

MEL'S LOVE LAND

CONSIDER THE POSSIBILITY THERE IS ANOTHER WAY



MELANIE LUTZ

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I am a Great Man

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MEL'S LOVE LAND
CONSIDER THE POSSIBILITY THERE IS ANOTHER WAY
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MEL'S LOVE LAND

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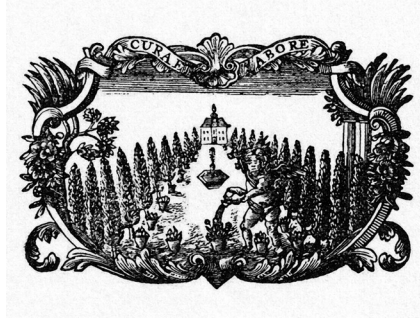
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Every day in every way we have a choice. As Victor Frankl wrote
“Everything can be taken from a man but one thing: the last of the human
freedoms — to choose one’s attitude in any given set of circumstances, to
choose one’s own way.”

Consider the possibility there is another way.



For the next 100 days
I am going to consider the possibility
there is another way.
I won't talk about war, I will feel peace.
I won't talk about what isn't working.
I will experience what is.
I won't complain about what people don't do.
I will appreciate what they do.
With care and work
I am going to allow myself to be uplifted.
And. Be willing to see change. In a new light.
In what's remembered.
With Love.

MEL NOTE ON DIVINE LOVE AND WISDOM

The energy of birth is something that we are all tapping into as we move forward in the world and express the necessary self compassion for a reimagining of humanity as a place filled with Loving thought, joyful intention, and eternal peace. Love Land represents a commitment to make Love the bottom line, to quite simply “Love Everyone” as love in action becomes the new normal.

Often in our days and nights we forget the truth about who we are and why we are here. This book is a reminder that Love always remains the answer, holding the space for our truest, most loving expression to unfold.

Let’s blow the doors off how we interact with life, increasing the healing energy that comes from honestly looking at a life with love, let’s share in and understand how to deepen a practice of being and extending Love. In this spirit, Mel’s Love Land offers the space to open your heart, to get inspiration and remains a space to return to when you need a pure jolt of loving thought. It is the first link in the new world practical educational chain of love in action.

21st Century hearts need 21st Century gravitas. We forgive the past, we don’t forget. We release the self hatred in the form of fear and anxiety on the planet now. We embrace and embody the experience of Love as a way of being. Why? It is simple. Loving thought super charges your relationships, your creativity, your dating experiences, your job, your being, your life, inviting limitless possibility into each moment.

We are not taught the ways of Love so we tend to replace Love with an object and when the object is gone we are in crisis, obsession, pain, feeling a sense of loss or emptiness. Any placing or substituting loving feelings for an object outside of our being, an object that we are constantly thinking we only have access to through that other person is a fantasy. Thinking someone else holds the key to Love keeps you enslaved. Love does not come and go, it remains the one constant. Something you never need to worry about. Worry is merely a choice. Do yourself and your community a favor and break the chains of any fear or addiction, remember the truth about who you are and what Love is and together let's endeavor into a new way of being.

I hear you. It may be tempting to think love is this really delicate special thing that you'll "never" find, and really you have spent a lot of time getting cuddly and comfortable with your fear so why bother, but peep this – to any problem, perceived or otherwise Love remains the answer and loving thought is your responsibility. I am submitting to you that you do not want to be the plus one to your fear. Nada. Not cool. No bueno. Not necessary and a super unenjoyable way to go. Don't settle. Don't take the path of most resistance. Make your life an example of being loving and living in your own Love Land.

When what you see isn't what you want, it is time to make a commitment to Love you. To what you want to see. To be the person that you know you were born to be. Each chapter of Mel's Love Land is broken into four parts; a topic to open your heart and mind, a "For Your Consideration" thought changing insight, followed by an awakening jolt of electricity in the form of a prayer, and ends with "Loving thoughts to remember" and not to leave you hanging – the book also includes a Next 100 days of loving thought and affirmations. This book is inspired by two powerful sources. Emanuel Swedenborg's Divine Love and Wisdom and A Course in Miracles. If you enjoy this loving effort, please investigate, read, go deeper with the source materials.

The idea of getting dangerous with love in a world in need of so much compassionate understanding is a process. I figure I have been as cracked up as anyone could be, way down in Mel Crazy Town and I found my way back with love. Lenny Bruce, a comedian respected for his sharp edgy wit speaks to this journey, "if you can take the hot lead enema, then you can cast the first stone." This is not a self help book. The self can not help the self or as Marianne Williamson puts it "the self is the problem, it isn't the solution." My hopes you will find this is a book beyond the beyond that gently invites you into the highest vibration to lift you beyond the battle

field of your daily thoughts allowing you to be open to the blank page of your life to all the love there ever was. Whether I twisted your arm into buying Mel's Love Land via one of my unbelievably stimulating methods of having people I have never met do my bidding or it means you caught the wave of love. I hope you enjoy the divine love and wisdom contained in its pages. I am honored to have the opportunity to share some insights on this topic.

I invite you to release all that you thought you knew about love and allow something wonderful to unfold as you turn through the pages ahead.

May you fully cherish and find the Mel's Love Land of your days as a gentle but firm hand of support pushing you from behind into a deeper practice of Loving You (for life.) May you see with your heart and be able to recognize the truth in every situation you encounter letting pure Love ignite your soul with a fierce blaze burning every unnecessary unloving thought and trauma into oblivion opening the sacred space of your inner knowing where you can experience and bring forth who you are.

Love, Mel

PART I
LOVING THOUGHT



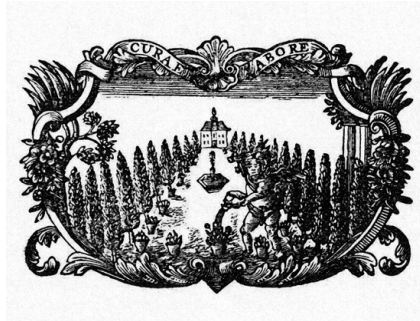
FOR YOUR CONSIDERATION

A WAY IN

Use me. Work through me. Light the way ahead. Bring me peace. Bring me joy. Bring me what you think I need. Guide me with grace to the people, places and things that will support my all systems love movement. May it be as it always was. In love.

IT'S TIME TO ROAR

CURA ET LABORE



There is a garden growing and flourishing brilliantly within the ground of your being utilizing divine intelligence symbiotically blossoming in service to the highest expression of who you are. This garden is nourished by Love.

In the preface to Emanuel Swedenborg's *Divine Love and Wisdom* the Latin Translator of the text talks about the sketch of a Roman Garden that adorned the title page of each of Swedenborg's books under the phrase *Cura Et Labore* "with care and work." The image of a beautiful garden with a cherub like Angel watering the plants tending to the well loved garden's growth and harmony strikes to the core of any process as a simple discipline of purpose.

It is a reminder of the wisdom and grace that exists when discipline is

applied to commitment in realizing the fruits of our labor. It represents the opportunity for us to make manifest the joys of a life fully lived in divine Love. When we enrich each moment with care and work, making conscious choices. Free of the energies that keep us bound. We allow nature to take its course in harmony without calling out the struggle; we effortlessly step into the full beauty of existence.

Move into the garden of your being remembering everything is as it is. You are exactly where you are supposed to be and you know absolutely how to tend to your needs.

FOR YOUR CONSIDERATION OWN IT

You are one hundred percent responsible for your experience. Not ninety two percent, not ninety nine percent, One Hundred percent. In owning your place in the world you allow forgiveness to flow, you don't get tripped up in blame and get weighed down by circumstance. One of the 12 steps in addiction recovery is to take a "fearless moral inventory" of your life to date and see where you could have made it easy for someone, where your particular choices opened the door for a particular behavior that was unwelcome and trauma inducing.

"How many more times is (fill in the blank and it isn't pretty) going to happen before I stand up for myself. Before I tell the truth. How many more times will a pattern repeat until I am ready to do things differently?" As Will Rogers said, "don't do the same thing and expect a different result. Do things differently. Get different results."

In the midst of your life is a space of stillness. A space where you hear everything in service to that beautiful garden of your being. Living from that space delivers a life to its purpose.

Detach from the person, object, relationship or circumstance that seems to be causing you troubles, release the thinking that seems to keep you stuck in the drama of the situation and listen for an answer. Remember, stuck is just another word for there is another way. Whether it is to break free from the falseness of anyone or anything that is too small for you, or it is to think Lovingly about the situation presenting and deeply listen to what is in your heart whatever the answer no matter how it sounds because it is your answer, uniquely individualized for your circumstance. Listen as if your life depended on it.

Don't let other people hook you into their unloving fearful thinking tempting you out of your loving center. If something sounds judgmental

it is. If it sounds nuts. If it feels crazy making. If you feel tense. You got it. When a decision is built on fear “its seeming certainty is but a cloak for the uncertainty it would conceal. It needs irrational defense because it is irrational. And its defense seems strong, convincing, and without a doubt because of all the doubting underneath.”

Do not get caught in other people’s insanity, or more importantly, your own. Wash the entire story with Love and bare witness to the truth. When a decision is made in Love doubt ceases. Love brings peace of mind and a certainty of purpose. Move toward that sacred feeling of warmth in the embrace of the truth. Move toward the light of Love.

AWAKEN COMMITMENT

For the next 100 days

I am going to consider the possibility that there is another way.

I won't talk about war, I will feel peace.

I won't talk about what isn't working. I will experience what is.

I won't complain about what people don't do. I will appreciate what they do.

Cura Et Labore “with care and work”

I am going to allow myself to be uplifted.

And. Be willing to see change. In a new light.

In what’s remembered. With Love.

LOVING THOUGHTS TO REMEMBER

As a friend of mine likes to say “don’t settle for the mild river of misery.” Become a tuning device allowing love to flow through you and radiate from you expanding outward without reserve.

Flip the switch, ignite the field, walk into the light of truth that never changes.

MEL'S LOVE LAND



*I*t is not a place you can go to on a map. It is an experience of yourself within, an experience of deep and abiding peace of mind, body and spirit, a place where you can wake up in full joy of your being and fully participate in every process of your life enraptured in the sacredness of your truest home. A space where love and forgiveness meets an open heart becoming a soulful force of nature.

*“What might have been and what has been
Point to one end, which is always present.
Footfalls echo in the memory
Down the passage which we did not take
Towards the door we never opened
Into the rose-garden. My words echo
Thus, in your mind.”
-- TS Eliot*

Love has come to a land long barren. Its nourishment filling up all dried river beds of being, flowing through once rough terrain now tamed, divining soulful beats, reanimating roots, absorbing till sated becoming love itself through these ever rushing pathways of the human experience floating our spirit ever higher toward the peace of heaven on earth.

We have different beliefs, different experiences, different interpretations, but we all share the same emotional tenor of that space where we

can recognize the piercing of our heart through the veil in communication with something deeper. With care and work we can grow into powerful stewards of our own being, learning to move into the space of conviction and faith and knowing beyond what the physical eye, the senses, society are telling us, holding the light to the darkness knowing it is just another way of experiencing the truth of yourself. In touch with the language of the heart in Love's fullest presence. Nothing to be afraid of, everything to hold onto, and everywhere all at once.

FOR YOUR CONSIDERATION GET BEYOND IT

I recenter in my body
 I realign with my breathing
 I love myself in each rise and fall of my chest
 Connecting with the field of limitless possibility
 I stay open to the surprise of the moment
 In alignment with my authentic self
 Free from fear and ego
 And the tyranny of my thinking
 Clearing any energy picked up along the way
 I relax into the truth
 Wholly free.

When I am tempted to close my heart for any reason I move through a process that works for me that I have experienced and experimented with and have surrendered to. Trusting.

Oblivious is no longer okay. It is not cool to be unconscious. It is not cool to espouse and release unprocessed energies into the collective, it is time to birth a new possibility. Where responsibility is the true course of human destiny.

AWAKEN TRANSFORMATION

Please help me see these things differently.
 Give me aid as I begin to let go.
 Let me remember my goal is peace on earth, which begins in my home.
 My goal is to wake up every day with joy in my heart.

May I give up what has happened to me and leap quantum style into forgiveness laying aside blame.

Guide me with love to the people, places, thinking that will nourish my soul's development. Allow me to recognize that which I have been longing to unearth.

Let any energy not serving the open space of my heart transform now and forever in Love.

LOVING THOUGHTS TO REMEMBER

There is a movement of the heart and mind and being in communion with spirit filled energy that occurs through prayer, a loosening if you will, of that which has grown hard, an opening exercise becoming the fullest expression of Love in endless bloom.

Allow nature's process to work through you, releasing any resistance, opening to all of you. Exploding into the fullness of each moment sending Love with each breath.

MAKE PEACE AND JOY YOUR FRIENDS



To any problem perceived or otherwise Love always remains the answer.

"No law the world obeys can help you grasp love's meaning." —ACIM

Imagine being Loving when Jerk Town moves into the neighborhood, or crushes in front of you in traffic, or negative Nina wants to drop a "load off" and corners you at work. Imagine being Loving. All the time.

When I resolved to Love Everyone in every situation it was like setting in motion the first words of a grand drama that by its sheer depth of adventure rumbles forth taking on a life of its own to become an Oscar winning best picture. That's how *Life Without Judgment: How I Learned to Stop Hating Myself and Love Everyone*, took flight.

Loving everyone was one of the biggest challenges I've ever undertaken. Letting my heart hear the truth in every situation was near impossible at first. Mother Theresa and Martin Luther King took the Buddhist principles and made it a way of being, and in my own way. So could I.

"Love is the language in which God speaks. For when we listen with Love, it is the heart that hears." From Ralph H. Blum in his introduction to *The Healing Runes*.

The ways of the world are counter intuitive to the simple truth that Love is all there is. It seems as though there is so much fear and judgment there is no way we can meet each other in Love. I wholeheartedly disagree.

With time and space as Einstein said being “illusions of consciousness,” there is no doubt any false fear and figmented hurt can be transcended by Love. It is wholly a matter of consciousness. This language of the heart is something we all share; it crosses all barriers and is always available.

Loving everyone is not some passive deal, it is a steely strength, one of the most powerful stances of being in the world. It is not a secret Loving everyone meant walking out of a business relationship that wasn't working, leaving my home and marriage and going gypsy, standing up to and for things and people that scared me, and releasing a book that shared my inner thinking about myself to find the freedom to be myself. It meant standing up for what I believe in and it meant sharing the truth even though it would have been easier to stay silent.

By allowing everything that naturally comes up in a Loving embrace to wash through and connect to that language beyond words, to take that beat of Love, everything becomes lighter; the challenges, the tests and the traumas, our perceived differentness melts away past the wounds. Building a Love arsenal. An active and valiant tool chest of openness and vulnerability takes work and patience and courage and becomes the building blocks in training yourself to stay present in the seat of Love, belted in when necessary, remembering the truth.

V'ahavta I'rayakha
 - and you shall have Love in your heart,
V'ahavta kamokha
 - for yourself and your friends,
V'ahavta ani hashem
 - to create a world of hope and peace,

Each of us finds our own way on the path of the peaceful spiritual warrior in Love, as my favorite Rabbi shares "capable of wrestling with life without being defeated by living." Each of us finds our own way to express this language of the heart and live in our joy.

In choosing to Love everyone you become the beneficiary of a huge mitzvah. The mitzvah of learning how to Love yourself. As a gift that keeps on giving.

When you can Love everyone (including yourself) there is nothing that is not possible.

FOR YOUR CONSIDERATION

FROM MARY SHELLEY'S FRANKENSTEIN'S "I SHALL..."

...satiated my ardent curiosity with the sight of a part of the world never before visited." Embarking on "an expedition of discovery up a native river." "Who was I? What was I? Whence did I come?" -- The Monster

Open up to different thinking, where Monsters aren't what you think and fear is your friend opening your vision to the necessity of seeing who you are in the light of Love.

AWAKEN A SUPPORT STRUCTURE

Whatever form that takes you to your bottom (and there are many) or for that matter anything that lifts you into the stratospheres, the single most important factor in sustaining personal harmony, living your life from foundational integrity is having a support system. Where would any of us be without the people, places and teams that provide support to our efforts, that allow us to grow, that enable us to be "something different today than we were yesterday." Accepting all parts of who we truly are, embracing the bumps and bruises and the light and dark allowing us to surrender into any circumstance with a loving sense of safety and personally held integrity.

By finding your people, those individuals that get you, that you don't have to "work" to explain yourself around. Those safe people, places and spaces that honor your intention of simply knowing you are "good enough" when remembering that truth becomes difficult.

This will be your "Love You" team and will hold the space for your continual flourishing and blossoming and be there providing nourishment through those times of hibernation sowing the seeds of your most radiant centered self with you in spirit weathering storms and cherishing successes become second nature in a process of energizing your inner flame.

There are no secrets to the cycles of life merely unrecognized opportunities to remember the truth. By understanding everything is a lesson being served up for growth in your personal practice of interdependence, by being proactive in building a "Love You" team to support your efforts you will be able to liberate yourself from any self sabotaging moments that stop, stall, divert and tempt you to move into fearful thinking; to help

support the true vision of love everlasting, ever giving and all knowing.
To be all of you.

Jolt me awake in this moment

Available to Joy

Today. Now. Always.

May you feel connected, comforted and full of peace.

May your heart open in ways never before possible

Revealing the deepest truth of your fullest knowing

Giving you courage, wisdom, strength and surrounding you with
Love.

LOVING THOUGHTS TO REMEMBER

Celebrate this moment as the beginning of a grand exploration into the meaning and power of Love. You have all the support you need to be all of you. Know you will be guided to the person, place or thing that will serve the needs of your soul as you manifest dreams fulfilled.

EXPERIENCE RADICAL LOVE

WHO DO YOU THINK YOU ARE?



The answer is fabulous, unbelievable, power house, intelligent, loving, thoughtful, inspiring, gorgeous and beautiful... Inside and out.

Cause you are.

If anyone tries to bring you down to their thinking.

Remember... Who are you not to be amazing, magnificent and phenomenal!

Be willing to believe it.

Stop living your life in a cautionary tale. Make it a hero's journey. Accept your light and face the darkness with faith. Faith in what is unseen but fully known. The commitment to remembering your magnificence, brings forth your authentic self, giving you the tools necessary to process through what comes up as you step forward increasing your emotional musculature and abilities to handle anything that crosses your path with grace. When you stand in your magnificence you resonate in truth. In a blazing light filled glory opening the hearts of those you encounter, connecting to your open heart.

Take the hugest step on the path to your most radiant self, making love your bottom line. Make your life an emblem of beauty. Standing for what is Loving, allowing any action necessary to rise up. Never forgetting the highest space of possibility. Remaining centered, so when adversity strikes, when you are irritated, when getting knocked down or stumbling awkwardly when your intention was to soar you know Love takes it all in

stride allowing us as Dorothy Fields wrote to “take a deep breath, brush ourselves off and start all over again.”

Don't get your panties in a bunch when you have to start over. It is nature's cycle. A mistake is just that, a missed take. You merely get to do it again. Starting where you are. Taking that next step. Knowing you are not alone. Celebrating the gifts you've been given and remembering -- you can't get there from here if you think you have to be good. As Mary Oliver wrote “You do not have to be good.” You merely have to take the next step. Being “fully invested in the effort without being attached to the outcome.” Share what you know. Give all of yourself to that one step, hearing your voice and allowing others to rejoice in it.

See the greatness in everyone that you meet offering up love as you go. With each step embrace the world as the great place it is representing so many stories of uniqueness, of people, of neighborhoods, cities and rural municipalities, of individuals who put their hopes and dreams on the line every day.

Become a class act, that outward expression of love in action, in the space of your fullest essence, offering tremendous insight into a way of being in love, in full contact with the centered space of knowing, stillness where understanding is born out of the chaos of living. Live your life in integrity, with purpose and the uniqueness of your individual expression that resonates with the whole by playing your note, transcending circumstance in timeless, grace filled presence, dancing effortlessly with the universal symphony.

FOR YOUR CONSIDERATION LOVE BEYOND FORM

Words can be the most deadly because they are describing the indescribable essence of energies, emotions, feelings, nuance, vibration, the interpretive dance of humanity's interactions. We all have attachments to certain words that other people do not have. We all have ways we see based on the stories we have created that generally have little basis on the truth, but are based on our experiences and perceptions. When we add to that the concept that people hear you from the level you are speaking from, communication can be complicated. There are many walls created by words, symbols, gestures, beliefs that are used to represent feelings, expression, meaning and they are all man made individually lensed through past experience which is an illusion because the past is not the present and the future is not yet. Get comfortable with listening at the

deeper levels of connection, awakening anew with each breath. You are okay no matter what may be presenting itself. Hold the deeper space. Don't get caught up in words, images, archetypes, or the people and thoughts different than your heart's song. Listen to what is being expressed on the deeper vibrational space beyond our human feelings. Let the lens of love shift any judgment.

How we keep our heart open is the challenge of the human condition. Boundaries of open-ness are the stance of Love, allowing you to move through the world with doors opening as you stride confidently fully alive and majestically broadcasting your note for all to hear.

We're all familiar with the ego at this point. That piece of the puzzle of humanity that likes to keep separation in place, that wants to control that which is uncontrollable, that wants to whisper seemingly innocuous thoughts into your consciousness keeping you bound in fear.

The universe will respond fully to your slightest invitation to see a situation beyond the prison created by the barriers of fear. Stop enslaving yourself in the chains of your past.

"You are afraid that without the ego all would be chaos but I assure you without the ego all would be love." ACIM

In Love everything is possible. It is your choice how you want to see it. What judgments are going to limit your possibilities today? What past events are going to hold you hostage to a pattern that will never serve any of your needs.

We remember together. So when we see beyond the form presented a brother can too, reaching to the space where connection flourishes, co-creating fabulousness.

Be willing to "go there" with every part of your life. Deeply listening to what is being said in Love.

AWAKEN YOUR LIFE AS A PRIVILEGE

Remove any blocks and make your self known to yourself, to your loved ones, to your neighbors, releasing any fear and move directly into your heart space.

As Joseph Campbell said "the privilege of a lifetime is being who you are." Add to that "the privilege of a lifetime is being who you are" in Love.

In "the human storyline, where bodies talk and move and suffer and

die, there forms a veil of unreality in front of God's creation. It hides "the face of Christ" -- Marianne Williamson

Aint it funny. How we remember the truth.
Allow me to be used for kindness
Allow all my defenses to be lifted
Open me up and break me through my fear
In ways beyond my understanding
Connected in love.
Into the faith of the moment
And a vision that is righteous
In the deepest reaches of my being
With Infinite Love and Gratitude

LOVING THOUGHTS TO REMEMBER

Your worth is neither increased nor diminished by the response you get to any action, effort, output. It is not diminished by acceptance or rejection. You are worthy just as you are.

You are
UNLIMITED
WHOLE
BEAUTIFUL
KIND
LOVED

Transform your energy
Wake up today and everyday in Joy
Bless everything
Know, this day is a time of promise
A time of openness
A time of Love
A time to remember who you are.

LOVE TO LOVE YOU BABY



I'm Sorry.
Forgive Me.
I Love You.
(Thank You.)

The healing energy of Ho'opon-o-pono is a profound ancient Hawaiian practice of nourishing the self through forgiveness, reconciliation and acceptance. Since all problems begin as thought with this one practice in any situation you can change the entire energy of the space, resetting systems.

"I'm sorry. Forgive me. I love you. Thank you."

To practice Ho'oponono [Ho'opon-o-pono], you don't have to know what the problem or error is. All you have to do is notice in any situation if you are experiencing upset - physically, mentally, emotionally, whatever, that reaction that trips you out of your centered self. Once you notice a disturbance or find yourself engaged in defensive, attacking behavior, anything that triggers you, you can move into these simple words...

"I'm sorry. Forgive me. I Love you."

A shift in your inner space takes place, you clean and clear the air between you and any unwanted outside influencer.

You can not say "I'm Sorry. Forgive Me. I Love You." without this shift in your energy. Throw in a "Thank You" and enjoy the peace of

acceptance, enjoy the forgiveness of the moment and be with yourself and your Loved ones in a spirit of innocence, where the past isn't the present.

It is our job "to tell a brother he is right even when he is wrong" meaning mistakes happen but when we affirm the person recognizing their underlying human-ness, reminding to be loving, lifting the confinement of judgment, and the deadening of possibility. We spark acceptance, communication flows, and your need to be right ceases so the truth can resonate.

*Dr. Ihaleakala Hew Len brought the practice of Ho'oponopono to light since being taught the process by Kahuna Lapa'au Morrnah Nalamaku Simeona, as a staff psychologist in the forensic unit for the criminally and mentally ill at Hawaii State Hospital. He witnessed the healing nature of this practice and has taught the updated Ho'oponopono around the world and at the United Nations several times.

Let people scratch their heads while you radiate in the bliss of release.

FOR YOUR CONSIDERATION WHAT WE DO MATTERS

We are witnessing a great struggle. A struggle externalizing all of our inner conflicts. A struggle over whether we will know peace or suffer needlessly at our own hand. A struggle over whether we will be loving or whether we will be fearful.

Opt out of the struggle. It is your life. Peace is available on Earth. Now. Paraphrasing a country song "all the reason's we're here, we know by heart." Give up anything that keeps the light at bay. Don't live in the fiction of struggle. Revel in the truth. The truth exactly as it is. No fooling. No despair. Hope. Knowing everything is what it is.

The fantasy of wanting anything to be different than it is, keeps us stuck in the fiction and falsehoods, cause never more so... do the words of Frank Capra's *It's a Wonderful Life* spring out... "Each life touches so many others..." let's remind ourselves to remember, what we do matters. The choices we make, no matter how small. MATTER.

Choose wisely. And take care of your own 10 cubic feet. Let's make this the Eve of something amazing. We've all been given so many gifts.

It is time to use them.

AWAKEN THE INNOCENT GRACE OF BEING

We never know why we are made a certain way. Who's to say one quality you consider a hindrance isn't the key to your path through. You never know how the gifts you have been given will be received and to what affect. All you can do is give your gifts freely and openly.

In talking to reporters when opening Disney Land Walt Disney shared, "It's something that will never be finished, something I can keep developing and adding to. It will get more beautiful every year. And it will get better as I find out what the public likes." The happiest place on earth was built on the spirit of work in progress where adventure unfolded and imagination flourished and the never ending process was cherished.

I gladly give up my fear
I move into eternal joy
Standing in the truth
Balanced and at peace
Returned to full awareness
Celebrating my life

Let my heart rise and flow
expanding through my breath
In its ever radiating glow
Restore my blissful self to its rightful seat
In Love Inviting my heart space
to unlock the treasure chest of recognition
Prospering in all ways and means
Revealing what is already mine

In service to my magnificence
Striking a tune the likes of which emanates from my soul
The hum of which cascades ever forward
Gently with force
Exploding the crucible of my being
Once crucified and crushed
Now
Free
In Harmony.

LOVING THOUGHTS TO REMEMBER

"Manifestation begins with the willingness to make room in our beliefs for something that doesn't exist. We create that "something" through the force of consciousness and awareness." - Gregg Braden

Love all of you baby and create something extraordinary. Let forgiveness flower into a full healing of your soul.

I'm sorry.
Forgive me.
I Love you.
Thank You.

LOVE IS GREATER THAN FEAR



*I*t is one of the biggest mysteries of the human condition; how we let what we are tired of and anxious about lead the way because on some level and (counter intuitively) Love feels scary and something we need to protect ourselves from.

Acceptance and serenity is an inside job. It takes a practice. It takes your commitment to show up for yourself. Take loving action.

Don't think your problem, whatever it is, can't be solved, know it already is and have faith it will work itself through. The outcome may not be the picture you are envisioning but it will be in service to who you truly are unfolding in the most perfect way for the greatest expression of your personal growth.

Don't be afraid of what you don't know. And. Don't be afraid of what you do.

EXPERIENCE THE SOUNDS OF LOVE

There is a universal symphony continuously playing the most beautiful and harmonious tune transcending the sounds of life's adventure. Intrinsically in its roots, universe is translated as uni = one and verse = song. This "one song" is beyond the veil of perceptions . If there are moments where you lose touch with its sounds make no mistake it is always playing, awaiting your attunement. You can picture it as a master composition, a comprehensive computer program, or a divinely spun

interactive web of interconnectivity and interdependence. A harmonic field of possibilities. However you see it, the truth underlying all of it is -- you showing up, as you, playing your part, singing your note, downloading the file that is perfectly you.

Many people are familiar with Shosin, the concept of Beginner's mind, we get Beginner's luck and how fresh eyes, that space of vision unencumbered by the judgment of what you know, offer up endlessly perfect opportunities and an ease of effort that always hits the bull's eye. In every endeavor fresh eyes are necessary to stay open to the moment. That miraculous engine of freedom from the past so new possibilities can be born. Expanding the concept to include all of our senses, utilizing the full range (with freshness, with new mind) enables more information to inform the Truth and deepens our understanding of the invisible energy of Love. It enables the synchronization of notes to create something miraculous.

FOR YOUR CONSIDERATION GETTING TO KNOW YOU

Compassionate positioning means creating a stance where you are able to be in a space of compassion and Love and look into the eyes of those who are suffering and feel their suffering without losing your center. When you know your own center, you are in stillness with the truest space of your being allowing you to understand in every situation the space you are holding, and from that space you remember your job is to extend Love. You are not taking on another's karma, you are merely dealing with your own, and in your knowing of this one detail, you allow other people to grow into their knowing.

From one of my favorite speeches by a President, Lyndon B. Johnson, before a joint session of Congress on voting rights, one of our most basic tools of democracy.

"In our time we have come to live with moments of great crisis. Our lives have been marked with debate about great issues; issues of war and peace, issues of prosperity and depression. Rarely in any time does an issue lay bare the secret heart of America itself. Rarely are we met with a challenge, not to our growth or abundance, our welfare or our security, but rather to the values and the purposes and the meaning of our beloved Nation. The issue of equal rights (for American Negroes.)

And should we defeat every enemy, and should we double our wealth and

conquer the stars, and still be unequal to this issue, then we will have failed as a people and as a nation. For with a country as with a person, "What is a man profited, if he shall gain the whole world, and lose his own soul?"

Move into the experience of full and equal human rights around the planet. Lyndon B. Johnson did not "win" the Presidency, he ascended to the office due to the horrific assassination of President Kennedy. Johnson understood that one man doesn't "make" human rights changes, he merely steps into the space of truth and offers it for review, so the people, all the people, can move into a higher thought pattern, a space of humanity above the "battlefield" and petty tyrannies of fear.

In getting to know the full extent of the accordances of your authentic self, holding the intention to be free of fearful illusions of harm, living in full harmony and equality with the truth, you create a space of freedom by your example for all brothers to step into in the light of Love.

AWAKEN

"THE BETTER ANGELS OF OUR NATURE"

From the last line of the last paragraph of Abraham Lincoln's first inaugural address delivered one hundred and fifty years ago March 4, 1861 as tensions between the North and South were exploding and Civil war was imminent.

"We are not enemies, but friends. We must not be enemies. Though passion may have strained, it must not break our bonds of affection. The mystic chords of memory, stretching from every battle-field, and patriot grave, to every living heart and hearthstone, all over this broad land, will yet swell the chorus of the Union, when again touched, as surely they will be, by the better angels of our nature."

All great speeches share one common thread, the ability to divine the truth creating space for the eternal. The words may change. The times may be different, but, in the stirring of the heart a great speech gives birth to the openness of possibility and in that openness we are given a choice, a choice to be moved by a higher vibrational experience into action leading spirit ever forward with faith and grace extending Love to all souls across the planet.

Because of his ability to stand in the face of insurmountable and daunting circumstances and deliver statements like "right makes might" because he was able to be a healing agent over a country deeply divided

Abraham Lincoln has long captured the imagination of the world and the reasons why are obvious.

He was a true statesman.

He was a leader standing on the cusp of an uncertain future.

He was a researcher who understood a sense of the common defense.

He presided over a war that pitted brother against brother.

He attempted to tide the rift of a long fought battle and seemingly overwhelming differences of opinion.

He delivered the United States into a new era.

In all the drafts of his speech Abraham Lincoln included a confrontational pointedly aggressive statement addressed at the South that he removed when he delivered the speech. The final line of the Inaugural was to have read...

"Shall it be peace or sword?

The result remains the same - the truth will shine through. The choice is yours how you get there.

Move into the "angels of our better nature" and rewrite any operating manual that isn't based in love, that doesn't include a daily practice of acceptance of yourself and those around you.

LOVING THOUGHTS TO REMEMBER

Our actions and thoughts always have consequences. Make your thoughts and actions count. Make them Loving. Look at what you are plugging into, what you are putting your energy towards and from what space in your being it emanates. Is it from your head or your heart? Is it fear or is it Love? Is it bringing you peace or making you crazy? When the scripture says "Pride goes before destruction, and a haughty spirit before a fall." It speaks directly to the emotions that create the rubble of our lives. Let go of the pride and fear and ask yourself "If I look at this situation with love -- what is the truth?"

Allow patience acceptance and love to flow through you, offering a cornerstone in your psyche necessary for forgiveness creating sustained inner peace nourishing every aspect of your being. May we all enjoy peace of mind, love, harmony with the past present and future creating spaces for what is next.

REST IN YOUR STILLNESS

LET LOVE LEAD THE WAY



Every breath represents the birth of a new cycle. An opportunity to begin again. In each new breath, we can make a commitment to being Loving, creating a reset point in your operating system. Opening the gateways to new worlds of possibility never before experienced.

When you look lovingly across the landscape of your life what story are you telling yourself that you have you grown tired of? What are you ready to be free of? What one action could open you up to experiencing the next greatest expression of who you are? What needs are not being met?

Breathe. Deeply. Relax.

Open your heart. Release.

One more time.

Breathe. Deeply. Relax.

Open your heart. Release.

Are you getting an answer? Repeat until you do, allowing the space in your being for that which has eluded your awareness to arise into consciousness. Give yourself the space to listen and hear the answer.

When you know in your heart the action required (acknowledging it might be to do nothing) to significantly improve your daily outlook interacting with your truest self to awaken each day in bliss. Bliss flowing through you, surrounding you in love for the day ahead whatever is required. Relax into your knowing and make a commitment to put love in action and answer the call of your highest self.

FOR YOUR CONSIDERATION THE BRIDGE TO SOMEWHERE

As we achieve a collective gridlock in beliefs, ideologies, passions, fundamentals, and opinions the only choice left is to go into the deeper conversation. There's a Latin phrase that represents a foundational element of the healing arts, medicine, and the sciences, *Primum non nocere* -- "First, do no harm." Entering any situation with this simple thought sets the stage for compassion and connection.

The end of what separates us and the beginning of a humanistic approach is in our sites because we have no other options. Our goals are the same no matter who we are or what we believe, and the great news is, if our intention is that we "First, do no harm" to ourselves and others it's easier to find common ground.

"Do not onto others what you would wish them not do onto you."

We all have different ways that we experience the Truth, because those ways are different doesn't mean it isn't the same Truth. Imagine the possibilities for positive action when we're living in this simplest statement of our humanity.

There is a great healing underway. A healing of epic proportions. The inequities, trauma and the tyranny perpetrated throughout history is getting a consciousness raising, largely because there is no more physical room to hide. A great light is being cast on the things that aren't important, that aren't working, so they can be addressed, atoned and freed, bringing everything up and out of the shadows for a love filled healing.

AWAKEN THE SLUMBERING GIANT

There is a power within you, not of you. It awaits your remembering. Jolt this beast into awareness with defibrillator paddles of Love electrifying the field and restoring your natural rhythm. Keep in mind when awakening a sleeping giant they can be ornery. Do not be put off when the giant accidentally knocks your house down. It is getting its bearings.

*"We're living in a time where everything is changing... where there's no use in belittling your rival or putting your head in the sand and saying 'I don't want to know.' It's much better to know." In Eleanor Roosevelt's book *You Learn By Living* (1960) she tackles the subject of hope and effort and belief and the power of faith.*

"Surely, in the light of history, it is more intelligent to hope rather than to fear, to try rather than not to try. For one thing we know beyond all doubt: Nothing has ever been achieved by the person who says, 'It can't be done.'"

Eleanor Roosevelt is widely regarded as one of the finest ambassadors the United States has ever put forth. Her words and wisdom resonate to this day as an example of how the underlying principles of loving energies represent universal truths. It remains as constant, undimmed, light, radiating through our being delivering us home.

For now.

I am remembering the truth.

Deleting what feels cold and moving toward the warmer elements in my life.

"I'm accepting the things I can't avoid" as perfect, holding no meaning.

I am acknowledging everything that isn't loving as a call for Love

Having nothing to do with me.

And.

I am having fun owning what I know.

For now.

I will seek joy in every experience.

LOVING THOUGHTS TO REMEMBER

"Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing, it is not as dreadful as it appeared, discovering we have the strength to stare it down."

- Eleanor Roosevelt

Pure love is the full knowing of the truth of your being. When you make love a daily practice, embracing each step in your process every day becomes a celebration inviting all parts of you to be nourished allowing everyone you encounter to open in joyful meetings and blessed interactions.

CREATE A NEW STORY



Storytelling is how we heal our perceptions. It allows us to broadcast what we, ourselves cannot see. Loving movements are about waking up and considering the possibilities there is another way, just for today. Another way to see. Another way to take loving action. Another way to be. As we transition and grow from one state to another. As we fall in Love, maybe for the first time, maybe for the millionth time. As weddings are celebrated and new beginnings are planned, as the planet crunch we are all experiencing reaches a boiling point. Perhaps in this moment you consider the possibilities of telling a new story.

Let any story that no longer serves the deeper peaceful-ness of your being fall away. Step into the next possibility of the greatest expression of your wholeness. Turn all the absolute shining brilliance of possibility into full on probability. Let go of your anxiousness, let go of your judgment, let go of your tired, heavy, boring, story. Stop the "yeah, but" and say YES! to the joys of every day. Explore all the beauty of your environment filled with incredible wonder experiencing everything in all its blazing glory, soaking up the warm glowing rays of the present. Having faith and living life in Love. You choose what story you want to tell so why not make it magnificent and marvelous.

May Love land in the deepest spaces of your truest self and may the lightest touch of peace awaken all to your call.

FOR YOUR CONSIDERATION

**LAST NIGHT...
...AS I WAS SLEEPING**

*I dreamt—marvelous error!—
that I had a beehive
here inside my heart.
And the golden bees
were making white combs
and sweet honey
from my old failures.*

- - Excerpted from Anthony Merchado's *Last Night While I Was Sleeping* translation by Robert Bly

You choose which story you want to live in. It is as simple as that. Let all the bees, elves, angels, helpers, whatever, do their job of making "sweet honey from your old failures" by being willing to make a shift, unattached to the labels of yesterday.

**AWAKEN
THE POWER OF MIRACLES**

When you can look at the world in Love, celebrating everything that occurs, there is no doubt life is a most beautiful gift.

There are fifty principles of miracles that open the text of the book *A Course in Miracles*, based on the power of Love. Three of my favorites include:

Miracles occur naturally as expressions of Love. The real miracle is the love that inspires them. In this sense everything that comes from Love is a miracle.

There is no order of difficulty in miracles. One is not "harder" or "bigger" than another. They are all the same. All expressions of Love are maximal.

Miracles honor you because you are lovable. They dispel illusions about yourself and perceive the light in you. They thus atone for your errors by freeing you from your nightmares. By releasing your mind from the imprisonment of your illusions, they restore your sanity.

Be grateful today and everyday for the work that has gone into holding the space for miraculous. For the Love ever present and fully at work on your behalf all the time

Allow yourself and those around you to be more loving and watch the everyday miracles unfold.

Affirm It

Like the phoenix
I claim my new life
Owned
Experienced
Illuminated
In Love

I release anything that needs to die
I know death is not the end of the story

I enjoy peace of mind
Love and harmony
With my past and future
Creating space for what's next
By being present to this moment
Embracing the power of now

Use me. Work through me. Light the way ahead.

Transform me into purpose
Entering the deep well spring of mystical understanding

time
For the deeper conversation

Truth
Acceptance
Forgiveness

changeless, essential, me

Purified
Cleansed
Conscious

All that I am
All that I will be

I will step into
who I truly am
In glory

I rest in my garden under radiant new trees

I am
Open and unattached
Naked and unashamed
Known and understood

I am returned to love.

LOVING THOUGHTS TO REMEMBER

In love all things are possible. To any problem perceived or otherwise love remains the answer.

LOVE
ANGELS. HUGS.



BE A LIGHT UNTO YOURSELF



When your heart is alternately breaking and expanding with equal beats in a rhythm of truth you are fully alive, bearing witness to the events of our days.

On the surface it may be a time of truly devastating tragedies and deep ungrounded indulgence bringing up all our worst fears, numbing us into inaction because what was will not be what is. Tempting us to fall asleep. On a deeper level we are being called and encouraged to move into the adult conversation, to open up wide to the great resourcefulness and incredible displays of true inner spirit we are longing to reclaim. Like Mark Antony urging mourners into action over the body of Julius Caesar "If you have tears, prepare to shed them now." It most certainly won't be the last. But, remember these are adult tears. Propelling action. Finding solutions. Telling the truth.

The era of great leadership seems to be on a hiatus and really when it finally emerges is not wholly going to right this ship. We are in a time when taking personal responsibility must ignite the way forward. Where we've been good we are going to need to be great and where we've been unconscious we are going to wake up. The one thing we can be sure of... the person standing in front of you, driving next to you, working down the hall has experienced, or is experiencing as much trauma as you. Be kind. Be a light so others, our children, our neighbors, our communities, here and across the globe, can rise and shine. Everyday. Fully nourished and safe from suffering.

"A nation reveals itself not only by the men it produces but also by the men it honors and remembers." John F. Kennedy had it right in his speech celebrating Robert Frost and the arts.

Let's be remembered for our ability to change with grace to transform our present turmoils into peace on earth. Let's get clear, what we do matters. As Martin Luther King, Jr. said "Living a life of meaning is not a popularity contest." We have challenges, for sure, things are breaking apart and falling away. When Winston Churchill on the day of the French capitulation said "Let us therefore brace ourselves to our duties, and so bear ourselves that, if the human race lasts for a 1000 years, let them say ... "This was their finest hour" he offered a space above the doubt, beyond the uncertainty and bleakness of circumstance to rise into.

Join me in addressing what needs addressing, celebrating moments of magnificence, individuals of purpose, and every expression of love that you see, encouraging more of that kind of behavior. Uplifting every moment that follows. Leading us into a new era.

It is time to say
"Let there be light."

**FOR YOUR CONSIDERATION
IN A MOMENT OF GRACE
...ALL KARMA IS BURNED**

Buddha's powerful words on achieving escape from suffering through detachment from our thinking and the five senses kicks down the door to freedom. In a moment of grace all karma is burned.

"With the fire of passion, say I, with the fire of hatred, with the fire of infatuation; with birth, old age, death, sorrow, lamentation, misery, grief, and despair are they on fire"

Decide now to get off the "wheel of suffering." Release your attachment to what was with love and a moment of grace you can give yourself. Do it. Now. Be free today and always. Be free of what was, but more importantly be free to live in the possibility of this moment by being willing to be your best self unattached to any labels anyone, including yourself tries to pin on you.

AWAKEN

TRUTH

We all have different ways that we experience the truth, because those ways are different doesn't mean there isn't an eternal truth. There is only one truth and truth never changes. With this one tiny principle you get beyond surface complaints in any situation and delve deeper into connection.

It is so easy to point out what's not right, but, it is important that we look at what is.

There is a great healing. A great light being cast on the things that aren't important so we can recognize the truth. Not fear filled thinking which by definition is false. But Love filled thinking that opens us to the truth.

The end of what separates us and the beginning of a humanistic approach is in our sites. Our goals are the same no matter who are what we believe.

Conviction is the army of truth free from the blindfold of judgments. Let's get committed to love. Let's get convicted about taking loving action. Let's, quite simply, be love.

There is a space
A place
Where everything grows
Beyond words made manifest
Where destiny is delivered

I stand
For thinking
growing
learning

I play my life at the deepest level
Remembering the truth

I connect to the richer harmonies
Remembering the truth

I honor my intuition
Remembering the truth

I feel love's flowing energy
I join in its embrace

Intentional and meaningful
Miraculously alive

Defrosting and unthawing
Cleansing and clearing
Any deep freeze giving way
Melting into the truest form of Love
Sparkling from beneath the debris

I stand in

Truth
Love
Prosperity

Aligned in

Spirit
Service
Harmony

Radiating

Light
Joy
Peace

Awake and aware

LOVING THOUGHTS TO REMEMBER

Don't forget to take this moment to celebrate all that you are and know how much you mean to the planet. May you hear the birds sing, see your streams begin to flow with new energy and may your steps be lightened, as everything seems easier as you go.

HAVE A DREAM



I imagine what America would be like if Martin Luther King Jr. never had a dream.

King often said "there is a power in our hearts more powerful than the bullets " ... and today in the land of the free and the home of the brave it's never been more important to remember.

Imagine what India would be like if Gandhi never said wake up.

Freedom is a commitment we make every day accepting everyone in all their glory and all their flaws, as brothers. When you think of everyone as connected your actions toward others take on a new tenor. In accepting others you lean into the power of your own acceptance and always knocks down any barriers to the presence of love.

Lean into your heart's inner power, get comfortable with how it feels, because there is much to celebrate and much work ahead.

In tribute and remembrance discussing one of Martin Luther King's appearances, selected by the late, great Tim Russert, on Meet the Press discussing King and the current state of politics.

"The sermon he was going to deliver in the next Sunday were he to live, found in the effects after he was murdered was a sermon called "Why America May Go To Hell" that's the Martin Luther King Jr. with which the broad swath of America is not familiar, and they don't understand...the articulation of a theological tradition that ... doesn't respond in hate, but it responds in prophetic anger, then ultimately Love, Love enough to speak justice to the nation..."

Justice is what love sounds like when it speaks in public"

For the first time in a long time the imagination of this country is activated because we've taken a few hard knocks. We have the space to contribute our time and talents. A space once again to stretch into new possibilities.

A power has been unleashed, a power to move mountains, the power of belief.

Great Things Grow From Tiny Actions. "If you have faith as small as a mustard seed, you can say to this mountain, "Move from here to there" and it will move." (*Matthew 17:20*) Let the seeds we plant today be a blessing to those around us, uniting Lovingly with all the world.

Where we got it wrong. We are going to make a correction. And get it right. Andiamo! Life awaits your fullest swagger.

FOR YOUR CONSIDERATION NO LIMITS

The day to dream big dreams. Let the Angels in your life lead the way and absolutely without hesitation let yourself go, dreaming big.

BE INSPIRED. BE LOVING. BE YOU.

Affirm It

*Today I celebrate my family, my country and my world
I honor the spirit that gave birth to our nation
I give thanks to everyone who walks our streets,
whose hearts beat in action across this great country.
May any suffering weighing heavily on my heart be alleviated
May I rise to whatever challenges appear to be facing me
May everything necessary for my evolution be fully realized
Offering a brighter day
Re-energizing the spirit of truth
Now and always
May I be renewed
With infinite Love and Gratitude.*

Give voice to the dreams and wishes your heart is beating for.

Generate a significant shift and change in the chemistry of your brain waves by practicing Love as a social force.

It is guaranteed that the person standing next to you in line at the grocery store, the person sitting across from you at work has issues they are dealing with at least equal to our own.

Send yourself Love by sending them Love. Take nothing for granted. Now is what we have. This moment. In its fullness and its entirety, to be kind, to be loving, to be you.

Being kind is not just for rewinding it is appropriate for all our daily conversations and interactions.

May you know inner peace the likes of which radiates a Love that everyone you meet can feel.

"It's our time. Breathe it in. There are worlds to change." Get your cheering squad in place, build a foundation brick by brick, take the steps, one by one, and never listen to your doubts, I'm not sure why we have them, as near as I can figure it's the Twisted Sister of "I'm not good enough." And that my brothers, is not the truth. You are more than good enough.

This is where it begins.

With you.

With me.

AWAKEN SEEDS OF THOUGHT

Thousands of years ago we planted seeds for food, for survival. Today we plant seeds of thought to evolve consciousness beyond form and bring our beautiful dreams into reality.

That's it
That's all
Tiny thoughts
Planted
In action
To give of yourself
So you can share
What you know
Who you are
And be the instigator
Of all that needs to be

In service
To Love.

LOVING THOUGHTS TO REMEMBER

"Stay centered without losing your shorts."

-- Muriel Barbery

Celebrate. Celebrate. Celebrate. Dance. Dance. Dance. to your own
music.

A PRACTICE OF HUMANITY



Our founding fathers gave us a framework and foundation for freedom. The first paragraph of the Declaration of Independence shouts out the most basic of all truths.... "That all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are Life, Liberty and the pursuit of Happiness."

These principles permeate every level of our existence. On the back of America's one dollar bill is the great seal of the United States of America, utilizing two Latin sayings surrounding an all seeing eye at the top of the pyramid.

These two universal statements offering a promise:

novus ordo seclorum = new order of the ages

annuit cœpto = eye of providence is looking at us with favor

It is not a new story. These are not new sayings. They are principles of enlightenment.

Theologian James Dunn spoke of –

the humility that befits all humanity

the hurt that afflicts every heart

and the hope that comes with community

There is strength in the company of others

from "we the people" to "we shall overcome."

to quote Bill Moyers --

"There is much to repair. If we have the will for it."

No matter what divides us, we must remain united in the highest order of freedom. With respect for our differences and find our common humanity. Let's make practicing humanity a way of life. Not because it's easy, but, because it's the right thing to do.

We owe it to those who come after us not to fall asleep, not to forget who we are, and to take advantage of the deeper conversation. Today, and every day.

**FOR YOUR CONSIDERATION
PEACE IS YOUR RESPONSIBILITY
...LOVE REMAINS THE ANSWER**

As big as the problems we may face in the world today, the forces coming together in willingness and openness will find the answers. Nothing is insurmountable cause we are in it together.

**AWAKEN
FORGIVENESS**

In that deeply personal space of your heart. Take this moment to say, "I'm sorry" for the wounds inflicted; for the fallout and for the ways we have, in our actions overlooked the basic tenants of humanity.

LOVING THOUGHTS TO REMEMBER

"Liberty is too precious to get buried in books. Men ought to hold it up in front of them -- even on the screen -- every day of their lives, and say 'I am free--to think--to speak. My ancestors couldn't. I can. My children will.'"

Frank Capra from his beautifully crafted emotionally tense and ultimately uplifting presentation of the spirit of democracy in the classic Mr. Smith Goes to Washington strikes into the heart full of love.

In a practice of humanity Love expands, lives beyond the beyond and creates freedom of purpose. Seize the opportunity liberty represents and bring to life a vision of the future where peace flourishes and everyone on the planet knows the meaning of love.

RISE UP IN ALL YOUR GLORY



Let me remember who I am.

I AM
HEART
CENTERED

I am love

I am kind and considerate

I say what I mean and do what I say.

I am klutzy, awkward, cranky, powerful, imprecise and sometimes angry
at bad drivers.

Save me

Save me from my thinking

Save me from unmindful action

Save me from being unloving

I AM willing to consider the possibility there is another way.

Allow me to see... with I love.

**FOR YOUR CONSIDERATION
RISE INTO YOUR MAGNIFICENCE
TODAY. NOW. ALWAYS.**

A revolution takes place in the heart. It begins by hearing Enough! Enough of the thinking that lead me astray. Enough of the actions that keep me in my pattern. Enough of the behavior that blocks me from accepting what is being offered in every moment. It begins by opening up and being willing to see a situation free from past vision transforming all of it into I am enough to make any change I want to see.

One Sunday afternoon in the heart of Los Angeles at the fabulous design store Cantoni's a large group of women were drawn together to celebrate our collective Amazing, Magnificence and Phenomenal-ness. The idea of getting a group of friends together over a Sunday tea had started in the summer after a particularly channeled message of love from the cosmos to get our nearest and dearest together to share in a dialogue. Our theme had evolved into "from this garden love grows." No one had an agenda, our intention was to open the space of limitless possibility and entertain those possibilities to create something miraculous. It started in the chaos that usually accompanies a larger event at a new venue now taking place outside of our living room and with the added support of gracious sponsors. A late arrival here, a quirky forgetting of the tea cups there, and the normal scrambling to get the party started gave in to a warm wonderful day of sharing and connection.

On this Sunday we embarked on a new chapter in our lives sharing a teeny tiny prayer from my "I AM" books that was gifted to me from that deep space of healing and forgiveness.

I am loved

Deeply
Completely
Whole-heartedly

I offer prayers to all I encounter for

Compassion
Wisdom
Power
Long life
Blessed fortune

I know

Peace is my responsibility
Love remains the answer

I break these prayers open on the wind in countless directions

Fluttering and flourishing

I am a Magnificent Woman

The room was electric. This prayer was the answer to the questions that had come up in my moments of heartbreak and grief, in the moments of extreme joy and pure love and in the moments that lay beyond the laughter and the tears. It was the answer to Who Are You? And just a most beautiful gift, because it was a work that helped me remember the truth, that I am a Magnificent Woman.

Looking around at circle of women gathered in this form on this day we broke that idea open on the wind. The energy of our intention and the joy of the moment combining, uplifting, empowering. The first woman who spoke after this shared prayer took my breath away. She ended her introduction with her own "I am" and after the most beautiful pregnant pause ... "Listening."

Each statement built on the last filling the hearts in the room binding together the group in spirit...

I am present
I am cherished
I am blessed
I am supported
I am content
I am ever evolving
I am Loved

It was a Love ever connected, ever free and wholehearted. Take this moment to look around you at the people in your life. See them with love pouring through them, over them, from them, around them, and watch the beauty of who they are unfold and blossom.

**AWAKEN
WHO ARE YOU?**

Each one of us has a great “I am” we uncover with Love.
Own the great “I am” within. Have it guide your days.
That is you. This highest self, your biggest self.
In remembering who you are.
You know the answer to any question.
Listen.

**LOVING THOUGHTS TO REMEMBER
YOU ARE LOVED
DEEPLY, COMPLETELY AND WHOLEHEARTEDLY**

May you enjoy peace in your heart and mind. May all your soulful energies increase with realizations and benefits beyond your wildest imagination, and may all your highest wishes and aspirations be fulfilled allowing whatever obstacles perceived or otherwise to be lifted and dispelled.

With Infinite Love and Gratitude.

PRAYERS FOR LOVE



Prayers are the medium of miracles. In praying, the practice releases attachments to how we think things will happen and we enter the deepest rivers of our lives, and our passions, and our souls, keeping in mind some of G-d's greatest gifts are unanswered prayers.

There is power in love, there is power in truth, there is power in the spirit of love to transform every situation. In the intersection of our spiritual and human existence. Prayer invites love to break through.

The first prayer to ignite new loving possibility allows the opening of the heart completely into the miraculous loving mechanisms. Allow yourself to be embraced in prayer.

It begins with a call out to G-d, the universe, Allah, Mother Earth. Prayer is a surrender. It isn't a Santa situation. It is an allow my deepest gifts to be shared, to entrust all to the present expression of your note in the grand harmonic of destiny.

Prayer is an activation of the heart, an electricity of being. There is a power in us but not of us that does for us that which we can not do, in total alignment with our purpose on the planet, perfectly aligned, with and in, the highest most aligned nourishing good for our life on this earth.

"Dear God, bring me what you think I need to ignite new loving possibility that allows the opening of the heart completely into the miraculous mechanism of love as natural expanding grace in action."

Follow this with your hearts desire, whether love, or new job, new house, new whatever, if it is finding more and more light in seeing and accepting what is, whatever it is that feeds your soul, ask. As a friend of mine likes to say "you don't ask God for too much, you ask God for too little." Ask and keep asking, pray and keep praying. Prayer is the medium of miracles and as such delivers you into the center of joy and peace.

May all your sweetest dreams come true. May many blessings abound with Infinite Love and Gratitude. May your practice of prayer bring you all your needs.

AWAKEN

Heart Felt Prayers

1. All Is Love.

Dearest Beloved,

All is love in your presence, all is held and whole and perfect. I love you beyond the beyond, into the depths of truth and joy into heaven on earth.

Thank you for all blessings and right minded happiness you have brought into my life.

May the stillness and the peace of now enfold you in perfect gentleness.

2. Request for a great love that honors the earth and its harmonies.

Dear God,

Allow me to experience the grace and flight of truth and love born of the highest expression of my most excellent self, of all that I am and all I hold dear, allow me to love all the ways I am and let that resting place become the birthplace of my truest love, my dearest beloved, the most loving holiest soulful expression of paring in oneness. Remove obstacles hampering my seeing, allow me to enact the journey of flight into all that will be, allow me to release into the fullest trusting of my heart to lead me where I need to go, to receive the gifts I am here to receive, whatever happens, allow the dance of destiny to my hearts content to continue,

allow waltzes to take flight as happiness surrounds our days and may we be a blessing to all who interact with our union built in love, with love and through love.

Amen.

3. Bring me new opportunities.

Dear God,

Bring me what you think I need. Bring me new opportunities in the ways that you know will nourish and support my most loving heart and be a blessing to all who experience our love. Allow this person to fall gently into my life, with no planning, through guidance lovingly planted to lead us to each other, allow my heart to open beautifully in receiving this gift of ease and excitement and true elegant partnership. May I be open to effortless ways of revealing this deep soulful relationship that will flourish with each passing moment in ways that will thrill my spirit.

Ashe.

L

OVING THOUGHTS TO REMEMBER

When life takes you to your knees, stay there. Prayers create intercessions in our thoughts as we connect to our heart.

THE REAL THING

LOVE WELL



*W*ho are you to presume you know anything about someone else's experiences, what is better, different or right for them. Who knows. You don't and there is no way you could. So stop. Now. Stop your judgements, stop your assumptions...

FREE YOUR MIND AND OPEN YOUR HEART TO WHAT IS
WAITING TO BE BORN

Turn off the people pleasing voices in your head and every last "should" that floods into your brain for the next 24 hours and Listen. Relax in each moment allowing the unfolding to reveal itself. Take a nap. Grow in your learning to love well.

FOR YOUR CONSIDERATION INGREDIENTS FOR LIFE

My tiny powerhouse cherub faced Italian grandmother used to say when asked what went into her heavenly lasagna "here's the recipe" handing it over with a smile on her face and a crack of kensho in her heart "but, it's not going to taste the same." Off the puzzled faces that stared back at her ... "it's up to you to experiment with ingredients, add new ones, make your own lasagna."

It is amazing how far we'll go to stick with something that isn't

working to try to make it work. How often we don't even recognize it's grown as bland as cardboard institutional food. Have no memory of what bold and lively tastes like, so lost in the routine we don't remember we're not adding anything new to the equation.

Burn any tired recipe or introduce something new to the brew to bring the cheers and applause of the heavenly choir and for me that one voice of my slightly off key Grandmother chuckling through song with a huge prideful grin on her face. Contented.

Resolve to release any recipe that doesn't thrill and create a new one. Head into the pantry, open your eyes and try something new. Whatever it takes. Experiment with a different way of being. Right now. Every time you do, the mind is expanded, new worlds open up and your intuition gets to frolic.

On the road to a delight filled life may your recipes expand and grow, may you wake to try new things and may your days surprise, and I hope your lasagna is heaven on earth.

AWAKEN EXPAND AND BREATHE

I expand my awareness
operating with ease
I have faith in what I don't know
In each moment. In each time. In each place.
I expand my breath
Everything is lighter and stronger and lovelier
I release resistance
Creating openings
Breathing into possibilities.
Expanding my awareness
Living well.
Being well.
Loving well.

LOVING THOUGHTS TO REMEMBER

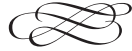
"The goal of the hero trip down to the jewel point is to find those levels in the psyche that open open open and finally open to the mystery of yourself. That's the journey." -- Joseph Campbell

Be incredibly gentle with yourself. Starting or stopping or redirecting anything takes courage, takes movement and it takes rest.

Knowing your truth makes everything easier. However, listening to your 'still small voice' makes it possible.

Be well. Live well. Love well.

WHY AM I HERE?



Gerda Weissmann Klein's Oscar® acceptance speech for the documentary "One Survivor Remembers" chronicles her six years living through the horrors of a Nazi encampment offers up an open hearted expression of grace.

"I have been in a place for six incredible years where winning meant a crust of bread and to live another day. Since the blessed day of my liberation I have asked the question why am I here? I am no better."

The beauty in this survivor's story and Gerda's sharing is that she reminds us in the face of outlasting unimaginable hardness and evil, there is openness and there is Love.

"In my mind's eye I see those years and faces of those who never lived to see the magic of a boring evening at home. On their behalf I want to thank you for honoring their memory. And you cannot do it in any better way than when you return to your homes tonight to realize that each of you who know the joy of freedom are winners. Thank you on their behalf with all my heart."

Forgiveness does not mean forgetting it means transforming the anger and releasing that which can no longer torture you. That which is in the past. Because it doesn't exist and can no longer hurt you. It means

honoring yourself, your history, and those who have touched your life by living yours in full emblem of the space of a loving heart.

Freedom is the foundation of strength and joy and as Gerda so beautifully puts it, contains the magic of choice. The choice to spend a boring evening at home and to honor each other with Love. Something that should never be taken for granted.

When the sun breaks through the darkness of a new day we get to give thanks for the joys of freedom and abundance we do have and to extend love to those we encounter. If you are tempted by the blues, and we all are, it is part of the human condition, or drawn into believing in the fear, be gentle with yourself and remember we have all been given a choice, a choice to see the Love in whatever situation you find yourself in. When you are loving to yourself the hurts and blues and depressions become bare-able, and when the question comes up "Why Am I Here?" one answer you can count on is to shine your light as brightly and lovingly as possible.

Like Richard Harris at the end of Lerner and Loewe's Camelot (the musical retelling of the story of the legend of King Arthur, Guinevere and Lancelot) when realizing the battle is lost, pulls a young soldier from the battlefield to send him out into the world to tell the story of this place where freedom and joy and grace lived and breathed.

Ask every person if he's heard the story
 And tell it strong and clear if he has not
 That once there was a fleeting wisp of glory called Camelot
 Don't let it be forgot
 That once there was a spot
 A brief and shining moment
 For happy ever aftering
 That was known as Camelot

You are here to extend Love on the planet. To act in Love and to be Loving. Nothing more is required.

FOR YOUR CONSIDERATION

FROM VICTOR HUGO'S THE HISTORY OF A CRIME... *One resists the invasion of armies; one does not resist the invasion of ideas.*

On the planet today with the proliferation of technology and the advancement of weaponry to destroy it is clear there is one path

through... Remembering who you are. Peace is your responsibility and Love Always Remains the Answer.

Leave the past behind and open up to different thinking; where peaceful ideas are our imagination's new army.

AWAKEN TRANSFORMATION

Within your beautiful heart is the key to transformation. Allow the beauty of this moment – of this lifetime -- of the glorious creature that you are -- to shine, the practice. Anything added on top of or outside of that practice is icing on the cake... the real beauty is the well of love that resides within. You are ready. You are open. You are love and as such you have all the power in the world to transform yourself and everyone around you.

You are made for Love. To be Love. To express Love. A human can endure suffering and humiliation, yet never forget the strength and transformative power of self Love, love for others, love for life and a never ending connection to inner power: which is, that within each of us lies a reservoir of love and peace brimming over to be accessed as our daily source.

The clearest path to transformation is the path of deep and unbinding Love, a path so clear that it is in the memory of all humans. You were born knowing that YOU are your source. There is no separation. You have within you a pattern of perfection that has never been touched by disease, misfortune, feelings of not being enough, etc, etc. - Keep breathing into that place, and keep affirming that space.

Call on your deepest self to guide you to love. Make your life extraordinary. Life as an example. Share. Love. Commit: to you.

I am my own guardian angel.
I have my guides and my legions of angels all around me
Enabling me to love deeply and openly.
I am safe beyond anything my mind can mentally create.
I am safe to let life expand in glorious ways.
I am worthy and I am loved.
Let me not forget to shine brightly
Allowing me to glow in my greatness.
I am now awake. I know the truth, which is:
I am Whole. I am here to thrive.

I am here to be an example of Love and Happiness.
I am here to spread joy.

Let this mantra light your way for the days ahead – YOU are your own guardian angel.

Angels are everywhere in every breath you take. Allow your heart to hear your loving band of angels chorusing and cheering "grow!" with every step you make.

LOVING THOUGHTS TO REMEMBER

"I feel grateful and humble... all thanks to many people." John Wayne had it down upon accepting his Academy Award; none of us does it alone. It is our job to show up fully and claim our authentic power. As Benjamin Franklin said, 'the heart of a fool is in his mouth, but the mouth of a wise man is in his heart.' Allow your heart to speak with the clarity and inevitability of love.

WISDOM OF THE HEART



*R*elease it all into the wisdom of the heart. Let me be free from any critic, including my own, allow me to live the life I was born to live and be the person I was born to be, that lives in full and complete joy, happiness and love. Right now. Invested in the completeness of who I am and what gifts I am here to share.

One of the pioneers of a new age, Theodore Roosevelt knew loss. The man who led our country through the industrial revolution with a connected understanding of the complete importance of nature establishing our national park system, protecting the earth from what he saw as the impossibility of encroaching industrialism to consume the earth. In his life he took many hits and maintained a sense of humor through it all.

His words “it is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

What matters is love in full connection to the wise voice for truth that we deeply know as innate loving consciousness.

Brene Brown uses this part to accentuate her point and a philosophy as simple as it is courageous. "If you are not in the arena and also getting your ass kicked, I don't need your feedback."

You only need honor your destiny. The space of your daily knowing. Wisdom of the ancestors in each moment reflecting the present miracle of acting with love into each new breath and blink of the eyes and beat of the heart.

**FOR YOUR CONSIDERATION
A HAPPY OUTCOME TO ALL THINGS IS SURE
TODAY. NOW. ALWAYS.**

There can be no exception to this truth of loving thought. Only joy is the outcome of love. All trials we see, and every situation that we meet with love the ending is certain. There can be no doubt. Ask and you shall receive. Seek and you will find, knock and the door will open. Wisdom in the earth of humility buried beyond the ego in the land of total love with self delivering manifestations of peaceful waves of understanding, ever deepening, ever flowing, ever loving.

We are thankful for this guarantee of only happy outcomes. Help us not interfere, and so delay in any way the happy endings promised. Every promise meets every problem that we can perceive; for every trial we think we still must meet there is a miracle in the wisdom present in each moment. Where we sometimes think disaster, there is always love. If the story isn't loving it is not over.

**AWAKEN
I OWN WHAT I KNOW**

I own what I know
With fearless understanding
Transformed in the seat of wisdom
Experiencing
Waves of divine inspiration
I listen
I Love
I am complete
I practice honesty

I live acceptance
In the longer cycles of existence
I am in presence
Not caught in the belief of belonging, Not wrapped in the cult of culture
I own my mistakes
I learn my lessons in the tiniest details

I am not afraid of change
I am not attached to anything
I am familiar with my energy
I honor the deepest place within
I am empty of my past
I am open to Love

I radiate peace
Seeing differently, Being different, Letting go

I am the space of experience
I allow an unending chain of forgiveness
To flow forth fully in service
I cleanse any energy not of my being
I rest in the oneness of spirit and community
I care but I do not carry
I clear that which I no longer have need of
That does not service the deepest truth of myself
I will have love in my heart
Creating a world of hope and peace
I honor and celebrate that truth
I bare witness
Inviting whomever I meet into my open heart

I give love
I receive love I am joyous and full
I am spirited and Free
I see I feel I heal
I am
Who I am
I own what I know
Let this light the way
All the days of my life

LOVING THOUGHTS TO REMEMBER

Do not get caught up in the lost dream, open up to the reality of love and all its wondrous powers to heal, expand, grow and cherish each and every part of ourselves. Live in the loving embrace of your peace filled thoughts within your surroundings.

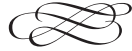
YOU ARE LOVED DEEPLY, COMPLETELY AND WHOLEHEARTEDLY

Bring me a love worthy of my being beyond category. Allow me to experience the grace and flight of true love born of the highest expression of my most excellent self of all that I am and all that I hold dear, allow me to love all the ways I am and let that resting place be-come the birthplace of my heart, my dearest beloved, the most loving holiest soulful expression of connection in oneness. Remove the obstacles that might hamper my seeing, allow me to enact the journey of flight into all that will be, allow me to release into the fullest trusting of my heart to lead me where I need to go, to receive the gifts I am here to receive, whatever happens, allow the dance of destiny to my hearts content to continue allow the waltz to take flight as happiness surrounds our days and be a blessing to all who interact with my union built in love, with love and through love.

Bring me new loves in ways you know will nourish and support my most loving heart as a blessing to all who experience that love. Allow all the elements of wisdom to fall gently into my life, with no planning, with guidance lovingly planted to lead us to each other, allow my heart to open beautifully. Allow me to receive this gift of ease and excitement and true elegant collaborations. May I be open to effortless ways of revealing deep soulful relationships that flourish with each passing moment in ways that will thrill my spirit. Ashe.

May all your sweetest dreams come true. May many blessings abound with Infinite Love and Gratitude. May the wisdom of the heart light the way forward.

TOTAL PURPOSE



Living in the soul force of purpose in full presence is the power center of the heart. Do not forget she who walks in the light of her truest being is blessed with each footfall placed on the precious earth. When you are in the heart of your loving purpose you are always headed in the right direction because it doesn't matter where you are, all of you is on the path perfectly designed for you.

Take this moment to welcome in all the joy you can handle, all the healing ready to flow, all the support necessary for limitless possibility to unfold. No rhyme or reason, no questions or explanations needed, just love falling like mana from heaven.

As ACIM shares love waits only on a welcome invitation. There is no other condition, for love makes no demands. What is already whole and complete is in need of nothing. I will see the love in all things and answer calls for love with more love. Only love is real and the will of love is that I remain one in love with it. My truest self rests in calm serenity, remembering that there is no conflict, for my will is love's will presiding graciously in all things. Loving without judgment, without limit, as myself in harmony with the rhythmic beat of my inner sound in peace of the kingdom of love.

Make love your mantra as total purpose takes flight in your life. See actions in the world if not actively loving as a call for more love. Allow a flow of magnificence to flourish throughout your experiences mastering loving energy so presence in all of our days can manifest. This choice of

love will change the world in ways we cannot even predict. Love is our richest resource and tool. Remember, no matter what is going on that love is gonna break through, no matter what.

From Chris Rice's beautiful song *Love is Gonna Break Through*—

My heart pounds with a thunder
 I stop and wonder
 What should we do with life's surprises.
 Everyday the sun rises on us
 Like a swing set in the grave yard
 Like a bloom in the desert sand
 Look at my trembling hands

It hits me like lightning
 Love must keep fighting

Somehow every time
 Love is gonna break through

“From his book *Stride Toward Freedom* Martin Luther King, Jr. wrote... Mahatma Gandhi never had more than one hundred persons absolutely committed to his philosophy. But with this small group of devoted followers, he galvanized the whole of India, and through a magnificent feat of nonviolence challenged the might of the British Empire and won freedom for his people. This method of nonviolence will not work miracles overnight. Men are not easily moved from their mental ruts, their prejudiced and irrational feelings.”

While it might not be overnight, the effort and commitment needs to be made to remember compassionate action with love is the stance necessary to bring about understanding and connection and change.

The love makers are standing strongly in the light of new tomorrows answering the call.

In Gandhi, this master teacher, sparks an inner fire of truth built into humanities operating system. The virtuality of instant connection reclaimed in the form of increasing gravitas and endless possibility. Turning into the principles of commitment and love and compassion, where message matters most, hiping in to the grounded connection in that river of strength, courage and truth that comes from understanding this unbending mechanism of humanity. A great service will befall the world, society and most importantly our communities in which we reside

as love grounds deeply through US. A critical mass is the whole enchilada, the number of us doesn't matter, it is merely a commitment to stand in principle with the discipline of our loving actions and make a change, one moment at a time, with intention, joy and openness.

All of us are beautiful in our expressions and our daily exploits moving in one society. This day is one to remember love is gonna break through. Teach what you want to see in the world as a demonstration of your loving. Create your own Love Land with each noble breath. In practicing love in every circumstance and each moment you are in practice with the lesson's of love, where loving thought brings you into heaven on earth, in mastery with your inner connection extending outwardly simply by remembering to love from the center of each of our beings as love envelops and surrounds us creating peace on earth, through our connections.

FOR YOUR CONSIDERATION LIGHT, LOVE AND INNER POWER

Welcome in the power of Love, without limit, to support you as you seek your place in the plan of Atonement arising from love in each encounter.

Enjoy this new day with some deeply held remembering that love always remains the answer and send that message in a bottle to be received wherever it is needed most.

Enter the vision of now and join me in this loving force that surrounds all our days. Love absolutely knows how to breakthrough rising after the darkness in full and complete glorious seasons and cycles.

AWAKEN NO ONE IS ALONE

We are all connected. You are always held, cherished, healed and whole in the completeness inherent in the smallest code in our DNA ready for activation, resurgence, and the rays of love.

LOVING THOUGHTS TO REMEMBER

You remain a part of love that has no end. While love's expression takes different forms with various people and places in time, it continues on and keeps us eternally connected. Love may express itself in one

person or at one time as a mother's love, and at another, as a romantic partner, a teacher, healer, a business partner, a brother, a sisterhood, a neighborhood, our sacred contracts with each other take different forms all as brilliant expressions of Love teaching us what is necessary for our development.

All are the affairs of the heart as complete expressions of eternal loving. All expressions of love are maximal. One love expression isn't fuller, truer or more complete than the others and Love doesn't end when our sacred contracts are fulfilled.

Love's beautifully varied expressions are all facets of the same crystal! That love expresses itself in all these ways is a testament to the power and beauty of our never-ending spirits and the sheer joy of connection reminds us with each breath, all is one and love is all there is.

I AM LOVE



Words mean different things to different people. One word, Love, when used with someone can cause them to punch you in the face, to another it means unending care and grace. Words hold all the meaning we ascribe to them. Words can be used to separate each of us in a group, or a category, none of which brings us together. The same word can be the most deadly or the most loving. Depending on the person's experience with that word. What lies beneath our words mean the most. The actions, the vibrations, the kindness, care and love of the energies ascribed to the action.

Symbols of love live throughout the world at large to provide a platform of remembrance within the tenants of our days to wake up our "heart full of grace" enacting miracles with those we encounter at-tending to them as we would to our own needs. We are not in any of this alone and must be vigilant to what divides our heart and closes us down to receiving the gifts we already own. In allowing a practice of love to permeate our thoughts, doing the right thing by showing up because we know in our hearts it is what is necessary, that the action is good and just, is all the action required to play the note we are here to play. Love corrects perception in every given situation before us and not because we have been told, policed, regulated or bullied, but because we have loved.

As Maya Angelou wrote "A bird doesn't sing because it has an answer, it sings because it has a song."

It is all of our job to sing our song with love and to provide an

example of the purest grace of our being in giving birth in each moment to what wants to be born in ourselves and those we encounter.

We are Misters and Mistresses of the loving word, thoughts, actions make realities come to life, the dreams of the heart. What we say and do matters. Let love land in the deepest spaces of your truest heart. Let love lead the way as the energy infused in a beginning pours through us out its vibration living far beyond the initial interaction experienced and picked up. The world at large offers examples of this inherent spirit that lives in statues, art works, communities, buildings, and most impactfully the human heart. Why not choose in this moment to make the intentions of your beginnings in any work, project, exercise to be completely aligned in loving, in loving actions and bathe yourself in the joy and magic of miraculous expressions of love that will be planted. In this realm of love we lean into the experiences of each other allowing words to fall lovingly at our feet whether they be furled with love or hate because at the end of the day, love remains, without end.

I am that I am and whatever follows I AM is in the presence of the divine. I AM will be yours. Take this moment to get in touch with your I AM. Where are you, right now? Check in and if you feel it, practice saying a few times... I AM LOVE. Get into the experience of what this means and how this I AM works miracles opening the doors to untold possibilities.

Use I AM LOVE to imbue your words and your actions in your loving. Allow them to have the force of your intentions. Embrace all the love. Sing a song of love for all to hear, drop into whatever helps you remember the truth of your being. Sometimes I need to sing a song, if you see me you'll catch me humming a song like whispers of the raindrops flowing softly against my windows, sometimes it is as simple as a new tune to ease into the hearts magically properties with so much ease. One of my favorites from Willie Wonka and The Chocolate Factory, "Who can take a rainbow, wrap it in a sigh, soak it in the sun and make a groovy lemon pie, the Candy Man can 'cause he mixes it with love and makes the world taste good. The candy man can because he mixes it with love and makes the world go around."

That's the word, LOVE, mix it in and out of each and every new day and enjoy the taste of delicious loving goodness flowing from source.

LOVE makes the world go around.

Unbreakable, unshakeable, unmistakable. Love.

Put love into the equation

LOVE + ANYTHING = !! :) Transformation

Let's outdo one another in showing honor to ourselves, to our I am, to our loving hearts. Let's get into the spirit of the gospel sung out loud and deeply remembered 'Steadfast love endures forever' --psalms 136

You can lean on my faith it is all possible, because it is. You are most certainly not alone. We do this together because we are in it together. Love always remains the answer.

Peace be with you in the echoes of tomorrow, where the past is released and the future is unhinged.

FOR YOUR CONSIDERATION WE ARE EVER EVOLVING

"Chairos equals meaning the old is dying and the new is being born in act of will if we choose it to be born." Marianne Williamson.

Dinosaurs are not going to come back.

I am not going back to where I was.

I will not worship my neurosis

I will stop my personal crucifixion.

Love is eternal and cannot be uncreated.

I will remember who I am and why I am here

I will be love

I will be.

I will that you will

I go where you would have me go

I am here to share my gifts

To drop off my goods

To open my heart to the truth eternal

I am forever changeless, forever just as love created me. And as such, myself offers peace to myself and my brothers, who are One with me.

Blessed always, in the arms of Love. May our joys ring out for all to hear as we trust in Love.

AWAKEN THE RAINBOW BRIDGE TO EVERYWHERE

Peace is the bridge that everyone will cross, to leave this world behind. But peace begins within the world perceived as different, and leading from this fresh perception to the gate of Heaven and the way beyond. Peace is the answer to conflicting goals, to senseless journeys,

frantic, vain pursuits, and meaningless endeavors. Now the way is easy, sloping gently toward the bridge where freedom lies within the peace of G-d.

Sometimes I like to look at the rainbow bridge as the ultimate grace filled connection between this world and the next, to one experience and the other and to this world and the next, in the formlessness of love connected to limitless possibilities. It is in the light of this bridge the parallels of existence turn into connected fusion between two levels of energy from above and below, from here to there, from one side of the universe to another.

It is described in so many ways, in some practices the Antahkarana described as a vortex of light and sound aligning two different directions simultaneously to make a connection. A holy instant when understanding flows and the inherent wisdom of aliveness is remembered.

I like to think this rainbow centered bridge lives in the heart and creates a lovely intersection of spaces and places that want to come together in harmony and remembrance of the truth. A synergy of action as the symphony of the universe plays. Each color in the proverbial rainbow represents light fields and vibrations of possibility working together in the capacity of uniqueness unlocking what lies beyond and beneath the divides of the appearance of separation.

Rainbow bridges are ever available to that next level expression of possibility in your life. It is seen with the heart and begins with inviting. These doorways open for us to walk through into the lives filled with experiences of delight and essential power of the soul's code. Tír na nÓg, a thin veil between this world and the other.

If anything is disconnecting you from source, you can put it on the rainbow bridge and experience a transformation.

Whatever your statement like "I want more from myself than I have been demonstrating." Can be released right now.

When doing the right thing is also the most loving thing faith steps in to bridge the divide. When it seems like you can't get past an ancient hate it is time to turn it into a present love. Take a step and reach across any divide making the effort with all the love you can muster as the bridge of connection unfolds before you. Remember if it isn't love, it is a call for more love.

Perfect peace, eternal safety, everlasting love, freedom forever from all thought of loss complete deliverance from suffering. And only happiness is our state when we exercise our loving.

Get inspired by this powerful reminder that ALL of humanity is

connected. There is no separation; in each act of love that knocks down fear sacred space is released. It is the Beginning and End of any story, this bridge of love and possibility. Get into the spirit of what Love can do to melt and mend hearts and remind us that no matter what the conflict or difference understanding is available with love.

Reminds me of Psalm 91:4,

He will cover you with his feathers.
 He will shelter you with his wings.
 His faithful promises are your armor and protection.

In spirit, ask easily for love, for happiness, and for eternal life in peace that has no ending. Ask for this, and you can only win.

Remembering... Peace is already recognized at last, and you can feel its soft embrace surround your heart and mind with comfort and with love.

LOVING THOUGHTS TO REMEMBER

There's a saying that comes up "would you rather be right or do you want to be happy" and from ACIM "You can have a grievance or you can have a miracle, both are not possible and lastly, my favorite "the holiest spot on earth is where an ancient hatred has become a present love."

You choose in each moment to be loving unsettling hate's misplaced foundation.

Love as philosophy, not used to circumvent any feelings or bypass anything just a sharing of principle as a practice of discipline to allow the truth through forgiveness to be revealed where the illusions creep in. Loving someone is filling your heart with love in open hearted grace as loving ourselves flows with childlike wonder of life filled with blazing possibility. All is love, always. Consider what it means to say, "I AM LOVE."

WAKE FROM THE DREAM



“Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world.” --Harriet Tubman

Dreams are a Wish Your Heart Makes. Yes, these words are found in the Disney classic Cinderella, the quintessential under-appreciated un-recognized person, who remembers with the help of her Fairy Godmother that dreams do come true and to never stop dreaming regardless of circumstance, and, yes it feels like a statement of deep truth. "Dreams are a wish our hearts make."

Take this moment to celebrate a dream for a new day.

On p. 555 of James Melvin Washington's massive towering *The Testament of Hope: The Essential Writings and Speeches of Martin Luther King, Jr.* references Where do we go from here: Chaos or Community? In which Mr. Washington describes Dr. King's work on this particular book as the toughest project he ever pursued as he had to reconcile the despair over the gap between legislation being enacted granting rights and the prejudice being perpetrated around the country negating the spirit of universal equal rights. Despair needs to be overcome, and holding the light, connecting to dispel the shadows the necessary work.

I have been fortunate in my life to have achieved my childhood dreams and to have helped so many others achieve theirs. The one quality that made the difference was having a vision and never giving up no

matter what. Holding the dream as the reality and acting as if, taking the next step through what appeared to be darkness, disappointment and failure. I am grateful for the ways these dreams were fulfilled and the ways in which they have given me a strength of character and an integrity of understanding in what it takes to realize a dream personally and collectively. I know how important dreams are to making significant shifts in society. Dreams strengthen character and build a foundation of honesty and open up the imagination of possibility to deliver magnificent experiences and occurrences beyond anything expected.

It is important to have a dream, to set your sights on that which only your heart sees, currently invisible to the registry of the eye. It is the magic and miracles of allowing that which is in you but not of you to give wings to your soul's calling.

*"A dream is a wish your heart makes when you're fast asleep.
In dreams you will lose your heartaches.
Whatever you wish for, you keep.
Have faith in your dreams, and someday,
Your rainbow will come smiling through.
No matter how your heart is grieving,
If you keep on believing,
The dream that you wish will come true."*

"The word "Cinderella" has, by analogy, come to mean one whose attributes are unrecognized, or one who unexpectedly achieves recognition or success after a period of obscurity and neglect." There have been countless tellings of this story. I experience it more times than I would like to admit. It's one of those archetypal myths that most of the planet resonates with... Who doesn't want to transcend their current circumstances and without changing any of the outward circumstances experience a full recognition of the truth. We are powerful beyond measure. We are here to take up space. We are here to share our gifts.

Cinderella or "The Little Glass Slipper" is a classic folk tale embodying the archetypal story of unjust oppression that ultimately gives way to a triumphant remembering.

Always we ask what will become of us, instead we need to ask what do I need to do in this moment to be loving to myself and those in my life, what dream does my heart want to unfold making the biggest difference to myself, my community and the planet? At no time in the history of humanity has it been more important to listen to the answer and

remember the truth. Our thoughts create our reality and if we are not thinking with Love we are not living the truth.

Dreams are wishes our hearts make. Have a dream. Stay open and be willing, do not lose hope in your dreams and have faith in the unseen to carry you through.

We can't change the circumstances that happen but we can stand in the truth and be loving in each interaction in the world. Looking everyone in the eye and say "Hello" from my heart to theirs. We can be kind each day in each moment and we can remember each person is experiencing at least the level of anxiety uncertainty and misunderstanding we are. We can choose to be open and compassionate.

Today in the land of the free and the home of the brave it's never been more important to re member. Love always remains the answer. In remembering this we stand in the power of humanities greatest gift. The gift of giving and receiving love. In this loving our world's change to more love.

FOR YOUR CONSIDERATION DON'T BELIEVE IT

When we perceive anyone as vulnerable, fearful, angry or guilty, We have confirmation bias. Using a person to teach if this perception is true and justified. It's a 'what you spot you got' situation. The necessary work in loving is to not make assumptions, to apply no meaning to anything you see. Thoughts are to go into the "Don't believe it!" Category. The lie lives in our beliefs. Peace is a commitment we make every day. A commitment to accepting everyone in all their glory and all their flaws, as brothers. Where we got it wrong. We're going to make a correction. And get it right. We are going to remember we are powerful beyond measure and each person we meet is equal to that statement.

It is time to make a shift. Right now and there are no limits in what is possible. Each of us is in the perfect position to achieve the sort of inner peace heretofore unheard of. Lasting sustainable peace on earth.

Spend today in fearlessness, with joy and love free of the dream. Experience vision through forgiveness, and be free forever from all suffering. Thank today.

*All our dreams can come true, if we have the courage to pursue them. --Walt
Disney*

Be glad. There is no room for anything but joy and thanks today.
Awake in Heaven in the Heart of Love.

Arise into the effectiveness of purpose enacted with love.

We have a choice to make. Will we remain separate or will we surrender to the deepest space of an open heart in connection and love with the earth in its entirety.

"A dream is a wish your heart makes" was written and composed by Mack David, Al Hoffman and Jerry Livingston for the Walt Disney film version of Cinderella (1950)

AWAKEN

LOVE IN ALL CIRCUMSTANCES

"To love is to see myself in you and to wish to celebrate myself with you. What I love is the embodiment of my values in another person. Love is an act of self-assertion, self-expression and a celebration of being alive." -
Nathaniel Branden

Allow space to create a loving experience. Honor yourself and the things you love as a way to grow and expand the world you see. Enjoy a new center of loving gravity for your expanding grace.

It is all a meeting place of and for loving abundance, where we are sharing the vision of the collective heart.

LOVING THOUGHTS TO REMEMBER

All men dream, but not equally. Those who dream by night in the dusty recesses of their minds, wake in the day to find that it was vanity; but the dreamers of the day are dangerous men, for they may act on their dreams with open eyes, to make them possible. -- T. E. Lawrence (Lawrence of Arabia)

There is nothing to change about you, your work, who or where you are. You are perfectly lovingly human. Inviting in more love reminds you of who you are. Be seen. Know your worth. Expect more.

THE COURAGE FOR PEACE



What does this mean to stand in peace, to have the courage for peace. What does it this mean at its core? As the sum of our demons get behind us, ‘satan get ye behind me,’ as we triumph over our inner battle of consciousness, our shadows, the inner work, our work is the battlefield of peace, and peace from our work is the resulting experience we share with the world it is the tenor of our existence. The resolution of our inner battle of peace is the resulting experience we share.

The path has been provided to accomplish your function. Allow yourself to open the door beyond fear and allow love to lead us beyond any obstacle. Love is meant to be in action bringing peace on earth. Each of us is in the perfect position to achieve the sort of inner peace heretofore unheard of. Creating lasting sustainable peace on earth is the work of the 21st Century. Make the practice of humanity an active ongoing process representing a movement to shift into nourishing hearts, bodies and souls of ourselves, our children and the world at large through an improved loving global education system.

Own what you know. Know where you stand. Share the messages when you can. Be who you are. Love well.

FOR YOUR CONSIDERATION...
IN THE END WE ARE SAVED BY LOVE

As Theologian Reinhold Niebuhr shared... *“Nothing worth doing is*

completed in our lifetime; therefore, we are saved by hope. Nothing true or beautiful or good makes complete sense in any immediate con-text of history; therefore, we are saved by faith.

Nothing we do, however virtuous, can be accomplished alone; therefore, we are saved by love.

No virtuous act is quite as virtuous from the standpoint of our friend or foe as from our own; therefore, we are saved by the final form of love, which is forgiveness."

Today we take our greatest step, learning the laws of love; what I give, I receive.

AWAKEN HEAVEN IN THE HEART OF LOVE

Let us not fight our function. We did not establish it. It is not our ideas we are born with. The means are given us by which it will be perfectly accomplished. All we are asked to do is to accept our part in genuine humility, and not deny with self-deceiving arrogance that we are worthy. What is given us to do; we have the strength to do. Our minds are suited perfectly to take the part assigned to us by our inner one who knows us well. The still small voice echoes are soul's code.

Each of us has a function and whatever that function is only you are here to do it. No one else can play that part. Love provides the courage and the harmonics to risk vulnerability to be that which is your gift. Without your note the universe is silent in a space needing the tonality to arrive.

"What is holding us back is a force of consciousness, it is fear itself."

Within each of us is an internal guidance system and loving, teaching we are to make no decision for myself. We are simply here for love.

There are times in life when you have to stand and say. Let's do this. Let's practice a different way. Maybe it is, 'I have tried it every other way.' However you get to this moment, it doesn't matter, what does matter is you have a choice to be loving, in this moment and the next.

Don't let fear hold you back. Take a step leaning into the greatest force on the planet into the heart of love and relax. Love has it handled.

Looking straight into fear itself in confidence, allowing your heart to break in the necessary heartbreak through the illusion into the deepest truth about each of us. This is the truest form of compassion, these tears

of Christ filled light, opening the heart in infinite compassion and infinite possibility washing away any fears in the tears of love.

There is more love in a broken heart (Scott Peck)

When your heart is supple your heart breaks in a different way. It breaks like the waves in the sea, in full power and purpose, felt, eternally experienced and released into a new wave of possibility.

What will you be with that kind of open heart, with full knowledge of why you are here, and what you are meant to do allowing life to unfold with so much love.

Be someone who feels the pain and keeps your heart open anyway. Allow your heart to be open and ask how I may I be of service to love? Ask it again. How may I be of service to LOVE!?

Make a choice for peace. Decide to be courageous. Decide to love with an open com-passionate heart.

Watch what happens. If you get tripped up, remember, the Buddha would not have become the Buddha had he not left his castle and seen suffering. This is the path of keeping the eyes of the heart open to hear.

LOVING THOUGHTS TO REMEMBER

Love is practice in every situation bringing deep connection, integration and radiating happiness to experience our inner light, it is something to enjoy, to strive for, to practice. Sometimes there is light ease in motion, in action, sometimes it requires deep work. Deep patience. Stillness. Neither has any meaning, they are soul's expression to evolve. The calls of the soul need to be answered. Our relationship remains rich as we tend to these interconnected gardens of possibility it is the commitment of clearing out what is not loving by listening to the answers; "What would you have me do?" and "Where would you have me go?" "What would you have me say and to who?" This is what it means to be in deep service to your purpose celebrating who you are and the power of the heart to know peace.

THE LAW OF LOVE



Let love's vision look upon all things for me and judge them not, but give everyone a miracle of love instead.

The law of love gives endlessly because we have chosen it as the gift we want to give. Each gift that we accept gives us a miracle to give. And giving, as we would receive, we learn love's healing miracles belong to us.

Grace meets love's open heart. We trust miracles are eternally available to bless the world, and heal our minds as we return to Love. In our loving all is known.

There is no cause for anger or for fear, as love surrounds us . And in every need that we perceive, love's grace surrounds us.

You are in no way alone when you are surrounded by everlasting love. In Love you reside in perfect peace, joy and safety created in holiness. Always choose with your heart and let love's vision lead the way to the innocent grace of being that resides within, garden, tend, curate and own your inner power.

The law of love has many forms, and one experience. At its core and in summary, love always remains the answer, and in exercising this one principle our perception shifts to the miraculous instant where love is connected and always in alignment with the universal harmony. Love is the answer to any question that comes up. This is the law of love, when you practice this it works, every time.

Go forth into the world with love and trust in its powers without end.

**FOR YOUR CONSIDERATION...
FORGIVENESS IS THE BEGINNING AND ENDING OF EVERY
STORY**

Forgiveness of all that has come before to free the future to be all it can be. Is the work necessary to clear the way for grace.

Anger must come from judgment. Judgment becomes the weapon we would use against ourselves to keep any miracle away from us. Love brings miracles into our lives. We free ourselves from judgment in a nourishing easy practices of love.

Love extends freedom. In each choice to love we claim the gifts available by releasing judgment. We know the truth. Love looks on things like pain, horror, heartbreak and understands it is not real, and in love's understanding it is healed allowing miracles to flow brought into awareness.

Listen today. Be very still, and hear the gentle Voice of Love assuring you, you are loved, completely, deeply and wholeheartedly.

**AWAKEN
USE ME**

Thank you for remaining a witness on this journey together into an outer beautiful expression of our inner world. Gratitude flows for how you are standing up in the world in quiet strength, reminding the heart in each purpose filled act of love. 'I shall not be moved' from my inner home of connection.

There are so many teachers and loving hearts at work in the world. The AGAPE organization has a powerful congregational song always spirit filled, offered here for your enjoyment and upliftment.

I used to think God was the sun,
God is the sun, but God's so much more
than the earth and the stars and all of creation.
God is creator; all in all.
And God needs us to shine its light as me, as you.
So, Use me; Oh God,
I stand for you and here I'll abide
as you show me all that I must do.
Command my hands; what must I do
Command my life; it's here for you.

God is love that heals all of creation,
 God is creator; makes all things new.
 And God needs us to shine its light as me, as you.
 So, use me.
 Oh God I stand for you, and here I'll abide as you
 Show me all that I must do.

Stay open to that which works through you with grace and ease.

LOVING THOUGHTS TO REMEMBER

Intimacy is not of the body. It is the expanding energy of joining with another in remembering the truth.

The law of love is to be free of as many words as possible. We use them but at the beginning of our practicing, and only to remind us that we seek to go beyond them. Let us turn to our inner flame of love that leads the way and makes our footsteps sure. For we would not return again to the belief in sin, or mistake, that made the world seem ugly and unsafe, attacking and destroying, dangerous in all its ways, and treacherous beyond the hope of trust and the escape from pain.

Love is the only way to find the peace of G-d . It is the way that everyone must travel in the end, because it is this ending G-d appointed. In the dream of time it seems to be far off. And yet, in truth, it is already here; already serving us as gracious guidance in the ways to go forward. Let us together follow in the way that truth points out to us, to absorb our destinies, to be in alignment with our purpose. And let us be the leaders of our many sisters who are seeking for the way, but find it not.

Mel's Love Land is not a place you can go to on a map it is an experience of yourself within, beyond words, into the heart of the matter. Enjoy the experience of Love releasing what keeps you confined to the lies in your beliefs. Love is the way. You are never alone. You cannot be lost, you are ever found in love.

MIRACLES ARE EXPRESSIONS OF LOVE



A miracle is a correction. It does not create, nor really change at all. It merely looks on devastation, and reminds the mind that what it sees is false. It undoes error, but does not attempt to go beyond perception, nor exceed the function of forgiveness. Thus it stays within time's limits. Yet it paves the way for the return of timelessness and love's awakening, for fear must slip away under the gentle remedy it brings.

A miracle contains the gift of grace, for it is given and received as one. And thus a miracle illustrates the law of truth the world does not obey, because it fails entirely to understand its ways. A miracle inverts perception which was upside down before, and thus it ends the strange distortions that were manifest. Now is perception open to the truth. Now is forgiveness seen as justified.

Forgiveness is the home of miracles. The eyes of love deliver to all they look upon in mercy and in light. Perception stands corrected in this sight, and what was meant to curse has come to bless. Each flower, each lily of forgiveness offers all the world the silent miracle of love. And each is laid before the word, upon the universal altar to creation in the light of perfect purity and endless joy.

The miracle is taken first on faith, because to ask for it implies the mind has been made ready to conceive of what it cannot see and does not understand. Yet faith will bring its witnesses to show that what it rested on is really there. And thus the miracle will justify your faith in it, and

show it rested on a world more real than what you saw before; a world redeemed from what you thought was there.

Miracles fall like drops of healing rain from Heaven on a dry and dusty world, where starved and thirsty creatures come to die. Now they have water. Now the world is green. And everywhere the signs of life spring up, to show that what is born can never die, for what has life has immortality. *ACIM Lesson 341*

A miracle is an instant of truth. The holy instant when you see your life with love. This place where you are open and in alignment with source viewing your life through the vision of love, plugged in to what is always eternally there.

LOVING THOUGHTS TO REMEMBER IT REALLY IS A WONDERFUL LIFE

This wonderful world we live in where everything unfolds and is understood for the sacredness of its essence swirling before us is the work of faith in compassionate positioning where we trust the perfection of the divine plan for our lives.

What a Wonderful World written by Bob Thiele and George David Weiss and performed originally by Louis Armstrong, shares the joy of nature's constant motion perfect stillness and the beauty of a way of being.

I see skies of blue,
And clouds of white.
The bright blessed day,
The dark sacred night.
And I think to myself,
What a wonderful world.

Flood your vision with love creating a world that explodes with radiance, like the light in the trees, glowing with compassion. This is what compassionate positioning means. You make a choice to create a stance of acceptance where you are able to be in a space of compassion and Love and look into the eyes of those who are suffering and feel their suffering without losing your center. When you know your own center, you are in stillness with the truest space of your being allowing you to understand in every situation the space you are holding, and from that space you remember your job is to extend Love. You are not taking on another's

karma, you are merely dealing with your own, and in your knowing of this one detail, you allow other people to grow into their knowing.

The colors of a rainbow..... so pretty in the sky
Are also on the faces of people passing by
I see friends shaking hands...saying how do you do
They're really saying...I love you.

Step into the space of truth allowing a higher thought pattern of love permeate your conversations, allow a space for our collective humanity above the "battlefield" and petty tyrannies of fear. Practice today, no matter what someone may say, you hear the loving thought, "They are really saying, 'I love you.'"

In getting to know the full extent of the accordances of your authentic self with this stillness, holding the intention to be free of fearful illusions of harm, you create a space of freedom by your example for others to step into in the light of love.

Move into the experience of full and equal human rights in our communities and around the planet. Trust there is a divine plan for all of us and judgment is not necessary, compassionate action is.

Think to yourself, what a wonderful life in a beautiful world that I have the opportunity to grace, and celebrate, in the faces of people passing by, and enjoy my favorite part 'everyone is really saying "I love you."

There is great power in the actions of love and in remembering It is ALL a wonderful world with room for everyone, possibilities for more and more peace expand naturally through all of the expressions of love. In this way all expressions of love are maximal.

AWAKEN UNCOVER THE TRUTH

Everyday is a miracle. Every experience is filled with crackling magic and loving energies coalescing to manifest. Focus on your commitment to love and connect with each moment discovering new ways to share your gifts.

There was a time in my life
Thought I had to do it all for myself
Didn't know the grace of God was sufficient

Didn't know the love of God was at hand
 But now I can say if you are discouraged
 Struggling to make it through another day
 You've got to let it go, let it all go...
 And this is what you have to say:
 I release and I let go
 I let the Spirit run my life
 And my heart is open wide
 Yes I'm only here for God
 No more struggle, no more strife
 With my faith I see the light
 I am free in the Spirit
 Yes I'm only here for God
 --Rickie Byars and Michael Beckwith

Release your gifts.

LOVING THOUGHTS TO REMEMBER

The holiest of all the spots on earth is where an ancient hatred has become a present love.

Healing is accomplished the instant the sufferer no longer sees value in the pain. Enjoy allowing more and more release into the beautiful movements of spirit witnessing the powerful energetic experiences that unfold around you daily as you ground deeply into the inner and outer harmonies blossoming all around you bathed in love's glow. Each choice you make brings everything to you or nothing. Every time we shift our perception we lead the way to the miraculous!

It has been quite something to stand in friendship and love and share so much material in community and witness the intuition of possibility.

“What hatred claimed is given up to love, and freedom lights up every living thing and lifts it into heaven, where the lights grow ever brighter as each one comes home. The incomplete is made complete again, and Heaven's joy has been increased because what is its own has been restored to it. The bloodied earth is cleansed, and the insane have shed their garments of insanity to join Them on the ground whereon you stand. Heaven is grateful for this gift of what has been withheld so long. For they have come to gather in light.

What has been locked is opened; what was held apart from light is given up, that light may shine on it and leave no space nor distance lingering between the light of heaven and the world.

The holiest of all the spots on earth is where an ancient hatred has become a present love.

What hatred has released to love becomes the brightest light in Heaven's radiance. And all the lights in Heaven brighter grow, in gratitude for what has been restored.

Around you angels hover lovingly, to keep away all darkened thoughts of sin, and keep the light where it has entered in. Your foot-prints lighten up the world, for where you walk forgiveness gladly goes with you."

In unhinging what has come before in the present moment in a circle of sharing and love so much has been born.

"Welcome at last. Where stood a cross stands now the risen Christ light. Ancient scars are healed. An ancient miracle has come to bless and to replace an ancient enmity that came to kill. In gentle gratitude returned to love."

Take whatever broken wing you feel you might be favoring and learn to fly. Pick any path that works for you; any technique or teacher that you are drawn to, will be a good experience to add into your arsenal of love.

Everything is waiting for you.

Seek to open to the most nourishing support system and principles that bring you joy when you practice them. Miracles are expressions of this loving living.

MESSENGERS OF LOVE



Love is attracted only to love. Messengers of love are the impulses and energy of spirit, opening the heart, creating wishes fueling the dreams of creation. Love is the fuel. It lies ever present in the heart waiting for the well spring of release, that energy of love's purest grace made manifest through our soul's code working in concert with our nature. How we cultivate this powerful force of our being relates the ease at which we move through the world. The universe provides love's messengers, gently sent, eternally with messages of love and gentleness. Cultivating this relationship with the messengers open the channels of love is a practice.

Onward we march into the truth that never changes, into the inspiration of creation, without ceasing.

When the way seems impossible. When the journey ahead requires every ounce of faith, remember what lies within you is wholly free, eternally present and lives in perfect peace. You can do what you thought could not be done with love in your heart and justice speaking its truth.

As you extend love you will realize that you did not make love and that you are more than what you have made. You will be a happy learner of the lesson love brings because it teaches you release from nothing and all the works of nothing. The heavy illusions you project from a personal mind and that seem to bind you to despair you do not see are nothing until you extend love in their place. And then you see your illusions have disappeared and so they must have been nothing.

Because you teach happiness and freedom you will see happiness and freedom reflected back to you. --ACIM

After all of it, after the journey is complete and the surrender has unfolded and the tears are falling and it feels like they might never end, this passage from The Holy Bible: King James Version. 2000 The Revelation of St. John the Divine lights the way for me.

And G-d shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away. And they that sat upon the throne said, Behold, I make all things new. And they said, Write: for these words are true and faithful. And they said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is a thirst of the fountain of the water of life freely. They that overcometh shall inherit all things; and I will be their G-d, and they shall be my son.

Love leads the way, the detox in the form of our tears is necessary and when it is written I shall wipe away all tears. It means exactly that. ALL tears are felt and heard and held. This can be your comfort in the wake of whatever befalls your circumstance. Faith is vision beyond what the eyes can see. Take the soft focus of love and step into and through the fires of comfort ability into the deeply refreshing air of the truth.

FOR YOUR CONSIDERATION LOVE HAS NO END

Maya Angelou has been a point of supreme resonance in the course of my days. She has shared her wisdom. She has stood strongly in the space of freedom. Her words forever imprinted as healing participants and symbols in the world. These words from her poem *Our Grandmothers* inspires a deeper look into the heart of that which drives us ever forward in the face of adversity to take the next step, to stand up to fear and say what must be said with every ounce of your being:

The Divine upon my right
impels me to pull forever
at the latch on Freedom's gate.

The Holy Spirit upon my left leads my

feet without ceasing into the camp of the
righteous and into the tents of the free.

Onward we march into the truth that never changes. Without ceasing.

AWAKEN

LET ALL THE WORLD BE BLESSED WITH PEACE THROUGH US

We are the messengers of G-d carrying messages to everyone whom is sent to us, we learn the message is then written on our hearts. And thus our minds are changed about the aim for which we came, and which we seek to serve.

Live in the pleasure of love to support your growth honoring our connection to one another as a way of honoring God (as one love) cultivating the gentle conditions to grow past our masks, into the sacred, naked and unashamed, before source and each other.

LOVING THOUGHTS TO REMEMBER

Messages arrive constantly and in an endlessly fascinating and wildly varied array of forms in our highly interactive smart phone heavy culture.

The question.... How can we increase our emotional musculature to process all this constant and chronic information that barrages our peace of mind?

For me I use a very simple method that was born out of a deep process of looking at everything that was said to me through a lens of love. With this lens firmly in place I ask myself. "Is this a message I need to hear and deeply receive? Or is this a projection emanating from a wound that needs to be healed so it doesn't show up again." Is it love or is it a call for more love.

Feel the blessings as you wake up every day. Allow your heart to gently open and receive all the beautiful messages that continually arrive in grounded safety.

When you are connected to your own loving compassionate center, all the stories fall away. No one did anything to you, or did something to someone else; we are all connected to the truth of the world of the trees, Alive. Plugged In. Loved.

PART II
AN INVITATION



WITH CARE AND WORK

MAY LOVE LAND IN THE DEEPEST
SPACES OF YOUR TRUEST SELF
AND MAY THE LIGHTEST TOUCH
OF PEACE AWAKEN ALL TO YOUR
CALL.

I AM OPEN TO WHAT IS NEXT

Everything started in love knows how to return to that space. I am willing to create fields of pure love. I will do what is necessary to make any change to free me of my past judgments and addictions. I am willing to act in my best interests, I am willing to love and forgive myself so I may be in service to those around me.

YOU HAVE A CHOICE

You can always choose again.

If you are not feeling this book, don't give up. Pick a practice that does, it doesn't matter what form the work takes only that you get into the content and commitment to embody compassionate action with Love.

There are many doors to the same place.

Do what works for you.

Whatever Works for You

IS YOUR PATH.

It does not matter how, it only matters that you do.

For me the answer was 100 days.

It kept repeating until I listened.

It was my bridge and way across.


This is about shifting your thoughts from fear to love. It is about enjoying your life exactly as it is and allowing a support structure of love to provide the backdrop to compassionate action in your life. Gain new vision and opt out of any behavior pattern not serving you. Do it.

Give yourself a gift.

Start a Loving practice today.

Love, Mel

WITH CARE AND WORK

LOVE YOU 
(for life) u

For the next 100 days
I am going to consider the possibility
there is another way.
I won't talk about war, I will feel peace.
I won't talk about what isn't working.
I will experience what is.
I won't complain about what people don't do.
I will appreciate what they do.
With care and work
I am going to allow myself to be uplifted.
And. Be willing to see change. In a new light.
In what's remembered.
With Love.

IT ALL STARTS NOW

Over the next 100 days you will find your commitment impresses the actions that loving thought brings.

*For the next 100 days
I am going to consider the possibility there is another way
I won't talk about war, I will feel peace.
I won't talk about what isn't working.
I will experience what is.
I won't complain about what people don't do. I will appreciate what they do.
Cura Et Labore "with care and work"
I am going to allow myself to be uplifted.
And. Be willing to see change. In a new light.
In what's remembered.
With Love*

Take this sacred time to move past the ego to execute whatever task is being asked of you. Enjoy being more Loving to yourself and others. Gently but firmly push past any resistance you might be feeling and move beyond anything that seems like a block, like... 'I wish I could do that,' 'If only I had time' 'why bother, nothing will change.' "If I was younger.'

I offer all of this as a beginning into a new day for you.

It is hard for me to know what will resonate for you and I don't have to. I do know you have all the answers to your questions and wonderings and worrying. I do know no matter what the question, love always remains the answer. Enjoy following along with me in a practice of getting very real about what love is and how it works in your life.

I can't say that every day will be super profound or that there even is a perfect loving thought for each day, what I can say is, in the effort is the reward and in the reward there will be many gifts of the self laid bare with love.

The rite of passage these days represents is important as understanding how to add 2 plus 2 to get 4 to move to move forward into 4 x 12 equals 48 and beyond.

Whether you base your worldview on mathematics, science, religion, God, vibrations, energies, etc. everything in the universe is a harmony at play and in tune with cycles endlessly flowing.

“Show up for Love.
Nothing more is required.”

Love is all around. Love is in the room.
Love is in your heart. Love is within all things.

And.

It is okay for Love to seep into your body and mind and spirits. It is okay to let it transform fears in the dance of the heart. Surround your intentions and your life with love and release anything unwanted, not of the light and hanging around as a downer dragging on spirit. Let all of it be, disappearing into the ethers of forgiveness.

This is the moment when the winds of the Angels deliver messages into the warmth of your soul revealing wisdom and guidance.

For me I'll share this statement that celebrates my graduation into loving myself.

All I can do I have done. Where I have held myself back thinking there is something wrong with me I now release. Whatever patterns I have showcased in the past. I release. Whatever comes up that has blocked a natural flow in moving forward with beautiful expressions and collaborations I release. I release everything mentioned and unmentioned into the healing winds of the angels.

Any energies that have been directed in explaining what is a problem. I now direct those energies to move into and nourish the expansion of creativity and love and co-creating a loving and fantastically peace-filled future. My minions and my men at work set in action with Love.

Moving on there will be another tomorrow, another week, and another breath. There will be another moment and there will always be love.

Thank God I know only love is real and I have the opportunity to demonstrate that truth with all the days of my life.

Let these 100 days ahead be a reminder all is loving, that endings are
beginnings and fears and tears are our friends and the still small voice in
our head is here to help us.

*"The first rule is to keep an untroubled spirit.
The second is to look things in the face
and know them for what they are."*

- Marcus Aurelius

I WILL SPEND FIVE MINUTES EACH MORNING IN SERVICE TO LOVE

Make a commitment to five minutes of mediation in the morning and it will guarantee you have a connection to a Loving space all day. Take the time to download the fullness of yourself, opening with each breath you will create a field of support acting on your behalf when circumstances weigh in triggering you into fearful thinking. Enjoy the deep listening to your inner hum and the song your heart wants to sing,

Everyone learns, accesses the space of their being differently. The space remains constant. Whatever works for you is the right path for you, it represents the onramp to the garden of your being, that leads you into the super highway of your own beautiful note in the universal symphony.

Investigate, evaluate and find a process that works for you. In this light the following practice is offered to provide a starting point. A jumping off exercise set to ignite our inner flame.

Break a habit. Do it today. By taking the first step. Showing up for you. In Love.

We are not taught the ways of Love so we tend to replace Love with an object and when the object is gone we are in crisis, obsession, pain, feeling a sense of loss or emptiness. Love does not come and go. It remains the one constant. Something you never need to worry about.

Worry is merely your choice. Do yourself and your community a favor
and break the chains of any
addiction and remember the truth about you and what Love is and
means.

It is the beginning of a new cycle. 100 Days. All Love. This small step of
showing up for you will become a gift to be opened every day. Daily
messages designed to uplift the spirit, offer insight and groove you into a
new you filled with peace. Like your favorite friend offering up a warm
embrace, we are embarking on an adventure in leaving the past behind
and entering into a new day where your steps are lighter, your being
brighter and you are remembering the truth...

You are complete and healed and whole.

AND

You are Loved!

ENJOY THE PROCESS

Every day for the next one hundred or so days set your intention to wake up each day in joy, spend five minutes on the idea for the day, take five beautiful big breaths in full presence of yourself, connecting in the seat of your being. Repeat the idea for the day, opening up your heart with infinite love and gratitude allowing everything to be exactly as it is.

Become a witness to your life. Relax.

The inspiration is in the showing up and remembering only love is real, everything else doesn't exist. Enjoy love as a force for peace of mind, heart and home. Allow the inspiration on the winds to caress you with everything necessary for your deep inner knowing of the truth. Bring forward with so much love and grace and joy and glee all the support necessary to see you through. Enjoy the experience of your amazing self, powerful, strong, safe, grounded, loved, cherished, celebrated and free. Move into your day blessed by having spent the time with you. For You.

Let the thought for the day be a reminder to return to the space of centeredness, the space of love, the space that knows exactly who you are and how best to serve your needs.

May Love Land in the deepest spaces of your truest self and may the lightest touch of peace awaken all to your call!

Love, Mel

PART III
NEXT 100 DAYS OF LOVE



AFFIRM IT

DAY 1 | ONLY LOVE IS REAL

Daily Affirmation

"I love with a brave heart "

Only love is real is the beginning and ending of every encounter. Let this one thought plant itself deeply in your heart allow your life to expand Lovingly, allow your open heart full of love to be met a thousand fold. Allow this thought, this expression, this loving thought to open up to your heart in ways up to now you only dreamed of.

Only love is real is a commitment to share what you know, to own who you are, to listen to the still small Voice that celebrates your uniqueness that understands who you are and why you are here. Thank you for your patience and practice and love.

Today is a day to remember the glory of Love in all its facets and all its possibilities. Put a smile in your heart and open the door to more and more miracles remembering only love is real.

May you feel connected, comforted and full of peace.

DAY 2 | PRIMUM NON NOCERE --
"FIRST, DO NO HARM"

Daily Affirmation

"Miracles happen every day, in every way"

In each interaction, in every circumstance, practice aligning yourself with the principle to "first do no harm."

"Do not onto others what you would wish not them do onto you." Go to the deeper levels where we are all connected, and love from that common ground. Love your neighbor as yourself today and see how the world changes.

In every interaction first do no harm. The great news. Common ground is as easy as common sense is to understand. Love is at the center of our being and expands naturally when we express kindness, when we first seek to be more loving today than we were yesterday.

Love works in powerful ways through the gateway of an open heart. Today is a day to remember the glory of love in all its facets and all its possibilities. Miracles occur naturally as expressions of love. Put a smile in your heart and open that window to more and more miracles.

It is so easy to point out what's not right, but it is important that we look

at what is. If we first seek to do no harm, perhaps no harm will befall the situation.

There is a great healing. A great light being cast on the things that aren't important so it can lead us to the truth. The end of what separates us and the beginning of a humanistic approach is in our sites. Our goals are the same no matter who or what we believe.

May you open to the fullest expression of yourself, leading with your kindest most wonderful expression, and may we first, do no harm, in every situation.

DAY 3 | SEEK TO BE STILL

Daily Affirmation

"I have a beautiful vision for my life"

Let everything reveal itself exactly as it is exercising your inner musculature of not doing -- and be.

Reveal visions through a listening, resting heart.

Stillness.

Are you ready right now to release into the magnificent vision for your life? Are you ready to express your fullest joy in each day by waking up in full knowing today is going to be a perfect day of peace. A day of absolute love for myself and the world I inhabit. Enjoy the stillness of where the day takes you.

My friends and I often do a theme word for the year. Something to put us into the heart of what will nourish our work for our days. One of my Shaman friends answered with stillness. It was the first time, doing nothing came into consciousness as a way through.

Be still. Know there is a vision for your life. Allow it to be known.

Enjoy the stillness of now, allowing your life to be experienced from a larger canvass of peace.

While you are practicing that certain inner stillness -- you can also rest, these two options live and breathe in every moment.

The darkness and emptiness of that space as Goethe put it allows us “to hold it all” to enter the rich conversation with mother earth and go inward, to gestate the next planting.

"Stillness is vital to the world of the soul. If as you age you become more still, you will discover that stillness can be a great companion.

The fragments of your life will have time to unify, and the places where your soul-shelter is wounded or broken will have time to knit and heal. You will be able to return to yourself. In this stillness, you will engage your soul.

Many people miss out on themselves completely as they journey through life. They know others, they know places, they know skills, they know their work, but tragically, they do not know themselves at all.

— by John O'Donohue

May you be lead to a profound, blessed opening in your vision of what is, into all that awaits. May stillness be your greatest guide.

DAY 4 | CHERISH EACH MOMENT

Daily Affirmation

"I cherish new ideas, new opportunities and new relationships"

A dear comedy writer friend of mine shared a tiny detail of his process in handling the massive rejection and ongoing notes and the general 'not getting it' that takes place with his work. He made a decision long ago that when someone did say something nice he would take it at face value imagining the kind thought floating directly into his heart taking full residence, hugging and embracing the feeling of acceptance in its entirety.

Cherishing each other and ourselves is the work.

Life is an ever unfolding gift when you are willing to remember to stop the chaos of your thinking and stay present. You are loved, cherished, understood, embraced...

Cherish the nice things people have to say, be grateful for the kindness, and accept the blessing without self-judgment or deflection. Receive the gifts people bring deeply in the seat of your soul
CHERISH EACH MOMENT

May you be lead by truth to profound shifts in your vision.

DAY 5 | SHAKE IT OFF AND BEGIN AGAIN

Daily Affirmation

"I connect easily to my inner power"

Today is the day to pick yourself up, dust yourself off and start again. A lesson and a way of life. In achieving this inner reset button where you have a mechanism of restoring your connection to your divine source in you but not of you, you take the largest step toward your practice of being loving, because you are connecting within and you demonstrate to those around you, your family and friends and strangers on the street how to thrive in connection by beaming your light. Just because we get older and we know more, it doesn't mean the principles of nature stop. Everything is a cycle. It is in process from which we are moving through in complete connection to the center of our being with impulses coming from our beating heart, to do what is necessary to share our gifts.

Love yourself, your family and those in my community regardless of circumstance. If anything happens, if something breaks, if you fall down, if you lose anything say 'these things happen' and start again. Reach out for support, become a beloved community connected member.

Do not get discouraged by anything that might come up. Keep going. I know how it is to start over and leap into the unknown giving up one life

in service of an intuition something magnificent is possible. Making these shifts in our knowing that whatever happens we are held and okay and at the end of each day we are loved, goes the longest way to creating permanent peace in your life and in your heart.

Get comfortable with the mechanism of magnificence always available that doesn't care if you fall down, only that you shake it off and get up and begin again. Falling is something that happens to us. Shaking it off and beginning again is a choice we make to honor our self and all that comes up in each of our lives.

Remembering it is a process of unlearning what we have learned, and this process is always going on.

The mental attitude and practice of love creates peace in your heart. Release the unloving energies that surround our being, and begin again.

Foster the capacity to have more compassion for yourself and what seems to be a mistake or an embarrassment and live in the loving energy of the truth of who you are.

The center of our being is love. The mental attitude and practice of love creates peace in your heart. Forgive yourself now and forever for every unloving thought you ever had, release all of it into the ethers from whence it came. Identify with love and enjoy the experience. You are powerful beyond measure.

Enter the sacredness of your truest home, that space where love and forgiveness meets an open heart becoming a soulful force of nature. Become today someone who is full and rich and free of the past judgments and dramas and struggles.

May your days be free from strife and worry
and all your steps be light and bright.

DAY 6 | ENRICH EACH MOMENT

Daily Affirmation

"I am love"

To be afforded insight into the human heart, to be able to bare witness to the light bulb moments, reconnecting and resurrecting parts of yourself that had long lay dormant, detoxing from whatever weighs you down, can be intense in our loving practice. When we enrich each moment with care and work, our defenses are surrendered to an open heart. It is okay. You are not alone. You are not alone in your feelings, you are not alone in your joy, we are all connected in that space of the collective heart.

Make today a cherishing enriched I AM to remember. However you are feeling.

present

grateful

When you say...

I am blessed

It is true and connected.

*A love ever connected,
ever free and wholehearted.*

Don't let other people hook you into their unloving fearful thinking tempting you out of your loving center. If something sounds judgmental it is. If it sounds nuts. If it is crazy making. If you feel tense have anxiety it isn't you. Connect to your loving center. You got this. When a decision is built on fear *"its seeming certainty is but a cloak for the uncertainty it would conceal. It needs irrational defense because it is irrational. And its defense seems strong, convincing, and without a doubt because of all the doubting underneath."*

Do not get caught in other people's insanity, enrich each moment with love. Wash every story with loving and bare witness to the truth. When a decision is made in Love doubt ceases. Love brings peace of mind and a certainty of purpose. Move toward sacred feelings of warmth in the embrace of the truth.

Move toward the light of Love.
Enrich your life with this vibrational energy
and let everything else fall away
Now and forever.

May your soul be full of joy and your life ignite in ways you never dreamed possible.

DAY 7 | LISTEN TO YOUR INTUITION

Daily Affirmation

"I am divinely guided by the universe"

You know when you listen to that voice, that feeling, and you know when you don't. Deep listening is the most direct route to connecting to your still small voice, those whispers of spirit that know exactly what supports your mission in this lifetime. Witness the intuition of possibility. Listen into your inner heart. Allow it to be with you in connection and contemplation.

The universal symphony is always broadcasting the most divinely inspired messages, guiding you along the journey freeing up your life to the purpose you are here to deliver. As when we tune into our connection to all that is, the deepest river of consciousness allows us to become an ear and attune to what is for us. In listening we return home. Over and over again.

Listening is a practice you can strengthen. Let's do it together.

Enter the sacredness of your truest home, that space where love and forgiveness meets an open heart becoming a soulful force of nature. Become today someone who is full and rich and free of past judgments and dramas and struggles.

May you surrender your defenses, open your heart and love freely,
listening in full harmonic with the deepest space of your being.

Listen to your intuition. May it be your guide.

DAY 8 | STEP UP

Daily Affirmation

"I give my all in each moment"

Step up and into the destiny of the present no matter what you think is stopping you, forget it and step up, take a next loving action in the direction of your dreams. Remember you begin again with each breath where everything is possible and new worlds await. It is only important you take the step forward.

In developing this practice your internal gears create a movement of great beauty that is a life fully expressed because you did what needed to be done. You moved forward to your deliverance from the evils that keep you stuck.

This is the way we are destined to understand. This is the wake up call of the moment. This is the destiny of this expression of humanity. Moving forward even though we feel stuck or trapped or whatever.

The journey to our authentic self is our destiny. We arrive through love in all its blazing glory.

Commit to be loving to yourself with each step and don't stop until the

miraculous unfolding beyond your fear blossoms. Take responsibility for
the joy possible in your heart space.

Go forward and be all that you can be.

Here's to life, to dreamers, and their dreams...

May you forgive yourself and those who you feel have wronged you. May
you forgive completely.

DAY 9 | HONOR YOUR COMMITMENT

Daily Affirmation

"I am impeccable with my word"

The happiness quotient in our life is directly related to the promises and commitments you make and break to yourself. How you do one thing is how you do everything. Allow joy to lead you into the next dimension of total happiness.

Making a commitment and sticking to it is the ultimate exercise in loving yourself, in unlearning what is not of you, you may have been taught as your way in the world.

When you know in your heart there is an action that needs to be taken, set yourself up for success. When you make a commitment, gently and with grace honor that commitment. Do not break promises you make to yourself or those in your life. Think about your yes. Think about your no and own it.

When what you see isn't what you want, it is time to make a commitment to you, to what you want to see, to be the person that you know you were born to be.

Acceptance and serenity is an inside job. It takes a practice. It takes your commitment to show up for yourself.

A commitment to remembering your magnificence brings forward your authentic self, bringing you to the tools necessary to process through what comes up as you step forward increasing your emotional musculature and abilities to handle anything that crosses your path with grace.

Take the hugest step on the path to your most radiant self making Love your bottom line.

Make a commitment and stick to it.

Don't fall asleep to the truth. The promises you make and break to yourself represent the confidence of purpose that you experience as radiance. Awaken a commitment to loving yourself.

May you explore untold adventures opening into the fullest expression of your most joyful self.

DAY 10 | HONOR YOURSELF

Daily Affirmation

"Every decision I make is at the center of my well being"

The center of your being is love! Free your mind of unloving thoughts and honor your next expression's deepest truth.

I honor myself.

I honor myself.

I honor myself.

Many of us think like Anne Lamont "My mind is a bad neighborhood, I don't like to go alone."

Choose not to go there.

Kick out the offending elements and the crazy self talk. Let drop any thoughts that are not loving and take a stroll through your mind in the warm embrace of freedom. Standing up to fearful thinking walking through the fire knowing you will emerge lighter through the effort. Ask your still small voice to reveal to you what is beyond your current ability to see. Invite in more cherishing and respect for your way of being in the world.

Take a stand in your life making your well being the center of every

decision you make. Assume a position of strength and love in every encounter by honoring your needs. They are important.

When you assume a position in your heart standing for the truth, no matter how terrifying, it enables all parties involved in the encounter and drama to be free. In the light of this kind of truth you bare witness to the magnificence of possibility unhinged of the past opening up the world to untold possibility where we are celebrating the power that lives within each of us to rise up. It is time to take a stand for the person who needs it most. Yourself. Demand a little more of yourself today than yesterday.

Remember who you are. Where you've been good you are going to need to be great and where you've been unconscious you are going to wake up and take a stand for magnificence. A rising tide raises all ships is not just a metaphor, it is a deep psychological pattern.

The one thing you can be sure of... the person standing in front of you, driving next to you, working down the hall has experienced, or is experiencing as much trauma as you. Be kind. Be a light so others, our children, our neighbors, our communities, here and across the globe, can rise and shine.

Honor yourself fully nourishing your needs. Your authentic expression, your ability and gifts.

Honor yourself.

May you find deep comfort in your way of being in the world and may that comfort be cherished.

DAY 11 | LIVE THE TRUTH

Daily Affirmation

"In this moment I choose again"

Be willing to have the truth lovingly blossom. Go beyond words and feel the deep peace of truth. Keep your eyes attune to the whispers on the wind listening to what's required for your soul's growth. Use your listening heart to uncover the truth in each circumstance. Let the answer surprise you. Be curious, take breaths, allow moments to unfold without any pre-conceived ideas.

Allow the moment to live alive to possibilities.

"How many more times is (fill in the blank and it isn't pretty) going to happen before I stand up for myself. Before I tell the truth. How many more times will a pattern repeat until I am ready to do things differently?"
As Will Rogers said, *"don't do the same thing and expect a different result. Do things differently.
Get different results."*

Do yourself and your community a favor and break the chains of any fear or addiction and remember the truth about who you are and what love is and means in action.

Allow something new to take flight.

Flip the switch, ignite the field, walk into the light of truth. Your truth. Your authentic expression. As a friend of mine likes to say “don’t settle for the mild river of misery.” Become a tuning device allowing love to flow through you and radiate from you expanding outward without reserve.

May you see with your heart and be able to recognize truth in every situation you encounter. May you live in the beauty and glory of your truth, your authentic connection, your loving.

DAY 12 | GIVE IT OVER

Daily Affirmation

*"I surrender over
any thoughts
that are too small for me
Laying at rest in peace
to the highest form of joy
Getting my self
Out of the way
To be of service
To what wants to be born"*

Give it all over to the source of all things.
Place everything on the alter to be altered.

Allow everything to open up in the place of connection where walls and separation crumbles and falls away surrendering into the giving and receiving of love in its purest form. *"Free of the constraints of the lie you have been telling yourself forever"* and remember the infinity loop of heaven on earth in the fullness of interdependent connection to people, place and thing someone else within the truest space of the sacred relationship with the divine in covenant in the most miraculous part of the universe.

Connection, healing, holding. In understanding your humanness you understand spirit of love.

Surrender your defenses and open your heart. It is okay. It is okay to give it over to a power that is in you but not of you. You are not alone. You are not alone in your feelings, You are not alone in your joy, You are connected in that space of the collective heart. Become today someone who is full and rich and free of the past judgments, dramas and struggles.

May love extend through you as you experience the imaginal possibility of now. May you experience the harmony of your life, sweet sacredness of your truest home, the space where love and forgiveness meets an open heart becoming a soulful force of nature.

It is okay to give it over to god and grace and

DAY 13 | RADIATE LOVE

Daily Affirmation

“Every beat of my heart connects me to all the love that ever was and ever will be”

Connect to the constant beating of your heart. Breathe in peace. Breathe out love. Be like a beacon broadcasting love, allow your heart beat to connect to all the world.

Open your heart fully. Let the essence of your self radiate today and blossom with every word you speak. Miracles occur naturally as expressions of love.

Let the shimmering ripple of nature expand through your being. Let the light glow filling your heart with full flowing presence. Let that beautiful expression of love reflect on the wind. Expanding outward amplifying and attuning with all the sounds of the heart.

May today be a beautiful reminder that everyone is here to shine, with light and love.

DAY 14 | RELEASE THE PAST

Daily Affirmation

"I release the past"

Release the past and stay present, unleash your future to be something unexpected.

Margaret Mitchell's character Scarlett O'Hara had it down in *Gone With The Wind*...

"I won't think of this or that bothersome thought now. I'll think about it tomorrow. Tomorrow is another day." Generally when tomorrow came the thought either didn't occur at all or if it did was so interrupted by the delay it was not very troublesome. Pull a page from the old south and free the moment from any tyranny born of your 'thinking.' Put that thought off, allowing all the Love to flourish free from the thought which will not worry you in the new light of tomorrow.

You can lean on my faith it is all possible, because it is. You are most certainly not alone. We do this together because we are in it together. Peace be with you as the echoes of tomorrow emerge as the inner and outer man come into harmony and balance.

May love extend through you and flourish in unexpectedly delightful ways.

DAY 15 | LIVE IN DEEP SELF
APPRECIATION

Daily Affirmation

"I AM POWERFUL BEYOND MEASURE"

Love you, all of you.
You are amazing.
You are part of the human heart.
Remember who you are.
You are magnificent.
You are beautiful.
You are powerful beyond measure.

"Nature does not hurry, yet everything is accomplished." Lao Tzu

May blessings flow through you
allowing the fullest expression of your radiant authentic self.

DAY 16 | CHOOSE AGAIN

Daily Affirmation

"I witness the world with loving eyes"

Whatever you are doing right now that isn't loving, therefore not true, stop it. Right now.

It's not funny.
STOP IT.

Take the time to understand the deeper cause of your behavior.
Recognize the story you are running on yourself and stop.

Life is an ever unfolding gift when you are willing to remember
everything begins when you stop the chaos of your thinking and stay
present.

It's time to realize there is nothing to change.

You can be somebody else today. You can be you. The real you. Somebody who is loving in every situation. Somebody who understands the way forward lies in stopping any behavior that is unloving to you and your community.

Stop the projecting of stories so tired and old that no one, including
yourself, wants to hear them ever again.

Offer a loving presence to watch the fears of society unfold and dissipate
under the weight of the truth in this light. Expand your vision and bring
clarity into the forefront of your days.

May you stop playing the game of fear allowing the true nature of peace
to enter your heart.

May love strengthen your resolve

May you own what you know

May unwanted behaviors die of their own accord

And may all your sorrows be lifted.

DAY 17 | DO IT! NO HOLDING BACK

Daily Affirmation

"I take decisive gentle actions in my life"

Whatever it takes, make a commitment to yourself and keep it.

Do it... Right Now. Do it... Seriously.

All the promises you make and break you do to yourself. If you say you are going to do something. Do it. No holding back.

You hit the point where excuses are not acceptable.

You are getting into the Love zone, making a shift in your heart, the commitment to do it no matter what, to show up and take the loving action even if there is resistance. Choose to see it differently and do it.

Don't stop now.

Make Love your mantra as the total purpose of doing what is next takes flight in your life. See actions in the world, if not actively loving, as a call for more love. Allow a flow of magnificence to flourish throughout your experiences mastering this loving energy so present in all of our days. This choice of love will change the world in ways we cannot even predict.

Love is our richest resource and tool.

Remember, no matter what is going on that Love is Gonna break through, no matter what.

Love absolutely knows how to breakthrough rising after the darkness in full and complete glorious cycles.

From his book *Stride Toward Freedom* Martin Luther King, Jr. wrote... *“Mahatma Gandhi never had more than one hundred persons absolutely committed to his philosophy. But with this small group of devoted followers, he galvanized the whole of India, and through a magnificent feat of nonviolence challenged the might of the British Empire and won freedom for his people. This method of nonviolence will not work miracles overnight. Men are not easily moved from their mental ruts, their prejudiced and irrational feelings.”*

While it might not be overnight, the effort and commitment needs to be made to remember compassionate action with love is the stance necessary to bring about understanding and connection and change. The love makers are standing strongly in the light of new tomorrows. In Gandhi, this master teacher, sparks an inner fire of truth built into humanities operating system. The virtuality of instant connection reclaimed in the form of increasing gravitas and endless possibility. Turning into the principles of commitment and love and compassion, where message matters most, hiping in to the grounded connection in that river of strength, courage and truth that comes from understanding this unbending mechanism of humanity. A great service will befall the world, society and most importantly the community in which you reside as love grounds deeply through your being. Critical Mass is the whole enchilada, the number of us doesn't matter, it is merely a commitment to stand in principle with the discipline of our loving actions and make a change, one moment at a time, with intention and joy and openness.

May love lead the way.

May discipline be your companion
as all your efforts enjoy the energy of your intention.

DAY 18 | BE INSPIRED. BE
LOVING. BE YOU.

Daily Affirmation

"I see the light and love in everyone I meet"

Remember you are a loving, inspired, creative wonderful person. Remember the truth. Maintain your connection that lives and breathes in all things. Remember who you are. A magnificent, wonderful person.

Be inspired.

Love is the electricity of connection. It is a level of deepness and openness, a meeting place of all hearts. See the moment of transformation in clarity, as a natural flow and function of the heart.

Let the angels in your life lead the way and absolutely without hesitation let yourself go, DREAMING BIG. Allowing inspiration to flow through you and infuse each action with love.

Be loving.

Make statements of gratitude to ground your being, for example, "Today I celebrate my family, my country and my world. I honor the spirit surrounding the birth to our nation. I give thanks to everyone who walks our streets,

Whose hearts beat in action across this magnificent country.

Give voice to the dreams and wishes your heart makes. Generate a significant shift and change in the chemistry of your brain waves by practicing Love as a social force. It is guaranteed that the person standing next to you in line at the grocery store has issues they are dealing with at least equal to our own.

Take nothing for granted. Now is what we have. This moment. In its fullness and its entirety,
to
be
inspired,
To be loving,
To be you.

May you see love beyond any anxiety, in myself and others
May you embrace any change as the blessing it is and
May you be lifted above any circumstance
in the full radiance of your being.
May any suffering weighing heavily on my heart be alleviated. May we rise to whatever challenges appear to be facing me. May everything necessary for my evolution be fully realized, offering a brighter day, re-energizing the spirit of truth

Now and always

May we be renewed.

DAY 19 | CELEBRATE YOUR LIFE

Daily Affirmation

*"I gladly give up my fear
moving into eternal joy
expanding through each breath
restoring my blissful self to its rightful seat"*

Celebrate everything. Enjoy the pleasant exercise of joy. Relax, and celebrate with cupcakes or hugs or smiles or everything that comes your way.

Enjoy the fullness of imaginal possibility. Celebrate all the wonders spread before you. Fly like an eagle above the fray of your life giving yourself a Google earth view.

May you be nourished with grace as you blossom and grow in loving action.

DAY 20 | EVERYDAY ORDINARY
MIRACLES

Daily Affirmation

*"I relax, knowing
I let love flow,
I am
whole, healed, holy
I expect miracles.*

I know miracles happen every day in every way as life unfolds magnificently"

*"Jewish people do not believe in miracles, we expect them." - Marianne
Williamson*

AWAKEN
THE POWER OF MIRACLES
EVERYDAY ORDINARY MIRACLES

A Course in Miracles shares divine truth in this statement,
*"Miracles occur naturally as expressions of love and all expressions of Love are
maximal."*

Let love flow brilliantly establishing a frequency to surrender removing
any blocks to the awareness of love's fullest presence.

Let what naturally wants to be expressed have its day in the sun.

When you can look at the world in Love, celebrating everything that occurs, there is no doubt life is a most beautiful gift.

There are fifty principles of miracles that open the text of the book A Course in Miracles, based on the power of Love. Three of my favorites include:

Miracles occur naturally as expressions of Love. The real miracle is the love that inspires them. In this sense everything that comes from Love is a miracle.

There is no order of difficulty in miracles. One is not “harder” or “bigger” than another. They are all the same. All expressions of love are maximal. Miracles honor you because you are lovable. They dispel illusions about yourself and perceive the light in you. They thus atone for your errors by freeing you from your nightmares. By releasing your mind from the imprisonment of your illusions, they restore your sanity.

Be grateful today and everyday for the work that has gone into holding the space for the miraculous. For the love ever present and fully at work on your behalf.

Take the time to be loving to yourself and those around you and watch the everyday miracles unfold.

May miracles surround you and work through you.

DAY 21 | ACCENTUATE THE POSITIVE

Daily Affirmation

"I see the truth in every situation"

We find what we are looking for, or in other words, we make our worlds out of seeing what we want to see. When we accentuate the positive we are connected to the energies of the heart.

Johnny Mercer's lyric to Harold Arlen's music for the song *Ac-Cent-Tchu-Ate the Positive* is luscious and as always with these standards, profound — published in 1944 capturing the mood of a world looking toward the end of the second World War...

*You've got to accentuate the positive
Eliminate the negative
And latch on to the affirmative
Don't mess with Mister In-Between*

*You've got to spread joy up to the maximum
Bring gloom down to the minimum
Have faith or pandemonium's
Liable to walk upon the scene*

In filtering life in love, accentuating the positive side of things, you experience more positivity and more love. It is the way of love, expanding without reserve.

In allowing this practice of love to permeate our thoughts, in letting our visions soft focus to explore the loving perceptions in every given situation.

It is all of our job to sing our song with love and to provide an example of the purest grace of our being in giving birth to what wants to be born in ourselves and those we encounter.

We are misters and mistresses of the loving word, thoughts and action, pied piper leading a new way into a new day. What we say and do matters. How we focus our expressions matter. Let love lead the way. Spread Joy to the maximum and without fail have faith in what lives and breathes in all things.

May you see life in its full beauty unencumbered by the weight of judgment accentuating the positive.
May you let go of your defenses allowing the true nature of peace to enter your heart.

DAY 22 | PRACTICE MAKES PERFECT

Daily Affirmation

"I dance with joy through the maya of my life"

Practice creates sustainable faith in the perfection of our actions. Love is a practice, a choice, an endeavor and a co-creator. Allowing love to lead the way is a practice that creates sustainable faith in the perfection of our actions. The clarity of spirit emerges through the conditioning of that practice opening to the truth of spirit. The discipline of showing up for a practice that demands we remember the truth, that we view the world with love we always have the possibility to break free from the condition of our human affliction and addiction to fear.

When you make Love a daily practice, embracing each step in your process, when you move with life, every day becomes a celebration inviting all parts of you to be nourished allowing everyone you encounter to open in joyful meetings and blessed interactions.

Make today's practice of love a tribute to all of us pursuing our passion, living in our light and expressing our beingness.

"I am a dancer. I believe that we learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. In each it is the performance of a dedicated precise set of acts, physical or intellectual, from which comes shape

of achievement, a sense of one's being, a satisfaction of spirit. One becomes in some area an athlete of God.

To practice means to perform, in the face of all obstacles, some act of vision, of faith, of desire. Practice is a means of inviting the perfection desired."

Words spoken by the ultimate pioneer of movement of the body as the expression of life that would influence what would become known as
Modern dance, Martha Graham.

Faith is an aspect of consciousness. Have faith in your practice of being loving to realize everyday miracles. Make life a practice of living in the loving instant. When love is present fear is not possible.

It is one of the biggest mysteries of the human condition, how we let what we know will be helpful to our dreams manifesting go undone because we have fear of what will be when we accept the destiny of our power and magnificence.

It takes a practice. It takes your commitment to show up for yourself, recognizing the truth of each action in a practice of love, facing the fear and sharing your truest self all the while dancing to the beat of your own rhythm.

Move into the "angels of our better nature" and rewrite any operating manual not based in Love, that doesn't include a daily practice of acceptance of yourself and those around you.

May you stop playing the game of fear allowing the true nature of peace to enter your heart. May your movement activate miracles.

DAY 23 | SHINE BABY SHINE

Daily Affirmation

"I move easily through my daily list of things to do"

Shine your light. Allow the world to ignite in possibilities in your presence. Light brought to the darkness eliminates lower energy forms. As we align with our inner light, power and full purpose we experience the harmony of connection with other lights.

"From where I'm standing the sun is shining all over the place" magical words from arguably one of the greatest musicals of all times, *Singin' in the Rain* but also one of the truest statements ever made. When you are standing with love, letting the sun shine through your heart you are participating in the grandest life affirming process we have to revive and rejuvenate our essence. Rising like a phoenix every morning.

Give it a whirl, look at life with love in your heart and let it shine baby shine, no matter what.

"The sun's in my heart and I'm ready for love."

Step up your practice today and everyday. Sometimes it is nice to be more loving today than you were yesterday, to experience a little bit more love

in this moment than in the last. Move through any resistance and don't forget to dance out the other side refreshed, revived and aglow.

Let the sun in your heart shine, come rain or come shine.

In love.

May you develop a cha cha in your step and a rumba in your heart carrying you through whatever might appear to darken your door. May you shine baby shine, everyday in every way.

DAY 24 | THERE IS NOTHING TO PROVE

Daily Affirmation

"I act from my heart's wisdom"

You get to be. You do not have to do anything. You are perfect. You are whole, healed and loved. You do not have to earn love. You are love.

There is nothing to prove. Believe it.

Love works in every situation. It is the beginning and ending of every story. You do not need to prove it, to test it or anyone; you do not need to question it you merely need to take loving action.

Near the end of Stephen Sondheim's *Into the Woods*, No More, a song sung by The Baker in answer and discovery of what it means to go into the woods on a quest to find yourself, meeting his father who had abandoned him years before.

"No more questions please. No more tests. Come's the day you say what for, please, no more."

There is nothing to prove. You merely go into the woods to find yourself, returned home. There is nothing to overcome. You are always home. You get to be with exactly what is, enjoying your life in love.

There is nothing to prove.

We all have our demons to work through. We all have the inner spinner that brings the same story spinning around and around. We are all working through and seeing and experiencing what we need to when we need to. Allow the support of your loving healing expressive energetic to reveal, expand loving opportunities in your life.

"On April 10, 1994, I wrote these words, which I keep on my desk: "Never again will I do anything for anyone that I do not feel directly from my heart. I will not attend a meeting, make a phone call, write a letter, sponsor or participate in any activity in which every fiber of my being does not resound yes. I will act with the intent to be true to myself."

When I accepted that I was a decent, kind and giving person — whether I said yes or no—I no longer had anything to prove. I was once afraid of people saying, "Who does she think she is?" Now I have the courage to stand and say, "This is who I am."

-- Oprah Winfrey, O Magazine, What I Know For Sure.

You are powerful beyond measure. You are a loving presence on the planet. You are here to shine your light and nothing is required of you but Love.

May you be Oprah-esque in knowing the truth. In her words today, we are remembering we are here to honor and share the gifts we have been given. We are who we are and there is nothing that gives us anything more than we are.

You are an abundant, amazing, awesome person, deepening and opening to ever increasing celebrations of your heart's expression fully supported expanding into healing vibrations that sing with harmony.

Life is meant to be experienced with gentle, tender, nurturing, kind, and loving ease.
Enjoy yourself.

May you remember there is nothing to prove and there is no one to prove anything to. May so much easy supported expansion flow into all of your plans and dreams and loves and lives.

May you learn to care for every bush, every tree, and bring to light the natural beauty of all things in themselves and for ourselves returning us home simply by remembering.

DAY 25 | HAVE AN IMPACT

Daily Affirmation

"I practice kindness as I take clear decisive action"

Give your all to the task at hand dropping into the deeper waters of each moment.

Be kinder.

Be loving.

Be present.

Be open hearted as you enjoy your life.

Life offers endless opportunity and limitless possibilities in each moment you are present with love. Don't miss out, show up fully. Give your all to the task at hand dropping into the deeper waters.

When you express love in every action your relationships, your creativity, your dating experiences, your job, your being, your life, expands into each moment. You deepen your understanding that every encounter is one where we have the privilege of impacting someone's life for the better.

May love surround you and lift you into perfect peace. May the ease with which you accept yourself flow through all you do.

BONUS IMPACT STORY

A dear friend shared the story of *The Starfish Thrower* as an answer to her own questions around how, after this past years massive efforts where she gave everything she had, was tested beyond belief, risked everything, jumping off cliff after cliff without ceasing, only to realize more, then more, was required to move through her entrepreneurial world changing efforts and she had nothing left to give.

Inspired by *The Star Thrower* from natural science writer Loren Eiseley. After quite a brutal ocean side storm a man stepped out for his morning walk along the shore. As he looked down the beach, he saw a human figure moving like a dancer. He smiled to himself to think of someone who would dance to the tides. As he got closer, he noticed that it was a young girl and the young girl wasn't dancing, but instead she was reaching down to the shore, picking up what he now realized were starfish and very gently throwing them one at a time back into the ocean. He called out, "Good morning! What are you doing?" The young girl paused, looked up and replied
"Throwing starfish into the ocean."

"I guess I should have asked, why are you throwing starfish into the ocean?"

"The sun is up and the tide is going out. And if I don't throw them in they'll die."

"But don't you realize that there are miles and miles of beach and starfish all along it. You can't possibly make a difference!"

The young girl listened politely. Then bent down, picked up another starfish and threw it into the sea, past the breaking waves.

"It made all the difference for that one!"

The old man looked at the girl inquisitively and thought about what she had done and said. Now inspired, he joined the young girl in throwing starfish back into the sea.

Soon others joined, and the starfish found their way home.

Each of us is here to sing our song, to share who we are and to do what we came here to do, to act with kindness and take the steps we are called to make. Every loving action within the space of the heart means the world to the individuals whose lives are changed in that actions wake. It not only takes a village it takes each of us to stand in the truth of what our heart is telling us to do, to have an impact by making love the bottom line.

Inspiration comes in many forms, it is always our willingness to see with

our hearts that enables the miraculous shift in perception to unfold bringing with it miracles from our compassionate acts of love to ourself and others.

On a point of land, as though projecting into a domain beyond us, I found the star thrower... In the sweet rain-swept morning, that great many hued rainbow still lurked and wavered tentatively beyond. Silently I sought and picked up a still living star, spinning it far out into the waves. I spoke once briefly. "I understand," I said. "Call me another thrower." Only then I allowed myself to think, we are not alone any longer. After us, there will be others... We were part of the rainbow... Perhaps far outward on the rim of space a genuine star was similarly seized and flung... For a moment, we cast on an infinite beach together beside an unknown hurler of suns... We had lost our way, I thought, but we had kept, some of us, the memory of the perfect circle of compassion from life to death and back to life again – the completion of the rainbow of existence"

— From The Star Thrower Loren Eiseley completed shortly before his death published in 1969 in The Unexpected Universe

DAY 26 | HARMONIZE YOUR HAPPINESS

Daily Affirmation

*"I am Loved
Deeply, Completely, Whole-heartedly
I offer prayers to all I encounter for
Compassion
Wisdom
Power
Long life
Blessed fortune"*

Experience the harmony of everyday as happiness buoys your way. See the greatness in everyone you meet offering up love as you go. With each step you take embrace the world as the great place it is; representing so many stories of uniqueness, of people, of neighborhoods, cities and rural municipalities, of individuals who put their hopes and dreams on the line every day. Become a class act, an outward expression of love in action.

To help ease on down the road, here's a self loving affirmation of hope and praise and truth to support the deepest unfolding of your soul's code.

Peace is your responsibility and love always remains the answer. We break these prayers open on the wind in countless directions.

May our life be truly blessed, enraptured in the harmony of happiness. May we enjoy peace in my heart and mind. May all our soulful energies increase with realizations and benefits beyond our wildest imagination, and may all our highest wishes and aspirations be fulfilled allowing whatever obstacles perceived or otherwise be lifted and dispelled.

DAY 27 | LET LOVE EXPAND NATURALLY

Daily Affirmation

"I will let love lead the way"

Every circumstance is an opportunity to be more loving than you previously thought possible. Give the gift of love to someone today and let love expand through you naturally.

You are not your circumstances. You are full potentiality. You are full possibility. As Oprah says "your life on earth expands exponentially when you can find a way to give what you have to somebody else." Put another way, giving is receiving and in our loving we shine brightly like a diamond.

Let love flow. Share the gifts you have been given. There is no good or bad, there are only opportunities to be more loving than you previously thought possible. Do the loving, kind thing in front of you no matter how small.

Here's to taking loving chances, here's to failing, here's to succeeding, embracing, embodying all of it while being in great joyful presence. Today. Now. Always let love lead the way.

May every loving action interact with your inner power igniting
miraculous connection with every beat of your heart.

DAY 28 | CREATE A NEW STORY

Daily Affirmation

"I breathe in peace and breathe out love co-creating harmony in the worlds I inhabit"

All acts in the world begin in the imagination. Let any story that no longer serves the deeper peaceful-ness of your being fall away. Step into the next possibility, the open door offering the greatest expression of your whole, healed, beautiful self. Turn all the absolute shining brilliance of possibility into full on probability. Let go of your anxiousness, let go of your judgment, let go of any tired, heavy, boring, story. Stop the "yeah, but" and say YES to a beautiful story of the fullest expression of joy.

Create a new story.

Bring light to the darkness when choosing to make a change by creating a new story where happiness comes from taking the steps through your fear and emerging on the other side in confidence. You can handle whatever comes your way creating openings into the expressed wonder of divine eternal power of the cosmos igniting our soul's code. You create the world that you know. Conversely, what you don't know opens up an eternal possibility.

Open up to a new world of imaginal possibility allow a different story to take form.

May you stop bringing the past into the present moment so you can experience a future free of any patterned story that no longer serves. May you create beautiful, new loving stories, right now.

DAY 29 | LET THE TRUTH BLOSSOM

Daily Affirmation

"I am awake"

Wake up to the truth. The soul knows where it belongs. Not some of the time. All of the time. When you strip everything away and get bare this fact sings. Allow the loving truth to blossom as your intuition becomes your guide.

It doesn't matter what path you choose, what form the exploration, allow true vision to emerge beyond what the eyes see and the ears offer, removing any blocks to keeping yourself open. Your life to date, the pain and wounds, joy, laughter and love, ALL the love, you can use as a road map of how to find your way back to the space that knows. Living in eternal joy and peace.
flourishing in a warm embrace.

Choose to see things differently and take any light bulb moment of truth to change the story you've created. To get help. To share yourself. To move from fear to love, from insecure to joyful, from ill will to well wishes. You can choose in this moment to open yourself up to the possibility of being happier today than you were yesterday, to be the

change necessary so you are delivered from whatever your current
circumstance into peace and Love.
Simply by choosing to be awake.

Believe it. Have faith in the beautiful process of nature and the seasons in
your life.

Today. Right now. You have a free pass to forgive yourself and anyone
you have been carrying a hate on for. As you read this -- allow forgiveness
to be understood and accepted and make the "journey (without distance)
from your head to your heart." Notice I'm saying without distance, not
without resistance. I get that upsets will come, people will trigger you.
Don't let it take you down to Chinatown around and around the yellow
brick road. No matter what comes your way, you will always have access
to your center, as Dorothy did, you can click your heals three times, take a
breath and go directly home.

Release the past, the future has no business today and be willing to have
the loving truth blossom.

May you feel connected, comforted and full of peace as you listen to the
still small voice that knows.

DAY 30 | HARVEST TIME

Daily Affirmation

"I gently harvest my most loving ideas"

Harvest time to absolutely reap what you have sown. If your harvest is sweet, treasure your efforts. If it is sour, treasure your efforts.

Remembering the lesson.

In the planting of seeds we learn, in the tending we grow, in the harvest we celebrate.

Take this moment to seize the opportunity to own what you need to own, to fearlessly step into the unknown growing into the grounded darkness of your truest self.

"To love and be loved is to feel the sun from both sides."- David Viscott

This is your harvest time, to absolutely reap what you have sown.

May you know peace and happiness and may you always be welcomed with love. May this harvest reveal what is necessary for you to blossom.

DAY 31 | OWN WHAT YOU KNOW

Daily Affirmation

"I know exactly what I am doing"

You know exactly what you are doing. You know what you need to do. Take the necessary loving action to thrive in connection, community and grace.

It has been said that deep listening is the truest form of intimacy. The space where everything necessary for our unfoldment is heard giving us the opportunity to reach beyond differences and to rise into our fullest humanity. Each of us has our own inner guidance system delivering messages each of needs to hear.

If you get tripped up in any of this. Remember, one thing, no matter what the question, love always remains the answer.

WE CAN'T CHANGE
WHAT OTHERS DO
WE CAN CHANGE
OURSELVES



May love strengthen your resolve
May unwanted behaviors die of their own accord
May all your sorrows be lifted and
May you always own what you know.

DAY 32 | EMBRACE DIFFERENCES

Daily Affirmation

"I am home in peace of mind body and spirit"

Let me perceive no differences let it be the end of any story. Allow each person you love to be free from your perception. Allow them freedom from past patterns. Allow the light within each person to be met and celebrated and honored for its deepest most authentic space. Let today be the end of any story that no longer serves. Be someone today who releases judgment who perceives no differences. Separation is something man-made to designate claim to something.

Surprise yourself.

When the best of us is brought forth it gives us the chance to let go of the worst of us. Meet and greet each heart you meet with love and see the light at the center of their core being, allow peace to reign down, no matter what.

Think differently. Be different in your outlook and ideas. Shift your point of view. Allow yourself to be different today by practicing love in every situation, circumstance and encounter.

Your practice of love, standing for the truth and remembering love remains the answer is a choice that lives in our hearts when we remain steadfast in our authentic expression amplifying our soul force, alive and awake within the imaginal possibility of each moment.

Take a new look, expand your breathing and see things differently, granting yourself freedom from your judgment. Enjoy all the joy and happiness that flows your way.

Sometimes when I want to remember what this kind of loving freedom is, I sing a Kelly Clarkson song like *"I'll spread my wings and learn how to fly,"* Whatever works for you to let love flow, is perfect.

May my steps be light and bright and full of Love. May I learn to embrace differences with grace and an open heart.

DAY 33 | ANOTHER WAY IS POSSIBLE

Daily Affirmation

"I celebrate my inner power"

Enjoy the fullness of imaginal possibility. What is eternal stands forever perfect and untouched. In our wholeness all things are healed, for they remain eternal at the source, where all is one. Celebrate all the wonders spread before you. As Muhammed Ali liked to say, *Float like a butterfly, and sting like a bee*. It's time to fly like an eagle above the fray. Honor the teachers who demonstrate the beauty of the butterfly and showcase the possibility of flight.

Consider the possibilities.

In each moment lives infinite possibility unhinged of the past opening up the world we are celebrating the power that lives within each of us to rise up.

A world of possibilities is open to you. Because you have grown more loving towards yourself, more self-contained, you work easily with others. Because you are relaxed and at ease, you recognize new beginnings and opportunities as they present themselves, sometimes even before others see them. Because you are in tune with your own nature,

you understand existence is providing you with exactly what you need.
Enjoy all of it. Enjoy today. Enjoy yourself.

Remember the principles of freedom and inspiration laid forth and rise into faith and openness in your powerful, wonderful, incredible, gorgeous self. From *A Course in Miracles*, *Salvation begins when we consider the possibility there is another way. Consider the possibility today will be the most amazing day, where everyone you meet is your friend, where you experience the grace of community.*

May your possibilities be many and your heart rise to meet every encounter. May today be a day full of grace.

DAY 34 | AWAKEN LOVE

Daily Affirmation

"I am powerful beyond measure"

The truth remains forever unchanged.
awaken your passion, power, peace and loving heart with loving vision
right now.

Allow yourself the beauty of presence.

Attempt to overcome whatever obstacles seem to disturb your peace.
Awake from your sleep of fear. Stretch your vision beyond what you can
see with your eyes. Open up to new possibility. Let forgiveness come to
you more quickly with ease surrounding you in complete joy. Do not try
to hold it off another day, another minute or another instant. Let love
flow meeting your deepest needs.

Love never ceases. Love brings peace of mind and a certainty of purpose.
Move toward that sacred feeling of warmth in the embrace of the truth,
keep walking, keep moving, keep listening. Move toward the light of Love
as you move freely into your own inner peace.

In the light of this kind of truth you bare witness to the magnificence of
possibility unhinged of the past opening up the world to untold
possibility where we are celebrating the power that lives within each of
us. Take a stand for the person who needs it most. Yourself. Demand a

little more of yourself today. Remember who you are. Where you've been good you are going to need to be great and where you've been unconscious you are going to wake up and take a stand for magnificence.

A rising tide raises all ships is not just a metaphor, it is a deep psychological pattern. Rise today as you awaken your loving.

Be kind. Be a light so others, our children, our neighbors, our communities, here and across the globe, can rise and shine. Every day.

Fully nourished and safe from suffering. Bear Witness to the Beauty Surrounding You. Keep your eyes attune to the whispers on the wind checking out what's around the bend. Knowing new adventures await.

May you find ease and comfort as you bear witness to the truth. *May joy expand in ever increasing and delightfully unexpected ways.*

DAY 35 | ENCOURAGE SUCCESS

Daily Affirmation

"I hear all the things people say to me as encouraging words spoken in love for my highest good"

Words can be the most deadly or can be a wellspring of inspiration. You choose.

When we encourage each other's success, we are indeed encouraging our own. Encouraging success allows others to experience the joy of what is possible in their lives.

Life takes time and patience, misunderstanding and setbacks, leaps forward and lots of love allow yourself to feel the encouragement of the sun and the moon and the wind and the rain as you grow ever more sure, ever deeper into the life you were born to embody.

Remove your judgement. Plug into your inner power. Be a beacon of light to those you encounter.

May you Be inspired. May you Be loving. May you Be You free from the constraints of what other people think.

The Parable of the Two Frogs

A group of frogs were hopping contentedly through the woods, going about their frog business, when two of them fell into a deep pit. All of the other frogs gathered around the pit to see what could be done to help their companions. When they saw how deep the pit was, the rest of the dismayed group agreed it was hopeless and told the two frogs in the pit to prepare themselves for their fate, because they were as good as dead.

Unwilling to accept this terrible fate, the two frogs began to jump with all of their might. Some of the frogs shouted into the pit, it is hopeless, and the two frogs wouldn't be in that situation if they had been more careful, more obedient to the frog rules, and more responsible. The other frogs continued sorrowfully shouting to save their energy and give up. The two frogs continued jumping as hard as they could, and after several hours of desperate effort were quite weary. Finally, one of the frogs took heed to

the calls of his fellows. Spent and disheartened, he quietly resolved himself to his fate, lay down at the bottom of the pit and died, as the others looked on helpless. The other frog continued to jump with every ounce of energy he had, although his body was wracked with pain and he was completely exhausted. His companions began anew, yelling for him

to accept his fate. The weary frog jumped harder and harder and - wonder of wonders! finally leapt so high that he sprang from the pit.

Amazed, the other frogs celebrated his miraculous freedom, gathering around him asked, "Why did you continue jumping when we told you it was impossible?" Reading their lips, the astonished frog explained to them he was deaf, and when he saw their gestures and shouting, he thought they were cheering him on. What he had perceived as encouragement inspired him to try harder and to succeed against all odds.

DAY 36 | DISCERNMENT IN ALL THINGS

Daily Affirmation

"I extend love and kindness in each moment"

Discernment is the ability to perceive well. When we take a moment to bring love to what comes our way, there is an intercession of all that has come before. Love awaits as we recognize what is loving, we find more loving. What we seek, we find. Don't let the moments of grace slip by. Take a beat. Notice and celebrate the light that connects us to all things. Connect within and see through what is standing in front of you, allow resonance and know it for what it is.

Each of us is here to give and to receive love... That is it... whereby in every encounter we are blessed with an opportunity to extend kindness and compassion to a brother. Don't miss the possibilities in each moment.

This moment standing in front of you, that you may think is a nuisance, that you absolutely don't have time for, believe isn't your deal, not your responsibility. This moment, this thing, that's irritating, bothering, showing up in your path is exactly what is up for you and necessary to drop into the next deepening expression of yourself. Don't ignore it in your self initiated 'knowing' you are doing something more important.

May you know love and kindness in equal measure and act from the knowing of your heart.

The Monk and The Beggar

A monk was meditating in the desert when a beggar came up to him and said:

“I need to eat.”

The monk – who was almost reaching the point of perfect harmony with the spiritual world – did not answer.

“I need to eat,” insisted the beggar.

“Go to the town and ask someone else. Can’t you see that you are bothering me?”

I am trying to communicate with the angels.”

“God placed himself lower than men, washed their feet, gave His life, and no-one recognized Him,” the beggar replied. “He who says he loves God – who does not see – and forgets his brother – who does – is missing the juice of a life truly in harmony.”

And the beggar turned into an Angel.

“So close.” the Angel remarked before leaving.

DAY 37 | DEFINE SUCCESS FOR YOURSELF

Daily Affirmation

"I own my Yes!"

We give everything all the meaning it has. The soul doesn't care if you succeed or fail, it only cares that you do what you came here to do. Who is to say what is a success or failure, you never know. The full story could take lifetimes to reveal. Be grateful for the gifts, the experience, the practices you have been given and all the opportunities coming your way. Allow the ache of the heart to guide you through.

Life is made up all kinds of opportunities, to say, 'YES! Get out of your own way, listen to your heart and taking loving action. 'I learned a great lesson' 'I rocked that' 'The accident helped me figure out I was on the right path,' or my personal favorite, 'I expect miracles!' We have all heard the great truth, 'what other people think of me is none of my business.'

From Genesis, "as for you, you meant evil against me, but God meant it for good in order to bring about this present result, to preserve many people. So therefore, do not be afraid; I will provide for you." You learn by mistakes and failures and testing and trying and using more and more of your intuition. Life is progressive.

My therapist, Vanessa shared this story with me, which never fails to remind me the process is everything, the outcome isn't. I refer to it as a reminder to *stay the course in defining success for yourself.*

"Last weekend I went to a high school golf match and there was a Young Boy who came off the links after 18 holes with quite a disastrously high scoring round. In contrast to how bad we all felt, for him the beating he took with his last place triple digit finish, was. "That was awesome" with a huge smile on his face and a look of total enjoyment in response to his Dad's question 'Are you okay?'

"Isn't it fantastic Dad?
I am headed in the right direction."

* * *

You are headed in the right direction.
There's so much emphasis we place on what we 'think' happened. 'I fell down. better not do that again.' In reality we don't know, anything.
Falling down could be the best thing that every happened to us.
STAY GROUNDED in gratitude.
The grounded self can accept comments, understand the context in which advice is offered, even establish the necessary boundaries to take the words in. A centered self responds, reacts, evaluate and utilizes input. The crazed judging, unloving self has no business even trying.
Define success for yourself.

May you grow in confidence and clarity with each step in the direction of your dreams.

DAY 38 | EXPAND YOUR BREATH

Daily Affirmation

*"I recenter in my body
I realign with each breath I take
I love myself in each rise and fall of my chest
Connecting with the field of limitless possibility
I stay open to the surprise of the moment
In alignment with my authentic self
Free from fear and ego
And the tyranny of my thinking
Clearing any energy picked up along the way
I relax into the truth
Wholly free"*

Be intentional with your breath. Take a practice shared at the 100th bday celebration of Paramahansa Yogananda in his honor from the final speaker of the evening. "Breathe in peace. Breathe out love." x3. OR. Breathe in through your nose, exhale through your mouth. Do counting breaths, inhale, 1, 2, 3, 4, 5... hold. Exhale 1, 2, 3, 4, 5... and, again, at least three time, imagine. love. Allow yourself to see things differently.

Take a new look, expand your breathing and see things differently. This breath can represent a change.

This breath a new direction.
This breath the reclaiming of some dream.
This breath redeeming hope.
This breath a new love.
This breath acceptance.
Enjoy the expansion of your breath.

The song *Pick Yourself Up* written by Jerome Kern and Dorothy Fields from the movie *Swing Time* is the purest example of this simple truth.

“Take a deep breath.
Pick yourself up.
Dust yourself off.
And. Start all over again.”

Words to live by.

Resigned can be a thing of the past. Heartache doesn't disappear but is replaced slowly, quickly, hard to say. Change travels its own course. It may be scary; it may feel tough; notice it and do it anyway. When you feel in need of nourishment. Remember to Breathe. You will find a way through, with each breath you will unwind and relax.
Breathe.

May my heart open in ways never before possible
revealing the deepest truth of your fullest knowing.

DAY 39 | FEAST ON YOUR LIFE

Daily Affirmation

“The time is now”

Feast on your life exactly as it is with no judgment, no apologies only love for you. All of you.

Ground into the feeling beyond the words and worlds of space and melt into the flowing river of love’s greatest gifts. In full presence of yourself.

It feels right to share this work of poetry from west indies poet, Derek Walcott, in the midst of his quite lengthy works, this poem, short and concise and full of the richness of forgiveness comes as a welcome breeze in the explorations of our daily chaos as the world turns.

*The time will come
when, with elation
you will greet yourself arriving
at your own door, in your own mirror
and each will smile at the other’s welcome,
and say, sit here. Eat.*

*You will love again,
you will love again,
the stranger who was your self.*

*Give wine. Give bread.
Give back your heart
to itself, to the stranger
who has loved you all your life,
whom you ignored for another,
who knows you by heart.*

*Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.*

Sit. Feast on your life.

–Derek Walcott

Each day is the opportunity for full feasting filled with love. We are a work in progress, we are more than what stares back at us in any mirror that presents. We are here to be loving to ourselves and those we meet, to share ourselves in the aches, pains, joys and loves of being alive. Experience the sparkles, diamonds, rainbows, friendships, love ships of your life. Enjoy all of it, embrace the deepest space of your truest self. May you live life as in a great banquet where all your gifts are shared and celebrated and you feast deeply on the sweetness of life.

DAY 40 | LET LOVE LIBERATE
YOUR HEART

Daily Affirmation

"I liberate you"

Let love liberate your heart to ignite change. Bring forward the connection to the collective heart, that space of fullest connection, shelter, education, inspiration and develop an interconnected community in service to the best and highest energies in each other. Allow folks to experience the nature of love. Enjoy its flow. Let this love liberate. Let love seep into the heart of each matter and take you somewhere you never imagined.

Remember.

Peace comes from knowing peace

Love comes from being Loving

Gifts come from wholly giving

Remember why you are here.

Get inspired. Stand up and be of service.

Be someone in which other people are enlivened to rise up into all their
glory in the presence of a demonstration of self love.

Enough said.

May love liberate you in ways seen and unseen, known and unknown as
you deeply connect to your inner power.

DAY 41 | DO WHAT YOU THINK YOU CAN'T DO

Daily Affirmation

"I am headed in the right direction. I am free from worry, every step I take is full of light and love"

Set your own path. Follow your intuition. Step out of your comfort zone and recalibrate your system. My first mentor taught me not to try to be better than my competitors but to constantly try to be better than my last effort. When you do what you think we cannot do, loving action, becomes a step across the bridge built directly into dreams fulfilled.

Within this endless improvement project of life in constant motion in creation with the forces of nature. We understand what is necessary in the structure of the society of our life. In our flexibility, understanding reclaiming our true nature. There isn't anything to be brought forward. Everything necessary for your full unfoldment lies waiting in the power of your faith. Everything necessary for the evolution of our bare naked soul's code in every encounter waits for the enactment of love.

Like Eleanor Roosevelt wrote in *You Learn by Living: Eleven Keys for a More Fulfilling Life*, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I have lived through this horror. I can take the next thing that comes along.' You must do the thing you think you cannot do."

Breathe deeply and take the leap of faith. Breakthrough with surprising, magical, powerful miracles of connecting to your deepest expression. As you do what you think you cannot do your life fills with ease and so much grace enjoying your loving actions as the gifts you are so beautifully sharing in the world. As you show up for yourself with consistency and commitment and love more and more will be revealed. Life is practice and progress and presence. It will get easier as you let go with so much love in your heart for yourself and those around you. Resistance makes it harder. Try opening up and being receptive to the experience. Stepping into trust rather than guarding in fear. Be gentle and easy on yourself through the process, as it's part of the healing work.

May you have courage to do what you think you can not do.

DAY 42 | SING YOUR SONG

Daily Affirmation

"I sing my song beautifully"

"Girl, if you aint going to really sing that song. Sit down. I have always kept that in my heart, whatever you are singing make it real." Oleta Adams

Whatever you do - do it with all your heart.

Like Maya Angelou says "A bird doesn't sing because it has an answer, it sings because it has a song." You have an innate loving tone, your note, a part of the universe so important without it, the world falls out of tune.

What one loving action you can take to experience your inner hum?

This wonderful world we live in where everything unfolds and is understood for the sacredness of its essence swirling before us is the work of faith in compassionate positioning where we trust the perfection of the divine plan for our lives.

What a Wonderful World was written by Bob Thiele and George David Weiss and performed originally by Louis Armstrong, shares the joy of

nature's constant motion perfect stillness and the beauty of a way of being.

*I see skies of blue,
And clouds of white.
The bright blessed day,
The dark sacred night.
And I think to myself,
What a wonderful world.*

Flood your vision with love creating a field beyond the worlds you know. Feel the warm radiance of your inner light connecting into that loving field. Walk through the worlds you know, singing your song. Don't stop. This is what compassionate positioning means. You make a choice to create a stance in the world where you are able to be in a space of compassion and love and look into the eyes of those who are suffering and feel their suffering without losing your center. When you know your own center, you are in stillness with the truest space of your being allowing you to understand in every situation the space you are holding, and from that space you remember your job is to extend love. You are not taking on another's karma, you are merely dealing with your own, and in your knowing of this one detail, you allow other people to grow into their knowing.

*The colors of a rainbow.....so pretty in the sky
Are also on the faces of people passing by
I see friends shaking hands.....saying how do you do
They're really saying.....I love you.*

If you have a song to sing, Sing it now.
Let the notes of gladness ring
Clear as song of bird in spring,
Let every day some music bring;
Sing it now.
— Charles R. Skinner

Step into the space of harmony allowing a higher thought pattern of love to permeate your conversations as you sing the song you were put here to sing, allow a space for our collective humanity above the "battlefield" and

petty tyrannies of fear. No matter what someone may say, take it as the loving thought of, "*They are really saying, I love you.*"

May the song of your heart be heard by all who need its sounds. May it join our symphony at the highest and most grace filled expression.

DAY 43 | SIMPLE THINGS LEAD TO A REVOLUTION OF THE HEART

Daily Affirmation

"I handle the simple things without delay"

Life is ever unfolding, made up of everyday interconnected miracles and kind moments where everything becomes possible, where the bridge to tomorrow starts with the tiniest step.

Evolution is in every revolution and a revolution is in every loving action you take. Start a revolution by doing simple things with great love.

As Joan Armitrading wrote ...

*In these times everyone needs love
In these times do you pray to God
In these times everyone needs comfort
and would welcome a hand to hold
compassion is the fire that burns the hurt, the pain.*

Passion is the food feeding the hunger of destiny.

Be thankful for every thing you complete.
Be grateful for every action taken.

May every action taken be met 1000 fold and lead the way to the
revolution of your heart!

DAY 44 | THE JOY YOU BRING

Daily Affirmation

"I am amazing, magnificent and phenomenal"

It doesn't take 40 days wandering around the desert to arrive at the promised land. Save yourself the time and the discomfort by opening your heart to the love available in the present moment.

Anything amazing can happen over a steak dinner.

a moment of quiet grace.
a flash of intention.
a burst of inspiration.

Live in the power of presence, in the here and now. Enjoy each breath. It represents the birth of something magnificent. It represents all you can be.

May each moment fill your heart with joy, alive to your inner powers.

DAY 45 | BEGIN AGAIN

Daily Affirmation

*"I own the peace and wisdom of my heart
and easily begin again"*

Set your inner reset button. Recharge, revive, rejuvenate and begin again.

Use this powerful mechanism to restore your connection to divine source, in you but not of you. Take the largest step toward your practice of being loving and demonstrate to those around you, your family and friends and strangers on the street how to thrive. We get older and we know more, it doesn't mean the principles of nature stop. Everything is a cycle. Everything is a process form which we are moving through in complete connection to our inner Tahiti.

Grow younger.

Take a nap, lolly gag, skip the light fantastic, enjoy baking, do what brings you to the center of your being.

I know how it is to start over and leap into the unknown giving up one life in service of an intuition something magnificent is possible. Do not get discouraged by anything coming up. Making these shifts in our knowing that whatever happens we are held and okay and at the end of the day we are loved goes the longest way to creating permanent peace in your life and in your heart.

Get comfortable with the reset mechanism of magnificence always available, beginning again doesn't care if you fell down, only that you shake it off and get up and start all over again.

Remembering is a process of unlearning what we have learned, and this process is always going on. The mental attitude and practice of love is something when repeated in action creates peace in your heart.

Live in the loving energy of the truth of who you are and when you find yourself off your center, pull a reset.

May you experience the peace and love and joy available in every situation. May you remember how easy it is to begin again.

DAY 46 | FORGIVENESS

Daily Affirmation

“I give up what has happened to me and leap quantum style into forgiveness laying aside blame”

Take responsibility for your part in anything that causes you difficulties. Enable a lightening of the grip of blame, leading the way to owning your place in the world allowing forgiveness to flow.

Clearing the hurts and the shame and the attachment to what someone did to you, is the surest way to remain on the cross of your own personally inflicted crucifixion.

Are you ready right now to release yourself by truly allowing God and that universal force of creation to ease the burden by giving it over? The true joy of each day is waking up in full knowing today is a day where anything can happen.

Detach from the person, object, relationship or circumstance that seems to be causing you troubles, release the thinking that seems to keep you stuck in the drama of the situation and listen for an answer.

Don't let other people hook you into their unloving fearful thinking tempting you out of your loving center. If something sounds judgmental it is. If it sounds nuts. If it feels crazy making. If you feel tense. You got it. When a decision is built on fear “its seeming certainty is but a cloak for the uncertainty it would conceal. It needs irrational defense because it is

irrational. And its defense seems strong, convincing, and without a doubt because of all the doubting underneath.

Do not get caught in other people's insanity, or more importantly, your own. Wash the entire story with Love and bare witness to the truth. When a decision is made in Love doubt ceases. Love brings peace of mind and a certainty of purpose. Move toward that sacred feeling of warmth in the embrace of the truth. Move toward the light of Love.

Take charge of your life. Take a stand for forgiveness. Don't be tempted to forget your mission to forgive everyone as you move freely into your own inner peace. True and complete forgiveness emanates when you make a commitment to forgive and be forgiven. As ACIM says forgiveness offers everything you need.

Forgiveness is the way you remember nothing is going to harm you. Give it over and take your place in the land of love. Accept forgiveness for yourself and everyone you feel has transgressed against you. Enter the sacredness of your truest home, that space where love and forgiveness meets an open heart becoming a soulful force of nature.

May you be free of the judgments and dramas and struggles.

DAY 47 | IT'S NOT WHERE YOU START IT IS WHERE YOU FINISH

Daily Affirmation

"I am blessed with radiant energy and inner joy as I finish all my heart felt work"

Step into the destiny of this moment completing your commitments with patience and care and persistence. Follow the thread of the hero's journey to its conclusion. No matter what you think is stopping you, forget it and jump in, take that next step. Remember you begin again with each breath, every breath is an opportunity to move, to stretch, to act, to be. In this presence, where everything is possible and new worlds await, see your vision. Hear into what action you might take. Feel it. It is only important that you take the step forward. In developing this practice of your internal gears create a movement of great beauty as a life fully expressed because you did what needed to be done. You moved forward to your deliverance from the evils that keep you stuck.

This is the way that we are destined to understand. This is the wake up call of the moment. This is the destiny of this expression of humanity.

Moving forward even though we feel stuck or trapped or whatever. The journey to our authentic self is our destiny. We arrive through love in all its blazing glory.

Commit to being loving to yourself with each step and don't stop until

the miraculous unfolding beyond your fear blossoms. Take responsibility
for the joy possible in your heart space.
Go forward and be all that you can be.

May your dreams unfold in delightfully unexpected and extra gentle
ways.

DAY 48 | MAKE A COMMITMENT

Daily Affirmation

“I experience deep peace filled happiness with each commitment I make and keep”

The promises you make and break you do to yourself. The happiness quotient in our life is directly dependent on the promises and commitments we make and break to ourselves. Don't be fooled, how you do one thing is how you do everything. Making a commitment and stick to it. This is the ultimate exercise in loving yourself, as you unlearn what you have learned as your way in the world. When what you see isn't what you want, it is time to make a commitment to what you want to see. To be the person you know you were born *to be*.

Acceptance and serenity is an inside job. It takes a practice to show up for yourself. A commitment to remembering your magnificence, bringing you to the tools necessary to process through what comes up, increasing your emotional musculature and abilities to handle anything crossing your path with grace.

When I started my process of reclaiming the truth I heard these words.

For the next 100 days

*I am going to consider the possibility
there is another way.
I won't talk about war, I will feel peace.
I won't talk about what isn't working.
I will experience what is.
I won't complain about what people don't do.
I will appreciate what they do.
Cura Et Labore "with care and work"
I am going to allow myself to be uplifted.
And. Be willing to see change. In a new light.
In what's remembered.*

It did not stop repeating in my head until I started taking action on the message. This resulted in a large collection of love based messages. Considered the possibility there is another way as a way to live every day. A life filled with an expression of myself grounded with the gravitas of love. A life I can be proud of because it is a life that contains self respect and self reliance. I trust my yes and I trust my no because I know how to make a commitment and stick to it.

Don't fall asleep to the truth. Awaken a commitment to loving yourself.

May you find comfort with each step you take on the path to your most radiant loving self.

DAY 49 | LET LOVE LEAD THE WAY

Daily Affirmation

"I allow love to surround me and flow through me"

Let what you love guide you, let the power of the heart pull you into connection and collaboration with what brings you to the center of your being. Honor your loving and be the change in your life and the lives of those you meet.

Let the Angels in your life and yourself dream big.

Every breath represents the beginning of a new cycle. Every breath represents the opportunity to let love lead the way. In each breath, we make a commitment to letting love lead the way creating reset points in our operating systems, opening gateways to new worlds of possibility never before experienced.

"Courage is more exhilarating than fear and in the long run it is easier. We do not have to become heroes overnight. Just a step at a time, meeting each thing that comes up, seeing, it is not as dreadful as it appeared, discovering we have the strength to stare it down." - Eleanor Roosevelt

When you make love a daily practice, embracing each step in your

process every day becomes a celebration inviting all parts of you to be nourished allowing everyone you encounter to open in joyful meetings and blessed interaction. Pure Love is the full knowing of the truth of your being.

May all your loving actions be returned to you 1000 fold.

DAY 50 | TAKE A STAND

Daily Affirmation

"I allow truth's grace to ignite my heart song"

Take a stand in your life and assume a position of strength and love in every encounter. When you assume a position in your heart standing for the truth, no matter how terrifying, it enables all parties involved in the encounter to be free. In the light of this kind of truth you bare witness to the magnificence of possibility unhinged of the past opening up the world to untold possibility where we are celebrating the power that lives within each of us to rise up. It is time to take a stand for the person who needs it most. Yourself. Demand a little more of yourself today than yesterday. Remember who you are.

"A nation reveals itself not only by the men it produces but also by the men it honors and remembers." John F. Kennedy had it right in his speech celebrating Robert Frost and the arts.

Let's be remembered for our ability to change with grace to transform our present turmoils into peace on earth. Let's get really clear, in remaining passive and asleep in our own lives affects the planet. We have challenges, for sure, things are breaking apart and falling away... This is not a cue to give up, when Winston Churchill on the day of the French

capitulation said "Let us therefore brace ourselves to our duties, and so bear ourselves that, if the human race lasts for a 1000 years, let them say ... "This was their finest hour" he offered a space above the doubt, beyond the uncertainty and bleakness of circumstance to rise into.

Take a stand today and address what needs addressing, celebrate moments of magnificence, individuals of purpose, and every expression of love that you see, encouraging more of that kind of behavior. Uplifting every moment that follows. Leading us into a new era.

May we find ease in our loving boundaries. May we take a stand for what is just, what is right, what is loving across all our communities.

DAY 51 | LIVE THE TRUTH

Daily Affirmation

“I let the truth guide my way”

Be willing to have the truth lovingly blossom. Keep your eyes attune to the whispers on the wind listening to what's required for your soul's growth.

“How many more times is (fill in the blank — and it isn't pretty) going to happen before I stand up for myself. Before I tell the truth. How many more times will a pattern repeat until I am ready to do things differently?”

Do yourself and your community a favor. Break the chains of fear, lies, addiction and remember who you are and what love is, and means.

Flip the switch, ignite the field, walk into the light of truth. Right now. As a friend of mine likes to say “don't settle for the mild river of misery.” Become a tuning device allowing love to flow through you and radiate from you expanding outward without reserve.

May the truth shine brightly in every situation you find yourself.

DAY 52 | LET IT BE

Daily Affirmation

"I love with passion, courage and grace"

Relax into the truest nature of your being and just let it be.

You have all the support you need to be all of you. Know you will be guided to the person, place or thing that will serve the needs of your soul.

For now, let it be.

We need look no further than the innate truth written by four lads from England...

When I find myself in times of trouble

Mother Mary comes to me

Speaking words of wisdom, let it be

And in my hour of darkness

She is standing right in front of me

Speaking words of wisdom, let it be

Let it be, let it be

Let it be, let it be

Whisper words of wisdom, let it be

-- The Beatles

Wherever you find yourself remember you are always loved, you are never alone, and you are always home.

May you celebrate each moment of surrender, relaxing deeply, as you let everything be exactly as it is.

DAY 53 | HAVE FAITH

Daily Affirmation

“I fiercely answer the call of my being”

Faith is an aspect of consciousness. What you choose to hold dear will bear fruit. Practice placing your faith in the miraculous nature of your loving heart. In the unending, all powerful, cycle of nature. Lose your attachment to the way things are unfolding and engage the muscle of truth which is in us but not of us, and does for us what we cannot.

Life is a multi point expression. There is light and there is dark, ranges of light and dark. While structures exist in a binary, there are more perceptive experiences, mycelium have 1000s of expressions. To each idea and many sides to every story. When we let ourselves embrace the mystery, beyond and within this is the full expression of God's work. Faith is enacted. Do you spend time making things more complicated than they need to be because you have placed your faith in unloving thinking?

Stop it.
Have faith.

Change is not an abstract; it is a daily roller coaster in which every hour

requires demonstrates a miracle and every day we wake up to begin again. Hold to a faith at the center of the wheel of fortune, as the wheel goes round and round, the center never changes.

Faith is the belief in that which we cannot see. It is the truth stepping into your life fully entrusted to God, doors will open where we thought there were walls, people we don't know and have never met will show up with their heart open igniting the flame of our efforts into the grandness of that unified field. There isn't much else to say about all the fabulousness in this practice of faith. There isn't anything to do in this space of transformation where an alchemical process gives over to that new elemental creation. Enjoy today in the faithfulness of each moment, remembering you are held, whole and you are most certainly loved.

Let us arise and go in faith along the way.

Now we are sure we do not walk alone.

For God is here, and with them all our brothers.

Now we know that we will never lose the way again.

-- ACIM

Faith will see you through. Have faith in an awesome power, showing up day in and day out in a million ways and with a million miracles .

May your heart open to the practice of faith in the light and connection of all things.

DAY 54 | THE POWER OF BELIEF

Daily Affirmation

"I experience more clarity and joy as I connect to my inner power"

The lie is hidden in our beliefs. Beliefs are the illusions of our unloving thinking, they are the lie made manifest. Free yourself of any lie that keeps you stuck in your beliefs.

Practice learning to see with your heart's vision. Seeing well beyond the lie in your beliefs. Give this day to what love wants to show you. Give this day to the soft focus of what your heart and soul has been trying to tell you. Give this day to the flight of that magnificent expression of you.

May you always see with your heart. May you always see with your heart the great beauty, and wonder of the world and all its charms.

DAY 55 | I AM LOVE

Daily Affirmation

"I AM LOVE!"

I AM LOVE is the beginning and ending of every story. The "I AM" statement is a most powerful truth "Be still and know that I am." This is one of the largest tools in the human arsenal emerging to listen to the still quiet voice that has the answers for our highest good. We are made of love, it is what we are.

Every time an "I AM" is spoken an Angels heart is filled with joy and our societal connection ignites, binding the speaker together with a spirit in flight...

Own your "I AM" and feel the miracle of calm rise within your being. Be present to your I AM and allow it to take you through your days.

I am present
I am grateful
I am blessed
I am supported
I am content
I am ever evolving

Each "I AM" is filled with presence and intention and transcends identity.

Use your "I AM" to remember the truth... Use it to let your emotions flow, to just be in your space, allowing defenses fall away, and the surfacing emotions to release in the loving exchange.

Give birth to the expression of your authentic self. Use the void between each breath to expand the truth of your unique journey, divinely guided in the most perfect fashion, surrounded by support for all the tears and laughter, expanding friendships, and connections that will feed your soul. Ignite your ancestral heritage, that vibration of eternal existence, with full nourishment providing all the new creation energy necessary for your growth.

Break your I AM open on the wind and use the energy of your intention and the magic of this moment to combine, uplift, and empower your next steps.

May I be a vessel of light and love. May I be used as a bridge to uplift the energy of every situation.

DAY 56 | APPRECIATE ONE ANOTHER

Daily Affirmation

"I am grateful for my life exactly as it is"

We have gone from love thy neighbor to we are our neighbor. There is a beautiful passage in the Talmud that says every blade of grass has its own Angel bending over it, whispering, "Grow, grow." Every, blade, of grass, has an Angel. Every single one. As we appreciate each other, as we know we are our neighbors, we know everyone we meet is perfect as they are, as we recognize the gifts they are in our lives, as we love, respect and extend them kindness, we experience more kindness and support.

Once upon a time the colors of the world quarreled: each one claiming they were the best, the most important, the most useful, the favorite.

GREEN said: "Clearly I am the most important. I am the sign of life and of hope. I was chosen for grass, trees, leaves - without me, all animals would die. Look over the countryside and you will see that I am in the majority."

BLUE interrupted: "You only think about the earth, but consider the sky and the sea. It is the water that is the basis of life and drawn up by the

clouds from the deep sea. The sky gives space and peace and serenity.
Without my peace, you would all be nothing."

YELLOW chuckled: "You are all so serious. I bring laughter, gaiety, and warmth into the world. The sun is yellow, the moon is yellow, the stars are yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun."

ORANGE started next to blow her trumpet: "I am the color of health and strength. I may be scarce, but I am precious for I serve the needs of human life. I carry the most important vitamins. Think of carrots, pumpkins, oranges, mangoes, and pawpaws. I don't hang around all the time, but when I fill the sky at sunrise or sunset, my beauty is so striking that no one gives another thought to any of you."

RED could stand it no longer. He shouted out: "I am the ruler of all of you - I am blood - life's blood! I am the color of danger and of bravery. I am willing to fight for a cause. I bring fire into the blood. Without me, the earth would be as empty as the moon. I am the color of passion and of love, the red rose, the poinsettia and the poppy."

PURPLE rose up to his full height. He was very tall and spoke with great pomp: "I am the color of royalty and power. Kings, chiefs, and bishops have always chosen me for I am the sign of authority and wisdom. People do not question me they listen and obey."

Finally, INDIGO spoke, much more quietly than all the others, but with just as much determination: "Think of me. I am the color of silence. You hardly notice me, but without me you all become superficial. I represent thought and reflection, twilight and deep water. You need me for balance and contrast,
for prayer and inner peace."

And so the colors went on boasting, each convinced of his or her own superiority. Their quarreling became louder and louder. A startling flash of bright lightening - thunder rolled and boomed. Rain poured down relentlessly. The colors crouched down in fear, drawing close to one another for comfort.

In the midst of the clamor, rain began to speak: "You foolish colors, fighting amongst yourselves, each trying to dominate the rest. Don't you know that you were each made for a special purpose, unique and different? Join hands with one another and come to me."

Doing as they were told, the colors united and joined hands. The rain continued: "From now on, when it rains, each of you will stretch across the sky in a great bow of color as a reminder that you can all live in peace. The rainbow is a sign of hope for tomorrow."

And so, whenever a good rain washes the world, and a rainbow appears in the sky, let us remember to appreciate one another.

May we appreciate everyone and everything that graces our lives.

DAY 57 | EXPERIENCE LIGHTENING

Daily Affirmation

"I allow light to flow in my life"

Lightning strikes. It is what it does. Out of nowhere it strikes electrifying our being with a knowledge we have been darkened to. Shining light on what we need to understand. Enlightenment isn't a change but it is the recognition of the fiery passion awaiting the strike as sacred encounter with the truth of who we are. Enlighten your life as you remember the booming crack of brain lightening in every moment you are willing to bare witness to the truth.

Marianne Williamson's "God is the electricity flowing between two people" as the essence of sacred space created in a whole relationship where there is space for all of it and space for the divine eternal energy to express and expand itself fully.

Epiphanies are openings in the chaotic projection of daily life. They are awakenings. They are moments of lightning strikes illuminating the field in the haze of our days.

Open yourself up today to the sacred experience between you and those you encounter. Allow the lightening of expression to flow through you

and into the communion with another. Experience all of yourself in its entirely in the electricity of the moment and allow that strike to unfold more and more of your experience with loving yourself.

May you be in the flow and allow the force of electricity strike through you in full co-creative expression.

DAY 58 | LISTEN

Daily Affirmation

"I listen to the still small voice within that brings me peace"

Be gracious. Be Kind. Be compassionate. Be an ear so your heart wisdom can be revealed.

There is a light in all things. As we look for the light in each other and make a connection, it becomes easier to listen. God is always trying to tell you something. Honor yourself by demonstrating your ability to listen.

Be a bright and brilliant light so others will know the glow of truth.

Grow up.

Allow everything to open up in the place of connection where walls and separation crumbles and falls away surrendering to the giving and receiving of love in its purest form. "Free of the constraints of the lie you have been telling yourself forever" and remember the infinity loop of heaven on earth in the fullness of interdependent connection to someone else within the truest space of the sacred relationship with the divine in covenant in the most miraculous part of the universe.

In understanding your humanness you understand spirit in this reality of
Love.

Sit in the presence of "God" or the divine free of the conditioned self.
Enjoy this interaction. Not the God of a youth spent in separation but the
God or divine experience of openness
to the present moment.

Honor the interaction as you honor the teachers who demonstrate the
beauty of the butterfly and showcase the possibility of flight. Recognize
the terror and the comfort in equal parts as engagements in the whole. An
interdependence within the truest space of the sacred relationship
cultivated in each moment of staying open to the intention to get beyond
the battlefield of thinking 1000 percent in service through all the edges of
disenfranchisement and separation.

Like Marcus Aurelius "the first rule is to keep an untroubled spirit. The
second is to look things in the face and know them for what they are."

Offer a loving presence to watch the fears of society unfold and dissipate
under the weight of the truth in this light. Expand your vision and bring
clarity into the forefront of your days. Stop the projecting of stories so
tired and old that no one, including yourself, want to hear them ever
again.

Love every possible space in the conscious and
unconscious world.

Give the gift of knowing the deeper truth and accept the bare authenticity
of each interaction.

Keep learning. Keep loving and continue to stay open.

The journey of every lifetime requires an other to reveal the truth to
enter the heaven of this moment. Allow an other to know the real you. Do
so now. The Color Purple by Alice Walker starts and ends with a letter to
God. In the beginning it is a God outside of the main character. In the end
it is a God inside and in everything) Spielberg worked his magic with the
movie and it continues to be an inspiration for adapting a book into a
film.

May you connect to the cosmic heart enraptured in love.

DAY 59 | EMBRACE THE FLOOD

Daily Affirmation

"I embrace everything in my life exactly as it is"

The literal story of the flood is water purifying the earth. When the rains come, when the darkness falls, when something you didn't want to happen does, maybe consider the possibility there is another way to look at it. Embrace everything that happens.

Embracing the gifts as they come flooding in and through is your job in a practice of LOVE. Whatever happens, whatever comes your way, you are relaxing into an understanding that everything has its charm. It's appeal.

Everything moves to a rhythm. A rhythm of life, of acceptance. A dark inscrutable workmanship at play as Wordsworth wrote those discordant elements beating as one concerto/society.

Letting go of the need to hold a future event or occurrence, frees the moment of now and gives everything up to God's will flowing and flowering and nourishing your spirit.

Sometimes the floods of love come through to wash up the oppressed energies and emotions and clear the way for a new day. Accept what is

presenting and connect to your inner wisdom and the center of your being where love resides in connection to all that is.

Any student of history will tell you America is made up of the most diverse collection of races, religions, beliefs and peoples. Why? America was what folks in the east thought was undiscovered land, holding the promise of a new age; it remained the 'last' melting plot available on our precious planet to leave behind the oppressions of tyranny in the colonial world view. But, as anyone who has ever had to face their demons or "train their dragon" will tell you, running from your fears or the fears of the collective does not make them go away. Fears exist to be met and faced and understood so they can be freed from ruling our unconsciousness behaviors.

Because we live in the land of the free and the home of the brave does not mean we do not have to practice what we preach, that we are not suffering from the afflictions of humanity, that we didn't murder, and oppress, and cheat and steal, that we didn't make decisions that were based in personal fears. Freedom is a discipline we apply everyday because every man brings with him and plays host to his own terrors projecting those terrors into the consciousness of a society. It is each individual's personal journey to transcend beyond these lower thinking forms exercising bravery in the quest to be free, rising above the battlefield and baring witness to the truth.

While our history has blemishes that we continue to atone for; the slaughter of the Native Americans, entitled slavery of a beautiful race of people, women's suffrage, civil rights, bank oligopoly, corporate raiding, seething greed, there is one thing that remains constant --- faith in the "better angels of our nature." A space where whatever unjust, not right minded human afflictions are taking place that we are willing to see the truth and hold the space for new possibilities, to look at things in a different way, to argue yes, but then to see the light and be a clear and present source and beacon of truth so this mass collection of "discordant elements" as William Wordsworth stated could "move in one society." One society embracing each other's differences in love and opening to the highest possibilities of peace for all humanity.

Getting a little biblical (and who doesn't love the bible)-- from the Sermon on the Mount. "Therefore everyone who hears these words of

Mine and acts on them, may be compared to a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and slammed against that house; and yet it did not fall, for it had been founded on the rock."

You can build your house on the rock of truth or the sand of your fear. We are all blessed with a choice. In making a choice between the two in a stance of honesty and Love I invite you to consider how your actions to yourself and others will affect your own personal sense of peace.

In all the drafts of his speech Abraham Lincoln included a confrontational pointedly aggressive statement addressed at the South, he removed when he delivered the speech. The final line of the Inaugural was to have read....

"Shall it be peace or sword?"

May you create deep harmonies as you breathe in peace and breathe out love.

DAY 60 | STAND WITH LOVE

Daily Affirmation

"I stand with love in every situation"

Stand with love. Now and forever. We've been a society running from our demons, not wanting to face them, because we've got no experience with the how. In the past we've been able to explore, conquer, quest, discover new worlds, new lands. With the earth being covered and our population stretching resources. There is nowhere to hide.

It's time to stand and say.

"Love don't run, Love don't hide, we won't turn away or
back down from a fight..

Love's too tough, it won't give up, not on us

Love don't run."-- *Steve Holy*

We don't get a lot of things as kids and with limited instruction it is interesting the stories we create and tell ourselves.

In James Cameron's first Terminator film, the terror and horror of The Terminator wanting Sarah Conner dead because she carries the seed that will save the world is a universal archetype for that which is in us that our ego is continually terminating.

It's all there... run from your fear because you don't understand what's chasing you and why, and when you do get it you realize it is not going to stop. You need to take a stand against the demon, hoping for a victory, so you can live to save the world. Sarah Conner survives and she is different from having faced her assassin. In the sequel, *The Terminator II* in which the evil and bad Terminator from the first movie becomes the savior of the heroine and hero in the second. You begin to see the archetypal pattern as Arnold Schwarzenegger playing *The Terminator* appears before a terrified and tortured and mentally unstable Sarah Conner fleeing for her life... Reaching out his hand. "Come with me if you want to live." You have a choice. Crucifier or Savior. It's all a matter of your perception, shifting the illusion of time and space. In one movie, he's the killer. In the other movie his is there to save her. Our terminator can be our savior or our crucifier depending on our perspective. Whatever you want to say about James Cameron he has his brand of rock star metaphorical archetypal story telling. We all relate because on some level we all get within us lies the ability to save the world by facing our fears. Our Terminators can be a guide to peace or they can be our guide to pain.

It's so wild that we choose which story arc it will be.

Since we are not living in a movie with a science fiction script containing and demonstrating the hero's journey in 100 plus action packed pages... We are on our own to figure it out. No one teaches us how to face our fears. When you have no instruction and there is no operating manual it seems perfectly reasonable to hide from *The Terminators* of our lives and to keep up the cycle of forever running away from our self, becoming fused to our fear, allowing it to build an empire of untruths.

Hundreds of years ago there were fairy tales to help children process through their childhood terrors and remember the truth about themselves. Today with everyone's personal hells being medicated, avoided, deadened and our collective unconscious wounds raging largely unprocessed we are at a turning point.

Don't hide from your fear. Stand and see the truth. Face what you need to face and watch the resilience of your spirit rise to meet the needs of your soul's expression.

May you experience the fierce freedom of love.

DAY 61 | SHINE BRIGHT

Daily Affirmation

"I am light"

There is an exquisite light within each of us. Turn up the light and shine bright.

May you continue to shine bright like a diamond as you radiate joy.

DAY 62 | SOUL FORCE

Daily Affirmation

"I utilize my soul force with grace"

A euphemism sometimes used for Satyagraha is that it is a "silent force" or a "soul force" (a term also used by Martin Luther King Jr. during his famous "I Have a Dream" speech). It arms the individual with moral power rather than physical power. Satyagraha is also described as a "universal force," as it essentially "makes no distinction between kinsmen and strangers, young and old, man and woman, friend and foe."

Connect to your soul's knowing. Feel its unerring wisdom. Listen to the soul's energies and deepen your practice of knowing you are powerful beyond measure. The soul knows where it belongs. Not some of the time. All of the time. When you strip everything away and get bare this fact sings.

It doesn't matter what path you choose, what form the exploration, just that you remove any blocks and keep yourself open. Your life to date, the pain and wounds, joy, laughter and love, all the love... you can use as a road map of how to find your way back to the space that knows. That lives in eternal joy and peace. That flourishes in a warm embrace.

You can choose to see things differently and take any light bulb moment of truth to change the story you've created. To get help. To share yourself. To move from fear to love, from insecure to joyful. You can choose in this moment to open yourself up to the possibility of being happier today than you were yesterday, to be the change necessary so you are delivered from whatever your current circumstance into peace and love.

Simply by choosing to be awake.

Believe it.

Today. Right now. I'm giving you a free pass. A pass to forgive yourself and anyone you have been carrying a 'hate on' or 'worry fest' for. As you read this allow forgiveness to be understood and accepted and make the "journey (without distance) from your head to your heart." Notice it says without distance, not without resistance. I get that it might be upsetting to remember the universe has it covered. I get that people will trigger you. Don't let it take you around and around the yellow brick road. No matter what comes your way, you always have access to your center, just as Dorothy did, you can click your heals three times and go directly home.

Release the past. The future has no business today and be willing to have the truth lovingly blossom.

May your soul know its full power.

DAY 63 | CREATE A NOURISHMENT TEAM

Daily Affirmation

"I connect easily and effortlessly with all the wonderful things of the world"

Everyone, no matter the profession, needs a nourishment, positivity and loving team. Put yours together today. Find your cheering squad to hype you up when you need it most, to support and care for your work.

We all need people to remind us-
To love everyone.
We are beautiful
We can do it

AND

We are fabulous!

Whatever form of insult that takes you to your bottom (and there are many) or anything that lifts you into the stratospheres, the single most important factor in sustaining personal harmony and living your life from foundational integrity is having a support system. Where would any of us be without the people, places and teams to support our efforts.

Allow us to grow, enable us to be “something different today than we were yesterday” accepting all parts of who we truly are.

By finding your people, those individuals that get you, that you don't have to “work” to explain yourself around. Those safe people, places and spaces that honor your intention of simply knowing you are “good enough” just as you are when remembering that truth becomes difficult. This will be your “Love You” team and will hold the space for your continual flourishing and blossoming and be there providing nourishment through those times of hibernation sowing the seeds of your most radiant centered self with you in spirit weathering storms and cherishing successes become second nature in a process of energizing your inner flame.

Who are you starting five?

Who can you turn to for feelings of overwhelm, stress, expression, inspiration.

Find your tribe

Find those who get you

Be active about your starters.

There are no secrets to the cycles of life merely unrecognized opportunities to remember the truth. By understanding everything is a lesson being served up for growth in your personal practice of interdependence, by being proactive in building a “Love You” team to support your efforts you will be able to liberate yourself from any self sabotaging moments that stop, stall, divert and tempt you to move into fearful thinking; to help support the true vision of love everlasting, ever giving and all knowing. To be all of you.

May you be guided to the perfect souls to cheer all your heart felt efforts.

DAY 64 | NOW IS THE TIME

Daily Affirmation

"I open my heart to the present moment. I take loving action creating peace and prosperity for myself and all I meet"

Miracles occur naturally as expressions of love. The deepest form of community is to join with a brother in a purpose higher than your own. Let today be a reminder there is much to be done and bust out the love, open your heart and turn up the volume to an eleven.

Martin Luther King's words from his historic "I Have A Dream" speech reveal more than a dream, his opening remarks offer up a deep truth and a reminder, the moment is now, not tomorrow, not next week, it is always and only now, as we move into this era of global transformation.

"We have also come to this hallowed spot to remind America of the fierce urgency of Now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children."

The issue of equal rights is part of a larger statement about human rights. About the practice of humanity. Martin Luther King Jr's dream exploded into unfinished assassinated business. As Michael Beckwith says Martin Luther King, Jr. didn't go to Washington D.C. and say 'I have a complaint.' He went to Washington DC and said "I have a dream."

See today where you are forgetting your dream and pick it back up and share it with a brother or sister. Join together. As ACIM says an idea grows stronger when shared and there is nothing stronger than an agreement between two people.

It is time to join together. It is time to practice the principles of non violence.

On the planet today there are one billion people who live in poverty. Who struggle to feed themselves and their families.

This is UNACCEPTABLE.

When a sister is in trouble, we are all in trouble.

Hiding in the bosom of the cult of culture is not going to do it. No more living in the delusion of separation and being different. No more blinders. It is time for the truth. Recognizing our commonalities. Recognizing our note in the song of the universe enabling the harmony of our practice of humanity, that connection we yearn for to truly resonate. Until all of us on this planet are peaceful, none of us can experience true happiness.

Starting here. Starting now. Make a choice to practice humanity.

May your "fierce urgency of now" flourish
in brilliance and connection and Love.

DAY 65 | PRAY

Daily Affirmation

"I am overflowing with blessings"

Prayer is the medium of miracles. Prayer is the way we communicate with God. Ask, through prayer to receive wisdom, grace and love. There is a saying 'you do not ask for too much, you ask for too little.' ASK to be a blessing to those you meet, ask to share your gifts, ask to be the best most loving expression. Pray for grace. Expect a miracle.

"All we can do is PRAY!"

AND

Bust it out. Let it go. Ask for what you need with all your heart and
RELEASE your prayers out into the world.

REJOICE.

REPEAT.

As you move forward with each new day, remember, some of 'God's greatest gifts are unanswered prayers' (God, I love Country Music) Gorth with your heart open and watch the miracles unfold.

So today and everyday...

LET US PRAYYYY!!!!!!

May all your prayers be answered.

DAY 66 | EMBRACE WHO YOU ARE

Daily Affirmation

“I am grateful for who I am and how I operate in the world”

The secret of everything is to love yourself as you are. When this is your mission within each moment, no matter what anyone says or shares with you - you understand it for what it is - information being delivered for your consideration. Not to derail you, or to take on as truth, but merely as information outside of your self.

When you love yourself, you have a clear boundary, 'what other people think of you is none of your business', love yourself and wash whatever comes your way with loving energy which understands intuitively you are more than enough just as you are.

L.A. REID talking about his mentoring reflected, "I wish for myself that I will mentor them for who they are, not for what I wish them to be."

How often are we caught up in giving someone some advice on how they could be instead of embracing who they are? Instead of extending acceptance for who and what they do.

The greatest power you have to change a situation or circumstance is in

direct correlation to your level of accepting it exactly as it is without
trying to change anything, offering a new vision of possibility for them to
rise into after the total compassion
for the total person.

You can't change what you haven't realized so in giving the gift of
acceptance, you enable undefended vision, allowing the person to grow
beyond what they were attached to.

Thank you God for making you.
Thank God for making them.
Thank God.

Life is an ever unfolding gift, enjoy yourself, celebrate who you are.

May you fully embrace your loving heart.

DAY 67 | YOU ARE MAGNIFICENT

Daily Affirmation

*"I am who I am
I own what I know"*

Being precedes the doing. There is only you in the universal symphony - here to play your part, to sing your song, to be magnificent and love yourself with all your heart.

My first mentor taught me 'don't try to be better than your competitors try to be better than yourself.
Celebrate your magnificence.
Own what you know.
Know where you stand.
Stand for love.
Be you. All of you.
Have courage and speak from the heart.

May you experience your fullest magnificence connected to our inner power.

DAY 68 | FOREVER GRATEFUL

Daily Affirmation

"I am grateful for everything that comes my way"

Thank God for everything! As Meister Eckhart says "if the only prayer you ever say in your entire life is thank you, it will be enough." Expressing gratitude is how we manifest peace in our heart, mind, body and soul. Thanks be for everyone, everywhere. Let gratitude guide your way.

Thank you to all who contribute their time and attention and energies to the spirit of our collective connection.

The gifts you graciously give, you receive.

Thank you for all your loving thoughts and Thank you for extending that experience of grace through you with each breath you take.

In short. Say thank you for everything. Forever grateful.

May grace surround you and flow through.

DAY 69 | DO YOUR BEST

Daily Affirmation

"I always do my best, no more, no less"

Surprise yourself.

When the best of us is brought forth, it gives us the chance to let go of the worst of us. Move into deep respect and appreciation for who you are. No holding back.

Repeat after me...

I will do what is necessary to make any change that will free me of my past judgments and addictions. I am willing to act in my best interests, I am willing to love and forgive myself.

No matter what divides us, we must remain united in the highest order of freedom with respect for our differences and find our common connections. Let's make practicing love a way of life. Not because it's easy.

But because it's the right thing to do. Everything started in love knows how to return to that space.

We owe it to those who come after us to remain awake, to celebrate who we are, and to talk about things that matter and to always do our best, no more, no less.

May you surprise yourself with the power and depth of your open loving heart. *May we be in service to those around us in beautiful and magical ways.*

DAY 70 | COUNT YOUR BLESSINGS

Daily Affirmation

“My actions create an unending chain of loving abundance”

When you recognize and remember how blessed you are life reveals more blessings. Count the blessings surrounding you and experience yourself as the blessing you are. Count the blessings in your life as you love everyone more than you thought possible.

I am blessed to love my life surrounded by people I love and respect, who know me and understand who I am.

I have come to a place in my life where I love everyone I meet for who they are, and not for who I wish they were. The biggest gift you can give anyone is to not make it about you and instead to have new vision to count the blessings of what people are bringing to your life. Love doesn't ask you to judge. Love doesn't ask for you to understand anything. It merely requires you open your heart and receive the blessings available in each moment.

“Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom.” Proust.

May we all enjoy peace on earth, freedom of expression,
love in our hearts and may we be in service to each other.

DAY 71 | FEEL THE FEAR AND DO IT ANYWAY

Daily Affirmation

"I speak up when I see injustice"

Be fierce in your loving interactions. Be kind in your communities. Lead with Love in each conversation. Talk about things that matter. Be someone who takes action that creates deep and abiding peace of mind
body and soul.

Promise me that today you will do that thing that you are afraid to do. Promise me you will say what is in your heart to say. The world begins to change when we take action with love. One of my sheroes, lyricist Dorothy Fields wrote "if there were more people, good people, who did there would be much less to be done." Each moment gives us an opportunity to do what must be done, to pierce the veil and make love the bottom line. Each time we act with love, the world shifts its evolutionary
harmony of joy.

Love restores reason and not the other way around.

It is important to speak the truth, into the void. It is a time of great change and great opportunity to be a loving light of kindness in the worlds you inhabit. Stop being a unique conformist and get out of your box and say what needs to be said, do what needs to be done and
move on.

Get the nerve and exercise the muscle, live beyond the beyond,
somewhere over the sea. Have faith in what you can't see and journey
deeper into your life with courage and grace and kindness.

Ask the question. Get the answer. Live your life. Fully. No excuses. No
regrets. All love.

Make your life an emblem of beauty in action. Stand for what is Loving,
allowing any action necessary to rise up into being for you to do. Never
forgetting the highest space of possibility is God's.

May you know the fullest fierceness of now.

DAY 72 | CHOOSE LOVE

Daily Affirmation

"I co-create easily"

Consider the possibility there is another way.
Consider the possibility you can choose love. Choosing in every situation
to act with love.

Choosing to ground your thoughts in loving.
Receive all the blessings that flow from loving source.

Choosing love is an arrangement you make with your heart and mind to live in harmony and peace. It is an ordering mechanism to process your perceptions toward what is most loving. Choosing love is an interface an operating system of elegant design. How we arrange our thoughts create our reality. When you decide to love over hate or fear, you remember, you have a choice, and in this moment you can choose again.

Whether you base your world view on mathematics, science, religion, God, vibrations, energies. Everything in the universe is a harmony at play and in tune with cycles endlessly flowing.

*"Show up for Love.
Nothing more is required."*

-ACIM

Love is all around, surrounding intentions with love and releasing anything unwanted, not of the light and hanging around as a downer dragging my spirit into the ethers.

This is the moment when the winds of the angels delivers messages into the warmth of the soul revealing wisdom.

All I can do I have done. Where I have held myself back thinking there is something wrong with me in these 100 days I now release. Whatever patterns I have showcased in the past based on unhealed trauma. I release.

Whatever comes up blocking a natural flow in moving forward with beautiful expressions and collaborations, I release. I release everything mentioned and unmentioned into the vientos de los angeles.

Any energies directed in explaining what is a problem. I now direct those energies to move into and nourish the expansion of creativity, love and co-creating all that is beautiful for a loving and fantastically peace-filled future. My minions and my sisters and my ancestors at work in action with love.

May you experience the patience of love.

DAY 73 | BEWARE UNRECOGNIZED BELIEFS

Daily Affirmation

"I see through illusions"

In a world where the lie is in our beliefs it is important to be wary of our unrecognized beliefs. It's part of the human conditioning to absorb illusions as reality. Awareness is everything. When we don't have awareness about our triggers. It is a choice to unwind and unhinge as we remember only love is real. Without knowing it, subconscious drivers attract people who articulate and amplify our fears. Living and working out of your heart space reveals the truth.

Despair is 'I blew it again.' I did it again. Interactions are energetically designed for us to learn, evolve, grow, transform and shift. Any energy or pattern will come back around until it is resolved, forgiven, understood.

Learn to tune into the voice of your inner self abuser. Wash the entire thought process with love and experience a shift in being and experiencing yourself in love.

It's cool. Accept it. You are the problem.

Keep your heart open to the truth.

Restore your vision by seeing with loving thoughts.

Allow forgiveness to enter into your heart.

Let the truth behind what hurts, open you up.

May you experience the love and joy of each encounter.

DAY 74 | RECEIVE YOUR MESSAGES

Daily Affirmation

"I share my gifts freely"

Marianne Williamson describes the process of receiving as ministry... "*each of us is on the earth with a holy mission: to give and to receive the love of God. With every encounter, it is our function to give to others the love we wish to receive. As we do so, we minister to their heart and to our own.*"

Messages received in the heart resonate throughout the universe.

Receiving paves the way for the giving. You have heard this said a hundred ways, a hundred times. But this is sure; until belief is given it, you will receive a thousand miracles plus a thousand more, as you realize you have been given everything, you lack nothing.

May you enjoy sharing the gifts you have been given.

DAY 75 | TALK ABOUT THINGS
THAT MATTER

Daily Affirmation

"I know what matters"

Words from 1965 by Martin Luther King Jr. speak to the heart of the matter, "Our lives begin to end the day we become silent about things that matter."

Do not walk away from having the conversations that matter. Speak up, take action, love more deeply than previously possible. Every voice counts. Now is the time. We have the privilege to grow younger as we move deeper into our lives. Don't pass up the opportunities to be someone today who impacts the worlds we inhabit.

May you connect deeply to the light in all things.

DAY 76 | ONLY LOVE IS REAL

Daily Affirmation

"My sacred heart brings peace to all I encounter"

Anything we think that is not loving is not true. Love is all encompassing.
What is all encompassing has no opposite.

Only love is real.

Make the effort.
Speak from the heart.
Remember...

Nothing real can be threatened and nothing unreal exists. - ACIM

Take care of the tenor of your conversations and the space you are holding for your self and your community. Only love is real is the start of our 100 day practice and it is the one practice we repeat here on Day 76.

"Teach only love, for that is what you are."
Chapter Six, ACIM - Lessons of Love

To any problem, perceived or otherwise, love always remains the answer.

May we be a vessel of peace and love. May we understand our connections through our loving heart.

DAY 77 | NEW VISION. NEW DAY.

Daily Affirmation

"Every experience brings me wisdom"

Imagining other possibilities is one of the ways we activate the liminal quantum worlds. The heart has eyes to see loving worlds free from the past. As we shift to the vision of the heart, in the present moment, where the electricity, the power of now, lives, a world of possibilities unfolds.

Our hearts shifts in perception is a way for a change bringing peace to our inner and outer worlds. In shifting perspectives, to a heart centered alignment you have the opportunity to enjoy a new experience remembering everything is something to learn from.

May you enjoy your life in love.

DAY 78 | AFFIRM THE TRUTH

Daily Affirmation

*"I am a beneficial presence on the planet.
I love who I am and I cherish what I see"*

You are powerful beyond measure. You are a beautiful loving person. The world is a beautiful place filled with beautiful people. Take today to affirm what is lovely and amazing sitting right before your eyes, every day. Appreciate the beauty in small things and big things and ordinary things. Affirm the truth by recognizing the universal light that connects all things. Namaste.

No matter what people say or do keep connecting to that light of truth in all things. No matter what. Practice this affirmation of grace in every encounter. Offer this gift of total and complete acceptance by affirming what nourishes the sacred experience of light. Affirm that which you want to see more of. Affirm what you love about your self and the worlds you inhabit. Affirm the truth. You are fantastic. You are powerful beyond measure.

What you focus on expands. What you celebrate reigns supreme. By blessing the people, places and things in your life, you are telling the

universe you are grateful, that you understand the cycles of nature's miracles and you are in a practice of deeply understood personal peace with what is, bringing with it expanding, radiating, pulsing peace.

May we cherish our friends, families and our communities.

DAY 79 | HELLO WORLD

Daily Affirmation

"I am powerful beyond measure"

Get out there and express yourself. Today is the day to DO IT!

There is no 'I'm not ready.' You have always wanted to take a Dance class. Sign Up. You have always longed to do something. Do it. Experience the satisfaction of acting on your wish. Take a chance today to enjoy yourself.

Whatever that means to you. It can be as simple as taking an orange to your favorite place, and rediscovering the joy of peeling it and enjoying that juicy burst of citrus. Whatever it is. Do it.

It takes courage to remember the truth about who you are and own your power. It takes care and patience to honor yourself by being responsive to your dreams and needs and the simple things like answering the wish of your heart's desire.

Seek not within the world to find your Self. Love is not found in darkness and in death. Yet it is perfectly apparent to the eyes that see and ears that hear love's Voice. Today we practice making free your mind of all the laws you think you must obey; of all the limits under which you live, and all

the changes that you think are part of human destiny. Today we take the largest single step to advance towards our established goal.

-- ACIM

May my heart light shine brightly.

DAY 80 | TRUST YOUR INTUITION

Daily Affirmation

"I trust my life exactly as it is"

The universe is supporting you every step of the way. When you allow the world to deliver its gifts. Allow yourself the grace available in each moment to act from the still small voice that knows.

You will find the love on the other side, you will find the respect of courage and the joy of knowing no matter what comes your way, you can handle it. You will survive and you will grow and you will be all that you can be.

Enjoy the aliveness of possibility. This is your moment. This is the time. This is the day you trust yourself and your strength and beauty and courage. This is your day to love fully and completely by trusting your inner wisdom to guide you.

May I receive the gifts being offered in each encounter.

DAY 81 | MUCH LOVE

Daily Affirmation

"I trust myself"

Love is everywhere, in everyone, and is the natural state of being. As the Troubadours wrote *"perfect love is born from what the eyes have made welcome to the heart. For as all true loves know, love is perfect kindness which is born, there is no doubt, from the heart and the eyes."*

Love creates connection
Love expands with grace and compassion
Love is truth
Love is light filled
expands possibilities
Love dispels fear
Love is in everything, always available.
Love is a meeting place.
Love is a deep space of being.

Love is available no matter who, what, where, when, why, you are. The way is simple.

Love doesn't live in some special place

Love doesn't ask for secrets to be kept
Love doesn't bring you down
Love doesn't confine you
Love doesn't ask you to stay small
Love doesn't ask you to stop dreaming
Love doesn't keep asking you to explain yourself
Love doesn't isolate
Love doesn't make you feel bad about yourself.

Bring more love to every situation.

May you experience so much love in your heart, mind, body and soul.

DAY 82 | RETURN TO LOVE

Daily Affirmation

“I see the world through the eyes of the heart”

It's amazing how it's always all there, so many cues, clues and symbols, opening doors into new worlds just waiting. Elaine Strich had it from her show *At Liberty* *“I am mad as hell that I had to go through what I had to go through to get to what I've gotten to... and, here I am.”*

We've all gone through what we needed to go through, we've seen the outcomes of behaviors, we've cycled through disconnection, we've seen the truth. We know what doesn't feel warm and friendly and bring us peace, we know what closes our hearts and we know what we need to remember. Healing is returning to love. Every moment we remember we are made of love, we are home.

May you awaken into your truest home.

DAY 83 | SPEAK THE TRUTH

Daily Affirmation

“I am open to seeing this differently”

No more living in the illusion of separation and fear. Allow the truth to set in. Allow the truth to set you free, even if it isn't immediately. When you speak truth it sets you free from the BS. It does not mean every element connected to the illusion will release, it enables a process of reconnection to flow as you are no longer connecting to illusions. This allows for new outcomes of growth. Allow the truth to bring you a vision that matches what lives and breathes in your heart beneath and beyond the prison of your past understanding.

It's been said if you go looking for the truth, get the whole thing.

No law the world obeys helps grasp love's meaning. Love is the ultimate truth. When we speak truth we celebrate love. Miracles occur naturally as expressions of love. Truth is the way of the heart, mind and soul.

May love surround you and work through you. May you offer your heart to the service of love. May you find peace today and everyday. May blessings and peace flourish in your presence.

DAY 84 | ETERNAL LOVE

Daily Affirmation

*"I shift my unloving perceptions
and connect to love"*

Eternal presence, Joy and Happiness are the gifts of love laid bare. Love given and received is the infinity flow of miracles in motion.

"For he chose us in him before the creation of the world to be holy and blameless in his sight. In love." Ephesians 1:4

This is how we do it, we rest in God, in the eternal divine loving heart of the matter into light consciousness. In thinking with the thoughts of God, the presence of love filled thinking works to unhinge our perceptions.

This shift in perception is the miracle. In loving consciousness we see with the eyes of the heart awakening to the truth in love born before time and beyond space, throughout eternity.

May we allow Love to break through.

DAY 85 | LOVE YOURSELF

Daily Affirmation

“With each breath I take I connect to myself”

You are not trying to be any one else, you are living your life as an expression of love for who and what you were put on the planet to do. This breath represents the fullness of all that you are, every cell of your being alive and awake to who and what makes your heart beat down to the cellular level ingrained in the codes of your DNA.

Appreciate the amazing magnificence of all you are and all you were put here on the planet to do.

Love. Yourself. With wild abandon and cherish the moods and rhythms of your sacred sounds. There is only one of you. Complete and healed and whole and in full possession of unending joy, peace, love and presence of self.

Experience all of you and say thanks God for who you are.
Exactly as you are.

Take that person into the world and celebrate each step, each encounter

and each expression of your truest self, fully revealed and alive and awake
in each moment.

If you get hung up on any part of remembering to love who you are, ask
yourself the beautiful question "Why Not take all of me?" and enjoy Willie
Nelson singing All of Me a song written in 1931 in a decidedly different
era...

Why Not? What do you have to lose? Why not take a chance on accepting
yourself and your way of being as perfectly perfect.

Why not?

We never know why we are made a certain way. Who's to say one quality
you consider a hindrance isn't the key to your path through. You never
know how the gifts you have been given will be received and to what
affect. All you can do is give your gifts freely and openly.

I gladly give up my fear
I move into eternal joy
Standing in the truth
Balanced and at peace
Returned to full awareness
Celebrating my life

Let my heart rise and flow
expanding through my breath
In its ever radiating glow
Restore my blissful self to its rightful seat
In Love
Inviting my heart space
to unlock the treasure chest of recognition
Prospering in all ways and means

Revealing what is already mine
In service to my magnificence
Striking a tune the likes of which emanates from my soul
The hum of which cascades ever forward
Gently with force

Exploding the crucible of my being
Once crucified and crushed

May we feel free. May we know peace. May we experience the harmony
in each moment.

DAY 86 | JESUS CHANGES EVERYTHING

Daily Affirmation

“I give over all my concerns to a higher power”

When my friend and I are having a particularly hard time we call the other and start singing a lyric from Carrie Underwood's song and we smile and laugh and we feel better.

Jesus is an avatar, a proxy for doing what is most loving, most just and taking loving action. We love everyone because connection is the highest form of loving, we take loving action because we want to see more loving action. It is pure, simple and complete. Love everyone. Be about that Jesus work in the world.

Life is love realized in form from Emanuel Swedenborg is some of the breakthrough thinking presented by what he referred to as angel light language. The codes that connect us and bring us into perfect harmony.

Jesus take the wheel is the only thing to do when there is nothing else to do. Give it over. Make a decision today to surrender and let Jesus take the Wheel.

Keep it simple.

May we place our troubles on the alter to be altered.

DAY 87 | LOVE ACTIVISM

Daily Affirmation

"I give and receive in equal measures"

Get out there today and be loving. Not tepidly, but with complete loving abandon to the point where someone says "What's got into you?" so you can say "Everything loving."

Take this breath to feel what everything loving means. Take this moment to represent a space in the world that asks nothing, and heals by its very nature.

Love is meant to be given without condition to those we meet and those we spend our sleeping and waking hours with. We are here to love and support each other.

Love works miracles. End and beginning of every story. Connect with the most nourishing experience of life fully lived, the loving expression of all that you are in action. Being loving. Giving and receiving and expanding your fullness with each and every moment. Present in the purpose of divine presence.

May you know love in all its forms.

DAY 88 | RHYTHM OF YOUR LOVE

Daily Affirmation

"Joy is my birthright"

Find your personal velocity in love. Let the rhythm and flow of love wash away all your sins. Let the flow of love raise the level of your thinking.

Let love in. Feel into this right now.

With each breath seek in joy and light to embody what resides in you and is not of you, nourishing your soul. Lifting you into full magnificence.

May joy surround you, flow through you, and guide you through all the days of your life.

DAY 89 | SEED THE SOUNDS OF LOVE

Daily Affirmation

"I foster the divine experience not defined by words"

Hello Strength. Listen to your surroundings and find the sounds of joy. Hear the sounds of love filling the world from the Earth's heart. When you hear this seed those sounds with loving action.

As Rumi wrote —

'Whatever I was looking for was always you.'

Every search begins and ends within, in the full presence of the all light of your essence. Everywhere you look you are surrounded by the embrace of the divine. Plant whatever seeds remind you of this truth. Plant them in the hearts of your friends, in the minds of strangers and in the embrace of your loved ones. There is no greater miracle than to hear beyond the ears and to love with all your heart, radiating outward from source expanding creations power with each incredibly fortuitous breath of life.

Allow for the grandest expression of light to bring forward all the seedlings necessary for the re-birth of our creative infrastructure of peace. Open the floodgates for all to come.

Enabling the little ones to experience the safety of source. Offering unconditional love roots to grow and spring forward in divine flowering. Living in the oneness of the cycles and the flow of nature can work its powerful magnificence.

Love waits beyond the fear.

Extend the creationism of birth and light to shine as brightly as possible, in all its forms as the absence of self and the wholeness of what will be.

What has been, is undone, and what will be, has begun.

The mantra for strength is the RAM seed sound "rum"

Take a deep breath extending from the center navel chakra manipura and the body's power centre.

Exhale

Begin to say "Rum" for the RAM seed sound.

Keep breathing saying "Rum" from your power centre

Until you feel stronger

Use your tone and breath to ease into your power centre and achieve the mantra's intention

full and total Harmony.

Rise Up. Be a light to the world.

Rum

Power

Rum

Light

Rum

Joy

Using this RAM energy (Sanskrit) seed sounds reconnects and ignites your vibrational core.

Mantras are spoken expressions of energy that vibrate with healing energy inviting more and more into your consciousness.

Thomas Ashley Farrand. Farrand's work focused on this ancient

technology and language. He shared this mantra practice meditation with the west. In his book "The Ancient Power of Sanskrit Mantra and Ceremony: Volume I" he shares his insights on Om Namah Shivaya as:

"While this mantra has no direct translation. The sounds relate directly to the principles which govern each of the first five chakras on the spine...Earth, water, fire, air, ether. Notice this does not refer to the chakras themselves which have a different set of seed sounds, but rather, the principles, which govern those chakras in their place. A very rough, non-literal translation could be something like, 'Om and salutations to that which I am capable of becoming.' This mantra will start one out on the path of subtle development of spiritual attainments. It is the beginning on the path of Siddha Yoga, or the Yoga of Perfection of the Divine Vehicle."

Mantras are spiritual formulas for working with universal energies expressed through you. They are designed to eliminate obstacles as we progress spiritually.

May spirit unfold beautifully in my life.

DAY 90 | START SOMETHING
LOVING

Daily Affirmation

"I gotta be starting something loving"

Today is the day to start something loving, to ignite the flame of truth and restore the electricity of the heartbeat to something long thought frozen over. For so many it is time to take a look in the mirror and make a change.

May you start something profoundly loving with your loving actions.

DAY 91 | ALL I KNOW ABOUT LOVE
I LEARNED FROM YOU

Daily Affirmation

"I listen to my loved ones"

Love is an experience we get to practice every day, with each breath. Through this practice we learn that responding when we are centered with love creates miracles and quells our human nature to react with our ingrained defensiveness, which only leads to fearful decision making, inadvertently causing separation and hurt.

What unites us is written into our founding as a united nation. It is one *Nation indivisible, with liberty and justice for all.*

Under God.

Stand with me today and every day in this practice of love. When someone seems to be unkind, they have forgotten the truth, remind them of it with a blessing of love. Have this unifying force be what America stands for. Have this day be one in which honor and respect and understanding rule the land. Live your life as a testament to the total commitment to humanities rebirth from fear to love. Healing is returning to love.

May we heal the soul of America.

DAY 92 | DON'T BE INSANE

Daily Affirmation

"I fearlessly speak the truth"

It is said, nothing real can be threatened, and nothing unreal exists. Do not assume anything, do not let Dr. Insanity take over and run amuck. F*ck Fear. Do what is kind, what is just, what is loving. What brings you peace.

My heart hurts when ridiculous ideas and thoughts spring up when tragedy strikes, or for that matter anytime there is a reaction and a rush to do something fear filled.

It reminds me of a neighborhood meeting to talk about adding sidewalks to improve the safety of the heavily car traveled roads and what we might be able to do about repaving the streets, when one of the neighbors hijacked the conversation with her personal fear about her house catching on fire and being trapped in a blazing inferno.

Personal fears are not necessarily real. It is not right minded thinking. Stay focused on the loving connection. Listen to guidance from your own intuition and don't get derailed by insane undisciplined thinking. Remember today your mechanism to turn fear into love. Allow love to dissipate your need to react and open up to responding.

Thinking is meant to be used in service of love. Anything else is insanity.

May we heal the soul of America through our open loving collective
heart.

DAY 93 | BE WILLING TO SURRENDER EVERYTHING

Daily Affirmation

*"I surrender over any thoughts too small for me, laying at rest in peace to the
highest form of joy
Getting my self
Out of the way
To be of service
To what wants to be born"*

Lift up your problems, let down your despair, your uncertainty, give it over, give it up, release it into a higher power, knowing source, free your mind and heart and soul of your burdens, become someone who is free from any shackle of unreality.

"Change is the essence of life. Be willing to surrender what you are for what you could become. " -Unknown

Let love flow establishing a frequency to surrender removing any blocks to the awareness of love's fullest presence.

Let what naturally wants to be expressed have its day in the sun.

May the world be released and surrounded in love through my forgiveness and willingness to surrender everything.

DAY 94 | FOREVER IN MY HEART

Daily Affirmation

"My actions bring peace to the world"

In the spark of a breath

Each of us is an act of peace

Lit up by the power of our constant pulse of being...

Establishing a frequency... to surrender.

Everyone who has ever loved you is with you in every moment. Never underestimate who you are and how much support you have. Light up your inner power as the constant pulse of being that remains ever a part of the human heart.

May love, support, nourishment, connect forever in our collective heart.

DAY 95 | DAWN OF A NEW DAY

Daily Affirmation

"I whistle a happy tune while I do my soul work"

I saw this quote in an office of a Social Worker who day in and day out faces those who are at the end of their financial line, at the end of their hope in working to provide for their families, at the end of their faith that a different possibility was available to them, meeting each story and person with a smile in her heart.

Everyone can be great
Because everyone can serve
You don't have to have a degree to serve
You don't have to make your subject and your verb agree to
serve
You only need a heart full of grace
A soul generated by love.

Words by Martin Luther King Jr. on a faded piece of copy paper hanging blue thumbtacked to the office cubicle beaming inspiration day in and day out as the angels work within the boundaries of a system pushed to its limits stretching where they can and living in a practice of humanity where everyone is treated with respect. Where the difficulties of

circumstance continue to grow but who never stop believing a kind
word, a practice of service and an action of love
transform lives.

Make today a day where you brighten someone's day. Be great in your
actions and your efforts.

DAY 96 | STRENGTH TO LOVE

Daily Affirmation

"I enjoy mastery over my divine flow"

The powerful belief in a divine, loving presence binds all life creating a luminosity of experience that transcends the surface realities is the cornerstone of humanity. The discipline of love necessary to carry us past the fear of our days.

We exist in this moment full and complete extending love with each breath, enjoying the ebb and flow of love's power as we feel the steely strength of purpose.

We are nearing the end of our 100 days love and the mountain has been crested, and we are enjoying the return of all the love we have extended 1000 fold. Another mountain awaits. Our work is to keep climbing as our practice.

Life is a mastery and a process. In the end you do nothing but allow something to work through you, whole and complete.

Use the strength of love to lead the way. Stop being so hard on yourself. No blame. No self judgment. Total acceptance. Remember the spiritual

truth, what you see as failure. God sees as success. What you see as success, can be a failure, who is to say.

Use love to nourish your growth, allowing and practicing to let your heart exercise the spirit of magnificence. Say today and everyday "I know love, I understand its power and I am here to practice it in all my interactions!"

May you find ways to be a rainbow in somebody's cloudy day.

DAY 97 | A TIME TO LOVE

Daily Affirmation

"I love everyone. My heart is open for joy"

Give time to love, to speak, And give time to share the precious thoughts
of your loving heart.

"One resists the invasion of armies; one does not resist the invasion
of ideas." Victor Hugo

Today is your day for each second, each moment to represent the ever
increasing rhythm of your life.

On the planet today with the proliferation of technology and the
advancement of weaponry to destroy it is clear there is one path
through... Remembering the truth. Peace is your responsibility and Love
Always Remains the Answer.

Open up to different thinking; where peaceful ideas are our imagination's
new army. Make today and everyday a time to love.

May you experience the presence of each moment.

DAY 98 | THIS DAY I CHOOSE TO
SPEND IN PERFECT PEACE

Daily Affirmation

"My dreams fulfilled bring me abundant joy"

'If we want to contribute to peace we have to do more. We have to become more peaceful.' The end is inherent in the means. Direct and simple. Peace needs peaceful hearts. Peace needs funding Peace needs our loving activism. Peace needs us.

The change we want to see occurs in every moment we are willing to surrender the past and be present with everything exactly as it is. Bobby Kennedy's words "some people see things as they are and say why, I dream things that never where and say why not."

Why not peace?

You have the power with your love, with your forgiveness, with your kindness, with your peaceful state of awareness.

You have power with your thoughts.

Hold to your own joy. Hold to your bliss. Hold to your light.

May the way be illuminated and full of grace.

DAY 99 | HONOR THIS INCARNATION

Daily Affirmation

“I honor myself in Grace and appreciation”

You are amazing. It is time to own up!
Get into a daily practice of honoring your self.
It's time to move into deep respect and appreciation. No holding back.
Say it loud and say it proud "This is Me" and love all of you.
Honor this incarnation.
Andiamo! Let's Go.

May you feel connected, comforted and full of peace
Today. Now. Always.
May you always bless yourself
Accepting all of you
with so much love.

DAY 100 | CONNECT TO YOUR
INNER POWER

Daily Affirmation

"I ask for help easily"

May it get easier and more effortless for you to go through deeper and deeper doors of love and receiving blessings.

Ask spirit for help to guide you to the people, places and things necessary for your greatest good.

May you connect to your inner power today and every day. May love surround you, nourish your growth, and return you home.

DAY 101 | LOVE IS ALL

Daily Affirmation

"I love with all my heart"

This is how we change the world through our loving hearts.
In thinking with loving thoughts in the presence of the divine unhooking
our perceptions.
Love will see us through.

Going forward - love with all your heart.
All the time.

The beautiful thing in all of this is whatever old energies are flowing out
of we are able to release them from our systems as clearing the way for
complete liberation from our systems and trust of the unknown because
we are connected to our center.

Find a places to sit and be within your heart
Fill your mind and heart with love.

Enlightened thinking lives within the seat of wisdom where we are
transformed within
exploding light, inner power and flow.

Love is all.

May all our dreams flourish. May we find our way, connected, comforted
and full of peace.

Love you. Always.

YOUR DAY | DREAM BIG

This is your day. Dream Big.

Daily Affirmation

"My dreams come true, now"

What's next?!

Experience a day of full freedom.
A day for all the dreams your heart makes.

May your dreams come true in ever expanding
and delightfully unexpected ways.

LOVE EVERYONE

Daily Affirmation

"I communicate effectively"

"Do or Do Not... There is no try." Yoda

May you feel connected, comforted and full of peace
Today. Now. Always.

May you open your heart in ways heretofore
thought by you to have been impossible.

HAVE FAITH

Daily Affirmation

"I am a miracle walking"

"If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you." Matthew 17:20 (King James)

Have faith. End the story. Nothing shall be impossible unto you.

Nothing

Shall be

Impossible.

Faith is an aspect of consciousness. What you choose to hold dear will bear fruit. Take today to practice placing your faith in the miraculous. In the unending, all powerful, cycle of nature to produce the most glorious bounty. Lose your attachment to the way things are unfolding and engage the muscle of truth of that which is in us but not of us, that does for us that which we cannot.

Life is a dual expression. There is light and there is dark. There are two sides to each idea and two sides to every story. When we let ourselves embrace the mystery, releasing our attachment to the story and remember beyond and within all of it is the full expression of God's work.

Faith is enacted.

Faith is the belief in that which we cannot see. It is the truth that in

stepping into your life fully entrusted to God, doors will open where we thought there were walls, people we don't know and have never met will show up with their heart open igniting the flame of our efforts into the grandness of that unified field. There isn't much else to say about all the fabulousness that takes place in this practice of faith. There isn't anything to do in this space of transformation where you are waiting for that instant of complete amalgamation in the alchemical process where everything gives over to that new elemental creation. Enjoy today in the faithfulness of each moment, remembering you are held and you are whole and you are most certainly loved.

Let us arise and go in faith along the way to Him.

Now we are sure we do not walk alone.

For God is here, and with Him all our brothers.

Now we know that we will never lose the way again. -- ACIM

Where you start is not where you need to finish. Change is not an abstract, it is a daily roller coaster of which every hour brings the possibility for a miracle and every day you get to wake up to a new day, embracing where the day will take you, without any knowledge of what the day will bring.

Have faith in the energy that showcases an awesome power day in and day out in a million ways and a million miracles. The universe has your back. Have faith in nature's fullest magnificence.

May the truth of your expression blaze forth with each breath you take reminding you to fiercely answer the call of your being. To connect to your source. To live fully in the light of the truth and to reflect the beauty that lies waiting alertly and brilliantly for your faith to sing.

GIVE YOURSELF ROSES

Daily Affirmation

"I celebrate my deepest nature"

In the last months of her life speaking to her love of gardens Audrey Hepburn said "Few things are more dear to me than a full blown rose when it opens its heart."

I am compelled to add - few things are more beautiful.

Footfalls echo in the memory

Down the passage we did not take

Towards the door we never opened into the rose garden

- TS Eliot

Roses have been described as enchanted, expressive, elementally elegant, unfaltering, unforgiving, devastatingly sophisticated, a symbol for strength and eternal charm. The rose is a powerful symbol. There is a deep meditative practice of imagining all of your strife, and troubles into the heart of a Rose; the energies being absorbed into its heart center dissipating into the Rose's eternal charm.

Our founding father and gardening enthusiast Thomas Jefferson felt

"Nature is imagination fully formed."

Let your imagination flourish and flower throughout the garden of your
being

With care and work you have come home to the place you never left
Remembering the truth.

Be willing to see things differently,
Soak in what's calling forth and know
your open heart is beautiful indeed.

ASSATA SHAKUR LOVING ACTIVIST CHANT

It is our duty to fight for our freedom.

It is our duty to win.

We must love each other and support each other.

We have nothing to lose but our chains.

Spoken three times

-softly

-louder

-full primal scream

Created by legendary social justice warrior Assata Shakur this chant is used to intercede in thought systems that are unloving.

WHAT IF
all our thoughts
were loving?

We hope you enjoyed this loving work. It is the beginning of our ALL SYSTEMS LOVE movement known as biophilia, the love of all living things.

If you are inspired to take loving action, may this be your sign to do it, right where you are, go where you are called, show up in your community and be a force for love.

If you feel this work has been a benefit in some way find us with our @melsloveland on all socials. Post with any #AllSystemsLove Actions in your community.

If you want to make a comment, buy additional love infused products, receive an activism note, subscribe to our work.

In appreciation and deep gratitude
for the gift that you are, and your complete openness
that continues to be a blessing.

Love, Mel

ABOUT THE AUTHOR



Melanie Lutz is a screenwriter and love activist. She is a part of a growing movement of artists working in biophilia. She lives in Los Angeles, California.

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ACKNOWLEDGMENTS

MY HEART BEATS to the Rhythm of Love

The words "I Love You" spoken in moments of genuine appreciation, wonder or caring arise from something perfectly pure within us -- the capacity to open ourselves and say yes without reserve. Such moments of pure openheartedness bring us as close to natural perfection as we come in this life. The radiant yes of the heart is perfect like the sun in bringing all things to life nourishing all that is truly human.

-- John Welwood

So Many Thanks And Much Love

Belle Amour peeps!!

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We are all a part of a never ending circle of love. Life, as they say, is so beautiful and it is an honor to share, to participate, to learn and to grow wiser together with infinite Love and Gratitude.

BIEN S'AMUSER & Lots of Love

**EMBRACE YOUR SACRED SELF
IN GRACE AND APPRECIATION**

EPILOGUE



By the time I had reached the “I had to get married to break up” I had no idea who I was, and it was clear to me, I disliked myself so intensely I was incapable of stopping all the self torture. From this self loathing came the idea of writing a portrait to get bare and naked so I could ultimately recognize and accept myself. Very quickly I started hearing a song, Walt Disney’s *The Jungle Book*, “*Look for the Bare Necessities, The simple Bare Necessities, forget about your worry and your strife...*” When it morphed into — “look for The Bare Melcessities it popped that somewhere along the way I had forgotten to put myself in the equation.

The book is a tangible reminder to put myself back into the world. Where I had forgotten to listen to that still small voice of my intuition, the book reminded me of the truth. As I embraced, “*Look for the Bare Melcessities, the simple Bare Melcessities...*” everything fell into place.

The giant shocker was, the reveal of the self-portrait was only the beginning, “The Voice” returned to remind me to “Stop beating up the gifts I have been given” and to remember “Love always remains the answer” and would not stop. I wrote three more books under “The Voice’s” direction all with an underlying message to Love Everyone until I could learn how to embody this Love, Mel experience of direct personal relationship to natural intelligence in the sub-conscious.

We have ongoing Mel’s Love Land NEXT 100 Days of Love and with each loving completion cycle, the questions return. When will this be

done? Why don't I love myself? When will I transcend my fear of being seen? Surely *the voice* had other places to be.

In love there is no end. We are alive in the condition of life on earth in all cocreative loving, happiness, pain with equal parts soaring joy of being alive and 'wow, these peeps would rather die than change their mind.' While we have people to bug us and bother us and force us into the earthly frustrations, one condition sees beyond the illusions, and the force of Love, finding our own loving harmonies of self acceptance as a wave connected to the entire ocean as the tide beating heart of the earth, breathing in and breathing out in perfect rhythms.

It's like that country song, 'I hear voices all the time.' While it took me a long awhile to figure out how to listen. May your trip to returning to love arrive in an instant.

May you be delivered to the works, love, people, places and things meant for your highest good.

Love, Mel

EDITOR'S NOTE

Please pardon our loving growing pains as Mel's Love Land expands into its All Systems Love movement. Each edition is always a work in progress, ever evolving in its forms and thoughts and loving ideas. Love is meant to be felt in the deepest spaces of our being, it is meant to be experienced and shared and expands in ways in which there are no words. No one can write a definitive work on Love. Each of us has the answers as to how to be the most loving version of our living purpose on Earth.

Our intention is to develop a Loving, inspiring and thought filled works that can always be improved, that are never complete that continue to grow as ideas are added and more and more love is shared. They say love is a practice, and with each of us we get a lot of opportunities to entertain ourselves with how loving we can be.

If you have any loving suggestions to brighten our days and clear the way to embracing our sacred self, we are all systems love. We're all being called to action, and happily we have more than enough teachers, wisdom and beauty to carry us through. Thank you to everyone who contributed their time and attention and energies to the spirit of our collective connection.

NOTES



