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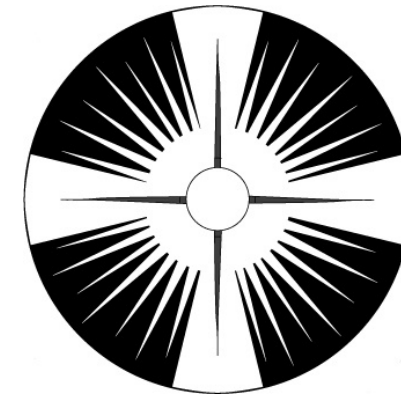
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Healing Reminders



Remember Love

Betty Lue Lieber, Ph.D.

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Remember Love and Return to Wholeness.

***It is in loving
that we return to our natural state
of healing and health,
wholeness and Holiness.***

***For so it is, that we live
with gratitude in our hearts and peace in our minds
Betty Lue***

Healing Is:

- Being at Peace.
- Making someone happy.
- Coming together in Love.
- Creating what is Good, Beautiful and Holy
- Being grateful for the Good.
- Living with God at the Center.
- Honoring All Life.
- Loving everyone.
- Being free to Express.
- Knowing the Blessings Already Are.
- Releasing all Fear.
- Forgiving everything and everyone.
- Recognizing we are not our bodies.
- Fulfilling our purpose.
- Giving always and only our Best.

Disease, Dissatisfaction, Distress and Despair are:

- Being conflicted.
- Making people unhappy.
- Staying separate in fear.
- Destroying what is Good.
- Being critical of what we have.
- Living without Higher Power and God
- Devaluing Life and doing harm.
- Hating and Judging people.
- Restricting expression.
- Believing in a harmful, dark and evil world.
- Feeling fearful and insecure.
- Judging and criticizing everyone and everything.
- Believing we are our bodies and our emotions.
- Denying our value, purpose and reason for being.
- Giving little while trying to get as much as we can.

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Our Relationship

As you open this book to read, you are beginning a relationship with me, the writer, with the spiritual energy that works through me, with the words contained herein and most importantly with Love It Self. In this physical world we see ourselves as separate, yet we can be in relationship with all things, in order to better know our whole Selves, the One.

Be aware that this book is not perfect in the worldly, comparative sense. You will find mistakes within these pages. The same is true of your relationship with me and with yourself. You and I will make mistakes within our time together. Such is the nature of physical life. To the degree you focus on the errors, they will seemingly grow and take over your field of vision. However, if you can forgive your judgments and see beyond the errors to the Essence or Heart of this book and the reminders it offers, you will be healed of the pain, frustration, loneliness and depression you may have felt.

My Teacher

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 within, quietly waiting to be discovered. 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.

About My Process

I am writing these remainders for you and for myself. We are in a relationship that I value and want to enhance. We are friends and partners on the spiritual path, seeking to be more and give more of the Love We Are. Not everyone is aware of this path and so we model for them bringing the Light and the Love inside by extending it to everyone.

I am obvious. My words speak for me. My heart and mind are an open book. You see me and know me and love me through these words. More importantly, you come to know I truly love and care for you. I am responsible for the wholeness and holiness in our relationship. I give to you the best I know. All I have is given to you with no conditions. These words are free to everyone. These books can be shared with anyone who would receive them as gift. They are here to be truly helpful. If there is anything that does not resonate or feel right or true to you, let it go. Waste no energy on resisting, arguing or avoiding, simply let go and move on in your own "right" direction. You know your own sacred journey and it is yours to honor, just as I respect and honor my own.

Healing Reminders

This is a collection of reminders for health, healing and well-being.
They offer some clues to our natural state of wholeness.

We seek external solutions for the problems we blame on external causes. Stress is the cause of a diminished immune system. When we allow more tension, stress and uncertainty than we can easily accommodate, our defenses break down. When stress goes up, brain integration (the ability to think creatively and analytically) becomes impaired. When we have too much stress and our ability to respond easily with our natural reserves of energy and consciousness, we challenge our natural immunity. When we are vigilant for an extended period of time, it takes a toll on our overall physical and mental health. We may use quick fixes, prescriptions and even prayer to temporarily handle our stressful lives.

How would our health be, if we seek only peace and harmony?
How would our health be, if we choose what really inspires us?
How would our health be, if we only have duties we can manage?
How would our health be, if we live within our means?
How would our health be, if we seek happiness within?

When we are at peace, we make healthy decisions.

When we are stressed or fearful, we have decreased ability to think both positively and practically.

I recommend finding inner peace first.

I suggest finding a place and time, a person and/or method of returning to a state of peace, love and gratitude.

In our natural state of inner peace, our resources, guidance, clarity, vision, direction and focus are all available.

We can be healthy in all ways, mentally, physically and spiritually.

Gratitude is Healing

When we appreciate everything, we are blessed with healing.

Gratitude heals our minds, bodies and Spirit. Gratitude brings Peace to our minds, Ease to our bodies and Joy to our Spirit.

Experiment with criticism and gratitude. Spend an hour or even five minutes in criticism and complaining and notice the depression, fatigue and lack of motivation. Then for an hour or so, consciously choose to be grateful. Notice the open thinking, energy flow and desire to create and enjoy. The difference is profound and may of itself convince you to spend more time in appreciation and less in negativity.

Gratitude opens the flow.

Criticism contracts.

Gratitude increases positive change.

Negativity decreases positive possibilities.

When you want to encourage your body to respond with healing, appreciate your body in thoughts, word and action.

When you want to improve the quality of your relationships, appreciate your relationships with your thoughts and prayers, your words of praise and blessing, as well as your behavior and enjoyment.

When you want to encourage the flow of money or healing or attitude, focus on all that you love and value with gratitude and praise.

When you want to improve your workplace, your home environment and your lifestyle, pay attention to what is working rather than what is not working.

Emphasize with your thoughts, words and deeds all that you wish to increase.

Gratitude in liberal doses is a valuable medicine and healing tool.

Perfect Love Is Healing

What matters is not how many we love, but how perfectly we love.

Love each one who comes to you with a love that is true, unfailing, patient and kind.

Love each one who is sent to you with a love that is forgiving, honest and generous.

Love each one who comes your way with a love that never quits on your choice to extend Love.

Love each one who is loved by you with your full presence, your attention, your trust and your freedom.

To love perfectly, be unafraid.

To love perfectly, see only holiness.

To love perfectly, give all to all.

To love perfectly, forgive what is not real.

To love perfectly, seek only to give your Best.

To love perfectly, behold the Essence of their Being.

You are enough, when you choose to love perfectly.

You are enough, when you remember the Love you are.

You are enough, when you give freely of what you have.

You are enough, when you trust in the Infinite Love within you.

You are enough, when you remember you and your Beloved are Love It Self.

Choose to Love with all your heart, all your mind and all your Soul.

Home Is Healing

Being at Home and living in Peace is healing.

I create my home to be a safe and sacred place for myself and others. I invite guests to remove their shoes. I play healing/inspiring music. I keep sounds natural with windows open, so the sound of birds and wind can be heard. I allow no negative sounds or sights with no arguing, no news media, no negative movies or TV shows. The furnishings are functional, as well as beautiful and inspiring positive reminders of the Goodness, Love and Beauty within. We maintain our living space with order and harmony. Cleaning is a sacred rite, not a chore. It is a joy to maintain the beauty and peace in which we live. This joy shines back on us giving us joy and peace of mind in return.

When I travel, I make myself 'at home' immediately. I create my living space to be my own setting out my sacred reminders, playing music or singing sacred songs or chants, clearing the space with a candle or my own inner appreciation and joy. I make friends with those who serve me....waiters, bell captain, desk clerks, and everyone who offers help. I visit the local grocery store for water and health food. I get a map and get oriented with the town and locate exactly where I want to go. I create a sense of having always lived there. I make the place my own by following local customs and learning the language. There is a quality of being at home, wherever I am, that is healing and brings peace to me within a few hours of being there.

Home is enjoying where you are.

Home is appreciating what you have.

Home is knowing you are safe and loved.

Make yourself at home and you will be healed.

Being Responsible Is Healing

Everything experienced reflects our relationship with Self.

We learn from our experiences. We get stuck, when we judge our experiences. To forgive judgments of our experiences is to free ourselves to choose again. When we see all things as lessons to learn, we open our minds to utilize the experiences in life as worthy of our attention. When we trust that everything works together for Good, we seek and see the Goodness in everything. When we believe that everything is in our own best interest, we open to the value of everything as we experience it. *(Sometimes the value is to stop valuing what we no longer want.)*

When we judge, deny or ignore what is happening in our lives, we may experience a more intense follow-up version. If one wakeup call doesn't get our attention, the next one will. When I judge, I reinforce or strengthen what I am judging. When I bless, I reinforce or strengthen what I bless. When I am simply aware and learn from my awareness, I can release and let go. What I learn depends on my choice. What I experience depends on how I choose to perceive what I see or feel or know. With a loving perception, I experience love and goodness. With a fearful perception, I experience more to fear.

Taking responsibility for my experiences offers me the opportunity to choose love or fear. Taking responsibility opens my mind to choose to learn or to resist. Taking responsibility facilitates forgiveness of any tendency to feel guilty or to blame others for my experience. Taking responsibility gives me the choice of how to perceive and experience whatever happens in life.

I am willing to be responsible for my life.

I am willing to be responsible for my learning.

I am willing to be responsible for my health and finances.

I am willing to be responsible for my relationships.

I am willing to be responsible.

Remembering Heals

*What do you need to remember the Love you are?
Who do you need to remind you of the Truth?
How do you need to support you in being happy?
How much do you need to live at Peace in the world?*

Leave behind the distractions, delays and detours.

Take time to pray and reflect on God and Good each day.
Remember to be grateful for who you are and what you have.
Choose goals and priorities in alignment with your values.
Relinquish all judgment and attack on anyone or anything.
Do no harm to yourself or others.
Release your attachment to people and things.
Let go of those who do not support your Highest Way.

Remember:

*Your identity is Love.
Your goal is the Peace of God.
Your purpose is to be happy and free.
Your function is to forgive all obstacles.*

Live in a state of remembering.

And your whole Being will be healed and whole.

Silence Heals

*Listen to the silence,
Rich in every way.
Listen to the silence,
Peace through your day.*

The healing power of silence is rich with “mind-fullness”.

In quiet, there is opportunity to tune into Higher Power, a place where all Wisdom, all Knowledge, all Love and Happiness dwell.
In the silence, feelings can be revealed, understood and healed.

Talking about emotions may get agreement from others holding unwanted feelings in place. See, express and release your emotions with ease and blessing.

In the silence, the body can be heard and respected.

Awareness with love is healing.

In everyday busy-ness, the body may be ignored and abused to accomplish the mind's requests.

In the silence, the mind can be clarified, erased and enlightened.

With constant thoughts, ideas, worries, complaints, assignments, the mind may become overloaded and over active.

Silence allows the mind to heal, to clear and to rest.

In the silence, communion with the Voice Within is possible.

There is time and space to hear, to receive and be with the Love that is healing and Holy.

Listen to the Silence.

Silence heals you and sets you free to be.

Praising God Heals.

Praising God is Good.

Praising Good is God.

The power of praising sets the mind in the direction of Good.

The power of gratitude is seeking to look up, to receive, to enjoy, to take in and embrace that which is Highest and Best.

Whenever we open our minds to seek and see the best, we have chosen to strengthen that within ourselves.

Praising Good enhances the Good we praise in us and in all. There is value to the One giving the praise.

Perhaps giving praise to God and Good is for the purpose of changing the mind, intention, attention and focus of the One praising.

Perhaps the healing power of praise is simply to lift our eyes unto the hills and to open our hearts to song.

Those who praise with the fullness of Spirit know the healing power, the freedom, the joy of praise.

Give praise and gratitude to All That Is and notice how praise enlightens the mind, lifts your emotions and energizes your body.

Praise heals.

Give full praise today.

Looking Forward or Behind?

Whatever direction you are looking, there will you go.

Are you looking backward or looking forward?

When you drive, it is dangerous to always be looking in your rear view mirror or turning around to see where you have been. When you are hiking on a new path, it is not safe to be walking backwards or not paying attention to where you are headed. The holes in the road or pitfalls in life happen, when we are not looking where we are going.

Life is an adventure into the unknown.

Too many folks are busy basing their future on their past.

Too many are still exploring what went wrong twenty years ago.

Those who don't forget their past are doomed to repeat it.

What we remember, we use to build our future.

The image we hold in mind becomes our experience.

What we dwell on, we strengthen in our lives.

What we judge, we recreate.

It is essential we stop walking back in time.

Start enjoying where we are now with full gratitude.

Let's look to a future filled with our highest goals and vision.

To heal is to let the past go.

To heal is to forgive and release what was with our blessing.

To heal is to live in love, trust and freedom.

Explore, choose and enjoy what you create.

Let life teach you to be conscious and at choice.

Holy Relationships Heal

I live what I am teaching.

Robert Waldon and I are married spiritual partners since 1985.

Our Co-Mission: Love Unconditionally, Serve from the heart and Remember God.

We live in harmony and peace as our conscious choice.

This is how we live everyday.

Primary gifts of our healing and Holy relationship:

- Willingness to heal all things.
- Respect for one another and our life work.
- Honoring our individual and joined purpose.
- No arguments, anger or resentment.
- Healing all guilt with forgiveness.
- Treating ourselves with impeccable care.
- Spending much silent time everyday.
- Conscious quality time together in enjoyment.
- Supporting one another's life and livelihood.
- Spiritualizing our relationship.
- Giving All we Have to God.
- Knowing All things work together for Good.

Practical reminders:

Don't criticize. **Support one another.**

Don't be angry. **Be forgiving of yourself.**

Don't complain. **End each day in gratitude.**

Don't compete. **Co-operate and co-create.**

Don't feel guilty. **Forgive and choose again.**

Don't keep silent. **Request help in healing.**

Don't stay separate. **Take time to join in love.**

Don't forget to play. **Take time to enjoy life.**

Don't assume. **Be sure to communicate fully.**

Don't take upsets personally. **Listen with Love.**

Remember Love and Return to Wholeness.

Emotional Pain

Emotional pain is not caused by another's behavior or words.

Pain is caused by our interpretation and reaction to the other.

When we mistakenly believe others cause our pain, we may experience hurt from their words of unkindness, forgetfulness, blame, fear and woundedness.

When we hear another's lack of Love, we may interpret their problem as being our fault.

We may feel blamed and hurt, guilty and afraid of being rejected.

When we learn we are responsible for our parents' unhappiness, we may imagine the same to be true with other loved ones who express or demonstrate their unhappiness.

Our mind may interpret expressions of lack of love as being our fault.

Our healing is to forgive ourselves for not responding with love.

Our healing is to forgive ourselves for being hurt or frightened.

Our healing is to give our very Best self.

Our healing is to listen unconditionally with peace in our hearts.

Our healing is to let the poison go and extend Love.

Our healing is to be at peace.

Our healing is to not make assumptions about what is needed.

Our healing is to not take on another's pain.

Our healing is to let go and Love again.

When another is hurting and shares angry or unloving words:

- Fill your mind with forgiveness and Love.
- Acknowledge your willingness to be present.
- Extend the Love you are.
- Trust the loved one to heal from within.
- Give your faith and Confidence in Love.

Love never fails.

Maintaining Peace

When someone has a need to dump, attack or blame, making you feel wrong or guilty, how do you maintain your peace and love?

How do you respect yourself, when another is attacking you?

- Ask for a timeout, until you are at peace.
- If possible, take a cooling off break.
- Go to the bathroom and breathe.
- Look in the mirror; remind yourself you choose peace.
- Take nothing personally.
- Do not eat the poison or venom that is being offered.
- Clear your fear and tell yourself no one will be harmed.
- Keep forgiving and blessing yourself and the other.
- Ask for spiritual help and guidance.
- Stay conscious and aware.
- Do not defend or attack back.
- Let each negative thing go with “Thank you for telling me” or “Thanks for sharing”.
- Know the other trusts you enough to share their pain.
- The other person wants and needs your forgiveness.

Do not take on responsibility or guilt for causing them pain, unless you had the intention to hurt them. Forgive yourself.

Keep focused on the healing and peaceful outcome, the end of suffering, and resolving the conflict easily and fairly.

When both parties want no fighting, there will be no fighting.

When both parties, want peace, there will be peace.

When both parties respect each other, there will be respect.

When both parties are conscious, there will be responsibility.

When both parties are responsible for their own spiritual growth, they will not dump on one another.

When both parties are open to peace, they will find forgiveness and peace within themselves.

Happiness Heals.

Happiness heals.

When the heart is filled with joy, everyone is healthier.

Children who are loved are loving.

Adults who are loving are loved.

If only we all could give up waiting to be loved.

Withholding Love shuts us down.

Withholding Love limits our joy, our freedom, our trust and our peace of mind.

Loving is fun, safe and easy.

Loving is the way to fly.

Loving begets more loving.

The world is better for our having loved.

Let us love everyone as much as they are willing to receive.

And when encouraged to love more by those little ones who want us to open our hearts wide, why not give it all?

Loving is just plain Good for the soul!!

Mistakes Can Be Healing

I make mistakes. I learn from them.

I make mistakes. I forgive them.

I make mistakes. I enjoy them.

I make mistakes. I heal with them.

When I try too hard to make no mistakes, I limit my Love.

When I limit my Love, I feel guilty.

When I feel guilty and limit my Love, I feel separate.

When I feel separate, I feel bad and withhold my Love.

When I withhold my Love, I quit sharing the gifts I am given.

I can easily apologize and forgive myself and make amends.

Mistakes are an opportunity to heal our past.

Mistakes are a recreation of the past which upset or confused us.

Mistakes are a place of needed healing.

Mistakes are an invitation to forgive.

Mistakes are a place to look for the blessing and the gift.

Mistakes are a chance to heal our separation from God.

Mistakes are useful and valuable reminders to return to Love.

Choice is the way we can reclaim what is healing and good.

I choose to learn from everything and everyone.

I choose to Love no matter what.

I choose to trust All is well.

I choose to listen, listen, listen within.

I choose to know that LOVE is my reason for being.

In this there is no mistake and no other choice.

Every relationship is a lesson in Love.

Every experience is an opportunity to remember.

Every choice is to celebrate the Love We Are.

What Leads Your Life?

The loudest voice, the greatest pleasure, the current Love, the most popular fad, all call to lead our lives. We can easily conform to the mass consciousness and allow what is currently in vogue to be our predominant thought and activity. It is common to let the squeaky wheel or current problem consume our thinking. We may allow the person in our family who is most vocal or emotional to govern our choices. We may prefer to admire someone and copy their life choices or defer to their leadership.

Who is author of your life?

Who is the authority?

How do you make your choices?

What is of value to you?

How do you prefer to live?

What do you let lead your mind, your words and your activities?

When in doubt where do you go for clarity?

Do you choose to listen to the highest voice or the loudest voice?

When you are true to your own values and priorities, you will be at peace and happy with yourself. *When you are at peace and content, you can heal yourself.* We may conform to the majority in order to keep the peace. We may defer to the strongest voice or most popular one, rather than honor the Truth within.

Be clear about what is most important to you.

Is it peace within yourself or conformity with others?

Is it caring for your needs or inspiring other's to live their potential?

Is it waiting for others or listening within and choosing first?

Is it honoring what society believes or honoring what is true for you?

Recognize that Good within is the Author of your life.

Trusting is Healing

As I listen to my inner guidance today, this is what I hear:

“You need do nothing except give of yourself to those who are called to you. Who is your guru? The guru lies within you. Do you need an externalization of what is true in everyone? Do you need to know with your senses that the face of God is the One you see when you look in the mirror of your life. Everywhere is a mirror. Everyone is a reflection of what you believe about yourself. You need judge nothing, when you recognize that all you see in all humanity is the gift of Love and the call for Love. Each One and every One represent the only One, the Holy Son of God. Humanity is often forgetting, sometimes ignoring, self-denying and neglectful, and even hurtful. It hurts to forget and neglect one’s whole and Holy Self. It causes guilt to recognize how separate One has become from our Loving Essence. The calling of all hearts is to Love and be Loved in return. Whether seeking sexual gratification, approval and appreciation, monetary remuneration and reward, power and prestige or fame and fortune, all seeking is for Love. All seeking is for the opportunity to trust and be free in our choice and self-expression.”

“To be as a child” is to return to innocence and naturalness.

“To be as a child” is enjoy a life of wonder, curiosity and play.

“To be as a child” is to totally trust in Love within all things.

“To be as a child” is to experience life as fun, safe and easy.

Fun = to fully enjoy.

Safe = no harm to anyone.

Easy = in harmony with all that is.

Trusting totally, I am willing to “be as a child”.

Friends Are Healing

When I travel to new places, I make new friends.

When I freely give, I am giving to myself and my new friends.

When I express the Truth I know, I am reminding myself.

When I teach what I am learning, I am teaching us all.

Do you see others as separate from yourself?

Do you look for differences?

Are you conditioned to be cautious and build trust over time?

Do you try to be careful in how you express yourself?

Do you limit your relationships based on past experiences?

Do you judge past relationships and fear future friendships?

Every relationship is an opportunity to heal.

Every relationship is a lesson in love.

Every relationship is a gift to be given and received.

Every relationship is a choice to love or to be fear.

Every relationship is a miracle waiting to be appreciated.

Every relationship is our relationship with ourselves.

Every new friend is an invitation to be a friend to myself.

- *Give yourself to love and love will give to you.*
- *Forgive the past and enjoy the present.*
- *The future will be a blessing.*
- *Give the best you have and you will know the best in you.*
- *Be grateful for each choice to heal fear and distrust.*
- *Allow every relationship, to be the gift that it is.*
- *Be free to love and trust in the healing.*
- *Live fully by giving freely of the Highest Truth you know.*
- *The world will be blessed by your Being.*

Inner Listening Is Healing

Taking time to listen to the Voice within you provides the encouragement and peace needed to calm the turmoil and stress of the outer world.

Learn how to quiet the surface mind to receive the messages of the Spiritual Mind can heal whatever needs may be present.

There are some helpful hints to get in touch with your own inner Voice, the voice of Spirit within you. This is not channeling or receiving messages from the other side, but rather a deeper listening to the Voice of God, the Holy Spirit, that guides and directs us in our everyday life. To develop this listening within requires willingness and commitment.

1) Set aside time daily for inner listening. The more you develop the habit of getting quiet and making time in your own activities for a daily practice, the more your ego will suspend its interference.

2) Be appreciative of yourself when you listen, knowing that Divine Good is your birthright, and no judgment you may have held of yourself will interfere. Know you are loved always.

3) Be willing to write down what you hear or feel or see within, so that you can remember what is given. Often the ego will immediately erase the inspiration that comes to you. You may doubt, fear, misinterpret, or just get busy and discard what is precious and of everlasting value.

4) Be patient with the process. After years of listening to outside voices, it may require a little practice to pay attention to that singular still small Voice within that is always loving, always knowing, always healing you.

Take time to tune in to the spiritual station of unconditional Love within. Listening within is healing.

Giving is Healing

When feeling unhappy, unhealthy or lacking, we try to GET!

In trying to “GET” happy, healthy and prosperous, we focus on the need and affirm our lack. While it seems paradoxical to the ego, it is imperative that we “GIVE” and contribute to affirm and expand what we have. **To open the flow, to prime the pump, to feel fulfilled and become receptive, we need to GIVE.**

No matter what our condition, we can give.

>*Give a smile, a prayer, a note of gratitude.*

>*Share your meal with someone.*

>*Share your gratitude and appreciation obviously.*

>*Give away anything you no longer need or wear or use.*

>*Take magazines/books to a community center or nursing home.*

>*Teach someone how to do what you do well.*

>*Become a volunteer and give your time and energy*

Whatever you do, give.

Always give with joy and gratitude.

Stop telling the story of how you don't have anything to give.

Stop dwelling on how miserable or lacking or limited you feel.

Stop focusing on trying to get what you need.

Open up your giving, loving, helpful self and watch what happens both inside and outside when you share what you have.

What you have increases and what you share expands.

When we are all giving freely, there will be no lack.

The world was created abundant.

Good flows freely when we give.

Heal yourself and your world by giving.

Challenging Times Invite Our Best!

They say, “ *This is the best of times and the worst of times.* ”

Now is the time to clear the clutter and useless memories.

As we allow ourselves to be renewed mentally, inspired emotionally, energized physically and reminded spiritually of our REAL Purpose here, we wake up our very best Self.

We are here to wake up.

We are here to awaken others.

We are here to Love one another.

We are here to celebrate Life.

We are here to enjoy what we have.

We are here to create consciously.

We are here to cease all fear and worry, judgment and criticism.

We are here to be the powerful creative loving Presence we are.

We are here to give our Gift of Love and Light to our planet!

To be your Authentic Adult Self:

- *Be conscious.*
- *Be responsible.*
- *Be respectful.*
- *Be honest.*
- *Be gentle.*
- *Be joyful.*
- *Be open.*
- *Be generous.*
- *Be patient.*
- *Be faithful.*
- *Be trusting.*
- *Be grateful.*
- *Be willing.*

Know Your Self and Be True to Your Self.

Willingness Heals

Are you willing to be happy?

Are you willing to see things differently?

Are you willing to choose again?

Are you willing to be loved?

Are you willing to let go of fear?

Are you willing to forgive the past?

Are you willing to extend your Love?

Are you willing to be peaceful?

Are you willing to end all conflict?

Are you willing to seek for the Highest Good?

Are you willing to be free?

Are you willing to listen within?

Are you willing to follow your heart?

Are you willing to welcome miracles?

Are you willing to be wholly helpful?

Are you willing to enjoy the Good life?

Just a little willingness opens the door for so much more!

Use this as your little checklist, if you are willing!

Why not try a little willingness today?

Changing Your Mind Changes Your Life

Doubt and Fear are the primary saboteurs in our minds.

Clear doubt and fear by recognizing that they exist.

Become aware of when and how they show up for you.

Be conscious of their presence in thoughts, words and activities.

Awareness is essential to heal, release and clear them.

What we let show, we can let go.

When we hide, pretend, deny what we think, we cannot take responsibility for their release.

Fear and doubt may show up as lack of confidence, secrecy, envy, gossip, disrespect, anger, self-pity, sacrifice, anxiety, unworthiness, depression and more. When we allow doubt and fear to “inter-fear.”, we feel limited and lacking.

Attitudinal healing, forgiving limiting beliefs and affirmations are useful to change our minds.

Everything that is not Love is always a call for Love.

“I forgive myself for not wholly loving and supporting myself.”

“ I forgive learning to let fear make the decisions in my life.”

“ I have faith and confidence that Love is the way for me to live.”

The resistance to changing our minds comes from **ignorance** (*not knowing any better way*), **arrogance** (*my way is the best way*), **fear** (*being comfortable with our way of living*), and **attachment** (*not wanting to let go without knowing what might come in its place*).

Changing our mind requires trusting there is a better way.

Changing our mind requires willingness to let go without knowing what comes next.

Changing our mind invites listening for what is Good for All.

Changing our mind inspires seeking for the Highest possibilities.

Have We Turned Anyone Away?

Is there anyone unworthy of our Love?

***When we turn our backs on those seeking help, wisdom, comfort, a warm bed or meal, have we denied ourselves?*

***When we cease to listen to the cries of an infant, have we denied our own inner child?*

***When we turn away from one who is ill or dying, because we are afraid, have we reinforced the fear we may be left in need?*

***When we believe someone is too much trouble or is irritating to us, are we not denying those who are difficult to understand and accept?*

***When we delay answering a phone call or pretend we are not home, have we sent away the very one who needs us most?*

There are times when we are overwhelmed, over extended, sick and tired ourselves. At those times it is valuable to teach others by sharing our choice to take care of ourselves first. ***We must be our best to freely give our very best.*** This is our commitment to others, in order to teach others to give their best.

- Everyone we give to is giving to all of us.
- Everyone we abandon is abandoning us.
- Everyone we judge is a judgment against ourselves.
- Everyone forgiven is forgiveness for ourselves.

Are we willing to turn no one away?

Are we willing to be responsible to every relationship?

Are we willing to respect everyone's requests by acknowledging their call and referring them to someone who can?

Treat everyone as you want to be treated; you will fear no lack.

Give your best to each one who comes; you will be at peace.

Give your kindness to All; you will trust the kindness within you.

Let Go and Receive Good

Nature shows us there is need to harvest the Abundant Good we have sown and grown with our conscious focus and appreciation. Our Real Work is in getting out of the way to let all that is Good and Whole become all that it is meant to be.

Life is as much about undoing the barriers and stepping back and allowing healing and growth and abundance to happen, as it appears to be about effort and commitment and persistence and activity. **Conceive, Believe, and Achieve.**

A requirement for harvest is letting go of our resistance to being prosperous, to recognizing our Source, to gathering our support, to looking for our real wealth, to being happy and sharing with others, to releasing our “poverty consciousness”. Most people in our culture seem to look at what we don’t have and want to have, rather than spending our energy on fully appreciating what we do have and being happy to share with others.

The more you give, the more you have.

The more you share and support others, the more you feel supported and given to.

Share the good news in your life and you will find more good news to share.

Share the bad news and it will attract more bad news for yourself and from yourself and others.

The Good Life is never about “getting” or “needing” or “wanting”. **Life at its fullest has always been about valuing, enjoying, celebrating, sharing, appreciating, contributing and serving.**

When we find ourselves looking down at how awful, we can change our gaze to look up and be grateful.

Change our perceptions.

Yes, it is that simple.

Do you look up or look down?

Do you consciously seek to get or to give?

Do you complain or appreciate?

Do you share what you have or try to get what you want?

Are you satisfied and trusting or discontent and fearful?

Would you rather whine or give thanks?

Do you know what is enough?

Are you willing to see how blessed you are?

Would you rather hope or be disappointed?

You are enough.

You have enough.

There is enough.

When we throw away what we have been given through denial, misuse or discontent, we will slow the flow to a trickle.

When we appreciate and celebrate, have faith, hope and love, we will always receive enough to share.

If you find there is limitation in your life, check your attitude.

Find and eliminate all blocks to what is Good for all.

Is Trusting in Love Safe?

All seek to love and be loved.

Many have learned that love is not safe.

When we open ourselves to someone who “loves” us, we seek acceptance, compassion and kindness.

When we receive judgment, fear, rejection, abandonment, anger and threat, we learn that trusting in Love is not safe.

When we offer our love to someone, but withhold love when their behavior is not to our liking, we teach them not to trust in love.

To receive what we want, we must give what we want to receive.

Love may feel uncertain and takes courage and conviction.

Love requires us to reach out and teach what we want.

Love asks of us that we commit to learn the lessons of Love.

Loving those who fear love requires respect and sensitivity.

Loving those who are needy and dependent encourages us to teach them to love themselves.

Loving those who reject or abuse our love requires an inner reverence and dedication to love no matter what.

Loving ourselves fully requires that we recognize and release all lack of love both from ourselves to others and from others to us, as well as our lack of love within ourselves.

Loving is simple and natural, flowing and effortless, when we commit to clearing all blocks to love, all judgments and all fear. When we remain in the state of needing love before we can and will extend it, loving is, as intermittent and variable as the personalities of those we seek to love us.

Create experiences where you are loved unconditionally.

Develop an openness to experiment with loving fully.

Honor the process and forgive all limiting beliefs about love.

Imperfection is Healing

The perfectly imperfect don't try to be perfect.

We let be what is, without judging what isn't.

There is no need to wish, to cajole, to effort, to fantasize, or to expect, when we let life be.

Whatever happens is always an opportunity to Love, to forgive and choose again, to trust and accept.

People may disappoint us to free themselves from our expectations. People may make mistakes in order to test the strength of our Love. People may break rules to challenge our commitment to love them unconditionally.

When we disappoint ourselves, make mistakes or break promises, it's an opportunity to let it go with gentleness and choose to love again. We must love ourselves and others, not for what we do, but simply for Who We Are.

Love does not judge or compare.

Love is not perfectly expressed meeting expectations of others.

Love does not complain or criticize.

Love simply is the state within us that steadfastly sees the Essence of each Being as precious and worthy of Love.

I love you and me no matter what.

I love us with mistakes and wrinkles and forgetfulness.

When I can love me without condition, without changing my mind...then I can love you just the same.

I know this life is about remembering to love, no matter what we do or don't do.

I now release all expectations you have for me to be perfect.

I release all expectations I have for you to be perfect.

I love us all as God Loves us, always and forever.

Love, Simply Love

*When we don't know what to do,
When things seem to be unraveling,
When lost in depression and fear,
Love, simply Love.*

*When traffic is bad,
When noise is all around,
When pollution is everywhere,
Love, simply Love.*

*When you have argued and fought,
When finances are out of control,
When kids are unhappy and crying,
Love, simply Love.*

*When you have worked long hours,
When your muscles are achy and tired,
When you are so tired you can't sleep,
Love, simply Love.*

To Love is to trust.

To Love is to appreciate.

To Love is to have faith.

To Love is to envision the Good.

To Love is to listen with all your heart.

To Love is to keep giving.

To Love is to know "This too shall pass".

To Love is to enjoy every moment.

To Love is to find the humor.

To Love is to take impeccable care of You.

To Love is to forgive all judgments.

To Love is to Let go. Open your heart. And Expect miracles.

Feeling Safe

Being safe and feeling safe may be two different things.

Are you safe in your home?

Are you safe in your car?

Are you safe with your family?

Are you safe with your friends?

Are you safe in your dreams?

Are you safe in your body?

Are you safe in your mind?

What creates feeling safe?

Locked doors, a gun, living in a gated community, lots of police?

Having faith, being good, trusting your own strength?

Is safety a product of circumstances, facts or faith?

Is safety a function of attitude, karma or coincidence?

If we believe nowhere are we safe, so it will feel.

If we believe we are safe everywhere, so it will seem.

"In my defenselessness, my safety lies." (*A Course in Miracles*) may mean that where we are worried, fearful, protective and defensive, we conjure up images of lack of safety in our mind and then are more likely to experience them in our world.

Where we know, believe, and perceive safety, there we are likely to experience, "***All is well***", no matter what the appearances.

When we know we are safe, we act, think, drive and live in ways that encourage safe conduct in ourselves and others. Where we believe we are safe with God, safe with faith, safe within our consciousness, we live in a manner which attracts others who are choosing the same and are willing to co-create a safe world.

Loving, gentle and kind thoughts beget loving, kind and gentle emotions, behaviors and experiences.

Feeling safe is a product of our thoughts.

More Light

When the world seems dark, we need more light.

When souls are discouraged, we need more light.
When fear is present, we need more light.
When conflict arises, we need more light.
When food is scarce, we need more light.
When times seem troubled, we need more light.
When relationships are strained, we need more light.
When time is limited, we need more light.
When we feel stressed, we need more light.

Light is awareness.

Light is being present.

Light is seeing what is.

Light is de-light.

Light is Joy.

Light is gratitude.

Light is a positive attitude.

Light is laughter.

Light is singing.

Light is celebration.

Light is forgiving all judgments.

Light is releasing all fear.

Light is making amends.

Light is beginning again.

Light is taking impeccable care of yourself.

Light is realizing we are all in this together.

Light is remembering we are never alone.

Remember, You are the Light.

You bring the Light wherever you go.

Let your Light shine.

Light Heals

*Have you noticed there seems to be less light?
Have you felt sad or depressed, anxious or limited?
Have you found hopelessness or fatigue setting in?
Does the world seem difficult and in despair?*

Light workers unite.

Calling in Light.

No need for fright,

With Love in our sight.

You and I can call on “more light” both within and without.

There is indeed a call to clear the clutter and the pain, to regain some sanity, harmony and Good Will.

When we have more light, we see the messes we have left.

When we have more light, we have more need to forgive.

When we have more light, there is more clearing to be done.

When we have more Light, we can make everything fun.

When we have more Light we will be of Good cheer.

When we have more light, we see Love is right here.

Let's be the Light Bearers and the Love Finders.

Let's be aware of our own dark corners of unconsciousness.

Let's offer more light with forgiveness and healing.

Let's be the ones to bring enlightenment with more DeLight.

Let's be the ones to Live and let live, to set free all those we see.

Let's remember to “shine, shine all around our neighborhood.”

Let's call forth more Light, wherever we see the dark.

Be willing to let your Light shine!

All Relationships Are For Healing

All relationships are for the purpose of healing.

All relationships are an opportunity to heal our minds.

Whether relating with a special love, a teacher or a child, our money or our government, our body or a concept like mental illness, every relationship is to heal ourselves, our judgments, beliefs and attitudes.

Wherever there is a lack of love, there is a call for love.

Wherever there is fear, there is judgment.

Wherever there is judgment, there is fear.

Wherever there is fear, there is a call for Love.

Love heals.

Love releases judgments.

Love brings peace.

Love transforms our perceptions.

To heal our relationships is to let go of the past.

To heal our relationships is to look upon everyone with Love.

With Love, we see things differently.

With Love, we are responsible for our perception and experience.

With Love, we are love seekers instead of fault finders.

With Love in us, we trust right outcome in which everyone wins.

With Love in us, we let go of defensiveness.

With Love in us, we are generous and open-minded.

With Love in us, we trust in healing our attitude and our mind.

With Love in us, we become aware of our unconscious patterns.

With Love in us, we forgive our past programming.

With Love in us, we break the habit of blame and guilt.

With Love in us, we are filled with Joy and Faith.

With Love in us, we never quit on Love.

With Love in us, we are at Peace.

Lack of Peace Calls for Change

Upset, agitation, and anxiety are signs that change is needed.

Like weather disturbances cause fear and defensiveness, so emotional weather has storms which we fear, judge and resist. Internal weather turbulence is a signal change is being called forth.

When we resist the changes, the turbulence may increase.

When someone is passive and compliant, there may be a need to free oneself from the unconscious position of letting it all go.

There may be an unsettling call to set oneself free to express, to forgive, to make a new choice, to speak up or change one's mind.

What worked for years may no longer work.

What was OK may no longer be OK.

What others accept may not fit with our values and beliefs.

When we are upset, it is appropriate to stop and ask ourselves "What is really going on?"

Where are we off purpose or compromising our beliefs or values?

Watching TV while eating dinner may be OK for a period of time until we see our family no longer communicates.

Going along with our friends choice of movies may work, until we have nightmares about the last one they chose.

Driving faster than the speed limit may be fun, until we see a bad accident.

Keeping our mouth shut while observing a parent disciplining a child may be tolerable, until we see some hitting or verbal abuse.

Eating whatever we feel like eating, may be great, until we cannot fit into our new suit.

When I have an inner agitation, I know that a change is coming.

It may be a change of mind, a change of attitude, a change of schedule or lifestyle, a change of association or activities.

I look forward to change, as I release what was, without guilt or blame.

Where is it time for change in your life?

Take Responsibility

How do you create what you want or what you fear?

How can you be proud of yourself for creating what you desire and blame God for creating what hurts?

How can you see yourself as unlucky with some things and feel blessed by others?

How can you take credit for some experiences and cast blame for others?

The Universe supports us according to our internal alignment.

When we are 100% committed, with full faith, we naturally achieve our envisioned outcome. Our questions and doubts are like the brakes being applied simultaneously with the gas. Life is a co-creative experience, being master-minded from within. To be a victim is to imagine that we are puppets and pawns being played like a giant chess game.

When we take responsibility for our life, we are empowered.

When we take responsibility, we observe and learn.

When we take responsibility, we are at choice.

When we take responsibility, we give our best.

When we take responsibility, we choose the Highest Good.

When we take responsibility, we take care of ourselves.

When we take responsibility, we relinquish anger against others.

When we take responsibility, we acknowledge there is no harm.

When we take responsibility, we forgive judgments and fears.

When we take responsibility, we grow up.

When we take responsibility, life truly is fun, safe and easy.

Taking responsibility for our whole life is healing.

Is Perception Illusion or Reality?

Are we the artist, the critic, the canvas or the fair witness?

What if it is all made up?

What if what you believe is what you see?

What if the world we call "reality" exists because two or more agree it is and name it so.

What if we experience everything as we believe it will be.

What if we are simply projecting onto the screen of life what we hold in our minds.

What if we can change the nature of reality by changing our minds.

What if substance is really the sum of our thoughts.

What if our judgments create that which we judge.

What if we can free ourselves from any experience simply by forgiving our belief.

What if belief is our faith.

What if our faith in what we dread creates what we dread.

What if our faith in healing generates our healing.

What if the world as we "know" it is an out-picturing of what we believe it will be.

What if we can experiment with changing our experience.

What if we all are co-creating our experience of reality.

What if there is no common experience seen through the unique filters of our learned past.

What if what we call "crazy" or insane is simply judging those with unique perceptions as sick.

What would you think, believe, project or name differently, if you decided to change your experience of reality!

Attached or Addicted? Get A Life!

People acquire cravings, habits, addictions & attachments.

Our physical and emotional beings like comfort and familiarity.
We may believe letting go is dangerous, difficult and sorrowful.
We may hunger for excitement and seek novelty and adventure.
We may crave the adrenalin rush of fast speed, urgency and fear.
We may become addicted to momentary bursts of pleasure/pain or habituated to everyday comforts.

Life may become a cycle of highs and lows, ups and downs, which tell our minds, we are “alive”.

We may become adrenalin “junkies” or “couch potatoes” or both.
We may become addicted to pain, addicted to depression, addicted to self-cruelty, just as we can become addicted to drugs, pornography or ice cream. Explaining and justifying “*Why?*” yields an endless maze of distracting lies or made up stories.

Whether attached, habituated, addicted or craving, we become slaves of physical and emotional desires, which distract, detour and delay our Self Realization.

We use life’s temptations to cover our fear of living.

When creativity, individuality, freedom and whole life success fall prey to learned limitation and conformity, I suggest it is time to “**GET A LIFE**”.

Many people are afraid to **LIVE**.

Many are afraid to **LOVE**.

Most people are afraid to **LET GO**.

We are here for a relatively brief time on this earth.

It is our time to shine, to carry a message of freedom and love, creativity and joy, healing and peace.

Each of us carries a light, a message, a promise.

Each one of us is giving and receiving, healing and awakening, remembering and realizing Truth.

If we forsake our Purpose, we grieve.

If we leave our Path, we feel lost.

If we stop Loving, we begin to die.

If we separate from our Source, we lose confidence.

When we are not living a meaningful life, we long for solace, salvation and something more.

When we seek after worldly pleasures rather than lasting treasures, we find empty fulfillment.

When we seek to get from others, we are dependent on what others give.

When given the good stuff, we are pleased and want more.

When given the leftovers or nothing, we are displeased, sad and feel lost, left and unloved.

When we seek only to receive from this world, we will get whatever is being given in that moment.

To find lasting fulfillment and joy, we must give.

It is in giving that we receive the riches of lasting value.

No one can take away the joy, hope and love you give to another.

When give only what you get, you cheat yourself.

To be whole and fulfilled, it is essential that we give freely and fully from the depths of our being.

Each of us has a wellspring of Love and Joy and Wisdom within.

If the well has been covered over with worldly temptation, plus promises of love and wealth, fame and glory, you may have forgotten the wealth of Infinite Potential within You.

If you are living your life based on what others give you, you may be short changed.

If you are living your life based on what you think you can and cannot give, you may be limited.

If you are living your life based on what others believe you have to give, you may be deceived.

If you are living your life based on what you think you are and think you know, you may be mistaken.

Your magnificence, greatness, success and spiritual fulfillment come only in giving and for giving.

Life really is for giving.

You are the gift.

Only as you fully give your whole and Holy Self will you come to realize the world needs you.

The world waits for your Love.

The world is healed and blessed, when you show up and give.

Healing Your Self

How do you heal the sickness in you?

Sickness and dis-ease can be physical, mental, emotional, relational, financial and/or spiritual.

When you are ill or off balance, look for judgments. Where you judge, you are vulnerable, sensitive and susceptible to “catching it”.

When you are upset, fatigued or sick, look for where you have been giving attention.

Wherever you focus your attention, you increase.

What you perceive in others, you strengthen in yourself.

Take responsibility for your experiences.

Own your cause in the matter and seek the learning and lessons.

Rather than judge your creation (which gets you “stuck” with it,) simply notice, breathe and let go. When you take responsibility, your work is to forgive any judgments of blame and guilt.

I forgive myself for hurting myself with those thoughts.

I release and undo my fears.

I let go of judging others for my choices.

My sickness has no value to me.

I easily let go all lack of peace and sickness with gratitude.

I take full responsibility for my experience and gladly choose again for what is best.

Choosing again is the proactive step of inviting into your life those conditions which are helpful, healing and healthy.

Healing oneself is healing everyone, everywhere.

Healing oneself is opening to fully love as God loves.

Healing oneself is living the two primary commandments to Love God and Love our neighbors.

Healing oneself is our gift to our Creator, to love His gift enough to take exquisite care of what is given us.

Healing With Heart

How do we heal fear, disease, confusion, guilt and self-denial?

How do we find love, health, clarity, forgiveness, confidence and true prosperity?

First, recognize what feels unhealed, unhealthy and unhelpful.

Being aware of our upsets and lack of peace is the first step in claiming our needed healing.

Every upset is a call for healing with Love.

Every upset is a past similar which needs our attention.

Every upset is a request for seeing things differently.

Let go of what you thought was the cause.

Let go of trying to fix or cover-up or pretend there is nothing wrong.

Let go of thinking you “should” know, because if you knew you would have handled it.

Forgive yourself for not knowing what to do and denying the help you need.

Forgive yourself and others for mistaken beliefs, judgments and fears you have taken on.

Forgive yourself for being upset, for judging yourself, for getting stuck, for being ashamed.

Forgive yourself for trying so hard, for not caring, for hiding from the pain, for not responding with Love.

Ask what is needed to heal, to remember Love and return to wholeness.

Ask for the Truth, the highest Truth, the helpful Truth, the heartfelt Truth.

Open your mind to see the Light, and see things differently with new awareness.

Open your heart to feel the Love, to heal your pain with patience, kindness and compassion.

Write down your inner sense of what you feel and think you know.

Clarify what you want to feel.

Ask for inner guidance on how to move from where you are now to where you want to go.

“I am in pain (confusion, grief, fear).

I do not know what this is for.

I release my need to understand.

I forgive myself for hurting myself.

I love me and believe in me.

I am willing to be happy.

I free myself to love again.

I open my mind to inner peace.

I am grateful I can heal and be healed.”

The healing process is finding the faith in your heart to see what you want to reclaim.

The healing process is clearing the doubting mind and finding the believing heart.

The healing process is letting go of fear to return to Love and Joy and inner Peace.

The healing process is focusing on creating possibilities with gratitude and confidence.

The healing process is remembering your Wholeness and Holiness.

With faith in your mind and love in your heart,

All things are possible.

Wholeness and Holiness

Those who are whole make no demands.

When we are complete, we need nothing.

When we are whole, we demand nothing.

When we are full, we need no filling.

When we are happy, we need no diversion.

When we are at peace, we need no comfort.

When we are in love, we need no encouragement.

When we are inspired, we are naturally inspiring.

Whatever we deny ourselves shows up in our relationships.

Whatever thoughts we have fed ourselves will display themselves in our emotions.

Whatever beliefs we hold about anyone will be expressed in our thoughts, words and actions.

Whatever we give ourselves is our responsibility.

When we express demands, we are feeling needy.

When we act angry, we are hurting because of hurtful thinking.

When we feel sick, we have attracted what is unhealthy for us.

When we are lacking, we have denied ourselves what we want.

It is our responsibility to keep ourselves whole and holy.

It is our responsibility to feed our body and soul with healthy food.

It is responsible to respond to emotions by changing our thoughts.

It is our responsibility to clear fears with right thinking and action.

When we give what we don't want, we fear getting it back.

Our unconscious knows what we give, we will receive.

If we are demanding, much will be demanded of us.

We are responsible for our whole life balance, our attitude, our physical vitality and our spiritual focus.

Healing and Helping

A few years ago my husband had surgery and was home again the next day. We envisioned the best, most fun, safe and easy procedure and it was amazing. The hospital and staff treated us like we were their only patient, with personal attention, quiet environment and no pain.

The following are his words the morning following surgery.

“Healing without vision/mission/purpose is impossible.

Vision/mission/purpose without healing is impossible.

The degree of passion for one's vision/mission/purpose defines one's degree of aliveness and vitality. All illness and dis-ease is a call to renewed vision/mission/purpose.” Robert Waldon

Physical pain and disease are a wakeup call.

When we are going in the wrong direction, our spirit (Higher Self) will give us signs to redirect us.

When heeded, we simply and easily change course.

When ignored, the signs become stronger and more obvious.

Before you follow anyone, know where they are going.

When the lost follow the lost, all is lost.

When the lost follow the light, they at least see where they are going.

When the lost follow the enlightened ones, it is likely they find enlightenment.

Healing is being aware of who I am and why I am here.

Healing is loving myself and my calling.

Healing is knowing when I am off purpose, forgiving my error and choosing again.

Healing is remembering my wholeness and holiness through all circumstances and conditions.

Healing is trusting in God and in Goodness in all things.

Who Are You Really?

Your Authentic Self is waiting for your discovery.

Your True Self cannot fully emerge until you are willing to love your whole self. The inner child in you withdraws from the pain of your judgment and criticism. You are meant to be the loving nurturer guardian of your whole life.

How can you truly love and care for One you do not know?

How can you be an open-hearted listener, when you have so many opinions? How can you free yourself to be yourself, when you are guided by other's approval? How can you value your differences, when you judge others' unique personalities?

Uncovering your essential self is like digging in a diamond mine. You will find the most precious multi-faceted jewel that is one-of-a-kind. Your painful emotions are merely the energetic withholding of your true self. Your freedom and trust is the emergence of what is whole and good and beautiful in you.

If everyone on the planet were fully and freely expressing their essence, we would all be in joy. If everyone you knew was honoring their own differences, we would no longer fear or judge others. If all of us perceived ourselves whole and holy, we would live freely sharing and caring and at peace. If we lived in integrity contributing our gifts, the world would be free of lack, littleness and limitation.

You have a mission here.

You have unique gifts to be given.

You have a special place in the Universe.

Without you, we all are incomplete.

Live the good life fully enjoying the gifts of your Presence.

Open The Flow

Life is flow.

Wherever we are fearful, we contract and shut down, closing off the flow of life. The flow of life includes the mind, body, Spirit, finances, relationships, good works and more. Where there is conflict, pain or disease, lack or limitation, there is blocked flow.

Basic reminders to open the flow:

Breathe fully and freely into your belly whenever feeling stress.

Move gracefully and naturally without effort or caution. (T'ai Chi, dance, yoga, walking or swimming)

Eat foods that digest easily, and give your body energy.

Share positive feelings with those you encounter.

Release negative feelings where they will be flushed, in a journal, with emotional or energy release or a friend who lets go.

Spend money on what lifts you up, what you value and what you truly enjoy. (Bless all expenditures.)

Spend time and energy on activities that energize and inspire you. (Sing, create, beautify, laugh, enjoy)

Bless all your relationships with thoughts, feelings and deeds,

Give your very best and appreciate what you give.

Think about how much you have, rather than what you lack.

Open your heart to those who call for love without judging them.

Honor your preferences with willingness to give yourself the best.

Let go of what scares you, guilt you, judges you, disrespects you.

Forgive yourself for letting anyone or anything hurt you.

Forgive yourself for taking on the negative feelings and criticisms.

Be selective about what you believe.

Share your sacred Self where you know you will be honored.

Listen to your heart first, then respond with the loving way.

Develop your own reminders to open your flow.

You are responsible (able to respond) for your own life.

Remember to take impeccable care of you and your life energy.

Regarding Illness

Note: This is from my husband, Robert Waldon, PhD, ND., 1/2003

How could someone wise and spiritually awakened, become sick?

How could a healer succumb to illness?

How could you fall under the spell of the world?

If it's all illusion anyway, why can't you just change your mind?

How could someone, who has helped so many find their own healing, appear to need help yourself?

These (and many other related wonderings) are all ways of asking the age-old question: ***"Why do bad things happen to good people?"***

In many ways, the very fact that these questions are being asked suggests there may be more to what is going on than meets the (worldly) eye. It raises the very real need to ask another question: ***"How can I be truly helpful?"*** Even better, ***"What is truly helpful in this circumstance, for this person?"*** The answers are not always what the world, our experience and even our teaching may suggest.

If I were a musician, there would be music to the refrain that echoes in my mind: *He who looks like "disabled" or "broken"*

May know guidance unheard and unspoken.

For this life's not of body, but of soul.

He who seems to be broken may be whole.

Does that mean that the "guidance" is consciously heard or known? Probably not.

Does that imply that the guidance is of divine or holy origin? Not necessarily. Many times, that "different drummer" which is being danced to is egoic and not at all spiritual.

It has been said that it is not what happens to us, but how we

respond to or handle what happens to us, that is the true value of any experience and defines or determines our character.

That's true. And it also, conveniently, lets us off the hook. After all, given that world view, we are still victims and separated from experiencing our true power, which comes only from acknowledging our creative responsibility for the circumstances we experience.

The misapplication or misinterpretation of this is the world's number one metaphysical guilt trip. It is used against us by others who feel superior to us (or want to make sure they can continue to feel superior). It is used by us to keep ourselves victimized and limited, or because we don't know any better. There is only one antidote to this particular form of guilt (and probably all others) that I know of. Very simple stated:

Awareness without judgment is healing.

This opens the possibility of choosing again (and, perhaps differently) so that we can experience a future which is different from our past and present. It was Einstein who said something like: *"The problems of our world cannot be solved by the level of thinking which created them."*

Play a little mental music again and listen to the second refrain going through my mind: *How to be in the world, yet not of it.*

The only way to survive is to love it.

To be fully immersed, yet above it

Is to be in the world, yet not of it.

So enough philosophy.

Let's get to a little truth about me personally.....

I have spent this lifetime (so far) being very much in the world, yet maintaining enough detachment to be a very good teacher and

leader-by-example for those looking for a better way to relate to themselves as spiritual beings having a physical experience. I have taken that train about as far down the track as it will go.

Many years ago, I wrote in "**The Tao of Robert**":

It is wise to come to the orchard

When fruit is plentiful.

In this way, one is filled.

The foolish remain beyond the bearing season

And are diminished,

Attempting to feast on what is no longer present.

To hire appropriate transportation

To take one to his chosen destination

Is wise.

To remain in the coach once one has arrived

Is foolishness or fear.

What was I to do when the bearing season was past and when my coach had arrived? I have to admit that I had become rather attached to all of the abilities, tools and techniques that had gotten me so far and so comfortably. I was also aware (very consciously, I might add) that as long as I still had the ability to be the person I was, I would choose to—even if that was not who I was called to be any longer.

Did I deliberately choose MS and frontal lobe syndrome and whatever else the world says I have? No, not the form, but I was definitely aware of the underlying spiritual intention. Be clear here (it will help me greatly): **It was not and is not "God's Will"** that I experience the physical and mental problems I am experiencing.

What I currently experience is my personal spiritual choice, which I am temporarily using to support myself in following my life path, until I am willing to follow that path even when I have the ability to do otherwise.

How you can help:

***Don't** wish me healing. I am already whole.*

***Don't** want me to be the way I was.*

It is no longer appropriate or healthy.

***Don't** offer me magic (drugs, vitamins, diet, therapeutic/holistic practices, etc.) which reinforces the perception of illness.*

***DO** see me happily living my life on purpose and **don't** begrudge me the crutch I am temporarily using to help me stay true to my soul.*

***Know that I am, and will always be, Robert.** Nothing has essentially changed (i.e. my essence has not changed). I would like to think that I am now able to be even more present with you and for you.*

To the extent that this may also apply to others in your life, and even to you, personally, take this to heart.

Once more, the refrains (to help me remember):

He who looks like "disabled" or "broken"

May know guidance unheard and unspoken.

For this life's not of body, but of soul.

He who seems to be broken may be whole.

and

How to be in the world, yet not of it?

The only way to survive is to love it.

To be fully immersed, yet above it

Is to be in the world, yet not of it.

With gratitude and respect,

Robert

Are You Responsible?

What does it mean to be responsible?

Being responsible is being able to respond.

When we judge, fear, resist and blame, we cannot be responsible.

When we judge, fear, resist and blame, we are not able to respond.

Being response-able requires that we love ourselves and take care of our whole selves impeccably.

Being responsible requires us to be aware of what calls for response.

Being responsible has nothing to do with feeling guilty, blaming or mistakenly creating anything.

When we judge there is something wrong, we automatically look for blame, criticism and finding the mistake.

When we make wrong, we seek the cause and try to stop the offensive perpetrator.

When we find fault, we look for someone or something to blame...our diet, aging, environment or God.

When we are afraid, we defend, protect and seek compensation for the pain and suffering.

If we could believe that all things work together for Good, we would seek the Good.

If we imagined that everything is in our own best interest, we would look for the best.

If we trusted that life is fun, safe and easy, we would choose to see how we stepped away from the easy.

If we believed that it will all work out and a blessing will be revealed, we would expect miracles.

We are responsible for our experience.

We are able to respond with love to our life experiences.

Most people respond with fear and blame or guilt to challenging experiences.

We are able to change our responses and respond with peace and love to life's challenges.

How do we respond to disease?

Respond with peace, and healing will be revealed.

How do we respond to disaster?

Respond with remembering to love and giving hope to others, and all will be blessed.

How do we respond to discomfort?

Respond with patience, gentleness and kindness to ourselves and others, and comfort will be experienced.

How do we respond to dying?

Respond with gratitude for life's fullness of love, and peaceful release, acceptance and graduation will be experienced.

There is nothing and no one to blame, when we judge nothing wrong or bad.

Accept everything with grace, rather than judgment and fear, and the Good will be revealed.

What is our true desire will be revealed when we look beyond the surface to the divine outcome.

What was seen as loss will be experienced as spiritual gain, when we see with forgiving eyes.

With perfect love, all things are healed and Good is revealed.

There are no victims, only volunteers.

If we saw the world through non-judging eyes, we would cease blame and guilt and remember to love and bless.

If we saw the world through gratitude and love, we would extend only forgiveness and trust to All.

Serving Your Self

Are you being served by what you serve?

Are you being used by those you give to?

Do you love what you are supporting?

Are you enjoying and energized by the people, places and activities in your life?

What are you serving?

Are you serving freedom or serving limitation?

Are you serving love or serving fear?

Are you serving trust or serving insecurity?

Are you serving honesty or serving self-deception?

When we founded this nation, we built a government of the people, by the people and for the people.

Over time instead of being served by the government we built, we began serving the government.

When we marry or create a primary relationship, we choose it to serve our happiness and well-being.

Over time instead of being served by our relationship, we may work to sustain what no longer serves us.

When we choose a career or life work, we choose a job where our career will be developed and grow.

Over time we may discover that we are serving the growth of the company rather than ourselves.

In volunteer work, we may choose a place to give where we will feel fulfilled and inspired.

Over time we may discover that we are drained and/or diminished by the services we continue to do.

With friends we may have chosen activities, which were enjoyable, and uplifting which overtime have become tedious and even depressing.

Check out your whole life.

Notice where you no longer are served by the people, places and activities.

Make a decision to change your attitude or change the circumstances.

Often our negative judgments, regrets and guilt will interfere with our joy and fulfillment.

Often we outgrow the experiences of our past and need to move on.

Often we get caught in sustaining what used to be beneficial which has now become detrimental.

Often we fear making changes because we feel comfortable and secure where we are.

Often we serve in unconscious ways and are asleep to our own well being and happiness.

Often we are just following the crowd or what others want for us.

The relationships, material goods and activities we have take energy to maintain and sustain.

Everything we own owns a piece of us.

Our commitments and responsibilities take energy.

To continue what is draining cause fatigue, depression, heaviness, aging and lack of peace.

If our lives are based on duty and obligation we may continue to burden ourselves.

If our lives are based on freedom and trust, we will let go and grow with joy and appreciation.

If we take full response-ability for our choices, we listen in our hearts and choose for the highest good.

If we martyr ourselves and blame others, we seek others' opinions and approval for our choices.

What is truly best for you is best for others.

Spirit will always guide us to solutions so that no one loses.

Your Life Purpose

Your goal is *inner peace*.

Your purpose is *to be happy*.

Your function is *to let go of whatever blocks happiness & peace*.

You are here to be happy and fulfilled.

When you are happy and fulfilled, you are at peace.

When you are happy and fulfilled, you are on purpose.

When you are happy and fulfilled, you give your best.

When you are happy and fulfilled, you are honest and real.

When you are happy and fulfilled, you are at home.

When you are happy and fulfilled, you are in love.

When you are happy and fulfilled, you are abundant.

When you are happy and fulfilled, you are naturally giving.

When you are happy and fulfilled, your whole life is worth living.

When you are happy and fulfilled, things work together for good.

When you are happy and fulfilled, you are a healing Presence.

So how do you begin to live on purpose?

Let go of all that does not serve your happiness and fulfillment.

Let go of reading material and media that drain your energy.

Let go of conversations and thoughts that distract you.

Let go of judgments and fears that take away from your happiness.

Let go of whatever distracts and delays you from being happy now.

Your Source wants you happy and free to extend peace and love to every other mind and heart.

Your work is to forgive every way in which you have resisted, withheld and denied happiness for yourself.

Your purposeful choice is to be consistently happy and fulfilled.

Forgive, release and undo what is not loving and true for you.

And then you choose again. Life is your choice.

Your Life Purpose is to be happy and whole.

Time For You

Is there enough time in your day to get everything done?

Is there enough time to take care of the important things?

Is there enough time to take impeccable care of the ones you love?

Is there enough time to give yourself the very best?

Are you loving you?

Are you remembering to be grateful?

Are you honoring your life?

Are you aware of the blessing you are?

Do you remember to enjoy the small things?

Do you watch the sun rise and set?

Do you see the flowers bloom and hear the birds sing?

Do you allow the wind to caress your face?

Do you say "Thank you" for each gift of kindness?

Do you speak with presence to those you meet?

Do you value what really matters to you?

Have you sung a song with joy lately?

Have you eaten your favorite flavor of ice cream?

Have you laughed until your belly hurts?

Have you said "I love you" to someone special?

Take time to enjoy.

Take time to feel grateful.

Take time to express your Love.

Take time to give you the real gifts in life.

Energy As An Indicator

When energy is going down, you are going the wrong way.

When your energy goes up, you are going in the right direction.

Notice the foods you eat and the energy you feel.

Notice the people you encounter and the energy you experience.

Notice the thoughts you think and the subsequent energy changes.

Notice the emotions you have and the energy you experience.

Notice before, during and after.

Observe the energy shifts physically, mentally and spiritually.

If you are inspired, this is good.

If you are renewed in strength, this is good.

If you feel more expansive in your thinking, this is the right way.

Depletion of energy indicates blocks, restrictions and withholding.

Your natural state *is fully alive, ecstatic, blissful and boundless.*

Your natural state *is strong and resilient, with ability to move around obstacles and to change with ease.*

Your natural state *is loving and peaceful, giving and forgiving the highest good you know.*

Your natural state *is abundant and generous with everything good and whole and beautiful.*

Your natural state *is forgiving and trusting, respectful and accepting.*

Your natural state *creates good from what you already have.*

Your natural state *is dependent only on the power of the divine within.*

When you are on path, you are happy and fulfilled and focused on your own purpose.

When you are off course, you may be depressed, judgmental and minding other's business.

When you are on path, you create goodness and utilize the resources within and around you.

When you are off course, you may experience upset, neediness, envy and try to get from others.

To be on path is to be free and fearless.

To be on purpose is to experience life as fun, safe and easy.

To be on course is to feel gratitude, joy and creativity within your relationships.

To be at home is to trust in your inner listening and follow the path of your heart.

You can use your energy as a barometer.

Release the brakes of fear, judgment, self doubt and lack of faith.

Put on the gas by expressing gratitude and open-mindedness as you listen within.

Let go of your control and telling God what to do.

Let Spirit within you show you a better way.

I Am Willing

What can I do? I can be willing.

What can I do? I can be happy.

What can I do? I can learn.

When I am unhappy, I create more unhappiness.

When I am unhappy, I justify and teach unhappiness.

When I am unhappy, I am not creative.

When I am unhappy, I focus on what is wrong.

When I am unhappy, I seek to find fault.

When I am unhappy, I get stuck in my emotions.

When I am unhappy, I feel limited, lacking, lost and alone.

When I am not learning, I miss out.

When I am not learning, I am shutting down.

When I am not learning, I limit myself.

When I am not learning, I go backwards.

When I am not learning, I am stuck.

When I am not learning, I think I know it all.

When I am not learning, I am not fully alive.

I am willing to be willing.

I am willing to be happy.

I am willing to learn.

I choose to be a happy willing learner.

Learning comes easily for me, when I am happy and willing.

Life is fun, safe and easy, when I judge nothing I am learning.

I enjoy my life, when I am a happy willing learner.

I see all life experiences as blessing and gifts, when I am happy and willing to learn.

No matter what happens, I prefer to be a happy willing learner.

Fear Interferes

Fear contracts.

Fear lies.

Fear distracts.

Fear separates.

Fear judges.

Fear withholds.

Fear blames.

Fear limits.

Fear doubts.

Fear quits.

Fear distorts what we know and feel.

Fear creates what appears real.

Fear is "false expectations appearing real".

Fear is judging and then seeing what you judge.

Fear is the ego's tool to gain control.

Fear is forgetting the Love within.

Fear is believing there is a Power greater than Love.

Fear is humanity's excuse for not fully Being.

Fear is a myth that is passed on through generations.

Fear is the enemy of the conscious mind.

Fear is the temporary absence of Light and De Light.

Fear is an invitation to remember Love.

Fear is an opportunity to strengthen your faith.

Fear is a call to listen within.

Fear is what keeps us stuck in limitation and lack.

Fear is the excuse for war, hatred, violence, and ignorance.

Fear is nothing but the habit of choosing to be a victim.

Letting go of fear is fun, safe and easy.

I erase past fearful beliefs and stories.

I now choose to remember only what is true and loving.

Habits Undone

Are you in the habit of worrying?

Do you stress yourself about petty things?

Does your mind get stuck on meaningless matters?

Do you have habits that render you unconscious?

Are you in the habit of over spending, over eating, over doing?

Do your habits get you in trouble?

Wherever you have a negative habit, you can choose to undo it.

Undoing habits requires a willingness to change.

Undoing negative habits takes practice and persistence.

Make up your mind that you can and will do what is best for you.

Give yourself permission to make mistakes.

Be patient and kind to yourself.

Give yourself at least thirty days of conscious effort to change your mind and your choices.

Envision and imagine your life without negative habits.

Write down a list of the positive qualities you will experience.

Determine desire and motivation needed to make the change.

State your confidence to ask and receive help from Higher Power.

Make a statement of your desire, confidence and commitment.

"I trust the positive changes I make are guided and supported by the Highest Good.

I believe that I am meant to be the best I can be.

I choose to make these changes to benefit myself and everyone.

Ask and Listen: *"What is for my Highest Good right Now?"*

Commit to take the high road and let Love lead the way.

Do whatever it takes to stay on path.

Be grateful for whatever steps that you accomplish.

Begin now.

Prune away everything that is not wholly good for you.

How Are You Loving You?

How you love others is mostly determined by how you love you.

Do you know what keeps you healthy?

Do you give yourself what you really need?

Do you know what keeps you happy?

Are you willing to do whatever it takes?

Do you know what keeps you out of stress?

Do you give yourself those conditions?

Do you know what to do when you are distressed?

Are you willing to provide what brings comfort?

Do you accept your mistakes with good humor and learning?

Do you bless and appreciate who you are and all you do?

Do you go for the highest possibilities or accept compromises?

Do you speak up when you have something to say?

Do you enjoy the rewards of life without greediness and envy?

Do you deny the scary stuff and fill yourself with inspiring stuff?

Do you smile at yourself both in the mirror and in your heart?

Do you enjoy your company and value quiet times of reflection?

Do you make time to do what you love and truly love what you do?

Loving you is just as valuable, as loving others.

Saving you is just as important, as saving your world.

Serving yourself is just as needed, as serving everyone everywhere.

It all begins with me and you.

It's Your Life

No matter how you look at it, from a victimized or creative perspective, it is still YOUR LIFE!

When you want something, don't just wish for it.

Take the first step and do something positive.

When you feel down and troubled, don't just sit there.

Get up and move, breathe, help someone.

When you are uncertain and doubting your choices,

Look for what you know is good and true.

When you are sick and tired of being sick and tired,

Get out of bed and work. Accomplish something.

When you cannot seem to make a decision, ask inside and listen.

Write down everything you hear.

When your life seems to be off track and not working,

Make a list of everything you appreciate.

When you feel alone and like you don't belong,

Visit those in senior centers and nursing homes.

When you are caught in self-pity,

Write or call someone you know needs some encouraging words.

When you are fearful about what life may bring,

Go to a playground and swing really high.

When you have lost touch with someone special,

Write them a letter telling them how you feel.

When you have an old resentment hurting your heart,

Forgive and let go to heal and free yourself.

When you have lost touch with your curiosity and wonder,

Watch a young child play all day.

When you feel you are in financial trouble,

Imagine losing everything in earthquake or hurricane.

When you feel forsaken by God,

Forgive yourself for tuning out and tune into your heart. Listen.

Your Life Is Your Gift To You

Your life is given to you without strings attached.

There is no competition and nothing to prove.

Your life is to be used by you in the way that rings true.

You have been given unlimited resources with which to create, to share, to squander, to expend, to lose, to suffer, to sacrifice, to expand, to store, to enjoy.

If you don't like what you have been doing with your life,

forgive yourself and choose again.

If you are making yourself unhappy, scared and sad,

forgive yourself and choose again.

If you are giving yourself fulfillment and enjoyment,

appreciate yourself for honoring the gift of life.

If you have made mistakes,

now is the time to change your direction.

If you have lost your way,

now is the time to ask for directions and find your way again.

If you have wasted time and energy on self-pity,

stop and think kindly.

If you have considered suicide or depression,

get your energy moving by giving yourself to others.

If you are feeling abandoned and rejected by others,

now is the time to befriend and reassure yourself.

When you play someone else's music just to belong, you sometimes forget you have your own song.

Only when you play life your true way, will true friends and companions join and celebrate with you.

To live falsely, always leads to disappointment.

Life is for giving. You are the gift.

As you fully give the gift of you, you discover the gift you are.

Keep Your Agreements

Addictions to feeding personality, body and humanness grow.

When we forget to say "No" to what does not benefit us, we forget

to say "YES" to what serves all Good and only Good.

One dessert leads to another with *"It's doesn't matter."*

One slip of unconsciousness leads to another.

One falsehood leads to another.

One moment of procrastination leads to another.

One second of envy leads to another.

The ego calls us to: *"Wait and see."*

"Leave it to someone else to do."

"No one will know."

"Just this one time is OK."

"If it feels good, just do it."

"It's your life so do what you want."

Keep your promises!

A promise must not be broken, because it erodes self confidence.

Don't break a promise to God, because it creates guilt and fear.

A broken promise made to a loved one causes fear of rejection.

Make promises you intend to keep.

If broken, apologize, forgive yourself and quickly choose again.

Remember life is a gift of Goodness and Love.

Our body is a vehicle for doing Good and offering Love.

Our mind is an instrument of forgiveness and healing, useful to fulfill promises to create Peace and Joy.

Our personality is our learned way to offer the gifts we are here to give and receive.

To honor the Giver of Life, we must promise to use the gift of Life with wisdom and Love.

Relying On Our Own Strength

When we rely on our own strength, we may find ourselves cautious or afraid.

When we rely on others, we may find ourselves doubtful and distrusting.

When we rely on Source, we experience the certainty of our faith.

We make errors and learn.

We make ignorant choices and choose again.

We have limited information and limiting beliefs and get educated.

We perceive through filters of our history, beliefs and level of understanding, and look for clarity.

We, alone, with no support, are limited.

Others may advise us falsely and need our forgiveness.

Others may deceive for their own selfish interests.

Others may be limited by life experiences, education and arrogance.

Others, even well-meaning, may err in their choices for us.

There is a Power and Presence greater than we see and know.

Source, Spirit, Higher Power, God, the Infinite knows all.

God is the Source of All Good, All Wisdom, All Power and Love.

Relying on this Omnipresent Source and Resource is trustworthy, dependable and True.

How do we know what to choose?

How do we tell where to go and what to do?

How can we discern what is wise and holy and helpful?

How can we live in alignment with Divine Will for the Highest Good of All?

Listen within and follow.

Learn to Listen Within

How can we know?

- *Quiet our minds in meditation.*
- *Find the silent space of Peace within and ask.*
- *When the answer is heard, felt or known, be grateful.*

Often we listen and do not hear.

Often we hear and do not obey.

Often we obey and do not trust.

Often we trust and do not give thanks.

Listen in the silence.

Write what you hear and feel, see and know.

Your mind may play tricks and erase the Highest Answer.

The Voice of Love and Peace and Joy is the Voice of God.

Everyone can hear.

Everyone can receive Higher Guidance.

Everyone can know the Way.

Everyone can find the Path to Happiness and Inner Peace.

Learn to listen within and trust and follow.

Anatomy Of Illness

How do we make ourselves sick physically?

How did I give myself a two day sick sabbatical?

It was easier than you might imagine.

Stress compromises the immune system.

Using the body lovelessly is a prescription for sickness.

The stress is in giving ourselves too much to do in too short time.

When we push and rush, we create fatigue and physical stress.

Inadequate nutrition stresses the body.

Changing my diet from organic home-prepared, nutritionally sound to allowing myself to eat the goodies presented for the holidays, sets up the body for being susceptible to illness.

Lack of inner peace opens the door to illness.

I forgive myself for stressing.

I forgive myself for trying too hard.

I forgive myself for rushing and pushing.

I forgive myself for worrying.

I forgive myself for making myself sick.

I forgive myself for not feeding myself well.

I forgive myself for making myself sick to get rest.

I forgive myself for getting sick to be alone.

I forgive myself.

I appreciate my willingness to learn from everything.

I appreciate that I share what I am learning.

I appreciate that I easily share my life learning.

Forgiveness is healing.

Loving myself is healing.

Appreciation is healing.

Serving One Self

Are you here to serve others?

Are you here to serve yourself?

Are you here to serve others or serve Your Self?

Only when you are well served, can you fully serve others.

Our gifts have great impact and generate the least guilt in the others, when we have taken impeccable care of ourselves. We are strongest, when we are neither leaning forward nor bending backwards. When we stand in integrity, without over extending nor withholding, we are more assured of a positive result for all.

Make sure your own needs are met.

Make sure you are conscious and clear when you contribute to the awakening and well-being of others.

“Giving to get” yields a mixed and confusing message. Waiting for another’s grateful response or expecting something in return creates an imbalance for giver and receiver. The message we are giving and receiving is we are needy and denying ourselves to give another what we need. Sacrifice and martyrdom may set up guilt in the receiver, plus disappointment and resentment in the giver.

Consider, giving to yourself first.

Consider, all that is given is received in the giving.

Consider, everything we give to another is given to ourselves.

Consider, any help given is affirming the abundance we have.

Consider, giving is opening the flow of what is abundant within.

Consider, what we give to a brother is what we want given to us.

Consider, a drowning man cannot save another drowning man.

There are times when we are called to lay down our life for another. When done with joy, it is truly an act of Love.

Give from the fullness of Love and the gift will be unconditional.

Harmonic Concordance

What is there to heal?

Where do you and I begin?

To bring harmony into our consciousness, we must recognize and acknowledge where there is disharmony. To be in accord with our fellow beings and all life, we must confess our conflicts, hurts and resentments. To build a new way of being in relationship, we must clear the old, confusing and unhealthy ways.

Wherever there is pain, there is a call for healing.

Wherever there is fear, there is a call for love.

Wherever there is sorrow, is a call for comfort.

Wherever there is war, there is a call for peace.

Wherever there is loneliness, is calling for friendship.

Wherever there is hunger, is a call for real nourishment.

Wherever there is hardship, is a call for provision.

Wherever there is lack of meaning, is a call for inspiration.

Wherever there is heartache, is a call for forgiveness.

Wherever there is ignorance, is a call for education.

Wherever there is attachment, is a call for letting go.

Wherever there is sin, is a call for spiritual redirection.

Wherever there is arrogance, is a call for True Knowledge.

Wherever there is fatigue, rest is being called.

Wherever we feel lacking, is calling for living abundantly.

Wherever we feel belittled is a call to recognize our magnificence.

Wherever we feel limited, is calling for us to be free.

Where there is a need, there is simply a call for loving attention.

Listen within and you will hear how to respond to the Call.

Listen and take responsible action.

You are free to respond, only when you are willing and able.

We are free to choose how to respond.

Shift is Happening

Are you noticing changes within?

Are you seeing the unexpected in others?

Are you feeling the pull to express or heal?

Are you being urged to create your life anew?

Are you being called to make amends?

Are you feeling feisty and assertive?

Are you needing to rest and renew?

Are you noticing the intensity in others?

Are you seeking the High Truth in All?

Are you aware of some inner shifts?

Some say, the veils are thinning between the illusion of duality and the reality of unity.

Some say, these are the “end times” and some will ascend while others will hold their course.

Some say, we are in a very dark period and need to remember the Light and Love of God and Goodness within.

Some say, we can use this and all time as an opportunity to heal the past and awaken to perfect Love in the present.

Some say, this is the time to wake up and take responsibility for all we are and have and do by being fully conscious and at choice.

The possibility now, as in all time, is to awaken, to be open and willing, to stay true to our Higher Calling, to live in Love and give with Joy, that All might seek the Love of God within.

We are here now.

We are free now.

We have chosen now and can choose again.

Forgive what was and choose for what will be.

NOW!

Bless you and your willingness to be free.

Forgiving Sight

When we perceive with forgiving eyes, our mind is clear and focused on seeing rightly.

When we see beyond this physical experience and perceive the Essence of everyone, we see as God sees.

We love as God loves.

We heal by seeing the holiness.

We teach by living what we know.

We give by giving only essential and ever lasting gifts.

We extend peace with peace in our own minds.

We express Joy by being free of anger and pain.

We offer Love by realizing the Love we are.

We are decisive, as we allow the Voice Within to be our guide.

We are conscious, as we are unclouded by fear and judgment.

The prerequisite for these gifts of Spirit is forgiveness.

Forgiveness is a gift to ourselves.

Forgiveness is about clearing ourselves from the clouds of illusion.

Forgiveness ends all errors in our mind.

Forgiveness is a choice to stop judging our own mis-creations.

Forgiveness is releasing our stuckness in the temporal.

Forgiveness is the freedom to choose again.

This temporary tool is highly effective in a world of human misperception and error. When we have laid all judgment aside, we will no longer need this tool. For as long as we judge, compare, evaluate, figure out, defend, and think, we need the tool of forgiveness.

Forgive everyone and everything for all time, including ourselves.

Forgive all mistakes so we can freely choose again for Good.

The Most Perfect Gift

I gave myself a gift today.
This gift heals my body of aches and pains.
This gift frees my mind from worries and concerns.
This gift brings me peace and love and joy.
This gift grants hope for the future and release from the past.
This gift opens my heart to full appreciation of everyone.
This gift is available every moment to use as much as I want.
It never wears out and works without batteries.
It costs me nothing except my opinions, beliefs and history.
This gift saves me from false teachings, limited perspectives and foolish expectations.
This gift can be given to everyone and will not lose its power.
It inspires freedom & trust in the hearts of all who receive it.
This gift makes my heart sing with delight.
This gift is mine and yours and ours to free ourselves from all mistakes for all time—past and future.
It changes my mind.
It changes my life.
It changes my world.

What is this universally available and often unclaimed gift?

FORGIVENESS

I forgive everyone and everything for all time.
My mind automatically erases everything not loving and true..
My mind now holds thoughts that I think with God.
Only goodness and beauty and love occupy my mind.
Forgiveness is the great eraser filled with Love.
Forgiveness is a gift to myself.
Forgiveness makes all things new again.
Forgiveness is opportunity to only give and receive all Good.
May you receive this great gift of healing to have and use.

Seeing With The Heart

We may use our eyes to see imperfections and pain in our world.
When we see through the filter of our mind, we judge what we see.

Our hair is too grey, our skin too pale, our food too fattening, our checking account too low, our kitchen too dirty, our friends too needy, our church too preachy, our world too violent, our government too fanatic, our schedule too busy, people too rude, etc.

When we see with our mind we evaluate, compare, perceive through past experiences, defend, have opinions and feel concern about ourselves and our lives.

When we see with our heart.....

We look at what is, with Compassion and Kindness.
We are open and willing to Love and Appreciate.
We extend Love where there is lack.
We see Beauty within all creation.
We trust in the intrinsic Perfection.
We believe in the Highest Outcome.
We know we are in the right place at the right time.
We see the Essence rather than the body.
We enjoy the Moment rather than compare or judge.
We seek Truth rather than opinions.
We extend Peace to chaos and give love to the fearful.

We are Messengers of Goodness and Mercy.

We are Bringers of Light and Enthusiasm.

We are Teachers of God and unconditional Love.

We are the Holy Ones, the Children of the One.

This is the time to remember Who Lives Within.

Foolish To Be Fearful

In times of darkness, turn on the lights.

In times of sorrow, find someone to make happy.

In times of judgment, look for what you appreciate.

In times of lack, see all you are given.

In times of fear, open your heart to love.

The human learned personality and ego has learned that it is helpful to judge and realistic to be afraid.

People have taught one another to grieve, to suffer, to see what is missing and hate what is natural.

Spirit soars, when we seek what is beautiful, good and whole.

The heart sings, when we see what is loving, kind and helpful.

The mind creates, when it is clear and happy and free.

Why would I choose to live in darkness, sadness, fear and resentment when I can choose to have happiness, love and light in my life?

If I only know what I have been taught, I may not realize I can choose to change my mind.

If I believe only what others have shown me, I might think I have no other choice.

If I let the past teach me, I might try to protect and defend myself from the mistakes of myself and others.

If I only trust in what I can see and read, I might be stuck in repeating past experiences.

I can open to the unknown.

I can believe in miracles of love.

I can forgive and erase the past.

I can focus on God and Goodness.

I can perceive the beauty and Love within all things.

I can choose again.

It is foolish to be stuck, when I am at choice.

Listen Within

In your heart, you know.

When all judgments are laid aside,

you can hear loud and clear the Voice of Love.

When you are at peace,

you can ask and receive the clarity you request.

When you are at home,

you can feel the Love within.

When you are unafraid,

you will have faith in God and Good.

When the past is forgiven,

you are perfectly guided in each moment.

When you rest in Love,

you see all as loving You.

Life is a projection of our inner kingdom. (mind)

When our kingdom is filled with Light, we see only light.

When our kingdom is filled with Love, we extend only Love.

To clear your kingdom of the debris and clutter of the past, stop filling yourself with meaningless stuff.

Look around to see what is meaningless and let it go with blessing.

Listen within for what is real and true and lasting.

You are blessed.

Your life is a blessing.

Thank you for the gift of YOU.

Peace On Earth

When you want only peace, you will see only peace.

When you want only peace, you will be only peace.

When you want only peace, you will extend only peace.

When Peace becomes your single goal, you will live nothing else.

How does one create peace on earth?

Peace is an inside job.

Peace begins in my mind.

Peace is experienced when I forgive all errors.

Peace is an attribute of the mind.

Peace comes when my mind serves only giving peace.

I encourage and request my mind to hold only thoughts of peace.

In peace I am renewed.

In peace, I am at home.

In peace, I know God.

In peace I am loving and beloved.

In peace I am happy.

In peace I am free.

I now affirm:

I forgive everyone and everything all the time.

My mind holds only thoughts that are true and loving.

My mind thinks only what I think with God.

I am at choice and I choose peace.

Peace is my single goal.....

the aim of all my living here..

the end I seek,

my purpose,

my function

and my life. (from *A Course in Miracles*)

Doubts Deplete

Whenever we doubt or fear, we decrease our energy.

Whenever we trust and love, we increase our energy.

When I allow negative thinking, I negate, dis-empower and dilute my positive energy.

When I forgive myself and return to positive thinking, I erase and release my mis-direction.

Saying “yes” is choosing to trust and move ahead.

Saying “no” is choosing to stop and move away.

Saying “maybe” is choosing uncertainty and waiting.

When I judge my choices, I am confirming I cannot trust myself.

I am affirming, I doubt and disbelieve in myself.

I must believe in my choices in order to create them Good and Whole and Beautiful.

We are here to create what is good and beautiful and holy.

Even when there is apparent difficulty, I can look to see the gifts, the helpers I meet, the people I call on, the lessons I learn, the opportunities to grow in faith.

Everything given to Spirit will be used for Good.

Whenever I judge or condemn, fear or doubt and try to fix the situation myself, I hold the outcome away from the Spiritual Good that I can see, believe and experience.

I choose to give my life, my choices, my path and purpose, my relationship and finances, my health and happiness to God, to Good, to create the Highest Good for everyone everywhere.

I choose to give my life to be an instrument of peace, an inspiration of Joy and a reminder of Love.

Impeccable Self Care

To care for One Self Impeccably, there must be love and respect for our whole being.

Where we judge, we criticize, neglect, negate, abuse and accuse.

The work is to see accurately and to listen to the way we now treat ourselves.

Wherever there is an area of lack, littleness or limitation, we must acknowledge or confess.

Wherever we have self-denying and defeating programming from childhood, we must bring it all into the light.

It is in the light of awareness that we can forgive, release and erase what no longer serves our highest Good.

We were each created as Love by Love for the purpose of Loving.

Wherever we believe otherwise, we must confess, forgive, heal and transform.

How does this process of Self Healing look?

It can look like journaling, therapy, prayer, daily self care, introspection and reflection, living our lives happy and free, caring for another impeccably, affirming daily with prayer treatment or written affirmation.

When we are living with impeccable self care, any small upset is a sign we have forgotten to live on purpose.

We may have forsaken following the path of our heart with deep love and appreciation for who we are.

When we are caring for ourselves impeccably, we lead a balanced life, honoring mind, body and Spirit.

When we are truly honoring ourselves, we feel loved and loving no matter what.

When we are fully appreciating ourselves, we are whole, happy and free.

Love and Joy lead, for they are honest caretakers of our precious gift of life.

Love and Joy lead us to fulfillment, abundance and meaningful relationships.

Love and Joy lead us to care for our body vehicle, our home environment, our families and friends.

Love and Joy lead us to be constantly learning from everyone and everything.

Love and Joy lead our trust, our honesty, our generosity, our patience.

Love and Joy lead us to let go of defenses and secrets, to release resentments and guilt.

Love and Joy lead us to honor the Voice within and to follow the song in our heart.

Love and Joy lead us to love ourselves no matter what and to love others as well.

Impeccable Self Care is our right and responsibility.

It gives an example for others to see.

It supports us in the stresses of life.

It keeps our minds from confusion and our bodies from strife.

Begin today to care for You.

This is your life.

Cherish it.

Under the Weather?

I am responsible for how I respond to whatever I experience.

How I respond to my experience affects the experience I have and how long it lasts.

Some say we are responsible for illness or how we respond to illness. Some say it all is gift or a lesson to learn.

Some say we are responsible for treating ourselves with love and respect no matter what the appearance.

What do you think about illness?

What is your philosophy or belief?

When I judge anyone or anything, the experience lingers and gets stuck in my consciousness. What we resist, persists.

When I forgive, the experience naturally moves on through like passing clouds. What we embrace, softens in gentleness and love.

How do you treat those who are sick, in pain, having difficulty physically or mentally?

All my life I have been privileged to be available to those who are ill, suffering and dying.

While it is not the most joyous experience, I find it extremely rewarding, a true loving reminder.

Whenever there is love, there is healing.

Whenever there is acceptance, there is peace.

Whenever there is compassion, there is shared experience.

Whenever there is kindness, there is love.

What do you seek when you are ill, in need or in pain?

Solitude or companionship?

Quiet focus or distraction?

Encouragement or sympathy?

Time to heal from within or external cures?

My choice: Trust in my natural healing process..

Give it to God and know I am healed.

See me whole no matter how it might appear.

Love me as I am and judge (fear) nothing.

Look Beyond the Apparency

Can you see beneath the surface?

Can you see your brother as yourself?

Can you see beyond the skin tone?

Can you feel the same call for love as is in you?

Can you see beneath the anger?

Can you feel the fear and hurt calling for someone to listen?

Can you see beyond the illness?

Can you see the essence, the heart of the being?

Can you see beyond the poverty?

Can you feel the same need to provide for their family?

Can you see beneath the ignorance?

Can you see the hunger and despair seeking for a better way?

Can you see beyond the immaturity, the emotional displays?

Can you feel the calling of the soul to live, to learn, to love?

Can you look beyond the personality, the body the behavior?

Can you find within the same Love that lives in you?

Can you call it forth?

Can you sing words and lullabies of peace and reassurance?

Can you speak in tones which are safe and gentle?

Can you ask questions which are meaningful?

Can you listen with an open mind?

Can you reach out with a compassionate heart?

Can you give all you have to One who is the same as you?

Will you love your Brother, Sister, Friend as yourself?

Are you willing to see beneath what appears to be?

What Is Love?

Love is energy.
Love is creative.
Love is eternal.
Love is healing.
Love flows and extends.
Love cannot be destroyed.
Love never ends.
Love is all there really is.
Love is not an emotion.
Love is not temporary.
Love is not earned.

Judgment, fear, anger, hurt may hide the awareness of Love.

Love can be forgotten.

Love may be misunderstood.

Love is sometimes overlooked.

Some say, God is Love and Love is God.

In this world, we often block the awareness of Love's Presence.

Love is real, no matter what may be the appearance.

Forgiveness is a tool that can be used to clear our perception.

Forgiveness can erase our judgments and clear our fear.

Forgiveness removes obstacles to the awareness of Love's Presence.

Forgiveness is our Holy work.

Forgiveness is the path to peace and understanding.

I forgive myself for limiting my perception.

I forgive myself for fearing Love.

I forgive myself for forgetting to Love.

I forgive my world for teaching me Love is unsafe.

I forgive myself for hiding the Love in me.

I forgive myself for letting anyone or anything keep me from Love.

I am Love created by Love for the purpose of being Love.

Forgiveness Restores

Love makes all things new again.
Love makes relationships new.
Love makes the world new.
Love makes our bodies new.
Love is the absence of judgment, criticism, resentment, anger, hurt, woundedness, regret, fear and all those emotions, energetic clouds of inter-fear-ance.
If you imagine that emotions are temporary blocks to the awareness of the presence of Love, then you might trust that underneath, and in Truth Love is always present beneath those clouds. The illusion of judgment and fear is supported by our misperceptions which are distortions of what is present. Without judgment we would see things as they are without comparison, categorization and reference to past experience. "Ahhh... that is interesting? How amazing! Wonder-full!" would be our response to what is.

Forgiveness is the grand restorer.

Forgiveness is a mental and emotional eraser.

Forgiveness clears our vision.

Forgiveness seeks to see what is.

Forgiveness knows not what anything is for.

Forgiveness restores all to its natural state.

Love is our natural state.

Peace is our natural state.

Wholeness is our natural state.

With forgiveness and Love we see all things new again.

Just imagine your experience if all things were new again.

Just imagine if you could see without fear and judgment.

Just imagine how life would be, if you were in love all the time.

Just imagine how beautiful, good and whole your life would be.

Why Do It?

Why should you get up in the morning?

Why teach what you want to learn?

Why give your best?

Why keep your promises?

Why be forgiving?

Why heal the past?

Why learn how to love unconditionally?

Why trust God?

Why take care of your Self?

Why be honest and fair?

Why reach out and touch others' lives with Goodness?

Because....

It is the right thing to do.

It feels good.

It creates a better world for you and others, too.

Whatever you think and say and do teaches everyone everywhere.

When we are not living the way we want our world to be, we help it slide into unconscious error, selfishness, violence and craziness.

When we live a better way, we see the results in our own life.

We are healthier, happier and more Fulfilled.

Life can be fun, safe and easy.

What Does It Mean To Love?

I "love" You.

I "love" Goodness.

I Love the I Am.

I love the One We Are together.

Love is freely being who I Am and giving the gift of my Soul Self.

Love is the joy of authentically sharing the fullness in my heart.

Love is the song I sing without self-consciousness or afterthought.

Love is the freedom to be without embarrassment or self judgment.

Love is knowing I am enough.

Love is joining with you in prayer, in vision, in purpose.

Love is honoring who you are and where you are without asking you to be someone or somewhere else.

Love is supporting and encouraging you to grow at your own pace.

Love is never needing to say "I am sorry", because the intention for Goodness is clear.

Love is the peace that passes understanding, as I have total faith in the Presence of Good in you.

Only when I limit loving, do I withhold the fullness of my Self.

Only when I fear being hurt, am I cautious in letting Love flow.

Only when I resist losing my Self, do I limit my giving to you.

Only when I seek filling my own cup, do I feel guilt.

Only when I know I am motivated by duty, do I resent giving.

I am open and willing to Love.

I am free and happy, when I am loving.

I feel at peace and more empowered, when I give my Love freely.

I trust myself and my world, when I am on purpose and in Love.

Giving or Getting

Are you here to get what you want?

The ego always wants more.

For our fear-based personality, there is never enough.

Are you here to give what you have?

Our Spirit is always full, abundant and fulfilled in giving.

Our spiritual essence is overflowing with love and joy to share.

You have two voices within you.

One is learned from the consciousness of our world.

The other is the voice of Truth, the Voice of God.

One teaches fear and speaks of lack, littleness and limitation.

The other shows us Love and the abundance, magnificence and limitlessness of Spirit within.

When we recognize our inner Essence, we are focused on caring and sharing what is good and beautiful and Holy.

We give for the joy and fulfillment of giving.

Having rests on giving.

When we believe in our ego, our personality and our human limits, we seek for more and strive to get more.

We give to get.

Life is for giving.

Find the gifts within you and give them freely.

Recognize the gifts you have and the gift you are as you GIVE.

Life Happens

Yes, stuff happens to all of us.

The more you risk, the more you experience.

The more public you are, the more expressive you are.

The more you step out of your comfort zone, the more you grow.

The more you dare to love and laugh, the more you let go.

The more you are honest, the more you share freely.

The more you step into new territory, the more you experience.

The more you stay comfortable and safe, the less you experience.

So when stuff happens...

When you lose or fail, when you are criticized or judged, when you find difficulties in your way, when people leave, when you feel hurt or shamed, what do you do?

The joy of life is found in living fully and abundantly.

The ecstasy in life is found in being free.

The growth in life is found in being challenged and overcoming.

The healing in life is found in living by your spiritual principles.

The strengthening in life is found in never quitting on love.

When life happens, it is futile to try to analyze, explain, justify, figure out, resent, resist, build defenses and protect yourself. It merely sets up fear of more pain, adjusting to other's expectations and playing it safe by conforming.

When life happens, let go.

When life happens, forgive,

When life happens, love more

When life happens, look for the gift.

When life happens, trust in the intrinsic Goodness in all things.

Listen within. Follow your Inner voice. Let life happen.

And enjoy the healing, learning and growth along the way.

Effective Communication

Don't argue!

It is a waste of energy to argue.

It is valuable to share your opinion, perspective and judgment.

But only, if you recognize, it is simply your opinion.

Everyone sees the issue from their own place, beliefs and history.

We all have our own way of seeing what is.

To try to convince someone that your position is “right” is usually to convince ourselves that we are “right” and they are “wrong”. This yields an unequal relationship in which there is a winner and a loser.

We may not share at all, because we don't want the other person to feel bad or because we are afraid of their reaction.

It is effective to share your viewpoint, only if the other person genuinely is willing to listen, and holds it as just another perspective.

To argue back and forth trying to convince the other usually yields resistance, defensiveness, hurt feelings and resentment.

To argue is usually about expressing and justifying our emotions rather than wanting the other person to see another viewpoint.

To share openly invites openness and honesty.

Ask if the other wants to hear your perspective.

Ask when would be the best time to talk without interruption.

Preface your self expression with a statement of:

“This is only my viewpoint.

I want to share with you to improve our relationship.

My intention is to appreciate you and more.”

When you share, take full responsibility for your feelings, your beliefs, your judgments, etc.

I feel..... I see.....I want..... I am willing.....

Then listen with openness to hear the other's viewpoint.

What do you feel?

What do you observe?

What do you want?

What are you willing to do to have what you want?

Listen with full acceptance of the other's perspective.

Recognize that respecting each others values, choices and points of view is honoring the right to be different and respecting the right to disagree and continue to love one another.

I learned many years ago to state my position and then immediately drop it, to be open the door to the other person's viewpoint.

1) Hold no position.

2) Step into full acceptance.

3) With open-minded listening, acceptance and non-judgment, healing and understanding occur.

What you give to another will be given to you.

Love Is Enough

How do you support yourself in remembering to Love?

How do you make time to Love You just as you are?

How do you demonstrate your Love for your “loved” ones?

How do you Love in times of stress, strife and struggle?

When I am remembering to Love,

I take time.

I slow down.

I appreciate.

I say blessings.

I affirm.

I value what is important.

I give my very best.

I meditate.

I read ageless wisdom.

I write with Spirit.

I feel blessed.

I reach out to others.

I take really good care of me.

I laugh more.

I let go easily.

I say “thanks” easily.

I am at peace.

I enjoy what is.

I don’t notice anything to complain about.

I create beauty and goodness.

I am connected to life.

I am grateful for the Love I know and see and Am.

I am remembering to Love as I remind You,

When I am in Love, I see only Love.

Love is Patient

Without patience, we may quit just when we are needed most.

Without patience, we may yield to what is negative or unkind.

Without patience, we may neglect to honor our inner guidance.

Without patience, we may become angry or resentful.

Without patience, we may forget Love is Who we are.

Without patience, we may make up our minds and get stuck..

Without patience, we may be “right” and make others “wrong”.

Without patience, we may forget to put our relationship first.

Without patience, we may push and punish and create resistance.

Without patience, we may create animosity, rather than healing.

Without patience, we may cause separation, instead of closeness.

Without patience, we may lose what we have sought.

Without patience, we can forget the reason for our being.

Patience with others encourages patience with ourselves.

Everyone deserves patience.

Life is a journey.

To focus on the destination may cause us to miss the beauty and goodness, the miracles and laughter along the way.

I am willing to learn everyday to be more patient.

I am willing to listen only to my heart, the Voice for Love.

Love is patient.

Love is kind.

Love is Freedom

*Freedom created us free.
Love created us loving.
Creativity created us creative.
Joy created us joyful.
The infinite created us unlimited.*

Why are we here?

We are here to remember who and why we are here.
We are here to realize our unlimited potential.
We are here to be happy and free.
We are here to create our lives and enjoy the life we experience.
We are here to undo our mistaken and limiting beliefs.
We are here to forgive guilt and regret, anger and resentment.
We are here to undo and heal the past.
We are here to bless and perceive only wholeness and Holiness.
We are here to be fully here.
We are here to be responsible and able to respond to what comes.
We are here to stop complaining and victimizing—self and others.
We are here to pray and praise the Good within us.
We are here to recognize the Truth of our Being.
We are here to know and align with God.
We are here to believe and live in freedom and trust.
We are here to let go of all that we cling to.
We are here to enjoy what is.
We are here to create thoughts, words & deeds for the Good.
We are here to wake up and awaken to the Truth of our Being.
We are here to fully experience and express the free, creative, unlimited and joy-filled Love we are.

Love is the way. Be free. No guilt. No fear.

There is perfection in our exploration to return to Love.

Be True To You

*You are Unique.
Your gifts and your calling are unique.
You are here to serve a Holy Purpose.
There is no one like you in all the universe.*

The family to which you were born offered you the perfect opportunities to heal and be healed. The friends with which you have shared yourself have been the perfect ones to learn and grow. The adventures which you have given yourself have been the ideal experiences to expand your awareness. Your jobs, education, partners, homes and travels have all given you the opportunity to see and know you and discover your unlimited capacity for creating, enjoying, and contributing.

What you experience and how you hold it in your consciousness is a product of your judgment. What you believe about life's effect on you begets your magnificence and strength or your weakness and victimization. Everything you have known is a gift or a curse depending on your chosen judgment and perception. It is up to you how you choose to see this and every moment.

To undo the negative effects of past experiences requires only that you forgive the limiting stories of harm and inability, and choose the blessing of healing and infinite love. The miracles of life come in the form of transformed perception. The miracle of You is seen in your resilience and determination, your forgiveness and Love, your courage and strength, your capacity for healing and growth, your creativity and generosity.

Set yourself free from withholding and limiting.

Set yourself free from judging and belittling.

Forgive yourself for shutting down.

Free yourself to give all and you will experience All you are.

Do We Crucify Ourselves?

When we are not doing our job, we need to forgive ourselves.

When we make mistakes, we need to forgive ourselves.

When we expect to get what others cannot give, we need to forgive ourselves.

When we fall asleep on ourselves, we need to forgive ourselves.

When we try to get more of what keeps us separate, we need to forgive ourselves.

When we claim we are just human, we need to forgive ourselves.

When we blame God for our own unconsciousness, we need to forgive ourselves.

When we allow others to hurt us, we need to forgive ourselves.

When we believe that salvation comes from outside, we need to forgive ourselves.

When we make excuses for our negative thinking, we need to forgive ourselves.

When we forsake our own principled living, we need to forgive ourselves.

When we justify not being responsible, we need to forgive ourselves.

When we trust those who are asleep, we are making a mistake.

When we blame others, we are pretending we are not responsible.

Our ego seeks to confirm its horror story that God has forsaken us.

Our ego believes in victimization, crucifixion and death as the final punishment and escape.

We have forsaken our true Self, God, Goodness and Love.

We have fallen asleep and allowed the world to crucify our egos.

We can shut down our light and get lost in our own shadows.

We can forget and forsake our True Self.

We can ignore, distract, delay and detour our practice.

We can judge, punish and prevent ourselves from being happy.

When our egos appear to be harmed or crucified, know our Essence and our Spirit does not die.

What is Real cannot be harmed.

The Love we are, cannot die.

When we fall asleep, life may seem dangerous, serious and difficult.

When we fall asleep on the job, we might seem to get hurt.

When we allow Inner Voice to guide us, life is safe, fun and easy.

All apparent upset and injury is merely a wake up call.

Let's wake up and live, love, laugh and let go.

Wake up and take responsibility.

Wake up and listen within.

Wake up and love and care for yourself.

Wake up and let God and love lead the way.

Wake up and trust.

Wake up and learn.

Wake up and give the best you have to everyone in all circumstances.

Our job is to stay awake and in love.

Our job is to remember We Are Spirit.

Our job is to keep reminding one another.

What to Expect

Expectations may cause sorrow, disappointment and frustration. When we are conscious and connected, we can expect a consistent experience of kindness, honesty, fairness, joy, openness, willingness, curiosity, respect, gratitude, acceptance, and inner peace. When others are connected with Spirit, we can expect the same.

Most people think they are limited, separate, lacking, limited and disconnected. They have forgotten their Source, their inheritance, their Creator, their inner Guidance system. Most people are lost, confused, conflicted, fearful, and despairing. They are seeking to either conform and blend in with others, or numb their fear and pain with addictions (including TV, computer, sugar, fantasy and the usual popular addictive substances). Those who are caught in the illusion of their own confusion and made-up world often are agitated, manic, depressed, in pain, sick, deceitful. They often make and break their agreements, have ideas but don't follow through, try to "get" what they want, but neglect to give what they have, hate and blame, and fall into lethargy and depression.

The signs and symptoms of those who are having a human experience are easy to spot in ourselves and others. Those having a spiritual experience, those who are connected with God, within are also obvious.

The conscious ones are filled with joy, energy and enthusiasm.

They share creative ideas freely with those who are receptive.
They seek to participate, co-create and partner with others.
They are at peace with themselves and their lives.
They live what they believe and listen within for guidance.
They are trusting and freeing themselves and others.
They enjoy the adventure of life and don't get caught in judging.
They love unconditionally without quitting on themselves.

They give for the sheer joy of giving the best they have.
They are both inspired and inspiring.

Different worlds conscious and unconscious beings live in.

Different views from a loving person and a fearful person.
Different energies from someone who is awake and one who sleeps.
Different directions from one who is clear and focused and one who is confused and lost.
Different lifestyles from one who is committed to giving and one who tries to get to survive.

I cannot expect another to be awake, simply because I Am.

I cannot expect another to be thinking, feeling and acting in love, when they are afraid.
I cannot expect another to be giving their best, when they have don't know what is best.
I cannot expect another to be living with energy and enthusiasm, when they are running on empty.
My expectations may cause disappointment and frustration in me, and guilt and resentment in them.

I can stay connected and on purpose.

I can be awake and in love.

I can be filled with joy and enthusiasm.

I can remember my Source and stay connected.

I can be kind and generous.

I can forgive myself easily and quickly when I forget.

I can be a living loving reminder.

I can remember every life is unique and their responsibility.

I am, therefore, I can.

I can therefore I Am.

Self Respect Yields Health and Happiness

When we forget to respect ourselves, we feel unhappy and sick.

To “**Re-spect**” is to look again, deeper for what is Real and Good.

Disrespectful habits:

Deny our own happiness.

Forget about our needs.

Take care of others first.

Listen to our egoic fears.

Talk negatively to ourselves.

Limit what we do.

Neglect our dreams and vision.

Let money be our leader.

Deny what we want.

Hide our gifts from the world.

Betray our commitments to ourselves.

Let our senses distract, detour and delay us.

Waste our time, energy and money.

Feed ourselves energy-depleting foods.

Watch TV and read negative stuff.

Work without inspiration.

Live without enjoyment.

Forget to be grateful.

Withhold support to the Source of our inspiration and Good.

Believe we cannot achieve or have our heart's desire.

Distrust there is a Power and Presence that loves and supports us.

Live unconsciously.

Give only to get something in return.

Neglect to pray or affirm.

Set aside what is ours to do for the sake of others.

Complain and whine.

Wish and fantasize, with no action.

Never quiet our minds to listen within.

Let us clear disrespectful habits and affirm Self Respect.

Our anti-Life habits of mind lead us into lethargy, discouragement and self limitation.

These disrespectful habits may yield anger, depression, disease and violence toward self and others.

These signs and symptoms are merely a call for forgiveness and a return to love.

Affirmations useful to clear lack of self respect.

I now love and respect my whole Self.

The more I love and respect my Self, the more I love and respect others.

The more I love and respect my Self, the more others love and respect me.

The more I love and respect my Self, the more others love and respect themselves.

The more I love and respect my Self, the more others love and respect others.

The more I love and respect my Self, the more my world becomes a place of love and respect.

Are You Loving You?

You are the Gift of God.

In all the Universe there is no one who can take your place.

You are an integral piece of the Whole cosmos.

You are needed.

You are wanted.

You are valued.

Fully being You is the piece (peace) of God you are here to be.

Without you, we are incomplete.

Only when you love and appreciate your worth, can you fully give and be the gift you are.

To find this gift, you must commit to cherish it.

To know your worth, you must agree to honor it.

To live this gift, you must choose to love it.

Without end.....

If you saw yourself as your Creator sees you.....

You would weep with the exquisite beauty in you.

You would be overjoyed with the awesome goodness in you.

You would marvel at the infinite creativity and possibilities in you.

You would delight in the adventures you have chosen for you.

You would be mystified by your lack of value for your life.

You would choose tender nurturance and profound love for you.

You are the most awesome gift of God you could imagine.

Awesome and infinite, bountiful and beautiful, precious and Good.

Take care of you.

You are God's most precious Gift given to You to Love.

Return to Love

When you are sick, return to love.

When you are resentful, return to love.

When you are lonely, return to love.

When you are grieving, return to love.

When you are hurt, return to love.

When you are envious, return to love.

When you are fearful, return to love.

When you are conflicted, return to love.

When you are misunderstood, return to love.

When you are judged, return to love.

When you are betrayed, return to love.

Love is your natural state.

When you are in love, you will understand and be healed.

When you are in love, you will see the gift and be blessed.

When you are in love, you will know the need and respond.

When you are in love, you will know the Peace of God.

When you are in love, you will keep on giving.

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

Whatever the need, Love is the way.

Our Fountain of Eternal Love

Within each one of us is an ever-flowing fountain of energy.

It bubbles forth within us to the degree to which we are free to be.

This fountain offers wisdom, grace, joy, goodness and beauty as we have need. It is a wellspring of life itself.

Spirit is its Essence.

Spirit is the life force.

Spirit is infinite and limitless.

Some learn to limit the flow. Some give it all away.

Some pretend it doesn't exist. Some divert its energy.

Within us is an Abundant Source of Everything Good.

Deep within is a glorious fountain of Love that is endless.

Deep within is a quiet stillness offers Peace to every mind.

Deep within is a brilliant Light of Joy that will dissolve all fear.

We may give it all way by letting others depend on our flow with umbilical cords to suck what and when they wish. Or we have so many holes in our own bucket that we cannot sustain enough energy for our own life resources. Often life is about patching the holes of doubt and fear, filling the needs for confidence and unconditional love, and remembering the truth of our limitlessness. We need to stop depleting ourselves to care for others by removing the umbilical cords and chains of guilt and co-dependence that bind us.

When we are bound by duty for others' care, we are not free.

When we are dependent on others, we are not free.

When we scare ourselves with violent visions, we are not free.

When we are forsaking our joyous calling, we are not free.

When we are not enjoying life, we are not free.

When we are forgetting to listen within, we are not free.

When we think this world is real, we are not free.

When depending on the world to make life OK, we are not free.

When we give ourselves no choice, we are not free.

When we deny ourselves love and happiness, we are not free.

When we live in inner conflict, we are not free.

Allow the flow of Love to wash away the myths of human fear.

Allow the inner flame of compassion to shine away the dark shadows of guilt and shame.

Allow the Joy of sharing your Love to rekindle your faith and hope.

Allow the Sun to shine in You this day.

Allow the Love to sing through you today.

Allow. Allow. Allow

Life is for giving.

You are the Gift.

Love is born again in You.

Give your Whole and Precious Self to You.

Welcome Home.

Be gentle.

Be respectful.

Be grateful.

Enjoy loving You!

Love Welcomes the Call For Love

People may bring their worst behavior to those who are loving.

If you ask why bad things happen to good people, you may be asking, “*Why are good people called upon to forgive and love again?*” These earth angels, or ‘*innocents,*’ or giving people are often called to love more, to forgive and give more, to go beyond the ordinary and be truly extraordinary.

As I have learned to love without condition, to love without judgment, to love without criticism, I have been given opportunities to challenge my choices, to strengthen my commitment and to demonstrate that Love heals. *Love works every time without fail.*

There is only Love and the call for Love. Among humanity there is an apparent need for the remembrance of what is True and what is loving. I am here to remember and not forget and so are you.

If we each choose to remember to love, we can change our world.

Only Love begets Love.

Love forgives and love heals.

Love washes away the “sins” of the world.

Love erases all errors so we can choose again.

Love can make new again.

Love is the only power.

Love shines away darkness.

Love opens doors of possibility.

Love is endless giving and forgiving.

Love is abundant life.

I am calling for you. I am calling “*Be True*”.

I am calling You to be the Love You Are.

When we Love enough, we know the Peace and Power and Presence of God.

What is Real?

We are created to be creative. We are created to be free.

When we are creative and free, remembering the Love we are, we create only Love. When we judge our creations as right or wrong, we create the possibility of mis-creation. This world is an experience in which we have projected our belief in good and evil, right and wrong. The worldly experience is a temporary experience of complexity, judgment, and duality.

When we believe in what is “not Good,” we see “not good”.

When we judge things, we make what we judge real.

When we believe we are betrayed, we see or feel betrayal.

When we believe in error, we perceive and create error.

When we condemn, we make real that which we condemn.

When we let go of fear, we allow love to cleanse, to heal, to erase what is not real.

The world is a screen on which we project beliefs and mis-beliefs. The world we see is a world of “apparency” or illusion, in which we interpret everything. When we value our beliefs, we hold them in place to be re-created and seen again. When we forgive our beliefs, we release our judgments and allow Light and Love into our minds.

Forgiveness is a tool to erase all mis-creations.

Forgiveness allows the release of misperceptions.

Forgiveness opens our minds to our creative potential.

Forgiveness frees us from self-made pain and condemnation.

Forgiveness is a key to freedom and to happiness.

Forgiveness is the mental cleanser which clears obstacles to love.

Forgiveness is the gift we give to free everyone to choose again.

Acceptance Is Healing

When we are at peace, the natural flow of healing is present.

When we are in love, life is healing.

When we are living in joy and enjoying our lives, we are healing.

Healing is the return to our natural state of wholeness.

Healing is for me and you and everyone.

When we are healed, we are not healed alone.

We are created healed and whole.

In our judgment of what appears to be, we err and perceive lack of wholeness. In our misperception and judgment, we separate from what is. In our separation, we deny natural and intrinsic healing and wholeness.

Awareness with non-judgment is healing.

When I see what is with an open mind, I perceive the wholeness therein. When I see the intrinsic holiness, I am healed.

My mind creates what I perceive by my beliefs, attitudes, judgments and comparisons. The pictures I hold are projected onto the screen of life and I make up my mind that I am correct.

When I change my mind, I can see things differently.

When I choose to see beauty, goodness and wholeness, there it is.

When I choose to see the terror, ugliness and sickness, there it is.

I can choose what I want to see.

All true healing is in my mind.

When I see goodness and holiness, I accept and embrace what is.

I am at peace. I extend love. My life is fun, safe and easy.

Everywhere I go and everyone I encounter is perceived through the filters of my mind. I can choose to see with a forgiving mind, the call for love and extend the love I am. Or, I can choose to see the sin, problems and attack, and defend myself, because I feel afraid, guilty and angry.

When we are connected with our True Self, we are at peace.

We are healed and whole. When we hate, judge ourselves and try to fix our lives, we may suffer with fear, confusion and dis-ease. The body often is an indicator of our self acceptance and love. Where we are at peace, our body serves our higher purpose. Where we have rejected our life purpose and calling, our body and our problems may distract us. The ego can use our detours, delays and difficulties as excuses to not fulfill our mission here.

Everyone has a purpose here, to love and be loved.

Our real work here is to remember to love ourselves and others, and return to the perception of wholeness and holiness.

Wishing we were different will not bring us peace or heal our separation from Self. Hating our life will not encourage or bring us joy. Trying to get another to fix us is only a temporary measure, while the real inner work waits for us.

Humans use their limited thinking to deny their greatness.

Humans use the excuse of lack of education, experience, intelligence, and strength to stifle their fulfillment. Humans use their painful history to repeat the errors of the past and live in fear of the future. Humans often fear taking responsibility for the infinite choices always available to us.

We truly are unlimited and free.

Ask, "What would I do if I knew I was unlimited and free?"

Connect with your True Self and Greater Self, for therein lies your compassion, acceptance and understanding of you.

You are worthy of being wholly loved by You and All.

Set yourself free by wholly loving You.

Clearing My Mind

When I am cloudy, my mind is calling for clearing.

When I am confused, my mind is calling for focus.

When I am upset, my mind is calling for peace.

When I am afraid, my mind is calling for trust.

When I am controlling, my mind is calling for freedom.

When I am stuck, my mind is calling for creativity.

When I am judgmental, my mind is calling for forgiveness.

The most valuable gift I have to give is a mind that is clear and filled with Light and a delight in Goodness.

If I am having a cloudy day, I must blow away the clouds of fear and doubt, guilt and blame, sorrow and regret, with forgiveness and release. Wherever I am holding judgments of myself, of others or of the world, I am holding particles of dust in front of my eyes.

My judgments create what clouds my mind.

Forgiveness is the wind of purification that cleanses my mind.

Letting go releases me to see the Light and to be the Light I Am.

Today and everyday I choose to practice the art of letting go by forgiving everything and everyone.

I need not understand anything.

I need not analyze "Why" or ask "Who?"

I need only let go.

I forgive everyone and everything, for all time, including myself.

I forgive all judgments...yours, mine and ours.

I forgive unloving perceptions.

I forgive regrets and guilt.

I forgive worry and fear.

I forgive negative thinking.

I forgive confusion and complexity.

I forgive disorder and chaos.

I forgive war and violence.

I forgive sickness and death.

I forgive media and politics.

I forgive compulsions and addictions.

I forgive hanging onto old painful stories.

I forgive darkness and despair.

I forgive disrespect and irreverence.

I forgive carelessness and laziness.

I forgive unwillingness and stuckness.

I forgive resistance and stubbornness.

I forgive all things and all people, including myself.

I forgive blaming and making wrong.

I forgive singing unhappy songs.

I forgive unnecessary drugs and surgery.

I forgive doing what is ordinary and homogenized.

I forgive taking and not giving.

I forgive not celebrating what is wonderful.

I forgive adulterations.

I forgive seriousness.

I forgive unconsciousness.

I forgive arguing.

I forgive everything we made up that is not Good for All.

I forgive comparison.

I forgive excuses and justifications.

I forgive hurting or scaring ourselves and others.

I forgive pushiness and impatience.

I forgive not asking clearly for what I want.

I forgive limiting myself and others.

What Do You Believe about Dis-Ease?

What I have come to believe may not be what you believe.

This does not make me right and you wrong. This does not mean anything, except that right now... this is what I have come to believe. ***Do not make any of your beliefs wrong.*** It is important that I not impose my beliefs on you. I am giving you an opportunity to look at what is “True for you” right now knowing it may change for us both. Many of us get stuck in a belief we learned from our ancestors or the “authorities” in our life. Some of us believe what is popular or what fits within our culture. Some choose to believe what “science” tells us. Perhaps science too is shaped by our beliefs. If you are uncertain about what to believe, study, explore, experiment and listen for what resonates. Be open to entertain what seems antithetical to your current beliefs and seek what benefits and blesses you.

I never try to make others change their beliefs. I am not here to argue or convince. I am here to share as I am called from within. If what I say offends you, challenges or hurts you, it is yours to let go, to forgive and heal and perhaps reveal new “truth” for you.. If what I say is not “right” for you, for Goodness sake, please let it go.

Dis-ease is lack of peace and lack of flow.

Where there is fear and judgment, there is constriction and a block in the flow of life-giving energy. Where there is lack of flow, there is the absence of health and therefore dis-ease.

I believe our physiology is strengthened with love and forgiveness.

I believe the immune system is weakened with the stress of hate, fear and defensiveness. I believe where we are afraid, our thoughts become distorted, clouded with confusion and assumptions.

What we believe we see.

What we expect, we look for.

We are responsible for our thoughts, words and actions.

When we believe in external causes, we relinquish our ability to respond or to choose again or change our minds and our behavior. When we allow fear to enter our own minds, we cannot think clearly and react to what appears to be. We are confused and feel victimized. **In reactivity, there is limitation of response.** In fear, there is a lack of options, limitation of response and feelings vulnerability, weakness and inability.

I use forgiveness and affirmations to remind myself of the power and presence within to change my mind, to clear the fear, to open the flow. I choose outside help that affirms my ability to choose again and supports me in making the changes and choices which are truly healthy and highest and best for me.

As coach, counselor and friend, I provide the same for those who come to me for assistance and support. My beliefs come from my personal experimentation and observing others’ reports of their experiences. I have studied, experimented and explored many options, as I seek what works. I encourage you to do the same.

I highly recommend that you look at the whole picture of dis-ease or lack of peace. In a continued state of emotional distress, you body or mind may contract, distort, shut down or become toxic in its reaction to distress. ***Look and listen within to how you can clear the stressful reaction and find inner peace.***

Nutrition or Indigestion?

I remember feeding people what I thought was best for them.

I remember when I thought I knew what was best.

I remember when I believed thoughts were not judgments.

I remember when I believed I was helping you for your own good.

I remember when I thought I knew what was best for you.

When we discover something wonderful, healing and freeing for ourselves, we want everyone to have a big helping. We believe we are loving them. When we go to an MD, a therapist, a consultant or counselor, we are paying for another's expertise. We are asking for their help, and often, their agreement. When they give us what we want, we take it and hope it works. When they give us what we don't want, we may say "no thanks" and go find someone who gives us what we want to hear.

I don't try to feed people when they are not hungry.

I don't try to teach people who are not willing to learn.

I don't offer what is not requested.

I don't go where I am not wanted.

I don't give what is not gratefully received.

There are some who are called into our lives to learn from us and with us. There may be people who want to receive our gifts of life experience and worldly knowledge. There may be some who seek our counsel and spiritual direction.

Ask for inner guidance about what to give to others

When we love, we learn to trust others and free them to follow their path to explore their own life experience in their own time.

When we find someone in our territory seeking our wisdom, simply share with respect.

We can always teach others best by serving ourselves well.

Life is a Learning Laboratory

Each one of us is in this University of Life seeking to graduate.

Each one of us has lessons to be learned.

Each one of us looks upon school with a different perspective.

Some are eager and excited. Some dread the next lessons.

Some are trying to hide from anything new. Some want to achieve and be the best. Some want instant success without doing the work. Some want to skip to the next level before their homework is done. Some try to get done without helping anyone. Some want to pass without any tests. Some make it harder than it needs to be. Some have fun with whatever comes. Some just wish they could get out of here and graduate now.

I love to learn for the sake of learning.

I am happy about discovering each new message and possibility.

When I am fearful or resistant to the learning, there is pain.

When I am receptive & grateful for what comes, I learn with ease.

Resistance seems to cause pain, discomfort and suffering.

Acceptance of learning brings happiness, gratitude and fulfillment.

Those who seek to leave life have not accepted their own plan.

They may not want to learn the lessons they set before themselves.

They may discover the lessons are too challenging.

They may wait until later, when they have more courage or willingness to succeed. And then there is graduation.

We graduate into realms of more loving, healing, learning, creating, contributing and full Beingness. Each one of us has our own developmental journey, all to be realized in our own timing and our own way.

Life can be fun, safe and easy, when we are happy willing learners. Be a happy willing learner.

In Sickness and in Health

*What do I do with pain and dis-ease? Disability and fatigue?
Economic deception and distress? Aging, infirmity and death?*

I am to love and to cherish no matter what.

I am to listen and learn no matter what.

I am to let go and move on no matter what.

I am to reclaim peace in my Soul no matter what.

Yes, life offers challenges...more for some and less for others.

Yes, my life too has pain, loss, hard times, disability and distress.

What may seem denial is my focus on where I am going rather than where I have been. We all can choose to ignore or put in right perspective what we want to extinguish or eliminate from our lives.

Pain is part of the human dilemma.

For me, *pain is a wakeup call to choose another path.*

If I focus on the pain rather than a new path, I will suffer.

When I choose to suffer, I am stuck in pain, unable to receive help.

The source of all pain is inner conflict or refusal to listen within.

Peace heals. Love heals. Joy heals.

When I avoid, ignore or deny my right to peace and love and joy, I am stuck with pain, disease and problems.

How do I find peace?

I must let go of the world I see. I must see beneath the apparency.

I must release the judgments I have learned.

I must relinquish need to attack or blame anyone, including me.

I must forgive and release all things.

I must be willing to be at peace with what is. In acceptance and neutrality there is peace. In the peace there is release and return to Love. In Love, there I AM.

Renewable Lease on Life

Our leases are renewable. Every day we have an opportunity to begin again. So here I am signing up for another year, another adventure, another opportunity.

Where would You have me go?

What would You have me do?

Whom would You have me meet?

And what would You have me say?

Everyday in everyway, we are given the chance to play the game of life. How well we play has nothing to do with how long we stay.

Some are bored. Some feel limited.

Some are excited. Some are scared.

Some are fighters. Some are lovers.

Some healers, some sages, some teachers, some preachers.

Each of us has a role to play. Some change our roles everyday.

With a new lease on life, I can choose how to decorate my life.

I can change my diet, my friends, my activities, my thoughts.

I can change my clothes, my habits, my finances, my studies.

I can change my beliefs, my attitudes and my goals.

I am free to be the unlimited being I Am.

The one constant true for me, throughout all eternity is who I Be.

I Am Love.

Love is unlimited.

Love is trusting the Source, Love ItSelf.

Love is freeing all aspects of Love.

Love is creating new ways to Love.

Love is expressive and extends Itself freely.

Love is I AM, loving me.

Ask yourself, *Who are you really?*

What are you called to do, to go, to share, to know?

I am here to love those who come my way.

And so I choose to love you, each and everyone.

Life is a renewable resource, a lease to have fun.

Loving You

In order to love you, you must know you. To know you is to be willing to know all about you. Wherever we are hiding from ourselves, we cannot know who and what we really are.

Most folks hide their “yucky” stuff.

Some folks dwell on their ‘Yuck’ and hide the “good stuff”.

To know it all and accept it all, is to love all of you.

To truly know you is to totally love you.

Wherever we condemn ourselves, we block the flow.

Wherever we criticize ourselves, we shut down.

Wherever we blame ourselves, we withhold our love.

Wherever we deny ourselves, we feel deprived.

Love is an inside job.

Believing we are loveable comes from accepting all of ourselves.

When we wholly love who we are, as we are, we can unconditionally love others. When we know ourselves and accept all we know, we are open to intimacy. When I allow you to “see into me”, I am free.

With nothing to hide, I am free to be me.

With no reason to hold back, I give all that I Am

In truly giving, I am really living.

In totally giving, I come to see the gift of me.

In really giving my all, Life is a joy.

In living freely, I can really be me.

Some of you may not know where to begin.....

Write your story beginning to end and then....appreciate every little bit of it. Tell your story to a therapist or trusted friend and let their love for you sink in. Journal each day the way you think and feel and act and let the spirit in you come through.

You are loved, warts and all.

You are loved, mistakes and flaws.

You are loved, at your worst and your best.

You are loved, so let yourself rest in Love, too.

Everything is a Part of Everything Anyway

“Happiness runs in a circular motion.

Love is like a little boat upon the sea.

Everything is a part of Everything Anyway.

You can have it All, if you let yourself Be.”

This group chant reminds us of the Truth of our Reality.

Everything works together for good.

Our upsets and illnesses, accidents and losses are wakeup calls.

Our awakening shows how all things work together for Good.

When I ask for help, I open to receive the help that is given.

When I want to be right, I resist and deny the help that is available.

I must ask, “How am I to respond?” or “What can I learn?”

The mind and body and Spirit are part of a greater Whole.

This unified field of consciousness is playing out the great Awakening for all to see. When we take response-ability for what we experience, we are playing our conscious part.

No one’s illness is separate from us. No one’s pain is unfelt by all.

No war belongs only to the countries involved. No one’s tragedy belongs solely to those involved.

We are all in this together. Everything is a part of Everything.

How we respond with our thoughts, our words and our deeds is our response-ability. *Are we compassionate and understanding, or do we turn away in denial? Are we helpful and offering heartfelt service or do we make excuses for our busyness? Are we respectful and appreciative of others’ courage and learning or do we mock, blame or ignore? Are we willing to respond to the fear with love and the pain with comfort?*

Our happiness lies in giving and receiving happiness.

Our peace lies in finding and extending peace from within.

Our Essence lies in shining forth the Love we are.

You're Not Crazy

I am aware many people feel alone in their personal experience.

I am aware some people feel they do not belong.

I am aware people feel separate, afraid and unable to relate.

I am aware addictions are used to handle feelings of craziness, alienation and pain.

I am aware people feel limited, lacking and belittled.

I am aware people feel afraid, vulnerable and hurt.

I am aware people cover fear with anger, attack and defensiveness.

I am aware people handle their pain by numbing their senses.

I am aware the inner child seeks the reassurance of love and fears rejection, abandonment, punishment, shame and blame.

I am aware people want to be treated respectfully, but forsake their own self respect and self love.

I am aware those without internal security (faith) seek for external security (wealth and dependence).

I am aware of how little we know and how much we pretend.

I am aware of how backwards the world is from what really is real.

I am aware humanity is seeking for Love in many wrong places.

I am aware people need to let it all go to find they already know.

I am aware of how close we are to awakening and self realization.

I am aware we are teaching what we don't want to learn.

I am aware of how we project our fear into those we seek to love.

I am aware we must learn to let show before we can really let go.

Humanity in its ignorance, fear and guilt, has built an unreal world of ignorance, disease and suffering.

We blame God, other nations, parents, the government and the bad guys. We victimize ourselves with self abuse, addiction, and disempowerment. Until we take responsibility for our mis-creations, we cannot undo what is not real.

Trying to kill, cover-up, analyze and understand in order to fix, only maintains what we continue to believe and make "real".

Are we willing to undo what is not true?

Are we willing to reveal what is really real?

We are responsible for our experience.

We are choosing what is true for us.

And this we will see.

Sane thoughts create a sane experience and a sane world.

Fearful thinking creates a fearful experience and a fearful world.

Loving thoughts create a loving experience and a loving world.

My thoughts see creation as good, beautiful and wholly creative.

We are created to create what is good, beautiful and whole.

Easy to Blame

It is easy to blame the doctor.
It is easy to blame the war.
It is easy to blame our politicians.
It is easy to blame our parents.
It is easy to blame the environment.
It is easy to blame our partners.
It is easy to blame our job.
It is easy to blame our finances.
It is easy to blame ourselves.

And where does blame get us?

Making someone feel guilty is an attack.

Blaming ourselves causes guilt.

Blame does not motivate.

It offends the one being accused, judged and attacked.
It creates counter-attack and our personal version of war.
It creates withdrawing love, withholding gratitude and blinding our true perception.

Is it so difficult to take responsibility?

Is it hard to look for ways to respond?

Is it possible the answer always lies within me?

When I see something that needs attention, I ask:

What can I do? How can I help?

What would Jesus or Buddha or Mother Theresa do?

How does the Voice of Spirit within invite me to do to respond?

How can I forgive and erase my opinions, so I can hear what supports the Highest Good?

How can I release my negativity and fear, so I can be clear?

What is the way I would want to be treated, if I were in their shoes? What am I willing to do right now?

I am willing to be effective and truly helpful.

I want to bring a gift of healing and enlightenment.

I choose to give my very best.

I am here to be truly helpful.

I am unwilling to blame, when I want forgiveness for my mistakes.

I refuse to judge, when I see my world is caught in fear.

I honor my response-ability to give the best I have to everyone.

I am willing to forgive and give what is healing and helpful.

For it is in giving that I receive.

It is in pardoning that I am pardoned.

It is in extending peace that I find peace within.

I would rather give my best than forsake my spiritual right, responsibility and freedom.

I give myself to Love and Love returns to me.

In loving, I am free.

The Dark Before the Dawn

*Have you noticed before the dawn seems to be the greatest dark?
Have you noticed before a big event you have emotional upset?
Have you seen obstacles arise before you start a new adventure?
Have you wondered about dread before a new job or trip?*

Some see this as egoic resistance.

Some believe there is pre-miracle anxiety.

Some find that clinging to the past keeps us resisting the future.

Some experience chaos occurs when great changes are imminent.

You may find people are becoming more restrictive, protective and limited by fear.

You may see there is economic, health and political concern.

You may find that there is diminished hope and more dread.

You may notice increasing polarization, righteousness, and hostility.

Perhaps this is the sign of something miraculous coming.

Perhaps we are truly entering a new realization, the Aquarian Age.

Perhaps we are almost ready to take a leap of faith and awakening.

Perhaps we are being invited to prepare for a surprise, a miracle, a transformation, and rebirth.

I prefer to look for the dawn.

I prefer to expect miracles.

I prefer to envision a holy outcome for the Highest Good.

I prefer to trust in creating what is Good, Beautiful and Holy.

Join me in being ready.

Prepare, for the time of awakening is at hand.

How Do You Take Care of You?

*Here are some clues to the impeccable care of me and you. B'Lue
Written to remind myself of how to love myself Well.
Written to remember what works best for me.
Written to ensure that I care for what I value.
Written to inspire me to remember impeccable self care is the
foundation for purposeful living.*

My purpose is giving the Best I have, the best I know and the best I AM.

My body speaks and I listen.

When I care for my body, it supports me in living on purpose.

My heart knows and I follow.

When my mind is quiet, I hear what, where and how I am to go.

When I take care of the body I am given, I am well provided for in all I need to serve the Good of All.

I do best with long periods of silence each day to listen within.

I do best with clear concise and conscious communications.

I do best with positive conflict resolution and problem solving.

I do best with quick forgiveness of all judgments and immediate alignment for the highest Good.

I do best with those who seek to make their lives better with joy, peace and love for All.

I do best with happy creative thoughts and a quiet mind.

I do best with minimal unnecessary communication or idle chatter.

I do my best when I give my best to everyone in all situations.

I do my best when I honor and respect my whole and holy self.

I am committed to give myself the best to live my best.

What is your commitment to your impeccable self care?

Healing is Remembering

When I remember I am whole and holy, I am healed.

When I remember my Creator and my Source, I am healed.

When I remember I am not my body, I am healed.

When I remember God is the healer, I am healed.

When I remember only love is real, I am healed.

When I remember to forgive everyone and everything, I am healed.

When I remember there is nothing to fear, I am healed.

When I remember I am created as Love by Love for the purpose of Loving, I am healed.

When I remember health and illness are a temporary illusion of duality, I am healed.

When I remember to breathe and be free in Spirit, I am healed.

When I remember to trust in God, I am healed.

When I remember that I am God's Love here in body, I am healed.

When I remember that I Am within, I am healed.

Healing is not of the body, but of the mind.

Healing is letting go of all fears and misperceptions.

Healing is the process by which we return to peace within.

Healing is seeing beyond the apparency of temporary experiences.

Healing is undoing faulty thinking.

Healing is forgiving all errors in my mind.

Healing is giving All to All for the Good of All.

Healing is remembering that I am created whole and holy.

Healing is letting go of belief in what is not real and lasting.

Even though we see some are not cured of disease, we can see the healing in their eyes.

Even though the body may be released in what we call "death", we can trust the voice for Eternal Life and Love.

Even though some assume physical life is the only truth, there are those who see and know what is beyond this world.

Even though some fear the end of physical life, there are those who are totally at peace as they transcend the worries of this world.

Even though some try to save the body, it is the Essence, the spark of God in each one that seeks to be remembered and expressed.

Even though, some may only see with their eyes, there are those who see the holiness with their hearts.

We can only begin to express what healing is here with words.

Simply go to the Source for healing.

Simply love yourself and All That Is for healing.

Simply know you are not alone, when you are healed.

Remember, We are One.

When anyone remembers, all awaken to remember what it real.

Be wholeness and holiness and see only wholeness and holiness.

In this, we are healed as One.

Healing with Guidance

What does it mean to be spiritually guided?

“Being wholly Happy is Healing.”

“God’s Will for You is perfect Happiness.”

“When you are not happy, you are not living God’s Will.”

Following Spirit is being, doing and giving what inspires you.

To be guided by Spirit is to follow your inner inspiration.

Following inspiration is following the path of perfect happiness.

Are you guided by fear or by love?

Are you following a path of pain or of joy?

Are you busy filling your time with “work” or with “pleasure”?

Do you live to make money or make contributions?

Are you running from problems or running toward freedom?

Are you giving to get ahead or giving to express appreciation?

Are you working to pay the bills or to make life better?

Are you seeking approval or seeking inner peace and lasting joy?

Are you letting fear build defenses or letting love bring freedom?

Are you living to end pain and despair or living to experience joy?

To be wholly happy, correct the thoughts, words and deeds which bring unhappiness.

Forgive and listen for the Inspiration and Joy of your inner Spirit.

Let go of past mistakes and limited attempts to bring happiness.

Relinquish your need to look busy,

Give up trying to get approval.

Forego being ‘right’ in anyone’s eyes.

Release the need to achieve fame, wealth and greatness.

Erase the world’s judgments of you and your life.

Be quiet, ask, “*What is the path of greatest happiness for me?*”

This is the key to perfect happiness.

This is the key to healing.

You may be called to experience the fullness of life.

You may be called to be alone and do nothing.

You may be called to serve others with your loving kindness.

You may be called to write, sing, paint or dance.

You may be called to take long walks, climb mountains or swim in the oceans.

You may be called to take inner sojourns to listen to the ancestors.

You may be called to rock babies or prepare meals for the hungry.

You may be called to write notes of appreciation to those in your past.

You may be called to heal your inner child with play and love.

You may be called to daily devotion to the living God.

You may be called to make music or write stories.

You may be called to read books of great wisdom and reflect on their Truth.

You may be called to simply enjoy every breath of life itself.

Simply follow the path of your heart.

Perfect happiness heals.

God’s Will for you is to Love you, to be wholly happy and healed.

God’ Will for you is perfect happiness.

In this, you find your Authentic Self and live healed and Whole.

Peace Is Healing

Peace is Healing.

Peace is True Holiness.

Peace is the absence of conflict.

Peace is the natural extension of Love to every One.

Peace is the experience of Heaven here and now.

Peace is the end of all fear and ignorance and lack.

Peace begins within my own mind.

What would it take to be totally at peace?

What would it take to know no conflict?

What would it take to hold no grievances?

What would it take to be separate from no one?

What would it take to behold the face of God in all Beings?

What would it take to trust there is only Love?

What would it take to forgive all judgments, comparisons and criticisms?

What would it take to remember only love, appreciation and open-mindedness?

What would it take to bring peace to myself, my life and my world?

Trust.

Trust I am Love.

Trust I am created to extend Love.

Trust there is a living God in all creation.

Trust there is Goodness within each aspect of creation.

Trust God is The Peace and Love and Joy in All That Is.

Trust we are here to remember Love.

Trust we are here to love unconditionally.

Trust we are here to serve the Greater Good.

Trust we are here to remind Every One of the Good within.

Trust.

Be Free.

Free ourselves to live.

Free ourselves to love.

Free ourselves to create.

Free ourselves to forgive.

Free ourselves to laugh.

Free ourselves to let go.

Free ourselves to be happy.

Free ourselves to appreciate.

Free ourselves to heal.

Free ourselves to bless.

Free ourselves to remember God.

Free ourselves to live our Goodness.

Free ourselves to fully breathe.

Free ourselves to totally enjoy our holy lives.

Be Free.

We are here to totally enjoy our whole and holy lives.

In this we find peace.

We live at peace.

We extend our peace.

We teach only peace.

We are the living Piece of God, as we offer the Peace of God we are.

May we know the healing power of God's Peace.

What is my Responsibility?

I am here to feel what is real.

I am here to heal what is not.

I am here to be truly helpful.

I am here to stop being helpless.

I am able to appreciate what is before me.

I am able to appreciate what is behind me.

I respect and honor what is above me

I respect and honor what is below me.

I love and cherish what is within me.

I love and cherish what is within you.

I am willing to give the best I know.

I am willing to let go of what does not serve All.

I am willing to share what I have.

I am willing to have more to give more.

I am willing to trust I have what I need.

I am willing to trust we are learning from one another.

In my willingness gratitude, I am able to respond to life as it is.

In being present, I can see and hear, feel and know what is in each moment.

In respecting what is, I can easily respond from my Spirit and with my heart.

I know and trust being conscious and responsible is the gift of Love

I Am.

I am able and willing to respond with the Best I know.

I am willing and able to give the spiritual wisdom I receive.

I am willing and able to be wholly present with you and All.

I am loving you.

Vision is Healing

As you may recognize by now, anything can be used to heal.

With inspiration and Spirit with God in you, all things are possible.

What you believe will work for you.

So choose what you believe.

Hold your inner vision with faith and conscious desire.

Hold your vision with clarity and conviction.

Hold your vision with commitment and persistence.

Hold your vision with trust in the healing process.

Hold your vision with forgiveness of doubts and fears.

Hold your vision with the Light and Love of God and Goodness.

When we are focused on the illness, problem, or issue we want to avoid and resist, our energy and vision create more of the same.

When we are focused on our ideal values and vision for our lives, our energy and vision create what we are valuing and envisioning.

It is healing to allow vision to manifest that which we want.

It is healing to undo what is no longer true.

It is healing to let go of the past.

It is healing to be inspired by our vision of our holiness.

It is healing to create our future.

It is healing to live our values.

It is healing to see clearly that which we truly are.

It is healing to see beyond the body and physical appearances.

It is healing to remember the Love of God and return to the Holiness which you are created to be.

You are Healer, as you heal your mind with your inner vision.

Creating Balance is Healing

Each one of us is unique.

Each one of us has our own path and our own purpose.
We must discover our own balance for healing and wholeness.
We are to bring the gift of ourselves to the present moment.
We are called to bring our Truth to every sacred relationship.
We are called to take impeccable care of our own Gift of Self.

This means letting go of limiting programming and claiming our own identity.

This means we must recognize and release the imprinting, labeling and copying of others.
This means we must come from a deep and profound love for our Authentic Self.
We must give ourselves the opportunity to discover and celebrate our differences.

In a world of homogenization, comparison and judgment we are encouraged to conform.

As we conform to fit in and belong, we lose ourselves.
As we meet the expectations of our family and teachers, we forsake our natural balance.
As we allow outer voices to teach us, we tune out our inner voice.
As we let false teachers lead us, we get lost in a world of lost souls.

To find our inner voice.....

To find our own natural rhythm and balance.....
To reclaim our unique identity.....
To discover our own spiritual calling.....

We must stop...

Release and let go of external demands even a few minutes daily.
Look within for the answers.
Respect our individuality.

We must listen....

Be still and listen to the inner voice, the calling of our Spirit.

Our culture tends to exalt being social, not being alone.
Our cultures tend to encourage talking, not being silent.
Our culture tends to promote getting as much as we can, not giving the Best we have.
Our culture tends to produce aggressive competitors, rather than team-building cooperatives.
Our culture seeks entertainment, rather than learning to create a full life for ourselves.
Our culture supports complexity, rather than simplicity.
Our culture values achievement, more than being a loving Presence.

Look within for what is your balance.

Neither avoiding nor being attached, but rather be willing to be what supports the Highest Good in each moment.
Introvert or extrovert, intuitive or information gathering, thinking or feeling, detailed or spontaneous, social or private, driven or relaxed, goal oriented or being present with what is, active or passive? **Choose what is truly best for you in each moment.**

Take time to reflect.

Stop and listen within.

Ask your whole Self what is being called forth.

Honor your inner voice.

Enjoy the blessing of being You.

This is healing.

This is balance.

This is enjoying the fullness of each moment in your life, for exactly what it is.

Remembering Is Healing

At the highest, healing is remembering we are whole and holy.

At the ground floor, healing is being able to do what we want to do with our lives.

The way we limit ourselves is by forgetting our Source and our True Selves.

The way we remember is to forgive ourselves for forgetting.

Such is the most basic truth.

When we believe we are our body, we let the body run the show.

When we believe we are our mind, we let our mind tell us what to believe.

When we believe we are our emotions, we allow feelings to guide our choices.

When we remember we are more than body, mind or emotions, we are free to lead with Love.

Love is our Essence, our Source, our creative Power, our Happiness and our Peace.

Love is the way we learn and grow, we heal and know the Truth of our Being.

We are here for a temporary experience of forgetting and remembering.

This is our opportunity to explore and experience the lost shall be found and the confused will get clear.

We will all remember that we are whole, beneath the appearance of separation, dis-ease, loss and lack.

We will claim our natural inheritance which is to be the Love in which we are created.

We will understand that all things change in this physical paradigm when we relinquish fear.

We will acknowledge the simplicity and power of trust and freedom to remember our Wholeness.

What if all the above causes us to feel angry or upset?

Let it go.

Attach to nothing that hurts or scares you.

Let go and allow the freedom to choose to be your power.

Trust in the present power of choice in you right now.

You will notice with practice, you can use your mind to change your focus, from fear to freedom.

You will become aware that the body obeys your commands when treated as an ignorant child.

You will see that the emotions you experience follow after your judging thoughts.

You will learn that our perceptions and experiences come from our conscious and unconscious choices.

Life teaches us to see what really is, when we are happy (non-judging) learners.

Life offers infinite opportunities to change our attitudes and minds. Life is the place where we remember what works and doesn't work.

Life is a learning laboratory, a universe-ity, where we can choose.

Enjoy the learning process.

The only grades you receive come from the judging mind.

Forgive the judgments, and anger and fear disappear.

Begin to notice with curiosity and wonder, the neutral mind.

Choose for what you really want to be your experience.

Think, speak and act from that place and it will be your experience.

Miracle-Mindedness

Are you seeking and seeing the miracles of Love?

Do you appreciate the beauty and Goodness you see?

Are you aware of what happens when there is love in your heart?

Do you receive all the Love being given to you every day?

What we seek, we find; what we focus on, we increase.

When we look for bad stuff to avoid it, we find bad stuff.

When we complain and judge, we attract more “yucky stuff”.

The mind is powerful and searches to find what it believes.

The mind seeks to be “right” and discredits evidence to the contrary.

The mind serves us in seeking for Love, our natural state.

It blesses us to believe in Love, the energy of creation.

It benefits us to give and receive Love.

It strengthens us to appreciate Love.

What we seek, we find and create.

What we see, we strengthen.

What we fear, we attract.

What we resist, persists.

We know this is true, but must undo what we no longer want.

To undo what is not Love requires forgiveness or a mental eraser.

Give up believing, seeking and seeing the bad and unloving stuff.

Start focusing on what is good and true, and it will grow.

Life is a miracle of Love, when we believe it can be so.

I am willing to forgive everything and everyone, including myself. See what appears when we erase everything.

The miracle is Love will show up in your life.

Healing

Today Robert asked me to tell the “truth” about healing to the Reiki students in his all day Spiritual Healing workshop.

Friends from Michigan asked for clarification of true spiritual healing, different from curing the physical illness.

They were confused by *A Course in Miracles* which may seem to make us feel guilty for getting sick.

Since I have experienced a physical “condition”, I understand.

What I notice is being “sick” or in “pain” is always an opportunity to forgive, be grateful and choose again for the “life” I am called to fully and freely live.

When I return to simplicity, treat myself with loving and respectful care and dedicate my whole Self to being happy and serving my calling, I am whole and happy and free.

When I think I know, try to do things my way or get caught in the worldly paradigm and beliefs of victimization, I have fearful experiences.

I choose God and Goodness, no matter what the appearance.

I choose forgiveness and Love, no matter what I think, believe and have learned.

I choose to know I am always and forever a part of God and live in God’s care no matter what might seem to be on this physical plain.

I seek not to understand the illusion and temporary conditions of this physical world

I trust all is well and all is in Divine Order and Timing.

I am not my body. I am not my emotions. I am not my thoughts.

I am Holy Love It Self.

This is my Essence and my Eternal Truth.

And so it is for You and All.

Healing Is Revealing

Healing is revealing errors in our mind to be corrected by Truth.

Healing is the undoing of what was never true and not of God.

Healing is letting go of the need to know or understand.

Healing is allowing what is true and loving to be what it is .

Healing is correcting the errors in our mind. To love is to heal.

All healing is essentially the release from fear.

To forgive is to heal.

Healing is the effect of minds that join, as sickness comes from minds that separate.

We are made whole in our desire to make whole.

For some, healing comes through being loved.

For some, it comes from getting the attention that we seek.

For some, it comes from taking time off and getting rest.

For some, it comes from slowing down and listening within.

For some, healing comes from being heard and respected.

For some, healing teaches understanding and compassion.

For some, healing guides us to a healing profession of service.

For some, it is the last hope to seek and find Spiritual Truth.

Spiritual Healing is a religion for some.

Physical Healing is a profession for others.

Emotional Healing is a lifetime process of learning to forgive.

Mental Healing is simplifying our complex ways to live.

Financial Healing is learning to balance our lives.

Relationship Healing is living with unconditional Love inside.

Environmental Healing is learning to clean up after ourselves.

Planetary Healing is an chance to see God /Good in All that Is.

Wherever we perceive, we can either believe the best or the worst.

When we see our world sick or in trouble, we reinforce our beliefs.

When we perceive what is real, we see beyond the apparency.

When we offer Love to another, we forgive illusion and see Truth.

What is lasting and Eternal, this is the Reality of Wholeness.

When we claim our temporary condition as the Truth of our Being, we lose sight of Source within.

When we name our circumstance with diagnosis or prescription, we buy the belief in the temporary condition.

When living in fear of victimization, we find refuge in outside saviors.

The conscious healer is aware, “all is a temporary illusion”.

Conscious healing is responsible for correction of limiting beliefs.

Conscious healers invite those who see Wholeness.

A Healed world knows to forgive errors and behold only Love.

When we serve as a healing and helpful Presence, it is essential that we listen to the voice within.

We must be gentle, offering what is requested, while remembering the Eternal Truth.

When we serve, we have no fear, and we stay clear of the need to fix or change, and just be the Loving Presence.

“I am here only to be truly helpful.

I am here to represent the Love that sent me.

I do not have to worry about what to say or what to do, because the Love that sent me will direct me.

I am content to be wherever Love wishes,

knowing Love goes there with me.

I will be healed as I let Love teach me to heal.”

(Healer’s Prayer from A Course in Miracles)

I remember my wholeness and Holiness, when I let Love teach me to see only wholeness and Holiness.

Are You Loving You?

Are you loving your body, your physical vehicle, well enough?

Take the test at RealAge.com and see how well you are loving your body.

You have a body, your physical vehicle, to care for.

This is our opportunity to evaluate the job you are doing.

Are you loving your mind?

What sights, sounds and visual images do you place in your mind?

We have a mind to feed with wholesome and inspiring ideas.

This is an opportunity for you to practice forgiveness and choice.

Are you loving you emotionally?

Do you look in the mirror and think loving thoughts?

Do you appreciate who you are, what you do and what you give?

Now you must love your whole self as the special One you are.

Are you loving your True Self Spiritually?

Do you take time to be still and listen within to your inner guidance?

Your True Self, your Essence seeks to focus and direct your learning.

When you listen within, you can create a fun, safe and easy life.

Are you loving your life of learning?

Do you consciously pay attention all day everyday?

This is a class, a university, in which you have the opportunity to see what works and what doesn't.

By paying attention, you access Wisdom with Love and Practice being fully alive.

Life doesn't happen to us; Life happens through us.

When you co-create with life, you are partners in this learning adventure.

When you are sleeping or wishing or complaining, you cannot see what is your Holy Part.

What would it take to step into your life, as though you were the captain at the helm?

What would it take for you to listen to the inner Navigator?

What would it take for you to be fully present with everyone everyday, giving your best?

What would it take for you to forgive all mistakes and choose again for what is all Good?

This is Your Life.

Your Life is for Giving.

When you fully give yourself, you recognize the Gift you Are.

When you appreciate the Gift You Are, your Self Love and Giving Grows.

When you love, respect and appreciate your True Self, your Life shows only Goodness and Beauty.

Love Begins with You!

Love Begins with You!
Peace Begins with You.
Joy Begins with You!
Love, Peace and Joy are your natural state!

Are you loving you?

Do you choose peaceful thoughts?

Are you living in gratitude and happiness?

We learn to love ourselves the way our primary role models loved themselves.

The way our primary authority figures loved themselves was the way they loved us.

If they scared and threatened themselves to do the right thing, they used those tactics on their kids.

If they were respectful and loving to themselves, they were loving and respectful to their children.

Usually we become like those with whom we associate and copy.

We take on their mannerisms, expressions, behaviors and habits.

Children naturally take on the beliefs, myths, behaviors and words of their parents.

The thoughts we think are usually quite similar to the thoughts of our parents.

What would “loving you” feel like?

How would you act if you were really loving you each and everyday?

What messages would you be saying to yourself?

How would you think, speak and treat yourself, if you chose to truly love you?

- * No more threats or intimidation.
- * No more scare tactics,
- * No more “if you don’t, then....”
- * No more name-calling.
- * No more poor health habits.
- * No more putting yourself down.
- * No more diminishing your talents.
- * No more passive behavior.
- * No more self destructive behavior.
- * No more ignoring your own needs.
- * No more martyrdom to get love and approval.
- * No more “you can’t”.

Forgive yourself and your role models for not knowing how to love you or love themselves.

Forgive the world and human authorities for using fear to motivate and get respect and attention.

Forgive yourself for not knowing a better way.

Forgive humanity for using methods that are ineffective and limited at best.

- Take responsibility for loving yourself well.
- Make choices to give yourself the best.
- Honor yourself with small acts of loving kindness.
- Be gentle, patient and appreciative of yourself.
- Treat yourself like the most important person.

You are a role model for all those you encounter in life.

There is no better time than NOW to begin.

Loving you loves me and all, since we are One.

Love is Healing

Healing is Loving! Loving is Healing!

When we are loving, we are all healers one to another.

When we are extending love and peace, we are healing ourselves and our world.

When we are withholding love and peace, we are blocking healing ourselves and others.

When love flows through us without condition, judgment or fear, we open the flow of healing Love to all.

When Love is blocked, made special, or offered to get something, we deny Love to ourselves and others.

Love is freedom, freely given, including all we encounter.

Love is trust, trusting the process of each one, trusting in their unique healing needs.

Healing is the relinquishment of attack and judgment.

Healing is the absence of fear.

Healing is inner peace.

Healing is being happy.

Healing is true and lasting forgiveness.

Healing is open-mindedness.

Healing is giving Love without conditions.

Healing is creating.

Healing is living on purpose.

Healing is reconnection with source.

Healing is knowing all is well.

Healing is innocent.

Healing is perceiving only wholeness and holiness.

Healing is trusting God and Good in All things.

Healing is living in the Present.

Healing is Gratitude and Enjoyment.

Healing is natural to those who Love.

Healing is effortless to those who simply Love.

Healing is joyful to those who extend Love to All.

Healing is reciprocal; those who offer healing, receive healing.

The underlying healing need is always a call for Love.

This healing Love is not emotional, but Eternal.

This healing Love is all powerful.

This healing Love is Holy.

This healing Love is a gift to everyone equally at all times.

This healing Love never ends or fades.

This healing Love is available to all who are receptive.

This healing Love is shared by us all.

Whenever anyone asks for mental, emotional, spiritual or relationship healing, share your healing Love.

Every healing request is a call for remembrance and reconnection with the Love, the Presence of all God and all Good within.

We want to remember the Love that created us is the Love we are.

We want to realize we are loved now and always no matter what.

I call upon us all to bring forth the Love We Are and to share the Love we have with One another with a smile, a touch, a word, a prayer, a kind deed, a trust, a forgiveness, a laugh, a shared moment of Truth.

Thanks for being my healing partners on this journey through life.

Gratitude Heals

**Gratitude heals everything unreal and reveals what is Good.
Gratitude heals the mind from the separation of judgment and fear.**

Gratitude reveals the beautiful blessings that lie within all things.

Gratitude heals the thoughts of sickness, pain and death.

Gratitude reveals the glory of life with its bountiful gifts.

Gratitude heals what we thought we endured in vain.

Gratitude reveals what was learned and strengthened with faith.

Gratitude heals the heartache of loss and separation.

Gratitude reveals that love is endless and only changes in form.

Gratitude heals the sickness of criticism and complaint.

Gratitude reveals songs of forgiveness and affirms prayers of peace.

Gratitude heals the focus on separation and offers reconnection.

Gratitude reveals trust and perfection beneath all seeming problems.

Gratitude is a prayer of praise and thanksgiving.

Gratitude reveals what is truly beautiful, holy and Good.

Remember there is Good in all things.

It is our function to clear the debris and see beneath the apparency.

Be grateful for the Good that always Is.

Avoiding Pain

Pain is a wakeup call.

Pain is an invitation to heal.

Pain lets us know we have missed more subtle cues.

Pain is healed with forgiveness and joy.

Attachment yields pain.

Conflict yields pain.

Resistance causes pain.

Fear creates pain.

There is emotional pain, financial pain, relationship pain, physical pain, and spiritual pain.

Wherever we withhold Love, we create pain.

Wherever there is pain, there is lack of joy.

Wherever there is pain, there is stuckness.

Wherever there is pain, there is lack of Love.

Forgiveness is the key to happiness and inner joy.

Pain is an opportunity to forgive and choose again.

Pain is an invitation to let go of the past and be fully present.

Pain is a gift that says, "Choose another healthier direction."

Pain is a reminder to take impeccable care of Self.

Pain is a great distraction.

Pain is a call for love.

Pain invites freedom to choose.

Pain awakens our need to trust in God and Goodness within.

Let us use pain to remind us to Love.

Love God, Creator and Source.

Love Life and live with joy and gratitude.

Love Self with full responsibility for thoughts, words and actions.

Love Others as ourselves in order to heal.

Healthy Family Habits for Food and Meals

Recommendations for you and your family:

Ingest the best and forget the rest.

Saving money on food is false economy.

Spend no money on poor nutrition.

Spend good money on buying foods that are fresh, clean and healthy.

You know what is Good for you and your loved ones.

You know you must Love with thought, word and deed.

Give love, when you prepare a meal.

Breathe Love into meal preparation and appreciate yourself.

Take time to enjoy the preparation process.

The energy within the food is nourishing, when made with Love.

Use organic and locally grown produce, as much as possible.

Use as few commercially prepared foods as possible.

Take time to understand what your family likes.

Keep a list that everyone can add their favorites for purchase.

Remember where you limit or deprive your family, it is craved.

When you use dessert or sweets as reward, children learn to seek it.

When everything has equal value, we balance our eating habits.

What is made with love, tastes better, looks better and is healthier.

Give everyone healthy snack choices, so they can eat when hungry.

Keep a drawer in kitchen and shelf in frig for healthy snacking.

There are now tasty and nutritious protein bars for kids.

Blood sugar levels are different for everyone.

Some need 5-6 small meals daily to maintain optimum energy.

Lots of sunshine, fresh air and easy natural movement is healthy.

Simple chores outside the house encourage positive movement.

Encourage family members to have helpful chores around meals: setting table, clearing table, putting away foods, getting up during the meal to serve.

Encourage help to prepare salads or vegetables, sweeping the floor, putting away groceries, helping to bring bags in from the car.

Keep a list of easy chores for the whole family to learn to feel capable, responsible, important and an equal part of the family.

Decorate the table with place cards made by the children.

Add some new beauty to the family dinner table.

As much as possible, keep meals at the same time daily.

Parents need to eat with their children to demonstrate manners, and healthy eating habits.

I am sure you can add to this list.

Our society is mostly eating unconsciously (in front of TV or in the car or on the go) and often the most unhealthy foods that satisfy the surface personality, but do not nourish the physiology, energy system and needs for loving community and family time.

Please bring conscious, healthy eating and family meal times back.

Please love everyone, including yourself, by showing a better way.

Please do what brings you and everyone you love more joy.

Be grateful to be the One who creates more harmony and healing.

Tips for Conscious Eating

Sit down to eat.

Eat only when hungry.

Stop when you are satisfied (not full).

Eat with little or no distraction.

Make eating a calm and stress free activity.

No TV. No yelling or punishing.

Keep mealtime enjoyable with amiable conversation and laughter.

Love what you eat, so what you eat will Love you.

What is Healing?

Healing is awakening to your wholeness, wellness and holiness.

Healing is releasing dis-ease and conflict and claiming inner peace.

Healing is loving you enough to choose and maintain happiness.

Healing is releasing unhealthy thoughts and images.

Healing is forgiving the roles and judgments we laid on ourselves.

Healing is quitting the game of guilt and self punishment.

Healing is letting in the Love of God for Goodness sake.

Curing is fixing what we believe is broken.

Curing is trying to remedy what seems to be wrong.

Curing is taking the advice, therapy and medicine of others.

Curing is undoing the physical scars of playing in a body.

Curing is going somewhere to get someone to make us whole.

When you have healing needs, where do you go?

When you have an emotional need, seek someone who is forgiving and willing to love and teach love.

When you have a financial need, seek someone who is willing to teach you to forgive, learn and earn.

When you have an environmental need, seek someone who knows your environment and can help clean and clear it.

When you have a mental need, seek someone who listens to your thoughts and offers clarity and peace.

When you have a need to know yourself and be true to You, spend time with you, listening and learning.

Write what you hear from within. Journal.

Reflect on your feelings and words.

Ask yourself soulful questions.

Be compassionate and caring.

Learn how to best love your true self.

Observe your behaviors.

Take time to experiment with your physiology.

Breathe more.

Stand straighter.

Smile at others and in the mirror at yourself.

Appreciate your life and all your creations.

Learn from mistakes and apparent failings.

Enjoy the process of befriending You.

Be your own best friend and forgiving partner.

No one can know you, love you and heal you, as well as you can.

Give time for the healing process.

Remember Love and return to Wholeness.

Healing begins within.

Healing is from inside out and curing is from outside in.

Healing clears up self-hatred.

Healing initiates changing our mind about ourselves.

Healing ends faulty thinking, self criticism and negative beliefs.

Healing is responsible for letting go with no blame or guilt.

Healing frees and empowers us to value and enjoy our life.

Healing is the realization of what is true and eternal about us.

Conscious Helping and Healing

When in doubt, give what you would want to have.

- Respect others' privacy.
- Trust others' learning.
- Appreciate others' strengths.
- Believe in others' choices.
- Give others' benefit.
- Share only your Best.
- Forgive and forget the rest.

Etiquette for Being Truly Helpful

If you haven't been asked, don't suggest.

If you butt into others' conversation, you are interrupting.

If you tell others what you would do, you are interfering.

If you treat others like they know less than you, you are demeaning.

If you worry and feel sorry, you are disempowering others.

If you criticize and give advice repeatedly, you are meddling.

All in the name of LOVE.

Remember the messages you give come through your tone, your posture, and your words.

It's never helpful or healing to dwell on limitation, lack or littleness.

It is healing to trust others can and will learn.

It is healing to forgive all judgments, so others will feel safe.

It is healing to believe in people and bless their journey.

It is healing to let others learn from the natural consequences.

It is healing to respond when requested with open-mindedness, willingness and appreciation.

It is healing to extend love and peace.

It is healing to dissolve your own fear.

It is healing to realize where you are withholding love.

It is helpful to take impeccable care of yourself first.

It is helpful to learn what others really want before offering what you want them to have.

It is helpful to stop making others dependent on you to boost your own self esteem.

It is helpful to take responsibility for yourself.

It is helpful to follow your inner guidance and listen carefully to others' requests.

It is helpful to hear what is being said beneath the words.

It is helpful to know your thoughts are felt and heard telepathically.

It is helpful to be the conscious reminder of faith, hope and forgiveness.

It is helpful to believe in the best in people and to let go of the rest.

It is helpful to be reassuring, encouraging and empowering.

My favorite conscious healing tools are:

1) Forgive and erase thoughts and feelings which do not trust and support the best in others.

2) See only the wholeness and holiness in others in all circumstances, no matter what it may seem.

Healing Your Self

How do you heal the sickness in you?

Remember sickness can be physical, mental, emotional, relational, financial as well spiritual. When you are ill or off balance on any level of life, look for judgments (yours, mine and ours).

Wherever you judge, there you are vulnerable, sensitive and susceptible to “catching it”.

When you are upset, fatigued or just plain sick, look for what you have been giving attention to.

Wherever you focus your attention, you increase and what you perceive, you strengthen in yourself.

Take responsibility for your experience.

Own your cause in the matter and seek the learning and blessing.

Rather than judge your creations that gets you “stuck”, simply notice, breathe and let go.

When you take responsibility, your work is to forgive any judgments, blame and guilt.

I forgive myself for hurting myself with those thoughts.

I release and undo my fears.

I let go of judging others for my choices.

My sickness has no value to me, so I easily let it go.

I take responsibility for my experience and choose again.

Alleviating symptoms of problems or illness may mean you are not clearing the cause to experience the real healing.

Choosing again is the proactive step of inviting into your life those conditions that are helpful, healing and healthy.

Being upset or sick is a clear indication that you have stepped off path or out of bounds. You need to stop and listen with open-mindedness to see what is best for you. *I have learned the more you follow what you hear, the more you will hear next time.*

Creating A Healthy Life

Spiritual Connection: *How shall I create my spiritual practice with inspirational reading, listening and spiritual communion?*

Nature and the Beauty of the Earth: *How am I to incorporate time with the bountiful energies of the Great Mother today?*

Music, Sound, Song and Movement: *How am I to sing and share my joy, my gratitude, my praise? How am I to fill my senses?*

Diet and Exercise: *What am I to eat and drink? How am I to move and breathe?*

Relationships: *What attitudinal healing is needed here? With whom am I to share my love and gratitude?*

Creativity and Play, Recreation and Renewal: *How much am I to work and play, to meditate and reflect, to vision and to plan?*

Learning: *Is there some lesson I am missing?*

Is there a place of unconscious omission that needs my attention?

Gratitude: *How am I to feel and express my profound appreciation and love for the good life I have?*

When your assessment is complete, it is time to “do the work”.

When you have become a happy willing learner, the skies clear, the sun shines and all things seem new again. As your mind is renewed with the Light of Goodness that lives in you and around you, you can fully envision the blessings of it all. As you restore your sanity with a grateful heart and enlightened mind, knowing you are spiritually connected, your life experiences seems Good, a life learning and blessed experience without regret or blame.

Healing oneself is opening to fully loving as God loves.

Healing Oneself is living the commandments to Love God and Love our neighbors.

Healing oneself is our gift to our Creator, to love His gift enough to take exquisite care of what is given us.

Love this mighty glorious and miraculous work...staying awake on planet earth.

Relationship Creed

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.

Betty Lue

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 22 Non profit Counseling-Healing Centers in 5 state

Director, three Holistic Counseling, Healing and Growth Centers

In Pleasant Hill, Brentwood and Hidden Valley Lake, CA

Director of Reunion Living Ministry Program

CA Licensed Marriage and Family Therapist since 1977

Whole Life Coach and Success Consultant

Natural Health Educator

Feng Shui Practitioner/Teacher

Certified T'ai Chi Chih Teacher

Ordained Interfaith Reunion Minister

Co-Minister of Unity Center for Inspired Living

Doctorate in Theocentric 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 us and 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 for me and those I have worked with over the last 38 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 the 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 and honor all Paths.

We listen within and serve the Highest Good for All.

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

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Offices:

Reunion Center for Counseling, Healing and Growth

3496 Buskirk Ave, #103 Pleasant Hill, CA 94523

Holistic Center for Inspired Living

50 Sand Creek #320, Brentwood, CA 94513

Positive Living Center

17568 Spruce Rd. Ext, Hidden Valley Lake, 95467

Reunion Living Ministry Program

(See www.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

Books published

Loving Reminders

Peaceful Reminders

Relationship Reminders

Pocketbook of Affirmations

Healing Reminders

Coming soon

Family Reminders

Healthy Reminders

A Child's Reminders

Happiness Reminders

Success Reminders

**Love Heals
&
Makes all things new.**

**The only mistake we ever make
is when we forget to love.**

Remember:

Love You.

Love God.

Love Everyone.

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