloving and limiting thoughts, sights, sounds and forms from our world. We need seek no farther than what we ourselves can see or hear. This is our route, assigned to us, to keep this space and time and relationships cleaned up with our consciousness.

The reward is not only in seeing how much more beautiful and holy our world is, but to feel how clean our inner world stays. Our inner images, our thoughts, our words and our creations all reflect the inner beauty and goodness we have within.

We can tell what a good job we are doing by how healthy and happy and energized we feel. It is our function to forgive, to release, to erase, to clear, to set free and choose again for the world we want our children to live in. Think Good.

We are the cleanup crew. There may be lots of work to do, but with forgiveness and love in me, the work is light –filled, creative and rewarding.

Cleaning up is fun, safe and easy.

Eraser Filled With Love

Forgiveness is selective remembering—

remembering what is good and holy.

Forgiveness is selective perception—

seeing the wholeness and goodness beneath the apparency.

Forgiveness is selective vision—

choosing what you want to see and give attention to.

Forgiveness is the only way to Love.

Forgiveness is recognizing and removing all obstacles to awareness of Love's Presence.

Forgiveness is perceiving without judgment.

Forgiveness is cleaning your mirror.

Forgiveness is your only function as the Light of the World.

Forgiveness is letting Spirit interpret all things for you.

Forgiveness is trusting in God.

Forgiveness is knowing there is only Love and the call for Love.

Forgiveness is a gift to your Self.

Forgiveness is knowing that your Brother is sinless.

Forgiveness is being willing to Love no matter what.

Forgiveness is letting go of what never was.

Forgiveness is the key to happiness.

Forgiveness is letting go of what no longer serves you.

Forgiveness is letting Spirit guide you to heal all perceptions.

Forgiveness is an eraser filled with LOVE.

You Are Important

You are a seed of consciousness, nurtured with gratitude and respect for the uniqueness of your special place in the sun. Each thought of yours is a precious loving reminder of the blessing you are to me, to your world, yourSelf and Our God.

I am amazed, delighted and profoundly appreciative for the gift of being your friend, your spiritual sister and your Loving Reminder. You play the perfect part in our cosmic dance, with your own natural gifts, talents and resources that no one else can fill.

You are essential to the whole of us, to All Creation. The Divine Outcome is incomplete without you.

There is no one else with your past, present and future.

There is no one else with your smile and your tears.

There is no one else with your power and passion.

There is no one else with your words and your silence.

Give your whole Self the space and time to Be.

You are needed and wanted.

You are cherished and admired.

You are supported and trusted.

You are believed and enjoyed.

You are a gift of God for All to behold and Love.

Know this and you need nothing else.

“Only Human” or “Divine”?

What do you believe?

How do you see yourself?

I am a Divine Being in human clothing.

And I see you the same as I see mySelf!

If we believe we are “only human,” are we excused for our mistakes? Or are we expected to make human errors? Is it possible that the way we and others see us programs us to act as we do? It is probable that the beliefs we have about our abilities and our frailties actually create us as we seem to be.

What if you are truly “Divine”, created in the likeness and image of your Creator?

What if Love created you as Love It Self for the purpose of Loving?

Is it possible that there are greater things that you can and shall do when you realize Who You truly Are?

Is it possible that there is a greater Vision and Purpose for you than you have yet seen because you are thinking small and insignificant thoughts about yourself?

If you are an Eternal Divine Being in temporary human clothing, perhaps everything you think and say and do makes a profound difference in your Universe!

Let us forgive our human error.

Let us Live our Divinity.

Love The One You're With!

Wherever we are, there is someOne to Love.

What ever we do, we can do it with Love.

Whatever we say, we can say it with Love.

However we think, we can be thinking of Love.

Every place is calling for our Love.

Every person is worthy of our Love.

Every circumstance is inviting our Love.

To live in love is to give with Love.

To feel loved is to fill others with Love.

To Love OneSelf, we must never withhold the Love we are.

True Love, Eternal Love,

Is being willing to Love no matter what.

Loving You

Love is Trust.

I trust there is Good in You just like me.
I trust there is Love in You just like me.
I trust there is Joy in You just like me.
I trust there is Peace in You just like me.
I trust there is Truth in you just like me.
Our love will help us see beyond the apparency.

Love is Freedom.

I free You to be what You want to be.
I free You to say what You have to say.
I free You to have what You desire to have.
I free mySelf to let you go and live your life the way You know.
I free mySelf to be and do and have what is true for me
I free mySelf to forgive us both for forgetting the love we share.

I love You and I love me.
In Love we are One.
In Trust we are True.
In Freedom we are Whole.

In Trust and Freedom I am loving You.

A Frog in Hot Water

A frog when dropped in boiling water will jump out. A frog put in tepid water with the heat slowly turned up will stay until it cooks to death. Humans when put into an traumatic situation will usually do whatever they can to get out.

When we start out comfortable and the situation gets progressively more unhealthy and dangerous, we often accommodate and excuse the pain, stress and problems barely surviving and then we die as victims of our own unconsciousness.

Wishful thinking:

“I know something good will come along soon.”

Procrastination:

“When I know what to do, I will leave.”

Denial:

“It is not that bad.”

Deception:

“I thrive in hot water and stress.”

Blame:

“They tricked me. Now I’m stuck.”

Guilt:

“I did a stupid thing, Now I’m being punished.”

Perseverance:

“When I make a commitment I stick to it no matter what.”

Is it time to jump out of the life circumstance you have chosen?

Is it too hot to survive?

Keys for Healing Relationships

If you want to be unconditionally loved, love unconditionally.

Everyone expresses Love differently based on family patterns.

We expect to be treated as we learned in our family system.

We cannot read each other's mind, so say what you want.

To be trusted and respected, be truthful and respectful.

Constant. forgiveness and healing create perfect Love.

We learn how to truly Love by facing our fear of Love.

What we perceive in another, we strengthen in ourselves. When we criticize another, we strengthen what we judge.

Our work is to become masters of forgiveness, overlooking what we dislike and focusing on what we appreciate.

Where we give positive or negative attention, we increase. Ignore the negative! Focus on the positive.

Seek what you want by giving it. Value what you give.

Serve everyone as though they were an honored guest.

Speak to others with clear intention and loving commitment.

Behold the best in others and they will not disappoint you.

Focus on always being the kind of person you want to be.

Everyone learns more from behavior than from our words.

Give the Love you want and you will have the Love you desire.

there is only the Gift of Love and the call for Love. Give Love.

The only mistake we ever make is when we forget to Love.

Know human love is changeable. Divine Love is Eternal.

What We Perceive, We Strengthen

To behold neediness, we become needy.

To see greediness, we become more greedy.

To focus on disease, we become sick.

To attend to the wounded, we feel hurt.

To give Love to a Holy One, we are blessed with Holiness.

To rekindle the Light within a brother, our own Light shines brighter.

To remind another of their Sacredness, we remember our True Essence.

What are you attending to right now?

How are you choosing to focus your activities?

What attracts your thoughts and feelings?

What is inspiring you and calling to you?

Pleasure, pain or peace?

Distraction, urgency or release?

Are you regretting, anticipating or experiencing?

Life is just choices. Each choice invites you to learn what it is you value and what it is you want.

Contentment and peace come from valuing what you want with your thoughts, your words and your activities.

Admiration

To admire means to look toward another for inspiration, guidance, and example.

To “look up to another” may mean you compare and make yourself less than the other.

What you see in another you strengthen in yourself.

Remember: **What you can see in another lives in you or you wouldn't be able to see it.**

Look at the qualities you admire, rather than the personality. By appreciating and focusing on ideal qualities you affirm and support their development within yourself.

One helpful practice may be to make a list of five people you admire and then list specific qualities you appreciate in them. You will likely find some common characteristics in these individuals which you then want to affirm for yourself.

If you value the honesty, integrity, and self-confidence in the individuals you admire, you affirm for yourself: “I am willing to be honest and self confident as I act with integrity in all my relationships.”

You are what you see.

Overspending

Overspending is a learned lifestyle habit. It is the futile attempt of people to fill a spiritual void with material acquisitions. When we are aware of our shop-aholic tendencies, but keep them under control, we know we have a bad habit. When our overspending causes family pain and financial problems we have an out of control addiction.

Over doing anything (eating, sex, working, talking, cleaning) is an attempt to make ourselves happy, to find a place of comfort and inner peace. Overdoing indicates that we feel uncomfortable with simply being right where we are now seeking nothing. “I can be loved for doing nothing..

Are you enough? Is your life enough? Is your love enough?

If not, what will satisfy you? Empty lives create hungry souls.

Meaningful lives create happy souls. Only when “we find our place just right, can we live in the valley of love and delight.”

Look for a life of deep contentment and inner peace. Striving and seeking simply indicate that you have not found your own spiritual calling and mission here.

Be present to those people and circumstances that come to you. They are for your learning and teaching, for giving and receiving Love. Ask for nothing in return.

Recognize and appreciate the Gift You Are. Value You!

Attachments

Attachments and addictions are a sign of being unfulfilled and off purpose. Whether expecting a person or an activity to fill you and complete you, to bring you comfort and peace, you will discover that the pleasure is temporary. When the hunger, desire or neediness return, you may be angry at yourself or the other for betraying you.

Why do we depend on something or someone external to fill us up and make us whole? Why is it never enough? Why does the hunger and greed, the jealousy and pain always return? Why can't someone or something take away our fear and our emptiness?

Our attachments come from our longing for God, for a reconnection with Spirit within us. We desire ReUnion, coming Home. We seek the Remembrance of Love and a return to wholeness and Holiness. Our addictions come from forsaking ourselves and ignoring our own life calling. Nothing external will ever satisfy the need to be Who We Are and to fulfill our mission here. There are temporary distractions, delays and detours we may take, but they are like chewing gum when you are hungry for a real meal.

Take some time daily to ask the questions, "Why am I here?"

"What can I contribute?" "What am I learning?" "Am I truly loving mySelf?" Listen for the answers in your heart.

If You Knew

We all need to live as though we were the President,
the Premier, the Queen, the Priest, the Exalted One.

Are you willing?

If you knew all the world was watching you, how would you
behave?

If you knew the television cameras were in every room of your
home and your car, what would you do?

If you knew every word you spoke would be recorded in history,
what would you say?

If you knew every child on the Earth learned by your example,
how would you live?

If you knew every couple was watching your relationship with
your spouse and children, how would you treat them?

If you knew that the way you spend every cent is recorded and
followed by others, how would you save and spend?

If you knew how you think of yourself and others is being
monitored and broadcast, how would you think?

Give Your Self Your Best

If you want to give to others, give your Best.

If you want to live for others, live your Best.

If you want to inspire others, be your Best.

If you want to enjoy others, love You first.

It is **unselfish** to take care of yourself so you are full and overflowing with joy and enthusiasm, energy and vitality, abundance and generosity, love and patience.

It is **selfish** to sacrifice so others feel guilty for your self denial, martyrdom, over-giving and overwhelm.

Take time for quiet, time for pampering, time for rest and renewal, time for play and recreation, time for nutrition and nurturing, time for learning and personal growth. Take all the time you need to be the whole, happy and helpful person you can be. Take care of your own needs first.

Your life is a gift. This gift of you is precious.

Care for yourself impeccably.

Everyone will appreciate the gift you are!

What is True Happiness?

Is it based on accomplishing your goals, on fulfilling your desires, on having the love you want or your needs being met? Whenever we are dependent on anyone or anything to be happy, we are at effect or dependent on something external to ourselves.

What “inter-fears” with happiness? Do our judgments of right and wrong, feelings of guilt and resentment, and perceptions of what we seem to lack cloud our inner vision? When we lack forgiveness and love, we cannot find Happiness.

Do you want true and lasting happiness? Are you willing to do what it takes to be happy all the time? When we live with an attitude of gratitude, forgiving our judgments and our fears, we find the light of happiness lives within us. Like the Sun shining through all kinds of weather, even when the night falls, happiness shines within.

Seek for the happiness you desire and deserve.

Erase the clouds of disappointment and guilt.

Forgive the misperceptions.

Choose to be happy and at peace.

You are the Light in this world.

Let your inner Light shine through.

Happiness is a Choice

If happiness is a choice, how do we choose to **Feel** happy?

To experience a feeling, first must come the idea or thought. The mind is meant to be our servant not our Boss. We must train our mind to think, envision and focus on that which engenders feelings of happiness and peace. We are not the thoughts we think nor the feelings we have. Rather we are meant to choose our thoughts and our feelings consciously.

Most of us rarely exercise the “muscles” of choice. We are lazy and simply allow our minds and emotions to wander randomly wherever they want to go. A disciplined life is one in which we consciously guide our minds, emotions and bodies to follow the path of true happiness and inner peace.

Become aware of faulty thinking.

Forgive your past choices.

Choose again for what you want to experience.

Appreciate the opportunity to learn, let go and consciously choose.

Life is the experimental laboratory for learning we are at choice.

Your Whole Life Matters

We are never doing “nothing”. Your life, your beliefs, your attitude, your habits, your expenditures, your home, your judgments, everything infuses and creates your world, your relationships and your experiences.

To be conscious requires a total willingness to be responsible for everything in your life. To be at choice requires that you constantly be willing to “find a better way.”

Life offers wakeup calls of upset, accident, disease and problems to inspire us to stay conscious and at choice. When we fall asleep in the driver’s seat and hit the bumps on the side of the highway, we can choose to be angry and hurt, afraid and self-pitying, or we can gently forgive our unconscious choices. Each wakeup call is an opportunity to become clear about what we now choose to envision, to express and where to spend our time, money and energy

Our life is a mirror or reflection of where we have put our consciousness. We can see clearly what our beliefs are, and what our unconscious intention and attention has created. Stop, look, take responsibility without guilt or resentment and then choose again for what has heart and meaning.

Changing our mind changes our life.

Light, Light and More Light!

In times of darkness let us shine real bright!

We are the Light of the world.

This is our real function.

This is why we are here.

What a beautiful commission we have taken on in being here for the Love of God. Each one of us must forsake our human thinking and choose again for the Light We Are and the Love we came to share.

It is impossible to hang on to our stories of unhappy childhoods, suffering at the hands of others, and our guilt about the wrongs we have done, and still bring the Love of Goodness, Wholeness and Beauty to this earth. It is through our forgiveness and release of false thinking, painful stories, and unhealed wounds that we uncover our Real Purpose and our True Function.

As bringers of Light and extenders of Love to everyone and every place, we together awaken and enlighten all those who are willing to receive the Good News. We need not suffer, but merely forgive ourselves and others to remember the Truth of Who We Are.

Forgive All and Realize the Light and Love You Are.

You Are The One

You are here to be the Light in this world.

This is your real function.

Are you sunshine on a cloudy day?

Do you lift the spirits of those around you?

Is your smile open and inviting?

Are you open and eager greeting strangers?

Do you shake hands with genuine warmth?

Are kind words what you share with friends?

Do you delight in the little things?

Are you open to give and receive miracles?

Are you kind and polite to everyone?

Do you still say, "Please" and "Thank you"?

Are you willing to speak from your heart?

Can you show natural affection for children?

So many ways to light up your world.

So many times when others have need.

One loving light shines darkness away.

One simple smile gives friendship the lead.

You are the One to bring Love here on Earth.

You are the One to lead people from fear.

You are the One to bring songs full of mirth.

You are the One to give Joy Now and Here.

Bring Your Gifts

Where there is darkness, let us bring Light.

Where there is confusion, let us bring Clarity.

Where there is conflict, let us bring Peace.

Where there is sorrow, let us bring Gratitude.

Where there is hatred, let's bring Acceptance.

Where there is doubt, let us bring Trust.

Where there is despair, let us bring Hope.

Where there is guilt, let's bring Forgiveness.

Where there is fear, let us bring Love.

We each bring the blessing of our Joy.

We offer the simple Gift of our Presence.

We heal our human family as we realize and extend the Beauty,
the Goodness and the Holiness of our True Selves.

Give your Highest and Truest Gifts today.

Love will show the Way.

Blessing You as you discover yourself in all you think and say and
do.

Give Consciously

Doing too much for too many and not enough for ourselves creates an imbalance in energy. Those who serve others must serve themselves first in order to replenish any loss and to tap into their inner reservoir of limitless Divine energy.

There is a time and season for everything. We must consciously choose when to give to others from our own wellspring and when to allow others to source within themselves. To feel guilty, obligated or duty bound to care for another sets up an inequality and dependence. Discernment of when assistance is truly needed is key. Consulting with the one we wish to help openly and honestly creates an interdependent relationship where both the giver and receiver feel valued and respected.

What is for the Highest Good? Is it best to help? Is it best to teach the other to help themselves? Is it best to allow others learn from the consequences of their choices? Is it best to give to another what we have in abundance? Or is it best to demonstrate and assist the other in being self-sufficient? Honesty and openness help everyone discern what is truly for the highest good.

Give what you know is a blessing to both.

Remember Holiness

Recently I was asked, “How and what do I pray?”.

For me the real work is to remember the intrinsic holiness and wholeness that we each are.

We must look beyond the apparency and honor the reality of our Eternal wholeness and Holiness in God.

The body is a temporary teaching/ learning vehicle which will be laid aside when its function for remembering Love is complete.

I hold each prayer request in the Light of God’s Love, honoring goodness, wholeness and beauty.

I am at peace with the individual’s right to choose.

I remind myself that they are whole.

I forgive any doubt or fear I may have about their well-being or the Absolute and Perfect Love of God

God is the Love in which I forgive.

God is the Strength in which I trust.

God is the Light in which I see.

God is All that is.

Loving You loving Me loving All of us as One.

Depression

Where is the meaning in your life?

What is there to hope for?

Why look forward to anything when disappointment maybe the result?

If life has never delivered the Best, why imagine something good will come of this?

If the past was bleak and choices were few, why get excited about today?

If you seem to have a pitiful and unhappy life, what can you do to change it?

Depression is a state of withheld or repressed energy. Some say we have an epidemic of “suppressed happiness”. Sometimes we have so much stuff available externally, we believe therein lies our happiness. And if we seem not to have our share, we feel cheated and hurt.

Happiness is an inside job. It comes from nothing external. Happiness is a choice to be alive, a choice to enjoy what is, a choice to feel good. Happiness is a state of mind chosen by the recipient. Happiness is best observed in children who delight in the simple wonders of life: yummy food, a big hug, sunlight on the water, a bug crawling on the ground.

The past is gone. Choose Happiness now.

Faulty Thinking

The faulty thinking and misperceptions of the egoic or fear-based mind perceive illness and lack. The right-minded thinking and true perception of the love-based Higher or Spiritual Mind sees only wholeness, goodness and beauty. Most humans put their energy where they physically see an apparent need or lack, rather than into what they choose to see and create!

The apparency may seem to be what is real because it is what we feel. Just as in a dream, it seems to be totally real until we wake up into a different Reality. Imagine that the errors in our mind show up in our lives just like in our dreams. They may appear real with physical and emotional verification of their reality. **The more we get agreement and put our energies into what seems to be true, the more “real” it appears.** To break the trance, to undo the belief in a temporary illusion of our imagination, we must wake up and see life differently. For me this is the “miracle” of Love. To forgive or erase all that I have “made up” in order to see clearly what is True and Eternal is a gift to mySelf.

I forgive my mind for its faulty thinking and false beliefs. I erase my mistaken creations. I choose to wake up. I choose to see and create what is whole and Good and beautiful.

This is the miracle of Enlightenment.

Dreams Are Messages

Dreams are a way of communicating with ourselves. They come from our inner or subconscious self and are shared with a more conscious part of us, when we remember them.

To interpret we must rely on our own intuition and inner knowing. We must recognize that, as in “waking” life, every part of the dream story is a reflection of some part of ourselves. As we see the events and characters, the plot and outcome, we are playing every part of the story for our own learning to forgive, to accept, to love, to take action, to learn something of value.

Just as in movies we are touched by certain characters and events, so it is in our dreams. The places where we are moved show us what is significant and must be responded to in our everyday life with awareness and sensitivity. The parts of the dream we remember or revisit in other dreams are flooding our conscious mind with opportunities to rethink our choices, and choose for what is highest and best for us. Sometimes we are called to face our fears, to speak up, to gather more information consciously, or to take a different direction in our lives.

The choice is ours. To come to peace is to come to terms with the messages we are receiving.

Affirmations

Affirmations can be used to create and attract into our lives what we value and choose. Affirmations can also be used to clear away the false and misleading beliefs that block the vision of our true function and limit the fulfillment of life purpose. Affirmations can be used to clear the path to absolute Love, perfect Trust and spiritual Joy.

Life is a playground of possibilities. I am the child exploring and experimenting with my life as I choose it to be. I can wish and not act. I can quit and not desire. I can act without meaning. I can do and regret. I can make mistakes and punish myself. I can totally enjoy or hate the freedom of this life. I can let others make my choices for me so mistakes are not my fault. I am the chooser. My life and how I live it are my choice.

Affirmations for clearing.

I forgive all my mistakes and others, too! I erase the past.

I am at peace today. It is easy and safe to let go.

I let go of all that is not good for me.

I clear away the obstacles to peace.

I trust mySelf and my choices for good.

I listen within and follow the call to Love.

I give mySelf with Joy and gratitude.

I am at home in myself. I love mySelf the way I Am.

Thoughts Influence

What is your circle of influence?

Who do you teach and touch with your words and thoughts? Who and what influences you in how you live your life?

Are you aware of the power of your influence?

Are you aware you are teaching with your thoughts, words and activities even when you are alone?

Your thoughts, kind or critical, both attract and repel those who interact with you. Your thoughts influence your words and your deeds. Your thoughts transmit to your world what you would have it be. All of us are linked in consciousness. We are part of a resource pool for all minds. We can add purity or pollution with our thinking. We can celebrate goodness and magnify wholeness and beauty with our forgiveness, or we can fear evil and intensify guilt with our criticism and punishment. Use your mind for Good.

Who can change your mind?

What do you read and listen to?

Who do you admire and give authority to?

Where do you place the power in your life?

What voice, inner or outer, do you listen to and obey?

Choose wisely where you place your trust and confidence.

Keep It Simple

Let's keep it simple. The easiest way to make an agreement and keep that agreement is to make sure it is really what you want. To make a resolution make it exactly what you want to give and receive.

Keep your commitment simple!

Look around your life. What is missing?

What do you believe is most needed?

What makes your life meaningful and fulfilling?

What are you most grateful for?

To focus on the most important single factor will enhance all the other aspects of your life. Start with the bottom line, the key ingredient, and let the rest of your life fall in line. Some helpful hints: Love, Happiness, Gratitude, Generosity, Acceptance, Forgiveness, Self-worth, Respect, Inner Peace, Spiritual connection may be what you really want.

I now release and let go of obstacles to Love.

I forgive anyway I limit my Love.

I am willing to Love everyday.

Keep your agreements with yourself and your confidence and self esteem will grow.

No Need to “Get”

Life is the human experience ‘for getting’ what we “think” we don’t have. We seem to have forgotten the underlying and original Truth. So we come here “for getting” back what we thought we lost or lack. We forget our Source. We forget our Essence. We forget the inner Presence and Power of the Infinite. We forget our Selves.

In our striving and trying and healing and fixing and learning and growing, we seek to remember and to acquire what we have forgotten. **Our function is to undo what is not true and remember what is True.** Forgive, erase, unlearn, let go, and laugh. **Allow what is True to shine through.**

When caught up in “getting” we reinforce our belief that we lack. When seeking to fix and heal, we strengthen our perception of woundedness and disease. When acquiring knowledge and growth, we intensify our experience of ignorance and emptiness.

Within you lies everything you seek.

Within you is the abundance of the Universe.

Within you is the beauty of all creation.

Forgive your forgetfulness.

Remember your True nature.

Heaven is the realization “It is here and now.”

Purpose, Function and Goal

Our life's purpose is to be happy.

Our function is to forgive.

Our goal is the Peace of God.

To know God, to realize and recognize God within, is our awakening and homecoming.

We come to Union with God as we realize we are totally free, at choice and creative.

In our happiness and inner peace we are on purpose and connected with ourselves.

There is no conflict, uncertainty, anxiety or doubt in us.

We are One with ourselves.

Our function here is to clear all obstacles to peace and inner happiness.

Our spiritual work is to forgive all that interferes with our freedom of choice.

We are to clear away the limiting beliefs that lead us away from our natural joy.

Choose to be happy.

Forgive Self-doubts and limitations.

Realize God within You.

Respectful Relationships

Have we forgotten how to respect our elders, parents and friends? Are we aware of how to respect our children, our co-workers, helping professionals and ourselves? Do we remember what it means to be helpful, kind and honest?

Can we lead the way to a life of loving?

To respect the Creator is to give gratitude everyday for life.

See the Good.

To respect the Earth is to treat her bounty with reverence.

Appreciate the gifts.

To respect this nation is to vote, to pay taxes and to serve when called. **Make our choices heard.**

To respect our community is to value its educational and recreational opportunities. **Give support and help.**

To respect our neighbors is keep our home clean, quiet and beautiful. **Contribute.**

To respect our families is to be present and available, listen and respond with love. **Be kind.**

To respect our elders and parents is to listen and honor what is best for them. **Respect their right to choose.**

To respect ourselves is to take time listen within and treat ourselves with silence, recreation, creativity, music, beauty and gentleness. **Give yourself the very Best.**

Give up the ordinary. Be extraordinary with respect.

Are you respectful?

When you look at your self, do you listen within for what's real?

Do you take the time to ask yourself,

“What do I want and how do I really feel?”

Are you totally honest with the One you are?

Do you take care of your worldly needs?

Do you do for others before yourself,

And forget your own hopes and desires?

How safe do you feel in your world?

Do you keep yourself from harm?

Have you given yourself the friends you want?

Do you know what you want to do?

Do you take the time to listen,

Really listen to your own inner voice?

Do you give yourself true happiness?

Do you know you have a choice?

To love You means to respect yourself

To honor what is true for you.

To love, honor and respect you comes first.

It is always the right thing to do.

Once you learn to respect yourself,

Others will learn from you

How to respect and honor themselves

And then how to honor and respect you.

Forgiveness Leads To Faith.

I forgive myself for doubting.
I forgive myself for judging.
I forgive myself for limiting myself.
I forgive myself for scaring myself
I forgive myself for forgetting.
I forgive myself for disconnecting
I forgive myself for uncertainty.
I forgive myself for humanness.
I forgive myself for victimization.
I forgive myself for laziness.
I forgive myself for abandonment.
I forgive myself for fears.
I forgive myself for lack of faith.
I forgive myself for not listening.
I forgive myself for diminishing myself.
I forgive myself for false humility.
I forgive myself for impatience.
I forgive myself for not breathing fully.
I forgive myself for not taking care of me.
I forgive the world I see.
I forgive any mistakes and miscreations.
I forgive myself for being distracted.
I forgive everything and everyone, including myself.
Forgiveness leads to faith.

Forgiveness

Love may change how it is expressed, but it never ends. Under all the misery and suffering, the violence and hatred, the disease and pain, is the deep and eternal desire to love and be loved.

We all seek to remember and realize in our lives the Love that created us as Love for the Holy Purpose of Loving. Some have gotten lost in fear, some in the past, some in bitterness, some in historical patterns, some in insanity.

The ego or human mind has a way of collecting and perpetuating its own errors in thinking, repeating the mistakes given and received in the past. Under all darkness and lack of Love (evil) is the Light of Peace and understanding when we have forgiven our world.

The healing tool of forgiveness will bring peace to every mind, when we all learn to use and apply it liberally to all wounds, no matter how apparently severe. Through your application others will learn. Through your forgiveness now, great happiness and inner peace will come to you.

Thank you for leading the way and teaching by example.

The light has come, you have forgiven the world.

It Matters Not

It matters not what others think.

It matters only that you respect your Self.

It matters not where you live.

It matters only that you be happy.

It matters not the work you do.

It matters only that you are free.

It matters not how rich you are.

It matters only that you have faith.

It matters not your age or health.

It matters only that you are Love.

It matters not your Call in life.

It only matters that you live at peace.

I Do Not Know

To let go of all learned self concept, scripts, roles, achievements, credentials, experiences, kudos and adoring or critical relationships is to free the whole self to be.

Freedom to be here now.

Freedom to be fully present.

Freedom to be still and know that I AM God.

Freedom to listen to the quiet voice inside.

Freedom to be gently guided through life.

Freedom to trust everything works perfectly.

Freedom to see with wonder.

Freedom to enjoy life as it is.

Freedom to do nothing.

Freedom to create beauty and goodness.

Freedom to see only Love.

Freedom to be at choice.

Freedom to simply BE.

If there is nowhere to go and nothing to do,

Then I can be here now, loving me loving you.

Release and let go.

Be Free.

Let Love flow.

Peace Begins With You And Me!

If we feel fearful, can we extend peace?
If we feel in conflict, can we extend peace?
If we feel in grief, can we extend peace?
If we feel angry, can we extend peace?
If we feel guilty, can we extend peace?
If we feel hurt, can we extend peace?
If we feel neediness, can we extend peace?
If we feel lonely, can we extend peace?

To extend Peace, I must be peaceful.
To be peaceful, I must heal myself.
To heal myself, I must love myself.
To love myself, I must forgive myself.
To forgive myself, I must be willing.
To be willing, I must desire Peace.

You are the captain of your own destiny.
You choose the course you take
And the timing for your journey.
Choose Peace and All Good will follow.

Be at Peace

This is a new beginning and a new day!

This is a new moment with renewed hope!

I am a new Being committed to a Holy Life!

How arrogant of me to ever judge, criticize, be impatient or frustrated with anyone for any reason! In this holy moment I forgive myself for ever offering anything other than total respect, kindness, compassion, and peace. I forgive myself for forgetting to love me and you as God loves us. To love One Self and all others without condition is the greatest gift of peace we can bestow.

In peace we find lasting happiness.

In peace we see beyond apparency.

In peace we experience healing from within.

In peace we can listen to our hearts.

In peace all are forgiven.

In peace we experience sheer joy in being.

In peace there is no lack or limitation.

In peace each moment is a gift and blessing.

In peace we know heaven here and now.

My peace I give to you. And Peace do I receive.

See and Know Good

See Good.

Know Good.

Love Good.

Be Good.

To see the Good in All That Is is the beginning of a Godly life. In order to see Good, we must first believe in Goodness and God. To see the Good is the start of truly knowing the intrinsic Good, of recognizing that God is All There Is.

As trust increases and fear diminishes, we realize that in our celebration of the Good God we see and know, we deeply and profoundly love and appreciate God. The more we perceive the Goodness and appreciate the Godness, the more we become the Goodness we already are.

While we strive to be Good, to be Holy, to be Godly, our only real work is letting go of seeing, knowing, loving and being anything else.

Let go and Be Who You Really Are.

The beauty and goodness you see is the beauty and goodness you already are.

Born to Love

You were born to shine your Light before all Beings that they might remember the Light and Love in themselves as well. And so it is that you came into the family of your origin, to forgive and Love, to heal and teach, to serve and be the Loving Reminder.

It is the innocence, the natural forgiveness, in the child that allows the Love to shine through the difficulties of human life.

It is the intrinsic Joy, the natural spontaneity, which shines the Light for all to see.

It is the seeking for Truth, the natural curiosity and wonder, which opens the mind to find what is True and Real.

It is the desire for freedom and fun, the natural trust, which creates safe people and places with whom to fully express Who We Are.

Give the gift of your Love and your Joy to those who are with you now and every now.

You are the Loving Reminder.

You are the Holy Gift.

You are the real and True Presence every day.

EveryOne deserves to be loved. Not everyone feels worthy.

Forgive them and keep on loving and shining.

When they are ready and willing to forgive themselves, they will receive the Gift you came to give.

Influence

How do you influence the people in your life?

Each of us has a primary strength or gift which seems to encourage people to listen, to follow, and to learn from us. Once you learn what your primary method of influence is, you can more impeccably develop that gift and utilize it for Good.

Some model and lead by their example. People **see** their lives and are inspired and encouraged to do the same. Some leaders build relationships based on love, respect and support. How people **feel** in your Presence and when they think of you has the most profound influence. And others lead by mentoring and teaching with words both written and spoken. It is what others **hear** that holds influence.

Do you influence by what people around you **see**, or **feel** or **hear**? Ask those you lead what about you most influences them. For all of us it is important to live what we teach (be a good example to others) and extend love and respect for those around us (let them feel how much they matter), and support others with affirming and encouraging words (mentor with words of wisdom, praise and reassurance).

You are leading others with everything you think and say and do.

Be impeccable.

You Are Very Holy

No problems, perfect health, heroic acts, grand achievements, miracles of healing?

None of these externals represent Holiness.

Our birthright is our Holiness.

We were created Holy.

Our Holy Creator created us Whole.

There is nothing we need do or make or teach or have to claim our Holiness.

You are Holy and so am I.

When our Mind is attuned with the Mind of Holiness, we recognize our Holiness.

“My Mind is part of God’s.

I am very Holy.” (ACIM)

And so are You!

Awareness is Healing

We all wander away from our Path.

We all forget about our Creator.

We all go unconscious in daily life.

We all let our minds wander.

The difference is in what we do about it.

Awareness is the primary step to healing.

“I have **sinned**. May I **repent**.” literally means, “I have stepped **off the mark**. It is time to **think again**.” All of us are the prodigal son wandering away from home to seek our fortune in the world. All of us may have forgotten that we will be welcomed with open arms and total Love when we return.

Come home to your whole and Holy Self. There is no penalty or punishment. There is no need for shame or guilt. There is no time for remorse or regret. Come Home to your true Loving Innocence and notice the blessing of your creations.

Forgive the past.

Come home at last.

Forgive yourself and you will be forgiving.

Trust as you are trusted. We have Free Will.

Only our thoughts can harm us.

Truth, honesty and authenticity set us free.

No Guilt, Please!

Guilt cannot heal. It can only harm. Guilt calls us to seek out our mistakes and sins. Guilt speaks to us of wrong-doings and uncovers an endless stream of what might have been done better. Guilt sets us up to suffer needlessly. Guilt leads us into the hell of self-punishment and cruelty. Guilt haunts us with an unrelenting stream of judgment, fear and regret.

While it has been used by some who “love” us in hopes for motivating our improvement, we only fear the next mistake and feeling the pain of guilt again. Guilt also is projected onto others, blaming them for what we ourselves feel ashamed for allowing. In guilt-based relationships we work to absolve our guilt, and then expect the same of others. And forever we are trapped into duty and obligation and expectation.

There is nothing true, helpful or holy about this human-made fear-based feeling. Vow to disclaim and abandon this useless approach to self-enhancement and awakening.

Give it up today and say to yourself , “I am sinless, and so are my brothers. The mistakes I make are simply my exploration in remembering Love. I forgive any mistakes in perception and judgment that I may make along the way. I choose forgiveness today. I would replace all guilty and judgmental thoughts with LOVE!

I choose to love my whole self and set myself free to LOVE!”

Decide with God

If I choose what will keep me safe,
I must believe I am not safe.
If I choose what will preserve my physical health,
I must believe I am vulnerable.
If I choose for financial wealth,
I must believe I am dependent on worldly riches.

And if I choose to extend only Love,
I must believe Love is Who and what I Am.
And if I choose to offer only Peace,
I must believe Peace is my inner Truth.
And if I choose to live in Joy,
I am affirming Joy is my natural state.

Today I choose to decide with the One
Who knows Who I Am.

Today I decide with the Infinite, the Unlimited,
the All-Present Creative and Loving Source.

Today I decide with God.

Changing Your Mind Changes Life!

Changing your mind changes your perception!

Changing your mind changes your body!

Changing your mind changes your feelings!

Changing your mind changes your relationships!

Changing your mind changes your finances!

Changing your mind changes your family!

Changing your mind changes your home!

Changing your mind changes your habits!

Changing your mind changes your attitudes!

Changing your mind changes everything!

When I choose with the Mind of God, an expanded and unlimited point of view, I see greater possibilities beyond my narrow perspective. I choose to change my mind, to open to opportunities and possibilities. I choose to think with the Mind of God. I choose what is for the Highest Good. I choose to forgive past limited thinking. I choose to believe in God's Plan for me. I choose to believe in a loving Creator that offers only the Highest Vision for me to step into.

Limitlessness created you Unlimited. Love created you Loving.

A Powerful and Peaceful Presence created you Powerful and Peaceful.

You are more than You know. Let Love lead You today!

Needing Help

When we are feeling confused, depressed, upset, lost or afraid, we are off purpose. We have lost our way and calling for help.

We must seek answers from the place that knows us best and serves our Highest Good. This place is within us.

Ask yourself:

Above all else what do I really want?

What do I believe I need to have what I want?

Who do I believe can help me?

Where do I believe I need to be?

What do I believe I need to do?

Are these beliefs supportive or do they block me.

What am I willing to do to have what I want?

What is my highest Vision or picture for myself?

Do I trust the Universe to support me in living my Vision?

Can I trust myself to support me in living my Highest Vision?

If I set aside all limitations (money, family, responsibilities, health) what do I really desire to do and be right now?

Take time for your vision quest.

Look for signs and hints from your world.

Listen within to the Spirit of Joy within You.

Bless and appreciate each step in your journey.

It's How You Live

It is not what you read; it is how you Live!

It is not what you say; it is how you Live!

It is not what you believe; it is how you Live!

It is not your religion; it is how you Live!

It is not your education; it is how you Live!

It is not your stories; it is how you Live!

Practicing what we read and believe gives us confidence. Trusting what we say and have experienced gives us credibility. Living the Truth we know, beyond our stories, our education and religion, gives us Faith.

Life works when we do the Work!

The proof is in living in Love and giving with Joy!

Live your Truth and you will reap the reward
of Inner Peace and exquisite Joy.

Live what you know!

Give Who You Are!

Enjoy it All!

Loving Relationships

Loving relationships bring us the blessed opportunity to heal any spots where love is forgotten in ourselves and in our lives. Love will attract everything unlike Love for the purpose of healing. We are like filters, catching the debris that clogs our capacity to freely and easily extend the Love we are.

Instead of regretting or being angered by the “unlove” that comes our way, we can appreciate and celebrate the opportunity to forgive and heal the places of fear and darkness in our world and in our own consciousness.

Each one of us is a gift of Love to be extended to heal all fear. We are a gift of Light to shine away all darkness.

We are a blessing shared to heal all pain.

We are a voice for Truth to clear all ignorance.

In every relationship, no matter how brief, we have the opportunity to give a Blessing, shine the Light, extend the Love and share the Truth. As we give, so we shall receive the blessing of the Light and Love and Truth of God.

Give the Highest Gifts you have been given.

You will be blessed as the Blessing You Are.

Relationship Truths

All relationships are for the purpose of teaching and learning.

All relationships are reminders of what we believe.

What we give, we shall receive.

What we believe, we shall see.

What we think and say and do is teaching everyone.

Relationships are mirrors of what we need to see and forgive.

We are here to heal our relationships.

We are here to be truly helpful in our relationships.

We are here to learn to always give our very best.

We can learn to not take on the other's pain

We are here to let Love lead the way.

We are here to extend blessing and love to everyone.

We are here to enjoy the blessings we send to our world.

What we hold inside our minds radiates out to other minds.

Our responsibility is clearing our own mind.

Whatever is not Love is always a call for Love.

Our job is to release all blocks to the awareness of Love.

Love is freedom and trust. (Freedom for all to learn in their own timing and way. Trust that Love is our natural state)

Our function is to forgive what “inter-fears” with Love.

When we respect ourselves, we easily love and respect others.

We are here to learn to Love, no matter what.

Love is Who We Are. Love is our natural state.

When we forget to Love, we have lost our Identity.

Attracting a Loving Relationship

It is difficult to be in a holy loving relationship when you feel lacking or limited inside. If you imagine attracting someone to take care of you, you would feel obliged to take care of them or reciprocate. It requires energy and focus to attract, develop and maintain an intimate relationship.

If you don't have an intimate respectful, supportive, honest, forgiving relationship with yourself, you will not attract someone to do it for you, nor can you do it for another.

Where to begin:

Recognize and unlearn unconscious habits or patterns that lack in respect, honesty, forgiveness and support.

Take time to clean up your thoughts and feelings daily.

Answer in writing the following questions honestly:

How do I want to be loved and treated?

Where am I not giving myself what I want?

What do I want in my ideal relationship?

What do I believe keeps me alone now?

What is interfering with the relationship I truly want?

What am I willing to choose or change?

What will I have to give up by having what I want?

Holy Relationships

Spiritual Relationships are for Holy Purposes.

All relationships will bring up unhealed past patterns for healing.

Whenever there is unconscious pain, misunderstanding or unforgiveness from our childhood, these experiences and reactive patterns will re-emerge in our current relationships and life experiences as an invitation for us to forgive, heal, see clearly, understand and respond differently than in the past.

When we blame, deny, avoid, cover-up and feel guilt, we merely maintain the festering wound, the self-limiting behavior.

The work is first to recognize this is simply unfinished business from my past. Second, I do not know what to do with this or I would have healed it already. I must call on a Presence greater than me for inner Peace and direction.

I will step back and let Love lead the way I am willing to do whatever it takes to heal this place of pain.

I choose to return to Love. In quiet, listen for Inner Guidance to direct you. To love unconditionally begins with our own Love of the One We Are. We relinquish the need to be right or save face, to defend or explain ourselves. We choose to be happy and seek the solution in which no one loses, so both of us can live in Peace.

Unconscious Habits

We are living in a trance of unconscious and habitual ways of thinking, doing and relating. Without our awareness we are living out the patterns we learned from our past, primarily childhood. We have unconsciously taken the examples, words, and beliefs of our role models as our own.

One way to clear unconscious habits is to look at how we have been living, then forgive ourselves and simply choose a better way. This inner work requires time, commitment, patience and a willingness to look at everything we have learned and lived.

As we awaken and become totally responsible for our lives, we recognize everything we experience, we have unconsciously asked for and received as we have asked or expected.

If we don't like what we are experiencing, the work is to be willing and responsible for looking at our choices and unconscious expectations and beliefs.

Some initial questions to increase our awareness:

How am I like my mother and my father?

What did my parents believe about life, money, health, relationships, children, me?

How did they live and what did they say?

How have I been living what they believed?

How do I want to change my life?

I Am Responsible

Serving two Masters yields mixed results.

When I serve fear, I have fearful experiences.

When I serve Love, I experience only Love.

To defend myself from anything or anyone is a statement of my fear. I will see and experience more stuff and circumstances to be afraid of.

To extend Love and blessing to everything and everyone is a statement of my Love. I see and experience more people and situations in which I choose to Love.

I choose to serve the Master of Love today.

I choose to extend Love with joy.

I choose to respond to all calls for Love.

I choose to live in a world of Love,
where Love is freely given and received.

I choose to be the Love I AM.

I choose one Master, LOVE.

Never Quit

Negative feelings and thoughts are like stormy weather.

They won't last.

Bad weather may be upsetting, but trying to change it is futile.
Don't get wet!

Unloving words and actions are toxic.

They belong in the toilet, not in another's lap.

If someone is speaking harshly, they are calling for love.

Four ways people demonstrate a need for Love and reassurance.

They ask lots of questions, and interrogate.

They feel sorry for themselves and want pity.

They become demanding and controlling.

They withdraw and don't communicate.

You can only heal and change yourself.

Give up trying to change or fix the other.

Everything unlike Love comes up for healing.

We repeat past unhealed childhood patterns throughout life
until we have forgiven and come to total peace.

Never quit on Love and Love won't quit on you.

Health is Inner Peace!

Sometimes I am asked about illness, both acute and chronic.

Every dis-ease is a wakeup call. Guilt and negative beliefs lead bodies into disease and lack of Self Love. There may be some payoff or benefit to illness for us to continue it. Or we may have fallen into quilt or a learned belief we must be sick.

We need to remember we are whole. Healing is natural for those who Trust. Serving God is very different from serving the Body. Our work is to connect with Spirit, to train our mind and give respectful maintenance to our body.

Write: The real reason I am sick is.....

Let the mind list all its excuses. Then ask,

What is the real reason?

Am I really willing to let it go?

How will my life be, if I have no excuses?

Write and say 20 times daily for two weeks

“I forgive myself for getting sick..”

“I am willing to choose the life I want without getting sick.”

“God wants me to be totally happy and healthy and so do I!”

I bless the journey of our healing and enlightenment.

Everything On Loan

I own nothing. Everything I have is God's.

This body is God's vehicle.

How can I use it in a Godly way?

How can I care for it respecting its use?

How can I use this body to create goodness and beauty everywhere I go?

This money is God's loan to me.

How can I spend it in a Godly way?

How can I respect this endowment for my livelihood, honoring both Giver and the gift?

How can I use this money for the Good of All?

This home is God's house.

How can I share it in a Godly way?

How can I care for it in a respectful way that honors the sacred function it holds for those who live and visit here?

This job is God's work through me.

How can I do my work in a Godly way?

How can I share God's Will on the job?

How can I bring Love into every encounter?

This relationship is God's Love for me.

How can I forgive my misperceptions?

How can I release my fear and attachments?

How can I see only Holiness and offer only gratitude?

Generosity Yields Abundance.

Being thankful opens the door of your heart .

It allows what is good and wholesome to flow through you and your daily activities your thoughts and your words.

Being grateful heals the past and builds faith in the future. Being pleased with yourself and your life strengthens your confidence and expands your receptivity.

With full appreciation we can see that all things work together for good.

Giving is the way to receive.

With generosity we are blessed with the blessings we give. Contribution pays tribute to what is of greatest importance in our lives.

We increase the harvest of the garden we tend well with our consciousness as well as our gifts of support.

What we focus on, pay attention to and value most highly with praise and contribution will always reap a plentiful yield.

Where you love fully and give freely, there will your treasure be.

Handling Loss

How does one handle death, divorce or the end of a loving relationship?

Preparing for the loss by creating an upset is a defense against the emotions of letting go. As we let go of need for physical confirmation of the Love that is eternally present, we discover Love does not end even in death. Some people use grief to keep themselves connected with the departed.

What works for greater peace is to keep the Love alive with Gratitude. The same is true with God or the Divine. With emotions of sorrow, anger, guilt, disappointment or fear, we feel separated from the Love. With gratitude for what has been and appreciation for what is now, we have faith in our future and continuous connection with the Source. One set of emotions leads us into suffering and the other can lead to peaceful acceptance.

Accepting constant change is the lesson of the physical world. What we cannot control, we must accept to find inner Peace. It is in absolute Peace that we have a greater understanding and wisdom. All things work together for Good, even when we cannot see the gift.

Somehow Holy Spirit will use everything that happens for the Highest Good when we stop judging what is. With forgiveness we become willing to see things differently. Our little willingness and our faith in God actually leads us to see how life can be fun, safe and easy.

No Accidents or Mistakes

Everything has a Holy purpose when seen rightly. When given to Spirit, everything will be used for healing and the Good of All. We are all here learning in this wondrous Exploratorium. Here in the physical world of experiences we have the opportunity to see and learn our creative, forgiving and destructive powers. In every circumstance there is an opportunity to see and experience the blessing. Beneath our judgments and our fears, there is the gift of Light and Love waiting for us, when we have forgiven our misperceptions. When we have relinquished our attack and narrow perspective based on our past learned judgments, we come to peace and deep spiritual understanding. There is no place, no person, no circumstance where God is not available when requested to enter in. Our function is to stop locking the door and invite in a new mind, new thoughts, new perspective so we can be free to love again.

Every time we condemn ourselves for a mistake in the past, we deplete our energy, limit our opportunities, ignore the options, belittle the gifts and refuse to experience the blessing. When we forgive the “mistake”, we find the gift we have given and received. With Spirit everything works together for Good. **Only you can do the work for yourSelf.**

Trust in Divine Will

Trust is the issue. Do you trust in the world, yourself or in God. Whenever we are planning and controlling our lives, we will have an underlying anxiety.

When we relinquish our trust in self (ego) and Trust in Higher Self (God), we can relax and let go and know “All is Well”.

Forgive your fears and tears, your doubt and worry. Practice giving up worry for 30 days. Give it all to Spirit. Listen for sacred signs. See everything that you do each day as Sacred Work. Honor all the ways you now bless your world.

You need not do what you have always done before. Seek positions that have passion and enthusiasm for you that encourage you to freely be You.

In fear we contract. In love we expand and spread our wings. Ask what you are open and willing to do for the Love of God. Ask what you resist and fear having to do. Take a look at the two lists.

This will lead you to forgive and heal your resistance to bringing the Love You are wherever Spirit directs. Our paths may look unusual and not ordinary. Our earnings may not reflect our education or experience. But when Spirit leads our lives, we know we are always in the right place at the right time doing the right work. We can rest in God’s Love and Direction.

Rejected or Accepted?

Why do we choose to associate with, stay with and keep going back where we are not cherished and valued? Is this an unconscious pattern we are trying to heal?

The best way to experience rejection is to try to get people to want us, when we know we are on two different paths, wave lengths, beliefs or values systems. This includes lovers, mates, family members, churches, and jobs.

We cling to what is familiar for safety and security. When anyone threatens what we believe with their words, thoughts or activities, people feel frightened and defensive. Our presence may be a threat to those who perceive the differences.

I choose to be where I am wanted. I speak when it is wanted. I help when it is wanted. I show affection when it is wanted. I give what is wanted. To do anything else is to misuse and disrespect the gift I am.

“To cast our pearls before swine” is foolish and will yield the same results, no matter how much we wish it were different. We can learn to accept people where they are and love no matter what the differences.

Our work is never to threaten or create more fear in ourselves or others, but rather to bring Light and Love to this earth and those with whom we associate. Holy Spirit leads us to greater Light. Listen within to know what to share and with whom.

So Many Paths

How perfect that there are so many faiths!

How awesome that there are many religions!

How wonderful that there are diverse beliefs!

How miraculous that there are unique paths!

Humanity is made up of unique people, from primitive and simple to sophisticated and complex. This planet is peopled with the educated and ignorant, the privileged and those in servitude, the helpful and the cruel, the materialistic and the spiritual. All kinds of people are seeking all kinds of beliefs.

What if every religion, faith, path and belief is designed for the people who are drawn to it to fill their need perfectly! What if the beliefs you have chosen are exactly what you needed when you chose to believe them. What if by judging or resisting another's choices, we are merely distracting ourselves from reaffirming or relooking at our own choices.

Personal God, Impersonal God or no God?

God Within, God Outside or God in All?

Prayer or Praise or Positive thinking?

Doctrine, Dogma, Principle, Ethics?

Preaching, Teaching, Ministry, Good Deeds?

Forgiveness, Punishment, or Karma?

Let's stop letting our differences divide us. Let's trust what we believe is good and true for us. Let's let our neighbors believe what is good and true for them!

Differences

How does a conscious and loving being respond to differences in beliefs, values and lifestyle?

With consciousness.

With respect.

With value for the person.

With a willingness to let Love lead the way.

With a recognition we cannot change another.

With a desire to find the unity.

With the vision of peace for both.

True understanding comes when we are at peace. With inner conflict and judgment there is confusion, distortion and misperception. We misperceive when we are attached to our own beliefs. Even when we hear what someone says, we cannot “know” what they really mean. With a sense of peace and union, understanding will come.

Everyone is doing their best right here and now.

To make a difference in someone’s life, be the difference.

By your example, you teach far more than by words alone.

Our beliefs are simply our attachment to our own viewpoint. As long as we have need of our beliefs, we cherish them.

Can it be helpful to let go of our most prized beliefs?

Spirit leads us to join another where they are to encourage Peace and Union.

Choosing

Life is like being served a huge plate of food. Do you eat it all regardless of whether you are hungry or not? What if you choose before you dish up your plate, how much, what and when you want to eat. Life is your choice. Give yourself easy opportunities for choice, change and flexibility. Eating too much can make you sick. Eating too little can leave you hungry. Eating someone else's choices can give you indigestion.

Do you take what you can get and like it or else?

Or select what you prefer and enjoy it!

What is your Highest choice?

Taking a class or giving one?

This job or that one?

Where to travel or stay at home?

What to do with your weekend?

What movie to watch?

What music to listen to?

What clothes to wear?

Which way to go?

Who to spend your time with?

When to go to sleep?

What charities to give to?

How do you choose what to do with your time, energy and resources?

Before you can make wise choices, you must explore and experiment with diverse results. Become increasingly wise and discerning as you listen to your own inner Spirit.

You are choosing every moment what you will do with next moment. This is Good!

Choose with Spirit

Where there is fear, I cannot love.

Where there is phoniness, I cannot trust.

Where there is blame, I cannot resolve.

Where there is denial, I cannot understand.

I am responsible for what I see.

I am responsible for what I hear.

I am responsible for how I feel.

I am responsible for how I respond.

The choice is mine. (and YOURS!)

I choose what I watch on TV.

I choose what I believe.

I choose what I think and do.

I choose what to celebrate and to judge.

I choose what messages I give.

Our choices are messages we give our world.

Our choices teach Love or fear.

Our choices teach Peace or violence.

Our choices teach Forgiveness or vengeance.

Our choices teach Happiness or suffering.

Our choices teach Creativity or destruction.

Simplify

Letting go is one reason we are here. This physical life offers endless opportunities for detachment. We are learning that to set ourselves free, we must let go. We must forgive and release. We must lay aside what no longer has value. Physical life is an invitation to stop accumulating and start simplifying.

You are a leader in your world.

You lead with your thoughts.

You lead with your words.

You lead with your activities.

You lead with how you live and forgive.

You lead with your eating and sleeping patterns.

You lead by remembering the Love You Are.

The work is not to add another activity but rather to release everything that is not where you would lead and teach your world to be.

This is the work of a conscious person, a teacher of Goodness. This is how you create what is good and beautiful and holy!

Giving yourself the very best everyday is your highest gift to others.

It is your greatest and truest SERVICE.

Be Selective and Focus

Never create in your life more than you can care for well. It is like having too many children without the energy or resources to help them become happy and successful adults. Too many projects will bog us down because the split focus lessens the potential for success. We must focus on what has heart and meaning. Give our energy to the inner call, where we know we can make a difference to ourselves and to others.

Choose a short “to do” list everyday, possibly no more than two or three items. Ensure completion and success. When you accomplish something extra, it is a bonus. Life is a banquet of opportunity. Every beautiful vision has value, but only a few are for you to do. Each of us has our own tasks and talents. We must be selective about what we feel called to bring into manifestation. There will always be an energetic reward, in inner inspiration when we are living our vision.

What you create must be treated with respect for it is your creation. When you are complete, let go. No need to use energy to maintain what you no longer have heart for. With gratitude, gently lay aside or give to another what is complete for you.

Choose to create, honor and care for what has value for you.

It All Comes Back

Negativity begets negative experiences.

Painful thoughts and words cause pain.

The mind can lead you into pain and darkness with negative and harmful thinking. If you continue to allow your mind to wander along paths of victimization and revenge, you will incur a life of like experiences. When you are unaware of your negative mind, you may not understand the source of your pain and problems.

Take time to watch your behavior and listen to your thoughts and words and you will see the source is within yourself. Look at your face, your eyes, your posture. Are you happy, glowing trusting, welcoming? Tape your spontaneous thoughts about yourself and your world (with no censoring). Do you hear a voice that is reassuring, positive and inspiring?

Change your mind and behavior and change your life.

When we challenge others, they respond defensively and sometimes aggressively. When we dwell on our victimized past, we perpetuate the experience both within ourselves and in current life situations. Where we see ourselves in a negative light, we teach others to see our negativity as well.

Forgive your past. Be done with it. It is done!

Ending Doubt

You are Always in the Right place at the Right time doing the Right thing—UNLESS YOU DOUBT IT!

To doubt distorts your thinking.

To doubt distracts you.

To doubt interferes with relationships.

To doubt blocks your confidence.

To doubt teaches uncertainty in others.

To doubt causes hesitation.

To doubt creates disappointment.

To doubt sets up misperceptions.

To doubt destroys creativity.

To doubt makes poor decisions.

To doubt jeopardizes healing

We learn to doubt ourselves and others from doubtful people.

We learn to doubt the possibility of happiness and fulfillment.

Forgive all doubting and all doubters, especially yourself.

I forgive myself for learning falsely.

I forgive myself for doubting my worth.

I forgive myself for limiting possibilities.

I forgive myself for eliminating hope.

I forgive myself for looking for the worst.

I forgive myself for spreading doom & gloom.

I forgive myself for believing bad news.

Why Are We Here?

What is our karma? What is the Master Plan?

What are the lessons we are here to learn?

Depending on our spiritual awareness and development, we unconsciously choose the life which suits our needs to learn and unlearn, to forgive and release, to heal the past, to contribute, to remember our purpose, to honor our whole and Holy Self, to be the presence of Love and Peace here on Earth.

For some, the human experience may seem bumpy and long, for others short and sweet, and still others agonizing and dramatic. There is freedom here to be at peace with what is, to forgive what calls to be healed, and choose again for the highest and best ways to live and love

Being patient with ourselves as we trust in the unfolding process is one key to find inner peace. As we forgive our judgments and fears, release our distrust and our tears, we can appreciate each moment of awakening to a new awareness of the value of our life journey.

In our life story, we can find the Glory of our spiritual work and why we are here.

Seeing without judgment will disclose the Higher Truth.

You Can

You can treat your neighbor as you want to be treated.

You can be patient and respectful, in trying situations.

You can give to what you want to increase, contributing to what you truly believe in and want to encourage.

You can take charge of your thoughts and your feelings.

You are at the controls of your own consciousness.

You can teach others by your example of how you want your world to be.

You can listen first to truly understand before you respond with your own ideas.

You can respect everyone's right to learn and grow,
to heal and know what is Best in their own timing.

You can dare to do acts of kindness and service each day.

You can give more than your share, delighting in the opportunity to expand your self-made limitations.

You can be forgiving of your past mistakes, and acknowledge how much you have learned.

You can celebrate with those you associate, when they are able and willing to change their minds and seek a better way.

You can be grateful for each moment and the infinite opportunities to Love and be loved.

I know you can.

Life is Good, when we dedicate ourselves to Goodness.

30 Days to Wellness

Use this wellness program for 30 days for positive change

Feed your body vehicle with premium fuel.

Eat breakfast daily with gratitude, seated.

Eat only the most nutritious foods slowly, only when hungry.

No more junk food or soda pop.

(No more headaches, low energy and depression.)

Stop feeding yourself preservatives and artificial stuff. Whatever you crave or eat daily often is an allergic food that is depleting your energy.

Drink milk, juice and water (48 –64 Oz good water).

Sleep 6-8 hours every night.

Get 30 minutes of fresh air everyday (even in winter).

Stop regular use of any medications that are not prescribed.
Sipping hot water is a natural detoxifier.

Change your beliefs about aging and health and vitality.

You are what you eat.

You see, hear and feel what you believe. Think positive.

You are renewable. Never short change yourself.

You are worth the extra money and time it takes to give yourself the Best.

Your body will be as beautiful and healthy as you think, speak and take care of it.

Begin with a strong and healthy home, your body!

Tend Your Garden

Take care how you tend the garden of your Soul.

For what is in you is of God.

My garden is my responsibility. My life is mine to honor with gratitude and great care. My home is my sanctuary and safe haven. My creations are mine to create good and beautiful. My body is mine to respect for its service to my function. My thoughts, feelings and activities are my responsibility.

When I make mistakes, I am the one who must weed them out. When I invite in those who would destroy or change what I have done, I must forgive and renew what is True. When I am convinced to follow a foreign path, I must retrace my steps and return to what is Good for me.

The garden of my life that grows in my soul was planted by the Creator and is tended by me. Others may have input, give guidance, offer comments, be appreciative or judgmental, but I alone must choose what is good and true for me. Only in consciously choosing the words, the beliefs, the activities I allow in will protect, preserve and nurture the joy in my life.

Honor the garden of your life.

Really Love You

Are you giving your Self the day you deserve?
Are you singing the songs you long to hear?
Are you taking the walk you wish you could?
Are you eating the meal you are hungry for?
Are you giving the Love you want to receive?
Are you saying “yes” , not “maybe” or “no” ?
Are you giving yourself what you really want?
Are you taking the time to enjoy and relax?

If you aren't loving you, who will know
you Deserve Love and Kindness and Joy?
If you are unwilling to take the time to say, “thanks and
Great job”, how can others learn to appreciate you as well?
If you have forgotten how wonderful you are,
how can you expect others to notice?

**LOVE YOU NOW
AND HONOR YOU
AND RESPECT YOU
AND CONGRATULATE YOU
AND ENJOY YOU
AND CELEBRATE YOU
AND SHOW YOU
HOW VERY MUCH
YOU LOVE BEING YOU.**

Love Is

What is this thing called LOVE?

It is Who We Are.

It is the Source of our Being.

It is the Provider of all Resources.

It is the Creative Inspiration.

It is the Guiding Light in the darkness.

It is the Gift that keeps on Giving.

It is the Presence that is always here.

It is the Comforter that warms us.

It is the Joy that bubbles up in our expression.

It is the Strength which sustains us.

It is the Hope of better things to come.

It is the Dreamer of beautiful dreams.

It is the Way of effortless contribution.

It is the Freedom from all fear.

It is the Peace that passes understanding.

It is the Reality beneath the apparency.

It is the Fullness of our Gratitude.

It is what was in the beginning is now and ever shall be.

Love Is All that Is.

Take Out the Garbage

Do you take out your garbage every day?

Do you exhale the breath you have used?

Do you throw away your junk mail?

It is time to let go of painful memories.

Time to release old guilt and resentments.

Time to throw away things you don't value.

Time to release unhealthy habits and addictions.

Time to forgive and forget past hurts.

Time to stop wishing life were different.

Time to stop ingesting negativity and misery.

The mind can be a garbage dump

Or a source of Love, healing and creativity.

You choose what you want to live with.

Only you can choose the quality of your life.

Only you can refuse to take refuge in the past.

Only you can release anxiety, worry and fear.

Only you can lift the clouds of gloom.

Only you can say, "This is my life to live."

Only you can give the best to your Self.

Let go of what no longer has value to you.

Release what has served its purpose.

Erase what feeds your pain.

Choose now to think, speak and behave in ways that are valuable and life-enhancing.

Embrace Change

Change and novelty generate spiritual growth, healing, transformation and renewal. Sameness and comfort tend to create stuckness, unconsciousness and entropy, the dying process.

While too much change can engender fear and the need to control, too little change can limit our healing, our growth and our happiness. Trusting that all things work together for Good will free us up to enjoy change. Appreciating the change in seasons, in relationships, in career opportunities, in communications and information opens our minds and hearts to seek and find the Good.

Controlling and habituating ourselves to the same schedule, same food, same daily habits, same route to work, same weekend activities, can lull us into unconsciousness where we cease to “live” and merely “exist”. For those who constantly seek out new adventures and diversions, there can be so much change that they fail to appreciate the Goodness in their lives, and continue seek something better.

Embrace gentle natural change.

Life is flow, so let go.

Negativity Is a Call for Love

Negative feelings and thoughts are like stormy weather.

They won't last. Bad weather may be upsetting, but trying to change it is futile. Don't get wet!

Unloving words and actions are toxic.

They belong in the toilet not in another's lap.

**If someone is speaking harshly,,
they are calling for healing and love.**

People demonstrate a need for Love and reassurance, because they lack Self Love. The fearful ego or personality intimidates, interrogates, plays "poor me" or becomes aloof. Fearful people may be demanding and controlling. They may ask lots of questions and distract you. They may feel sorry for themselves and want pity. Or they may withdraw and withhold communication.

You can only heal and change yourself.

Give up trying to change or fix the other.

Everything unlike Love comes up for healing.

We repeat past unhealed childhood patterns throughout life until we have forgiven, accepted and come to total peace.

Don't take it personally.

Fill Your Mind with Holiness

When having difficulty maintaining a positive frame of mind, repeating the same thought or phrase over and over will often calm the emotions and quiet the mind.

“God fills my mind with Holy thoughts.”

“I now naturally invite peaceful thoughts”

To think limits us and slows us down. You will find that for most humans, thinking is in defense or self-protection as a response to fear. Human thoughts are usually based on opinions, the past or filled with uncertainty.

To trust inspires and sets us free. We then can choose, speak and act quickly and easily. To trust in Divine or Inner inspiration is really a “knowing” that is followed with full certainty in Divine Outcome.

Where there is no fear, there is no doubt.

Where there is no doubt, there is Trust.

Where there is Trust, there is Freedom.

Where there is Freedom there is Joy.

Where there is Joy there is Love.

Where there is Love, there is God.

God fills my mind with Holy thoughts.

And I am grateful.

Unloving Behavior

When anyone is critical or cruel, they are calling for love. Being nice is not “loving”. Taking on the criticism is not “loving”. Getting hurt or being mean is not “loving”. Unloving behavior is an unconscious expression of unhealed past patterns. **It is for the most conscious one to initiate the healing work within themselves.**

Take nothing personally. Detach from the problem. Look beyond the apparency of sickness and see the call for Love. Practice forgiveness of anyway you have invited or allowed cruelty, because of how you treat yourself or others with thoughts or words.

Forgive your past for allowing others to hurt you. Forgive yourself for making others feel guilty for hurting you. Forgive the other’s past. Forgive the world for teaching cruelty and guilt. Forgive the ways we teach fear by being afraid. Ignore the sick behavior and respond with Love. Stand up for your own Truth, when it will be respected. Be silent in faith and forgiveness, when it is best for all concerned.

When there is a lifetime pattern of victimization, it may mean spending little or no time together to allow the “weak” to find their inner spiritual strength and the “stronger” person to see their mistake in perception. We may need to call in an outside authority to make choices clear to all parties. Or we may need to express strongly and clearly one time how things must change.

Be strong in Love and intention.

May All Be Kind

Look for patterns.

Has this happened before?

When was the first time?

What is your earliest memory?

What was your reaction or response?

What did you believe then?

What was the decision you made?

How can you see it all differently?

What is the decision you want to make now?

Remember:

Fear attracts fear.

Judgment attracts judgment.

Love blesses.

Forgiveness heals.

Truths:

Those who attack are hurting.

Those who feel attacked are hurting.

Those who are hurting need healing.

Forgiveness and kindness heal.

May all be kind to each other.

Do You Love and Respect Your Self?

Do you trust and believe in yourself?

Do you stay where you are wanted?

Do you associate with those who value you?

Do you live your truth without fear or anger?

Where we experience lack of respect, we see a reflection of our inner lack of self-respect. Where we feel misunderstood, we must first understand ourselves. Where we go and are not wanted, we must leave and choose again. When we spend time with those who devalue us, we must value ourselves and choose to be where we are loved, respected and valued

You are a treasure house of sacred gifts of Love and Goodness. Be a good steward of your intrinsic gifts. Give yourself where you are loved and respected, trusted and believed. Associate with those who value you and want you in their lives. Live your truth in integrity by cherishing the Gift of Love You Are.

Bless those who criticize you.

They do not honor who they are.

Forgive those who hurt you.

They are hurting inside.

Love those who are disrespectful.

They have forgotten to love themselves.

Past Patterns

Why do we seem to repeat unconscious patterns? Why do we find ourselves experiencing what we thought we let go? Why do we find ourselves with people and in situations we thought we cleared long ago?

Right now there seems to be much spiritual energy focused on healing past patterns of self doubt and fear. We are facing our hidden or secret pains and blames, guilts and memories. While locked away for so long in the subconscious, they are now coming to our awareness to be healed and released.

Love is letting go of fear.

Forgiveness is erasing with Love.

Being present is knowing the past is not here.

Wholeness is seeing beneath the apparency.

Truth is reclaiming what can never be harmed.

We are presented with misperceived experiences again and again, so we can forgive and accept what we so feared.

What causes the repeated pattern? FEAR

What heals and makes holy? LOVE

Love the way you Love.

Teach how you Love by living Love.

Love yourSelf by loving what you do.

Real Vocation

What if our Real Vocation and Real Work is to totally support, encourage and facilitate our own high level health, happiness and consciousness!

What if we cannot know unconditional Love for all creation, until we fully and totally love, honor and respect ourselves!

What if our real intrinsic gifts are limited and hidden, until we live in high level wellness and full awareness of Who We Are!

What if our Life Purpose is distorted, distracted and hidden, until we can fully be present to our whole and Holy Selves!

What if our True and lasting Happiness must come first, before we can be a True Presence of Love with others!

What if our trying to fix and change and heal others is merely diverting our attention from the real assignment, ourselves!

What if this time is the right time and place to totally support ourselves in being mentally Conscious, physically Healthy emotionally Happy, and spiritually Connected.

I am willing. Are You?

Does It Serve You?

Our thoughts, associations, beliefs, work, worries, focus, goals, choices, words and activities all influence who we think we are and how we live.

Life is a choice. Life is an experimental lab where we try out a variety of experiences and possibilities. Depending on our self judgments and our programming, we can choose what hurts, what helps, what heals, and what make us happy.

Who you are, naturally and essentially, is completely whole and perfectly happy and totally free. What you have ingested into your mind, body and Spirit has made you forget the Truth about you. Your life beliefs have made you sick. Your work is to forgive and erase the past totally, give yourself only the Highest and Best in the Present, and let the future unfold as a Gift of Love to the Gift of Love You Are.

Let go of what no longer supports you, remembering and living the wholeness, Goodness and Beauty you are!

Remember:

I am clear and conscious wherever I go.

**God lives and moves and expresses through me
in everything I Am and all that I do and all is well.**

How to Love You

Do you know what to do, when you love you?

Do you wonder how to begin right now?

Start today and shout hooray!

1) Stand in front of your mirror and send kindly thoughts, say loving words and touch yourself with the gentleness of an angel. Physically, mentally and emotionally treat yourself with love, respect and appreciation with your thoughts, words and deeds.

2) Immediately let go of everything you know is not good for you. Stop all habits of self-diminishment and destruction, punishment and pain. Relinquish food, relationships, places and beliefs that do not provide positive regard for Who You Are.

Healthy people treat themselves with respect.

Unhealthy people treat themselves as they were treated in their unhealthy relationships.

Holy Ones know their Holiness as they leave behind habits of unholiness. Forgive, erase and release the mistakes of the past. God made you Holy. Honor the Creation.

Your Calling

What do you really love?

What gives you real joy?

When do you stop noticing time going by?

What quiets your mind and opens your heart?

Nature, creating, writing, singing, babies, meditating, listening to classical music, cooking, volunteering, gardening, dancing?

Whatever makes your heart sing is your Heart's desire.

Whatever is your heart's desire is guidance from your Self and your Source.

Your true Self and your Source are calling you to be whole and happy and free.

Where you are not whole and happy and free is your mis-take, a choice to be undone easily with no guilt or blame. Your true earthly vocation is to sort out the wheat from the chaff, the meaningful from the meaningless. To let go of what no longer has value to you is to choose what fills, sustains and nourishes you.

Seek for a lasting Joy.

Choose to **LIVE YOUR LIFE YOUR WAY.**

You can be happy everyday. Seek activities, people and places that honor your wholeness, your happiness and your freedom. **This is your life.**

How Do I Forget?

If you are asking, “Why am I not always loving, peaceful, delightful, holy and perfect?”, here are some possibilities.

We let fear inter-fear with Divine connection.

We stop trusting in our goodness.

We believe in “mistakes and sins.”

We believe what others tell us about ourselves.

We fall into lack, littleness and limitation.

We believe we are “just human”.

We disassociate from our true Source.

We think.

We imagine we are created like our parents.

We believe in the imperfections of humanity.

We don’t shower often enough with Spirit.

We are unholy garbage thought collectors.

We get lazy in choosing what to believe.

We want to stay comfortable with ourselves.

We identify with our egos, not our Essence.

We forget that Love is Who We Are.

We go to sleep on our True Identity.

Let go of judging anyone or anything.

We cannot see the Light when we are looking for the shadows.

See the Light of God in All That Is.

Affirm and Cancel

Affirm:

Everywhere I go, people seek me out to share my God-given gifts. I am well paid and enabled to give even more.

Cancel:

Everywhere I go, no one knows me, respects me or appreciates me. I live in fear about my future.

Affirm:

My life is a blessing and a gift to me. I love, respect and appreciate the natural gifts and talents I have. I use my mind, my body and my Spirit to contribute to my world.

Cancel:

My life is a mess and a hassle for me. I don't like myself. and don't know what my gifts are or what is good about me.

Affirm:

I enjoy mySelf, my life and the work I do.

I extend Love and Joy and Peace to others

and it returns to me multiplied. I am grateful.

Cancel:

I hate myself, my life and my work. I feel angry and hurt and hopeless. Life is meaningless and empty.

Do you know the difference? YOU ARE!

Healing Our Perceptions

To love unconditionally means that everyone is respected as they are in their own spiritual process. We expect nothing and forgive everything to allow the individual to experience a mirror of themselves in our light and love.

Treating our partners, parents and children in a way that we would not treat a guest in our homes, leaves them feeling guilt and fear or entitlement and privilege. To communicate, serve and remind everyone, as we would our most honored guest, begins to build a world in which each individual can see him/her self as loveable, capable and worthy of respect.

To remind others of their wholeness, we must see and treat each person as whole and holy.

Our thoughts, our words and our interactions must be respectful honoring the holiness in the being. As you treat someone, so they will become for you. If you see and treat them as whole, loveable and capable, they will grow into believing and being that this is who they are.

Likewise, if you are treated as though you are flawed, incapable, and unworthy, you will feel and act more this way in the presence of those who hold this viewpoint.

Relationships have great capacity to heal. We are together to heal our illusions and our false beliefs about ourselves and one another. Celebrate the healing and transformation as each individual unfolds into their essential perfection.

Love Works!

Love is forgiving all apparent errors.
Love is forgetting the past.
Love is relinquishing attack of any kind.
Love is stepping back and letting God lead.
Love is being whole and happy and free.
Love is committing to what is Good for All.
Love is enjoying the present moment.
Love is taking nothing personally.
Love is giving your best to every One.
Love is expecting nothing in return.
Love is keeping your agreements.
Love is choosing to live a Good life with Spirit.
Love is taking impeccable care of you.
Love is being truly helpful.
Love is seeing the wholeness and holiness.
Love is non attachment.
Love is compassion for all and pity for none.
Love is being joyful and grateful.
Love is living naturally.
Love is caring for what you have.
Love is creating beauty and wholeness.
Love is respect for all life.
Love is attending to your own inner garden.
Love works when we remember to LOVE!

Who Am I to Judge?

Who am I to judge another?

How could I possibly know?

Only the Highest can see what is.

My work is to give where Love is needed.

My viewpoint can only show me Love and lack of love.

It is my Joy to receive with gratitude what is given with Love . It is my Gift to give Love where there is a need.

Lack of love can appear to be a mistake. It can be shadows hiding the sun. It can appear as fear or anger, as sorrow or hurt . It is in my best interest to simply share what I have, who I am and what is real with those who appear to lack. In so doing I must clear my mind of judgment, pity, fear, criticism, hurt and anger. I must forgive all grievances that I hold in my thoughts. In order to access the Love I Am, I must be a spotless mirror ready to radiate the healing light of Love to everyone and everything I see.

This is my true vocation and a gift to mySelf.

Love is forgiving all errors I believe I have made. Love is giving all darkness and fear to Spirit and asking everything to be healed and used for good. And it is done with my willingness to ask. With my forgiveness, salvation is given. The Light has come for I have forgiven the world.

Helping or Serving?

There is a difference between compassion and pity. When we see our brother as ourselves and love our brother as we love ourselves, we are feeling compassion. When we feel the other is unlike us and we feel sorry for them and are afraid for their predicament, we are feeling pity. We may try to “help” rather than serve.

Service comes from seeing them whole and holy. Helping comes from seeing them limited and lacking. To serve another benefits both. To “help” means another gains at our expense. We often help so we don’t have to be afraid for them. When they rely on us to help in times of need, we may feel used and create codependence.

Do those who give of themselves without thought for themselves lose or do they gain? Do they see themselves as being less worthy or the other as being more important?

Do they give what they would want to receive?

Do they give with resentment or with joy?

Do they see the other as needy or holy?

Listen for your motivation in helping and serving.

To serve magnificence, goodness and wholeness will always benefit everyone.

PS We can feed a man for a day, but by teaching a man we may feed him for a lifetime.

Listen to Yourself

Cravings and addictions are a sign of something missing in your life.

Taking the time to ask and listen to what you really want requires sincerity, patience and a willingness to respond to what you hear. So often we ask for an answer, but don't want to hear what comes.

To listen to yourself and your own inner direction requires practice. Usually we stop listening inside before the age of five. Voices of authorities become more important.

To listen to yourself requires time. Usually other people's needs and demands take priority. We take time for ourselves only when we are exhausted, hungry or sick.

To listen to yourself requires trust. Usually we are so lost in disappointment and doubt that we discount our inner voice and it's call for change in attitude, change in lifestyle, change in focus and direction.

To listen to yourself requires a willingness to let Love and Freedom lead the way. Usually we allow worldly limitations, judgments and fears to run and ruin our lives.

Listen beneath the craving or the addiction. Ask within, "What is the real inner unfulfilled need?"

Love yourself enough to give yourself the REAL thing!

How Do You Spend Your Time and Money?

186 hours in a week (4 fulltime jobs)

Look at what you give attention to.

This will tell you what you are growing in the garden of your life. As a man lives and gives, so he will be. Herein are the fruits of our lifetime harvest.

What do you do with your time and why?

List your current activities and the time spent.

Note the underlying motivation for each.

This is your time budget.

**Does each of your daily activities support your life purpose?
How?**

What do you do with your money and why?

List your current expenditures.

Note the underlying motivation for each.

How do your expenses support your life purpose?

When we are expending time, energy and money to support our Life Purpose, we are living in integrity and balance. Our lives will be abundant without waste.

We are free and happy and whole.

We are living and giving on purpose.

And our harvest is rich with rewards.

The Marathon of Life

Treat your Life as Sacred and it will be.

To be of greatest service to your family and friends, your community and world, you must be in fantastic shape physically, mentally and spiritually. Start each day as though training for the marathon of life. Stretch your field of vision.

Affirm your capacity to achieve your goals. Strengthen your courage and endurance. Nourish your Soul and your body with the most nutritious and inspirational material. Expand your awareness. Increase your capacity to love and serve. Appreciate the little gains you make along the way. Take care of everyday details and business, so you can be undistracted in achieving your dreams.

Poor self-care yields an impoverished life.

Mediocre self-care yields an ordinary life.

Excellent self-care yields a life of excellence.

Extraordinary self-care yields a life of extraordinary service,
a life of abundant fulfillment, success and Joy.

To be whole is to give wholly.

To be happy is to give joyfully.

To be fulfilled is to give fully.

Remember Who You Are

More than ever before YOU are needed.
More than ever before your prayers matter.
More than ever before you make a difference.
More than ever before Your Love counts.

This is the moment to stand up for Truth.
This is the moment to remember to Love.
Now is the time to Forgive our own anger.
Now it the time to extend only Peace.

Do what you can to still storms of hatred.
Do what you can to quiet ignited fears.
Do what you can to share avenues of healing.
Do what you can to bring offerings of faith

Love is the most powerful force in existence.
Love creates what is good and whole and True.
Love is the answer to all our questions.
Love is the remembrance of what is Real.

Love Unconditionally.
Serve from your Heart.
Remember God.

Observe and Learn

Notice that humans believe in their human limitations, not their Divine Potential.

Notice that children learn from experiencing the consequences of their behavior.

Notice that those who protect others from consequences suffer from worry and fear, and have little impact on others' future choices.

Notice that in helping, handling, and fixing problems, the problems increase.

Notice that unless humans do it themselves, they often don't "get it", and keep on asking..

Notice that in giving to another, they learn to expect help the next time there is a "need".

Notice that some of us depend on being needed to sustain our relationships.

Notice that there is little self respect and self-responsibility among humans.

Notice that until we actualize our potential, we compare, envy and compete.

Humanity is unconscious of its Magnificence, Abundance and Freedom. As we demonstrate our own Magnificence, Abundance and Freedom, we believe in others right and timing to choose..

Wake Up Calls

Challenges, illness, obstacles and upsets are all wakeup calls. To be awake is to be aware, to be available, to be open and willing for new choices and changes.

If you have been experiencing physical, mental, and emotional challenges, congratulate yourself on your willingness to heal and forgive, to learn and grow, to be open for change and transformation. Never let your judging mind condemn, question, criticize or create self-doubt.

You are here in this learning laboratory to explore and find the path that brings you home to your whole and holy Self. You are discovering what works and what doesn't work. You are exploring what has value and no value to your true Essence. You are experimenting with emotions, lifestyle, diet, romance, finances, work, relationships and family to find a path of peace and lasting happiness. You are seeking the teacher and teaching that will serve you with health, happiness and fulfillment.

Trust that all upsets and challenges are simply an indicator of time to stop, look and listen within. You are in the right place at the right time doing the right thing to learn and choose what is truly best for you. Be not afraid. Judge nothing. Everything is in your own best interest. Respect yourself and your journey. Look again and see beneath the apparenity to the inner Truth.

Selective Remembering

Love is selective memory. Love is remembering what is whole and good and beautiful. When we remember the hurt or anger or fear of the past to protect ourselves from letting it happen again, we are choosing to withhold Love from ourselves and others. We stop time and hold what we judge in our mind and the other's mind.

We cannot know Love, the unconditional Love of total freedom and trust, while holding grievances and painful memories of lack, littleness and limitation. While holding grievances against another, we create guilt for them and fear for ourselves, keeping us both in the prison of the past. The past does not exist now. There is nothing we can do about what appeared to happen in the past. We can however, choose to create a whole and happy present moment by truly forgiving and forgetting the past.

Choose again for Good. Choose for Love.

When we have fully forgiven the world we see, we become a spotless mirror in which others can see themselves as they truly are. To wear the darkness and despair of judgment, fear, anger and hurt betrays your whole and holy Self.

Love is living in the present, free to choose, free to create, free to be. Love is letting go of our history. Choose your life today in total freedom and trust.

What Are The Mistakes I See?

Lack of Respect

Not recognizing and honoring the intrinsic worth of all living things. Dishonoring ourselves and others, neglecting and negating our planet and its gifts.

Lack of Nutrition

Not feeding ourselves and others with healthy sights, sounds, foods, air, information. Media focused on pain, problems, violence, harm and stupidity.

Lack of Gratitude

Not seeing and appreciating the goodness, beauty and wholeness all around us. Focusing on the pain and not on the potential or underlying wholeness and perfection.

The world feels lacking in inspiration (spiritual nutrition), self-forgetting, and self-opposing. Humanity seems to seek what we hate rather than what we love. We seem to feed ourselves death and destruction messages rather than life and creation stories. We seem to be depressed, filled with fear and defensiveness rather than with appreciation and hope. We seem to identify with suffering rather than happiness.

To correct these errors in my beliefs and perceptions:

I choose to respect my self and all life.

I choose to give myself and others the best I know.

What I see, say and do is up to me.

Physical Life is Temporary

Imagine that your body is your space suit.

The world as we know it is our space ship.

Both the body and the world are temporary experiences.

We are not our body, our world or our physical experience. We are not temporary.

Our body may die and be laid aside, but our Essence is Eternal.

We are free, unlimited by a body or by the world we see. We are free to be happy, free to be whole, free to be unlimited. Who we really are is unlimited in power and in peace. We are limitless expressions of Love, the All-Creative, Omnipotent, Omniscient, and Omnipresent Force in All That Is.

While you have this temporary experience, what can you do that will make it meaningful for you?

Learn, create, enjoy, heal, play, explore, serve?

The way to enjoy the experience is to remember Who You Are, to Love all you do and to Serve the Highest Good for all.

As long as we are in this amusement park of fantasy, adventure, science fiction and scary stuff, we may as well choose to be happy and enjoy the ride. Let go and enjoy.

Tune Up Your Body Vehicle

Does your car ever need a tune-up? Does it work best when you give it impeccable care? Do you trade it in for another car when it has served its purpose? Do you feel guilty if your car has a problem or needs mechanical work? Does it get you to where you want to go? Is it used to bring others along with you to your destination? Does it reflect how others see you?

You are not your car. You are not your body. **Your body is a temporary vehicle, which you use as long as it has value to you in getting where you are going in life.** You may use your body vehicle to take others along with you. When your body is “sick” or hurting, **you** are not sick. You need not feel guilty about your body’s requests for attention and regular maintenance. You may need to cleanup your thoughts or your diet (fuel) or change directions in life. You may be choosing a road that is too stressful. The body may represent how others see you and what is important to you.

The body is a powerful learning and teaching device which can be used to learn and teach the lessons of Love. Take good care of your car and your body. But do not be deceived into thinking you are your body. Remember just like your car, your body is simply the vehicle to get you to your destination. Treat it well and it will serve you and your life purpose well.

What Do You Do?

If you're not happy, what do you do?

If you have a problem, what do you do?

Hide under your covers in bed?

Watch TV to distract yourself?

Have a drink or smoke some weed?

Buy something new to forget your hurt?

Tell someone to get their sympathy?

Make others wrong and be righteous?

Go and eat what makes you fat or sick?

Plan mean and angry things to get even?

Wish you could die and get it over?

Torment yourself with replaying the scene?

Criticize yourself for doing it wrong again?

Envy others who have life so easy?

Fight and argue to get your own way?

Pray for someone to come and rescue you?

Enjoy suffering and playing the "victim"?

Try to pacify everyone by being extra nice?

Apologize for whatever wasn't your fault?

Stay awake all night trying to figure it out?

Make yourself sick with worry and guilt?

Blame God for making your life miserable?

Awareness with no judgment is healing!

Temporary Solutions Yield Temporary Results.

Stop identifying with the problem and your limited solutions. These are all learned compensations for your personality and ego to save face, to be right, to win.

Your peace is greater than any solution.

Your Love is more powerful than any upset.

Your Happiness is more important than temporary “cures”.

To heal is to make you happy again.

What will bring inner peace and happiness?

Forgive it all. Erase your mind and create anew.

Give yourself the Love and respect you want.

Stop thinking. Look objectively.

Detach and observe. Listen to the subtle messages.

Choose for the Highest Good.

Choose to be happy rather than “right”.

Recognize that life happens. See beneath the apparency.

Take nothing personally. Be amused rather than confused.

Where problems occur, trust is lacking.

Bringing peace to every mind begins with You.

Be the teacher of respect and understanding.

Shine Light into the darkness. Bring Love to fear.

Recognize what is needed and give it freely.

It is up to the most conscious person to bring clarity.

You are the most conscious One.

Your Home Retreat

Why not create your own health spa day and spiritual retreat?

Take a day or two.

Define your chosen intention and desired outcome.

Turn off the phones and the TV.

Be alone or with someone who will be supportive of your inner process with no conversation.

Get up with stretching, meditation, watching the sunrise, inner listening, time in nature, breathing.

Eat only simple and healthy foods.

Hot cereal, fruits, veggies and whole grains, prepared for you.

Exercise 3-4 times daily in invigorating ways.

Meditate at least 2 times for 20-30 minutes each.

Read only inspirational materials, journal, contemplate and reflect.

Get ready for bed with a relaxing bath or long shower.

Make sure you are in bed before 10PM and up before 6AM.

Let your digestive system rest a full 12 hours from 7 AM to 7 PM or so.

Drink lots of purified or distilled water—48-64 oz.

Breathe fully and freely several times daily.

Love yourself totally.

Refine your schedule and activities as you go.

Ways to Remember Peace

Sit and be still for a few minutes each day.

Take time to breathe in fresh air.

Appreciate the beauty of this earth.

Listen to glorious uplifting music.

Observe the birds, butterflies and squirrels.

Gently touch and love plants and flowers.

Respect your body as a temple of Spirit.

Take in no violence in sight or sound.

Forgive all memories of guilt and blame.

Speak out with wisdom and compassion.

Walk away from senseless arguments.

Acknowledge differences without judging.

Focus first on your highest intention.

Act with clarity and commitment to Good.

Extend peace with thought, word and deed.

You are a Peacemaker.

Live your life in Peace.

Extend Peace to every Mind.

Are You Choosing Your Life?

What are the seeds you are planting in your life's garden?

What are you consciously choosing to weed out and let go?

What are you committed to remembering each moment?

What do you want to grow in your relationships?

What habits are you willing to acknowledge and change?

What healing needs are apparent that you seek to address?

What relationships call for forgiveness and love's return?

What family communication changes are needed?

Where can you see a need for increased respect, responsibility and cooperation?

Where have you built barriers instead of bridges?

Where do you believe you are limited, lacking or less than?

What can you begin again with enthusiasm, trust and freedom?

How do you really want to live?

What is your ideal lifestyle?

What prevents you from choosing it now?

What is more important than your happiness and health?

Nothing is impossible for those who Love.

Choose for Love.

No Limits To Love

Love knows no borders or boundaries.

Love is not diminished with time or space.

Love endures with coming and going.

Love is the essence of Life itSelf.

To block the flow of Love with hate,

To stop the joy of Love because we fear,

To choose not to Love because we hurt,

All limit our awareness of Love's Presence.

Jealousy and envy, greed and lust, attachment and neediness, passion and gluttony, are simple mistakes of one who has lost consciousness and connection with the everlasting unending Love within.

When we know Love is our Essence and purpose of our Being here:

We will Love no matter what.

We will forgive all obstacles to the awareness of Love.

We will Love beyond the apparency of limitation, lack or littleness.

We will Love All as One and One as All.

Foolish Choices

I make a fool of myself when I think my personality or ego can choose for me.

When I let fear choose, I lose.

When I let history teach me to defend against past pain,

I limit my enjoyment of today.

When I compromise my inner knowing to get approval from another, I lose my center.

When I pretend not to know what I am called to do,

I begin to doubt myself.

When I seek to conform and belong, pretending to be what I am not, I forget Who I am.

When I try to follow someone else's path,

I get lost and anxious.

When I am worried about the future,

I miss today's opportunities and richness.

When I criticize another's choices,

I open myself to other's judgments of me.

When I make choices based on temporary pleasure, worldly security, and personal neediness,

I strengthen my fearful thinking and false expectations.

When I believe what I know cannot be trusted,

I am choosing for disappointment, distractions and delay in the seeking what I really want.

Self Forgetting

Love is patient. Love is kind.

If Love is Who You Are, then forgetting to be Love is Self-forgetting.

If we have forgotten ourselves, then we feel lost and alone.

If we forgive ourselves for forgetting to Love and choose to Love again, we find ourselves and feel whole, on course and together.

Loving ourselves is forgiving our mistakes and our forgetfulness.

Loving others is forgiving their mistakes and their forgetfulness.

When we cannot forgive one, we have not forgiven the other.

All of our relationships feel lost and separate.

To hold grievances, judgments and withhold love, limits your own life energy and Joy.

Forgive, to return to your natural wholeness and happiness.

Forgive Everyone and Everything Every day.

You will find your life is empowered, and you feel whole and happy and free.

Forgiveness is the key to happiness.

Yes, it is fun, safe and easy to forgive. Live and let live. Everyone is learning and growing along with you.

What is Jealousy?

Jealousy is nothing but the wish I could have and give what another seems to have and give. When one feels jealous, there is some holding back, some self-denial of what is truly desired, some withhold of the Love we are.

When we hold back our deepest feelings for another, when we are careful and measured in our sharing of ourselves and the depth of our caring, we cheat ourselves of the joy of fully and profoundly loving and being loved.

In the fullness of Love there is no lack, no littleness and no limitation. In the Abundance of Love, there is no comparison, evaluation or measuring of how much is returned. There is only the full expansive joy of fully and freely giving All We Are.

The exhilaration of freely loving in every relationship has no pain. There is only pain and pleasure as we assign specialness to certain loves and certain moments, expecting something will be returned to us other than what we give.

When we are spiritually mature, we recognize that Life and Love are about GIVING, and not about GETTING.

Try lighting up when someone walks in the room.

Try attending to everyone as though they were your Beloved.

Try giving your very best Self to each One you meet.

Try noticing how wonderfully open and honest you are in sharing your highest feelings of love and respect, joy and enthusiasm.

Dare to Love always in all ways!

Parts We Play

We learn how to behave from our family of origin and our culture. Their behavior was learned from their families, too. We cannot judge a book by its cover nor an individual by their behavior, personality or choices. However, what we see from those we learn is what we believe to be valuable and appropriate.

Our actions speak louder than our words. We come to believe the act we play. Play dumb and you feel dumb. Play rich and you feel rich. Play bad and you feel bad. Play Holy and you feel Holy. Play all parts in different settings and you feel deceitful and doubt your own integrity.

You are a teacher and a leader.

Everything you think or say or do teaches all the Universe!

What are you teaching your world? Duplicity or unity?

What are you modeling for your family? Integrity or laziness?

What are you wanting your life to be?

A shining example or occasional moments of greatness?

You choose or we all lose! You are our Loving Reminder.

Your confidence, trust, and freedom all depend on your alignment with the Truth of Who You Are.

Believe in and Be your Essential Self.

What do You Seek?

Our minds are like a laser searching for evidence of what we believe, think, “know” could be true.

FEAR = False Evidence Appearing Real.

Two of the most effective advertising tools are fear and the avoidance of fear.

We seek for health to avoid illness.

We seek for pleasure to avoid pain.

We seek for friends to avoid loneliness.

We seek for rest to avoid fatigue.

We seek for approval to avoid criticism.

We seek for Love to avoid separation.

Our minds seek for and find what we are avoiding. Where we set our intention, there our mind goes. Our motivating energy is the avoidance and so we attract what we resist.

Choosing to forgive the past begins to erase our fears or avoidance. Letting go of the memories, beliefs, thoughts and experiences that we no longer want opens the door to choosing what we want.

Being motivated by our positive and powerful loving choices will attract health, pleasure, friends, nutrition, renewal, affirmation and Love

I place my future in the consciousness of Goodness and Holiness. I now accept the Good that belongs to me in Truth.

Honor the Voice Within

Are you confused about which path to follow?

Do you sit in the silence?

Do you listen to your inner voice?

Do you honor your inner knowing/intuition?

Do you trust in a Higher Power?

Do you trust Spirit within to guide your life?

Are you willing to be happy?

Are you willing to find a better way?

Are you willing to be free of conflict and fear?

Are you willing to learn from Holy Spirit?

Are you willing to give the gifts you have?

Taking time each day in the same place at the same time is a great beginning. Your appointment with Spirit can be a sacred communion where you receive direction, encouragement, healing and love.

Take time to still your own voice. Set aside your “to do” lists and plans. Dedicate an early morning time to simply be with your self and Spirit. Ask your questions and express your wondering. Then be still and listen. Write what you hear in your own mind. Write every word, every sensation and image.

When you are complete, take time to read what you have written with reverence and trust. God is speaking to you now. It is ours to open our minds and hearts to really listen and honor what we hear. Take time to Listen within.

When To Quit!

Did you quit too early?

Did you walk away in fear or with respect?

Is the Best yet to come?

Do you know when you quit too soon?

You are haunted with thoughts and feelings from the past.

You wish you could have done things differently.

You wonder how it could have been.

You have a sense of guilt or regret.

There is no feeling of completion.

You dream about the person or situation.

You wonder what they are doing now.

You want to get even or hurt them.

You try to get their attention.

Memorabilia hangs around as unhappy reminders.

When you think of the past, you feel sorrow, anxiety or anger.

Where there is closure, there is peace with no regret.

For honorable closure Angeles Arrien suggests:

- **Give gratitude.**
- **Notice the positive impact it had on your life.**
- **Acknowledge the tests and challenges from which you learned and grew.**
- **Honor your choices for reconciliation and separation. (You can choose different paths with respect and blessing.).**

Keys for Healing Relationships

If you want to be unconditionally loved, love unconditionally.
Everyone expresses Love differently based on family patterns.
We expect to be treated as we learned in our family system.
We cannot read each other's mind, so say what you want.
To be trusted and respected, be truthful and respectful.
Constant. forgiveness and healing create perfect Love.
We learn how to truly Love by facing our fear of Love.
What we perceive in another, we strengthen in ourselves.
When we criticize another, we strengthen what we judge.
Our work is to become masters of forgiveness, overlooking what we dislike and focusing on what we appreciate.
Where we give positive or negative attention, we increase.
Ignore the negative! Focus on the positive.
Seek what you want by giving it. Value what you give.
Serve everyone as though they were an honored guest.
Speak to others with clear intention and loving commitment.
Behold the best in others and they will not disappoint you.
Focus on always being the kind of person you want to be.
Everyone learns more from behavior than from our words.
Give the Love you want and you will have the Love you desire.
There is only the Gift of Love and the call for Love. Give Love.
The only mistake we ever make is when we forget to Love.
Know human love is changeable. Divine Love is Eternal.

What is Guilt?

Guilt is an ego-designed human emotion which comes from lack of forgiveness for our mistakes. The ego uses guilt to try to keep us from being wrong or at fault. Guilt keeps us “in control”, careful, defensive, limited. Guilt is the most reprehensible of human emotions, because of the resultant body feeling. Usually we project our guilt onto someone or something else, so we don’t have to feel responsible.

When someone feels guilty, they often blame the person they harmed or try to avoid them. They do this to avoid feeling guilty by casting the blame outside themselves. Contrary to common practice, it is our guilt that perpetuates the behaviors we feel guilty about. Guilt gets us stuck in repeated patterns of non-helpful behaviors. Our deepest guilt is about forsaking our Path, the Spiritual Path we have been given to remember Love.

Practice forgiveness to free and clear yourself and others from guilt. Forgive yourself for forgetting.

Forgive yourself for trying to do it alone.

Forgive yourself for making mistakes.

Forgive yourself for being wrong.

Forgive yourself for not listening within.

Forgive yourself for not honoring your inner call.

Forgive yourself forsaking you True Essence.

Forgive yourself for letting judgment, criticism, doubt and fear lead you into repeating negative behaviors.

Forgive and be free.

Pain

To manage pain, we often treat the symptom and forget about the cause. This strategy creates a cycle of pain, including physical, emotional, mental, financial, relationship and spiritual pain. There can be pain in all areas of life. Whether pain in our head, our back, our marriage or our bank account. We ameliorate and over-ride our pain by staying busy, taking pain killers, and denying the real problem.

Most of us get agreement to simply take the pain away and go on. Pain causes stress, depression and more problems. Pain killers, (alcohol, aspirin, codeine, marijuana, pornography, gambling, exercise endorphins) all take away the pain temporarily and then we get hooked on more pain killers.

It is difficult to identify the source of pain in our lives and to let it go with forgiveness and respect. Once we learn how effective it is to release what brings us pain, we can begin to trust we can be happy. Until we take responsibility for recognizing and releasing our source of pain, we may be uncertain or even give blame God for our suffering.

What is the source of your pain?

Conflict about serving two masters?

Enduring a job or relationship that is not nurturing and helpful to you?

Choosing a lifestyle that abuses your body?

Withholding a lifelong secret of shame or guilt?

Condemning and criticizing yourself relentlessly?

When Falsely Accused

How do you defend yourself? Look first to your own acts of injustice, deceit, criticism and gossip. Acknowledge where you have been unfair, false, critical and complained to others. On the spiritual path, even the smallest negativity will be magnified. Acknowledge and forgive yourself first.

All of us committed to the path of Peace must be responsible for our spiritual impeccability and accountability. We must focus on minding our own business and keeping our own consciousness squeaky clean! Light attracts darkness. Love attracts fear. Joy attracts sorrow. (Always for the purpose of healing.)

Give to others what you would want if you were in their situation. Forgive yourself for misunderstanding and taking it personally. Pray for them. Forgive their fear and pain.

Just as you have known dark times, give to the other what you would have wanted to receive. Watch the miracles as you extend Love instead of grievances. Grievances hide our inner Light. Grievances cause us fatigue and pain. Grievances prevent us from seeing the miracles and opportunities for joy. Forgive all grievances and regrets.

Free yourself from judgment and fear.

Trust in a Loving and healing outcome for everyone's sake.

A Gift to Ourselves

Forgiveness is the key to our happiness now.

Forgiveness is the release from fear and pain.

Forgiveness is coming home again to Love.

Depressed? Forgive yourself for mistakes.

Angry? Forgive yourself for getting hurt.

Scared? Forgive yourself for not trusting

Tired? Forgive yourself for judging others.

Confused? Forgive yourself for not listening within.

Forgiveness is the conscious process of erasing all thoughts that shut down the flow of you loving and respecting you. Forgiveness is best achieved simply by your willingness to let go of everything that is not wholly good and wholly true and wholly loving. Forgiveness must clean your mind and your emotions of what is not Highest and Best for every One, especially you. For when we hold grievances, we shut down the inner light and wisdom. We diminish the flow of life energy, strength and power. We withhold love and miracles from ourselves and others. Grievances, judgments and fears lessen our confidence and separate us from our Source.

I forgive Everyone and Everything Now.

Forgive and really Live!

Finding Joy

The absence of joy is a sure sign we are following the direction of the ego.

When we are depressed, we have forgotten to Love.

We are holding grievances against ourselves and our world.

We are seeing and judging our mistakes.

We are trying to correct ourselves and others.

Or we have given up on ourselves and our world.

When we are depressed, we have fallen into hopelessness and despair.

We are choosing to feel separate from God and Good.

Optimism is lost.

The experience of natural inner joy is a sure sign we are listening to the Voice of Spirit.

When we are joyful, we are remembering to Love.

We are forgiving ourselves and our world.

We are seeing everyone sinless.

We are trusting in Spirit working through us.

We see, know and appreciate the wholeness, goodness and beauty in the world.

We are filled with hope, faith and enthusiasm.

We know we are connected with the Divine Will.

Reality is beneath the surface and we are willing to see things differently, to look within.

We trust in the Highest good for all.

We recognize that under the apparency is always Love and the call for Love.

We flow with what is and appreciate all that we are, all that we have and all that we give.

Life is Good and we are content.

Simple and True

Let Go:

Release the past.

Judge nothing.

Give up assumptions and expectations.

Forgive everyone and everything.

Choose:

Be Happy.

Respect everyone's process.

Love God.

Create Goodness, Wholeness & Beauty.

Gratitude:

Enjoy life.

Bless your creations.

Appreciate your Self.

Rest in God.

Do You Trust Yourself?

We trust what we believe will keep us safe from harm. We are willing to trust what we can count on to ensure our health, happiness and freedom. We will not trust what has allowed us to feel hurt, get sick or be attacked. If you have ever experienced illness, pain or personal loss, it is likely that you have lost a sense of total trust. It may be subtle, but we feel guilty about not taking impeccable care of ourselves. Usually we look for an external power or force, an authority figure like teacher, boss, parent, spouse or God to blame. To blame the authorities in our lives creates more distrust, judgment and fear, until it is clear there is no one and nothing to trust in this apparently unsafe, serious and harsh world. To protect and defend ourselves becomes our primary function.

There is another way!

Forgive ourselves for not loving ourselves perfectly. Forgive our judgment and fear of God, the Ultimate Authority. Trust there is a Force, Holy Spirit, Higher Power that totally loves us and wants us whole and happy and free.

Choose to let go of our doubts and listen within for Inner Guidance. This inner voice leads us only to Happiness and Peace. With practice and willingness to follow the path of Love, we learn how to live in a state of perfect Trust in all things. Life is good and we know we are safe and healed and whole.

Trust. Trust. Trust.

Keeping Our Agreements With Ourselves

Keeping our agreements with ourselves will build confidence, self esteem and trust. Wherever we are out of integrity or neglect to keep our promises with ourselves, we have affirmed we are untrustworthy. If we feel we have forsaken ourselves, we can only suspect that others may do the same.

How we treat ourselves is then reflected by the Universe we live in, in our relationships and life situations. We may even project our lack of trust onto God and lose our Spiritual Faith. When we are out of integrity with our Inner Truth, we lose confidence, self esteem, trust and Faith.

Our healing work, the work of forgiveness, begins within. We must forgive our own negligence and forgetfulness. We have learned to forsake and abandon ourselves, often based on how our parents abandoned or rejected themselves. Forgetfulness, distrust, and lack of confidence is passed on from generation to generation.

With true forgiveness we are willing to look beneath to the Love within. We simply let go of our mistake, our misperceptions, our lack of self Love and respect, and choose again. To know, express and stand in our Truth is to choose for what is Good and Loving and Holy for ourselves and others. We serve only the Highest Good. We remember the Love within. We support the Light we are. We live at peace with Joy in our hearts.

Life is Letting Go

Let go of what is not true.
Let go of what is not you.
Let go of what is not real.
Let go of what you cannot heal.
Let go of what repeats.
Let go of what is incomplete.
Let go of what hides the light.
Let go of what makes you fight.
Let go of loss and lack.
Let go of what holds you back.
Cherish the Truth of Who You Are.
Appreciate you have come this far.

If you love someone or someone very, very much,
let them go. If they are meant to be yours, they will return.
Love is the action of non-attachment.

Simple Keys to Enhance Positive Energy

Let go of all unnecessary stuff.
Shine more light on your life.
Surround yourself with what you love.

Everything gives you energy or depletes your energy, depending on how you perceive it and receive it.

Do The Work

The work is to let go of everything that brings pain.

The work is to let go of what is not good.

The work is to stop making myself unhappy.

The work is to listen inside not to others.

The work is to stand up for Who I Am.

The work is to honor and respect my Self.

The work is to stop trying to be ordinary.

The work is to erase limiting values.

The work is to treat myself as Holy.

The work is to read wholesome books.

The work is to eat only healthy foods.

The work is to recognize I am precious.

The work is to be those who respect me.

The work is to be in faith with my Spirit.

The work is to remember to Love always.

The work is to let nothing harm me.

The work is to live free and unlimited.

The work is to trust in my provision.

The work is to see the Good and be grateful.

The work is choosing to be peaceful.

The work is to rest in God's Love.

I am willing to DO THE WORK! Are You?

Surfing Through Life

Life is like riding a surf board.

A little part of life is learning to find the wave. Another part is learning to ride the wave. And, of course, there is the ‘wipe out’. We can choose to ride the crest, in the curl, or if we are wise, we know when to bail out and turn back for another run at the “big one”.

Some of us live for the glory of victory and the agony of defeat. Whether you choose big waves or small ones, riding in the curl or the crest, riding all the way in to shore or turning back often for more, most of the life surfers time is spent waiting for the wave just floating in the ocean.

Do you enjoy your time just floating in life’s ocean? What do you choose when you surf in life? Do you seek only the big waves or can you appreciate the time spent waiting?

Everyday life is as fun, safe and easy as you are willing to choose it to be. Peace is a matter of choosing to simply rest in the cradle of life’s waves.

Finding the crest and being the Best will challenge your rest, giving you opportunities for exhilaration and joy or “wipe out” in defeat. With a trusting attitude, knowing “all is well” and “no harm done”, the return to peace and well-being is immediate.

Loving life’s learning is enjoying it all, large or small, success or failure, riding the crest in glory or the wipeout in defeat.

Everything Has Value

Save it or throw it away? Valuable or valueless?

Cling and cherish or get rid of it? If you can't decide, put it in storage?

Everything that has been, has been of value.

The storms and the rainbows, the wounds and the healing, the struggles and the triumphs. What we have experienced has changed our minds and our lives. It has shaped our beliefs, our judgments, our choices, our loves and our fears.

To be unconscious is to throw everything away without appreciating our choices. To be unconsciousness is to get rid of parts of ourselves without ever claiming they belong to us. To be unconscious is to waste our past by making it meaningless and wrong. Everything that we have experienced has the value and the meaning we give to it. Make it bad and useless and mistaken and it will be.

Make it good and valuable and helpful and it will be.

Our lives are rich tapestries of both colorful and neutral experiences and relationships. Each one provided substance and energetic opportunities for learning, healing and growth. To embrace them all with gratitude is to begin to discover their intrinsic value.

Appreciate the past and all it has given You.

Who Are You?

Are you your body?

Are you your thoughts?

Are you your emotions?

Are you your beliefs?

Are you what you own?

Are you your family?

Are you your history?

Are you your wounds?

Are you your accomplishments?

Are you your friends?

Are you your roles?

Are you your career?

Are you your life experiences?

Are you your financial state?

Are you your marital status?

Are you where you live?

Are you your age?

Are you where you were born?

No wonder we are confused and forget who we are.

We seem to identify with and own all these temporary truths.

Who are you really?

I am remembering.

You are unlimited in power and in peace.

A Child at Heart

Are you loving you today?

Are you taking some time to play?

Are you giving yourself a smile?

Will you listen to your self for awhile?

If you were a child, you'd sometimes cry.

If you were a child, you'd want to fly.

If you were a child who knew you were loved,

You'd sing and dance and get lots of hugs.

If you were a child curious and carefree,

You'd explore, wander and let yourself be.

If you were a child feeling safe and secure,

You would feel at home and always be sure.

There is a child, living inside.

There is a child, wanting to confide.

There is your innocence just waiting for you.

There is your Joy playing peek-a-boo.

Make time to listen to Your Self today.

Today you can take some time to play.

Today you can experience Real Love for You

Today you can remember to let You be True.

What Do You Serve?

Choose the Master you serve.

Do you serve “I can” or “I can’t”?

Do you honor limitation or possibility?

Do you serve “I have” or “I need”?

Do you believe in Abundance or greed?

Do you hear “I will” or “I won’t”?

Do you live in choice or in fear?

Do you learn from failure and success?

Do you stand up to life’s tests?

Are you hopeful or full of doubt?

Are you leading the way or following?

Are you generous or stingy?

Are you living fully and or on empty?

Do you work to survive or to thrive?

Do you live in lack or in wholeness?

Do you give freely All You Are?

Do you appreciate the gift of yourself or hold it back?

Do you appreciate or complain?

Do you serve gratitude or poverty?

Abundance or Lack?

Magnificence or Littleness?

Freedom or Limitation?

Possibility or Pity?

What shall it be?

Love is Freedom and Trust

Trusting others with the freedom to choose is the greatest gift of Love we have to give.

Have you given yourself freedom?

Do you trust your choices?

Do you give your loved ones freedom?

Do you trust your loved one's choices?

Whether we agree or not, the value of trust and respect in our choices allows us to learn easily from the choices we make and to experience the consequences of our choices without distraction or interference.

When we are doubted, judged, ridiculed, rejected, questioned or criticized for our choices, we learn we cannot listen to and trust ourselves without losing other's love and respect. We tend to become fearful, indecisive, ambivalent, procrastinate, dependent, self-denying, and feel inadequate and incapable. There is much to forgive and undo to be free to listen within and honor our own inner Voice and Higher Self.

When we are supported, believed, trusted, honored, respected, accepted and loved for our choices, we are strengthened in our capacity and willingness to listen within.

We believe in and trust ourselves. We honor our choices and our life experiences. We love ourselves and we love Life.

Forgiveness is the Way to Freedom.

Forgive yourself for taking on others' pain.
Forgive yourself for holding secrets.
Forgive yourself for not trusting God.
Forgive yourself for being careful.
Forgive yourself for judging and criticizing.
Forgive yourself for talking about someone.
Forgive yourself for being self deceiving.
Forgive yourself for taking the wrong path.
Forgive yourself for forgetting what matters.
Forgive yourself for not singing with joy.
Forgive yourself for pushing people away.
Forgive yourself for avoiding difficult tasks.
Forgive yourself for not enjoying life.
Forgive yourself for being harsh with your self.
Forgive yourself for scaring yourself.
Forgive yourself for doing destructive things.
Forgive yourself for not being gentle and kind.
Forgive yourself for withholding your Truth.
Forgive yourself for being in conflict and fear.
Forgive yourself for not daring to be creative.
Forgive yourself for denying heart's desires.
Forgive yourself for not saying "I love You."
Forgive yourself for not appreciating friends.
Forgive yourself for not wholly loving YOU!

Freedom is The Key

Attachment is the way to stuckness and pain. When we get imprisoned by our limiting focus, commitment and desires, we limit the way of Spirit.

Cycles and seasons of change are the natural process of Spiritual growth and Self cultivation. We must allow ourselves to follow the path that has heart. Lasting treasures are always those which are eternal, those which fill us with life energy. Energy moves and changes with the stages in our lives.

While some of us are meant to live in the same home with the same person for a lifetime, others are called to change places, people, work and lifestyles. Perhaps our greatest mistake is believing there is a “right” path, which when followed, will yield a constant prosperity that has no variation. We judge ourselves for not being satisfied. We try to compensate with riches, toys and novelty to no avail.

The key is to free ourselves from worldly desires to conform, belong, get approval, riches or status.

The key is to commit to our Self cultivation and inner peace by withdrawing our attention to what others think or believe.

The key is to free ourselves to know ourselves, to be ourselves and express our inner calling no matter how it may look to others.

In our freedom lies our happiness.

In our freedom we set ourselves apart as, we live from our heart.

And our riches are in our Joy and peace of Mind.

Steps to a Good Life

It is in valuing the Good you already have
that you come to see the Good Life you live.

Steps to a Good Life

Be free. Release attachments and specialness.

Be trusting. Trust you are loved and worthy.

Be open. Notice the Goodness and Beauty.

Be willing. Release what is not good for you.

Be loving. Know yourself and Love yourSelf.

Be listening. Listen to your Spirit and follow.

Be appreciative. Enjoy every blessing.

Be giving. Give All to All who are sent to you.

Take any step and practice faithfully.

All the others will follow.

Love Yourself Anyway!

No matter what you weigh or how old you are,
love yourself anyway.

No matter what you owe or how you overspend,
love yourself anyway.

No matter how much you judge or disagree,
love yourself anyway.

No matter how you waste your time or do foolish things,
love yourself anyway.

No matter how often you have failed or disappointed others,
love yourself anyway.

No matter what mistake you have made or sins committed,
love yourself anyway.

No matter how sick and tired you are of being sick and tired,
love yourself anyway.

No matter how ugly your thoughts or unkind your words,
love yourself anyway.

No matter how self destructive or addicted you may have been,
love yourself anyway.

No matter how mad you get at God and your parents,
love yourself anyway.

No matter how you doubt and disapprove of yourself,
love yourself anyway.

Love yourself every way!

Why Wait?

Listen within and follow the path with a heart.

What has heart and meaning for you?

What matters is being true to you.

The reward is in each and every moment.

Ask yourself:

Are you happy?

Are you healthy?

Are you loving?

Are you loved?

Are you trusting?

Are you peaceful?

Are you awake?

Are you full of wonder?

Are you choosing?

Are you available?

Are you living?

Are you giving?

Are you creating?

Are you celebrating?

Are you connected?

Are you enjoying everyday?

Why wait? Choose what is true for you today!

Appreciate Your Self

Do you want to be a winner?

Do you want to be prosperous?

Do you want to be holy?

Do you want to be of service?

Do you want to be a teacher?

Do you want to be a leader?

Do you want to be a blessing?

Do you want to be a giver?

Do you want to be happy?

Do you want to be inspiring?

You already are. Except when you forget!

Look at what you have received.

Look at what you have accomplished.

Look at how much you have forgiven.

Look at who you have helped.

Look at who you have taught.

Look at how much you have inspired others.

Look at how giving you are.

Look at how many blessings you have given.

Look at how you have lightened lives.

Look at how often you are happy.

Look at how you show up in your world.

You are more than you know.

Appreciate your Self.

Happiness is our Natural State.

When we are not happy, something has gone wrong.

Happiness heals.

Happiness is real.

Happiness leads us to our wholeness.

Happiness teaches us what is of God.

Happiness is simple.

Happiness extends Love.

Happiness is open and willing.

Happiness is trusting.

Happiness is freeing.

Happiness is generous.

Happiness is a gift.

Happiness is defenseless.

Happiness is accepting.

Happiness enjoys itSelf.

Being happy provides riches no amount of money or things can give.

Are you happy?

Where are you not fulfilling your own dream?

Where are you living untrue to your Self?

Where have you taken the wrong road ?

Forgive yourself and choose again.

How to Create What You Want

1) Be open and willing.

Any excuse you make blocks the possibility.

2) Know that God wants you happy.

Spiritual happiness is living your dreams.

3) Say “Yes” whole heartedly.

100% commitment yields 100% results.

4) Plan for and ask for exactly what you need.

Listen daily to Spirit. Ask for help.

5) Open to everything that will support your dream.

Use your resources to support what you want.

6) Trust you will be provided for.

Look for possible funding resources and surprises.

7) Listen everyday to what you are to do and say and whom to meet in order to fulfill your dream.

8) Assess whether you are ready and committed.

Clear your excuses, fears and blocks.

9) Practice affirming your success everyday.

Success comes easily as you follow God’s plan.

10) Visualize and imagine what you want.

Make it real and immediate in your mind.

11) Affirm that what you want already is.

I now enjoy living my dream..

12) Never quit on your dreams.

What we conceive and believe we can achieve!

The Good News

We are each totally responsible for our feelings, our beliefs, our attitudes, our hurts, our fears and our frustrations. The mirror or reflection we experience in the world is designed to help us see what we can change—ourselves, our beliefs, our expectations, our assumptions, our attitudes, and our behaviors.

This is the good news.

Where I have the real power is within myself.

I need no one's approval.

I can choose to change at any time.

I can choose my own timing.

I can experiment with my choices.

I can erase what I no longer want.

I can replace my beliefs with my own ideas.

I can learn what is really good for me.

I am free to choose and change and choose again.

Life is an experiment designed for me to learn what is really best for me.

I treat myself and my life lovingly.

I let others be.

“Tis a gift to be simple”

What is simplicity for you and me?

A simple life releases complexity.

(No worry, judgment, comparison, evaluation.)

A simple life lets go of striving for more.

(No need to achieve fame, glory or wealth.)

A simple life erases fear.

(No need to protect or defend)

A simple life honors what you have

(Rather than focusing on what is missing).

A simple life enjoys what is here and now

(Rather than seeking for future pleasure.)

A simple life focuses on giving joy

(Rather than seeking to be entertained.)

A simple life flows like a river.

(Rather pushing nor withholding its flow.)

A simple life values what is eternal.

(Rather than temporary treasures)

A simple life appreciates and give thanks.

(Rather than criticizing or demanding more.)

A simple life extends love generously.

(Rather than seeking for love from others.)

A simple life is serene and content.

(Not confused or distracted.)

Indicators of Inner Peace

How will you know when you are conscious?

Can you imagine living with inner peace?

Here are some symptoms of being mindful and aware of the peace within.

No fear or anxiety; no worry or concern.

Happy all the time.

Easy and quick to forgive.

Looking for excuses to extend Love.

Enjoying the beauty in everything.

Being grateful for everything life brings.

Taking time to express gratitude.

No need to push or make things happen.

No need to control or prevent happenings.

Looking forward to the adventure of each day.

Marveling at the variety of flowers in the garden of humanity.

No Self doubt, trusting your inner knowing.

Loving your Self and your creations.

Imagine what it would be like to be at peace all the time.

That's the beginning! Just imagine.

Six Steps to Peace

Happiness, Love and Peace are the same.

They are not human emotions or emotionally based.

There is a place of Joy in me that is constant, not based on what I see or hear or feel. It is what is Real within me, not the apparency I see outside. When I experience pain or loss, I continue to be aware of this inner place where 'All is well' (no matter how it looks).

“God Is.”

“I do not know what anything is for.”

“All things work together for Good.”

It is only when I judge the condition, making it good or bad in my mind, that I am distracted from the external and forget my center of Peace. It is in forgiving my judgments that I return to a place of Inner Happiness, Peace and Love.

Six ways to Happiness and Peace:

- 1. Judge nothing!**
- 2. Forgive everything!**
- 3. Realize my judgments mean nothing!**
- 4. Let go of attachments & expectations!**
- 5. Let Love lead the way!**
- 6. Listen within and follow!**

No Need to Do Anything

I choose to enjoy and bless everything!

This morning as I listened to a beautiful piano concerto, I saw myself playing with passion and felt tears flowing down my cheeks.

When I hear a story of great heroics, someone acting beyond their normal physical limits and customary behavior, I often imagine myself doing the same.

When I watch a parent hold and speak with their child with respect and compassion, I can feel the deep inner peace and love in both.

When I watch a group celebrate one member's victory or new insight, my heart expands with great joy. I share in the beauty and goodness and delight in this world recognizing that we are truly all One.

I need not paint the masterpiece.

I need not be the Olympic star.

I need not be a Hollywood celebrity.

I need not be a free and playful child.

I need not become a new mother.

I need not become a best-selling author.

I need not be an international leader.

I need not be a spiritual guru.

As I observe, honor and enjoy it all,

I fully experience the gift and blessing.

You Are the Light of the World

Are you the Sunshine in someone's life?

Are you a Loving Reminder?

When You give the Love that You Are,

When You smile on someone's life,

When You share "I love you",

When You lift them up into your heart,

You make the most profound difference.

You are the Sun that warms their world.

You are the Joy that brightens their day.

You are the Love that inspires their life.

You are the Peace bringing Trust and ease.

Just like the Sun, (and the Holy One)

You won't always be noticed.

You won't often be appreciated.

You may sometimes be blamed.

You may even be sent away.

Never quit shining! Never quit loving! Never quit seeing the Goodness, the Wholeness and Beauty, no matter how they may treat You. Never quit on Love! And if you forget,

forgive yourself And shine again!

You are the Light of the World!

Through the Eyes of a Child

Can you imagine life through the eyes of a child?

“What a wonderful new day!

Good morning, sky!

Good morning trees!

Good morning air!

Good morning Sun!

Good morning, world!

I love being alive.

Free to crawl or run,

To jump, skip and hop.

I love to be loved and cuddled and squeezed, To laugh out loud and giggle at funny sounds and silly faces. I love playing with my food, pretending and trying out different ways to be. I love being silly, being sad and mad and scared. I love hiding and finding what I pretend I have lost. I love following and leading and trying to be boss. I love giving and taking and sharing my toys. I love being with somebody who will just be there and love being with me and all the ways I am. I just want to be wanted. Just love me being me.”

Can you love the innocent child in you?

Can you be there and love you being you?

Can you love you just as you are?

Rejoice

This is the day the Creator has made.

Let us be glad and rejoice in it!

When there is suffering, be at peace.

When there is pain, be at peace.

When there is loss, be at peace.

In life there is flow, cycles and seasons. Allow, let go and trust. Take heart, all paths lead to God, to Good. In this, rest assured. No difficulty will endure. Always coming from Love and returning to Love on the journey. In the moment, always exploring for Love.

The Path can be discerned only by the Awakened. When sleep comes, there is slipping away from the Path. Slow down and stop when obstacles appear. Return to peace. Listen within and honor what you hear.

The journey is long and difficult for those who sleep. But the awakened curious observer enjoys the adventure and the events along the way. Every moment is a blessing and a gift for those who seek for Truth. Obstacles are temporary wakeup calls.

Spirit leads us to avoid pain. Listen to your inner Director, the One who guides you Home. Choose to stay awake and remember to be at Peace.

Peaceful Creation

Love created us Loving.

Peace created us Peaceful.

Light created us Delightful.

Holiness created us Holy.

Perfection created us Perfect.

A new dawn is coming. Are you ready?

Rest. Reflect. Renew.

Rekindle your inner passion for life with gratitude.

Appreciation begets Joy.

Joy inspires Creativity.

Creativity expresses Beauty.

Beauty inspires Goodness.

Goodness creates Kindness.

Kindness produces Healing.

Healing renews Wholeness.

And Wholeness gives Gratitude.

Choose to be grateful today.

Your thankful heart inspires a peaceful mind and a happy life.

Let Us Wake Up Together in Love Forever

May all be kind to each other.

May all extend Love to each other.

May all be helpful to each other.

May all share good news with each other.

May all give thanks to one another.

May all be at peace with each other.

The Sun shines on All of us equally.

The Earth supports All of us equally.

The Air we breathe inspires us All equally.

The Water we drink cleanses us All equally.

Our Creator loves us All equally.

May we bless All equally.

Let us wake up together in Love forever.

Our Co-Mission

- * Walk in Faith**
- * Speak with Love**
- * Give with Joy**
- * Live with Gratitude**

Affirmation of Life

May my life be a prayer, a sacred request for all Beings to be whole and happy and free.

May my life be a song—a melody of exquisite beauty and grace, realizing the harmony in diversity.

May my life be a meditation—a silent walk through the marketplace, offering blessings of gratitude and gifts of loving kindness.

May my life be a dance—freely flowing with the inner music of my joyous heart and touching the souls of my global family.

May my life be a gift—wrapped in the awakening colors of Remembrance and opened to reveal the glorious light within every willing receiver.

May my life reveal the love story of God's Glory expressed through every human experience and expression for all time and eternity.

I am glad to be alive.

So Be It and Amen.

Betty Lue

Celebrate

As earthly Life folds Me into humanity,
I recognize and reclaim Holy Identity.
Always remembering Who I Am
No matter what the game or scam.
Needing nothing and giving All
Is how I answer the Inner Call.
Knowing always the Love within.
Remembering the Source from which I came.
Sharing the Light that shines in Me.
Telling the Truth that sets us Free.
Free to be the Gifts We Are.
Free to shine like the brightest Star.
Free to share that which We know.
Free to heal and free to grow.
As I release all limits, never true,
I Am and share the Real True B'Lue

Creator—Comforter—Guide

Mind—Body—Spirit

Thank you for this new day of Infinite Possibility and Freedom of Choice.

May I have the clarity and wisdom,
compassion and courage to:

- Listen to my Inner Guidance.
- Follow my Soul's calling.
- Honor God in All life.
- Enjoy all that I do.

May I walk in God's grace, creating beauty, goodness and wholeness with every thought, word and deed.

As I live each day in Divine Love, I give thanks for gentle opportunities:

- to forgive and heal,
- to live and learn,
- to play and create.

With gratitude and joy, I commit each day to:

- Love unconditionally
- Serve from the Heart
- Remember God

Blessed Be ♥

In love, we are not afraid.

In joy, we are not stuck.

In peace, we are not alone.

Betty Lue Lieber, Ph.D., MFT

Born August 16, 1942 in Michigan

Living in Hidden Valley Lake, California

Holy Union, life partner with Robert Waldon since 1985

Mother of two daughters + step daughter and son.

Grandmother of eight

Spiritual partner, guide and mentor to hundreds.

Founder of Reunion, Forum for Global Holistic Spirituality

Founder of 20 Counseling-Healing Centers in 5 states

Director of Reunion Living Ministry Program

CA Licensed Marriage and Family Therapist since 1977

Whole Life Coach and Success Consultant

Natural Health Counselor

Feng Shui Practitioner/Teacher

Certified T'ai Chi Chih Teacher

Ordained Interfaith Reunion Minister

Co-Minister of Unity Center for Inspired Living

Doctorate in Thocentric Psychology

Masters in Clinical and School Psychology

What is Reunion?

Reunion is the space of freedom and trust, where Love is remembered and Wholeness and Goodness are realized. Reunion is the space in which each individual can find and follow their own unique Spiritual path and essential life purpose.

We allow Spirit and inner guidance to lead ourselves home to the Abundance of Joy and Love and Peace found in perfect Trust with God, the Good in All that Is. The Real Work here is to undo all self-made obstacles to the Awareness of Love's Presence, to reclaim our natural inheritance, to be whole and happy and free.

Our single error is separation from our True Identity, with one solution, ReUnion. The process of reunion is forgiving and releasing whatever keeps us separate from our Selves and our Source.

“Life is for giving and we are the gifts. It is in fully giving that we recognize the unlimited and magnificent gift of Love we are. The only mistake we ever make is when we forget to Love. Every thought, word and deed is our living prayer. Therefore, it benefits us and all creation to live in love and give abundantly.”

Betty Lue

Reunion Ministries

Reunion Ministries was a gift from Spirit to me and those I have worked with over the last 35 years. This non-profit church without walls, organization without requirements, programs without evaluation, spirituality without dogma, is a forum for all to explore their own beliefs, to heal their hearts and open to Spirituality within their own lives. These precepts are the guidelines through which we grow together in Trust and Freedom, the essence of Love ItSelf.

Precepts of Reunion

We are all Spiritual Beings.

All life is inter-connected.

Love is our natural state and the unifying force of all creation.

To create what is good, beautiful & whole is our call.

Forgiveness and freedom from judgment and fear bring healing and love.

All relationships bring us into conscious awareness of our blocks to love and our healing needs.

We are here to learn & teach what we are learning.

We respect all Beings, honor all Paths.

We listen within and serve the Highest Good for All.

Reunion:

A Forum For Global Holistic Spirituality

Reunion offers the space of freedom & trust in which to:

- 1. Reclaim our True Self.**
- 2. Actualize our full potential.**
- 3. Balance our relationship with all life.**
- 4. Live our vision of cooperation and co-creation.**

Mastery of Reunion

My intention is to inform, inspire and invite you to join with me in whole life integration and inner REUNION.

- 1. Align mind, body and Spirit.***
- 2. Honor heaven and earth.***
- 3. Balance home and work.***
- 4. Explore real work and recreation.***
- 5. Give yourself quiet & interactive time.***
- 6. Realize connectedness with all life.***
- 7. Accept human differences.***
- 8. Respect all life.***
- 9. Know harmony and unity, inside and outside.***

This is truly the mastery of Inner Reunion.

Betty Lue Offers

Consultations:

By phone, Skype, email, home or office.

Phone: 800-919-2392 voicemail/pager

Email: bettylue@reunionministries.org

Home: 17664 Greenridge Rd., Hidden Valley Lake, CA 95467

Offices:

Reunion Center for counseling, Healing and Growth

3496 Buskirk Ave, #103 Pleasant Hill, CA 94523

Unity Center for Inspired Living

50 Sand Creek #140, Brentwood, CA 94513

Positive Living Center

17568 Spruce Grove Ext, Hidden Valley Lake, 95467

Reunion Living Ministry Program

See ReunionMinistries.org

Experiential training for those who seek to focus and facilitate their spiritual development, life purpose and calling.

Workshops and Retreats— See ReunionLakeHouse.org

Email your request for annual schedule of retreats.

Daily Loving Reminders

Receive by email—bettylue@reunionministries.org

View on the web at www.lovingreminders.org

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Books published

Loving Reminders

Peaceful Reminders

Relationship Reminders

Pocketbook of Affirmations

Healing Reminders

Family Reminders

Healthy Reminders

Give Your Self to Love
&
Love Will Give to You

You are the One You Seek.

**In giving your Self,
you find the Greatness
of the Gift You Are.**