

A Year of Love & Wonder

... Seeing Life with new eyes; Hearing Truth with a newer Soul



A calendar of quotes, images & brief commentaries
... unveiling the Majesty of what it means to Be Human

via Scaughdt
... an (i)am publication
(3rd edition)

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***“Beauty is Truth
and Truth, Beauty.
That is all you truly know on Earth,
and truly all you need to know.”***

~ inspired by John Keats



“Look at everything always as though you were either seeing it for the first or the last time: Thus will your time on Earth be ever filled with glory. Look at everyone always as though you were either seeing them for the first or the last time: Thus will your time on Earth be ever filled with Joy.”

~ inspired by Betty Smith

January 1st ... Back to the ONE

*“The Soul continually leads the many back to the One.”
~ Paramahansa Yogananda*



My GOD – known by many names, guide me today in perceiving Wonder innocently, in Serving my community humbly, and in Loving others purely ...that I might become a Power-full Force for your Highest Good.

January 2nd ...Another day for Loving

*“Wake at dawn with a winged heart,
and give thanks for another day of Loving.”*

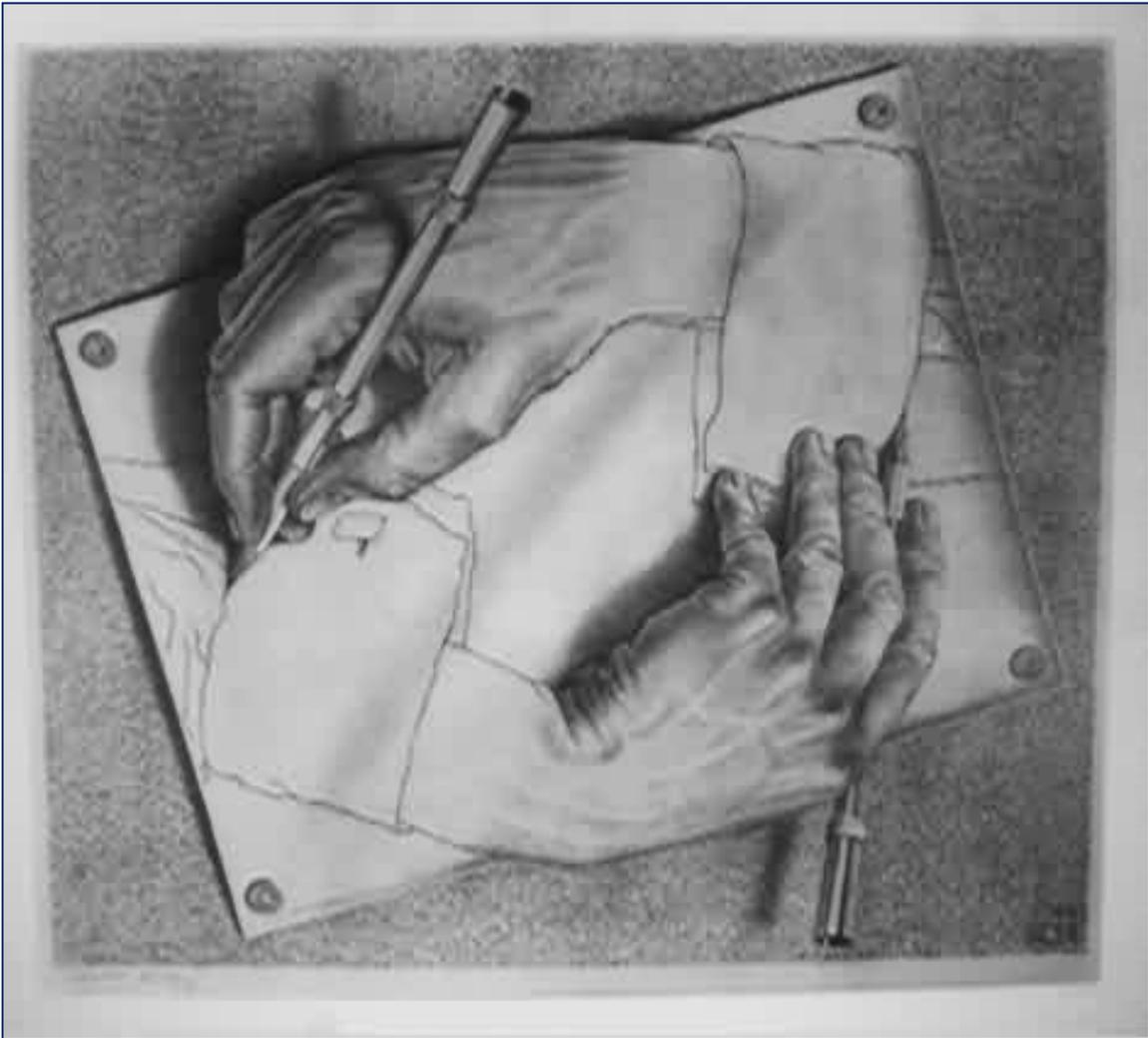
~ Kahlil Gibran



And remember that true Gratitude is given
far more with courageous deeds
than with gentle thoughts
or mere words well-intended.

January 3rd ... Choosing Truth

*“There is a teaching common to all Masters:
Keep choosing the same Truth ...
For true Masters, such a oneness of focus
makes all co-creation instantaneous ...
Be of single Purpose.”
~ anonymous*



The Sage is never merely “willing”,
... because the Sage is always **Doing**.
The Sage never merely “tolerates”,
... because the Sage is always embracing.

January 4th ... Finding true Friends

*“You go in search of dear Friends;
Looking everywhere in vain –
inevitably coming to rest, and
finding them within your Soul.”
~ anonymous*



To see perfection in others, you must simply *open* your Heart to Self.

January 5th ... Living your Purpose

*“Your true Purpose here
is not to grow or learn;
It is first to remember ...
and then to re-Member.”
~ God*



And we can only remember our deepest Truth
while we are acting accordingly ...
We can only remember our deepest Truth
while re-Membering it in acts of courageous Kindness.

January 6th ... The longest Journey

*“in every moment, Nature starts on her longest Journey ...
... and in every moment, She reaches her final Destination.”*

~ Johan Wolfgang von Goethe



Life is a Journey that knows no End;
and Living, a Journey that knows no Beginning ...

January 7th ... To carry Love

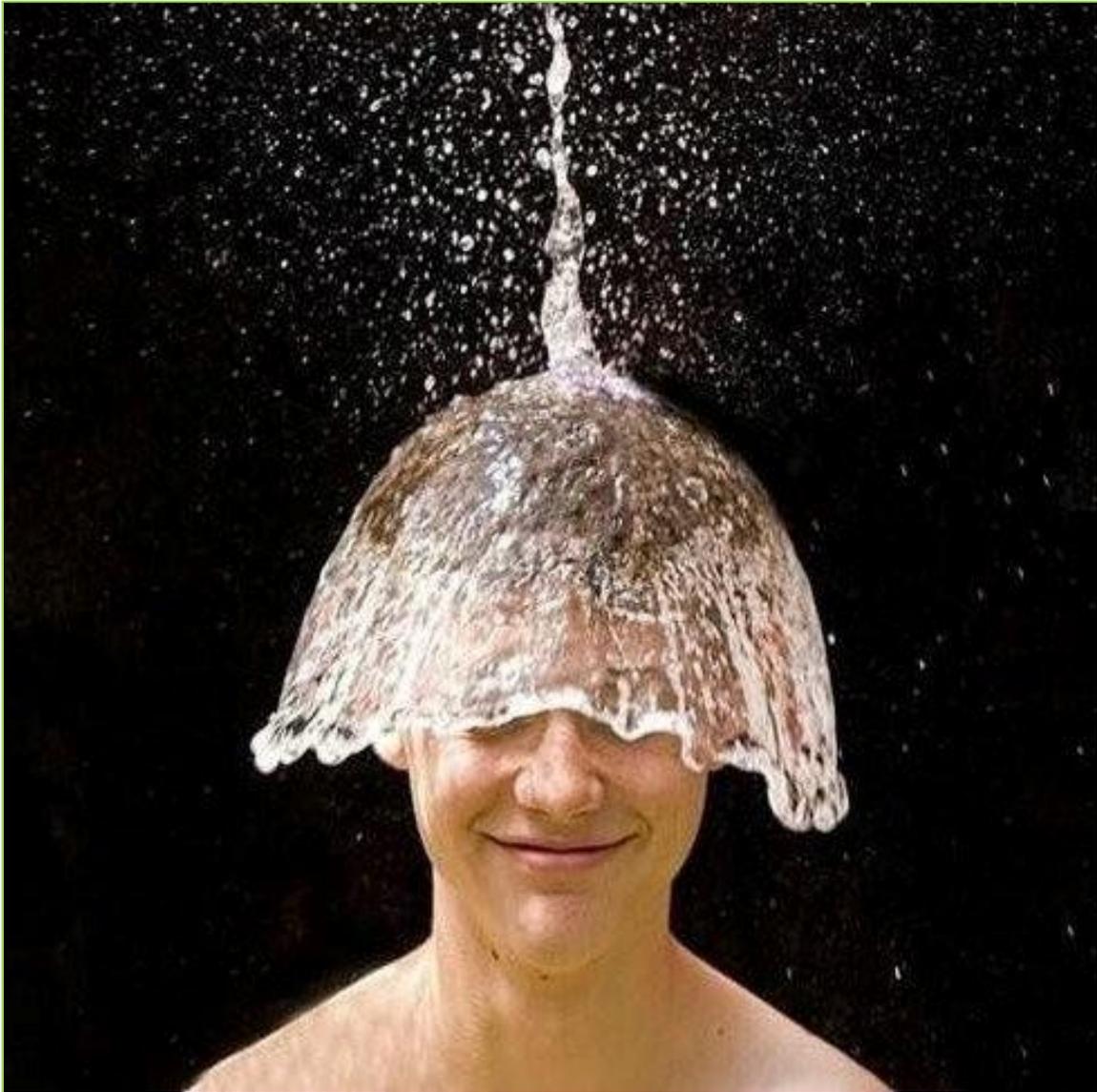
*Our Work is to bring Love to everywhere we go
and to leave Joy everywhere we have ever been ...
“For to each has been given a portion of the Spirit
to strengthen & enhance the common good.”
~ Rumi & Paul (1 Corinthians 12:7)*



January 8th ... To See Rightly

*“It is with the Heart that one Sees rightly;
What is essential is invisible to the eye.”*

~ Antoine de St. Exupery



All beings weave their own Web of Life ...
Unconscious weavers build cages;
Conscious ones create Portals.

January 9th ... Learning to Soar

*“If you want to fly,
just throw your Self at the ground
..... and miss.”
~ D. Adams*



For true Peace to truly soar,
it must take flight 3-Fold:
It must be desired,
It must be believed,
& It must be lived.

January 10th ...Filtering the Soul

*“Our days are sieves that filter the Soul;
revealing the Inner Light of those who are
casting their radiance upon the Cosmos.”*

~ Rumi



Every instant of selfless Love
is an open window into eternity.

January 11th ... Every glance a Poem

*“Love makes every glance a poem;
every smile, an act of humble reverence.”*

~ anonymous



January 12th ... Being who we Are

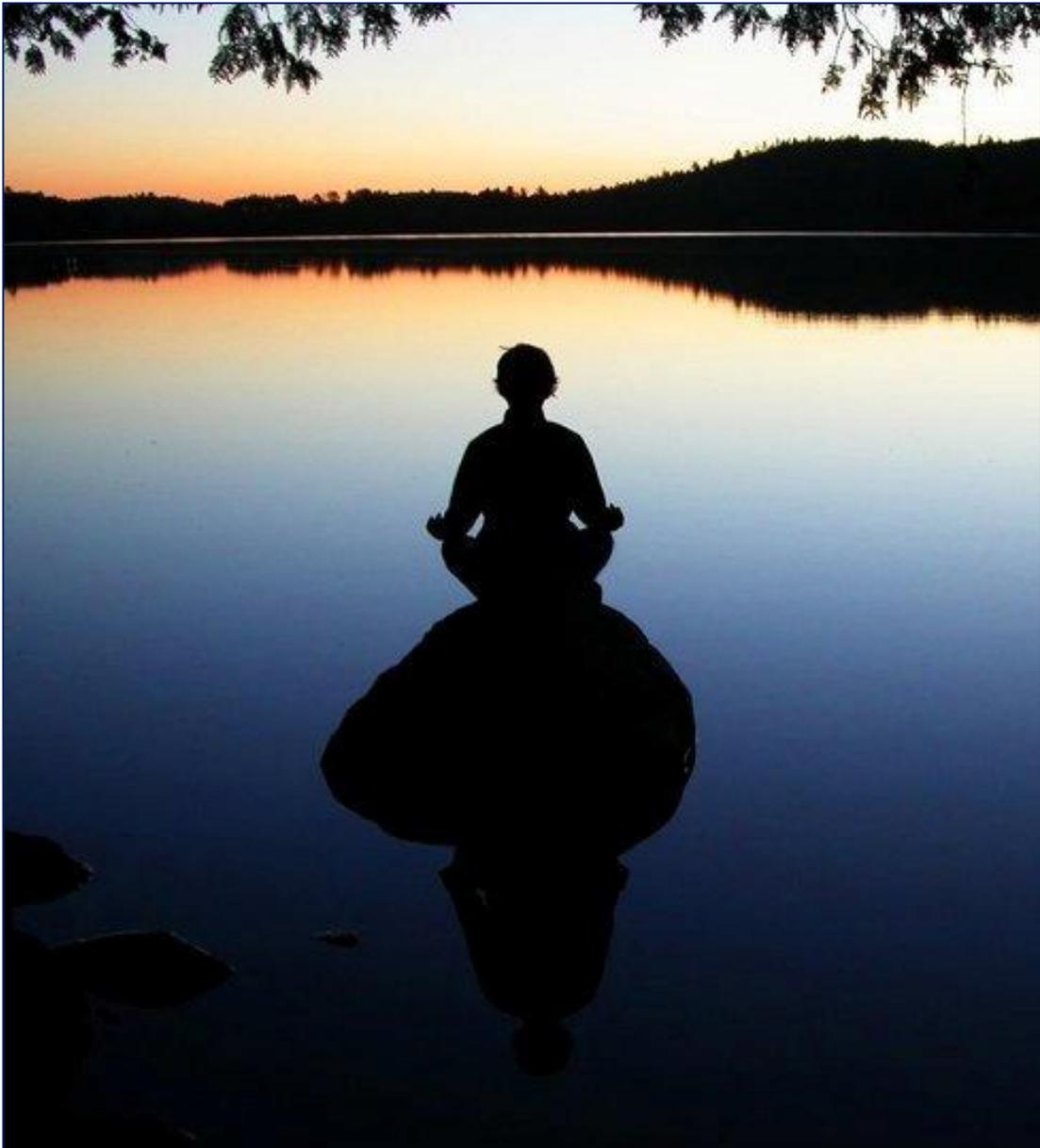
*“Everything in Nature invites us constantly
to Be what we truly Are.” ~ Gretel Ehrlich*



Weigh your options as best you can,
identify a path both Caring & Kind,
and then charge forth upon it
without hesitation & without regret.

January 13th ... Accepting the All

*“Life will bring change to me, so there is no need
to go and manufacture it for myself ...
As such, it is my privilege to simply Live Lovingly —
and remain fully open to whatever comes my way.”
~ anonymous*



January 14th ... Fearless in my Heart

*“Love, Love is a verb. Love is a doing word.
Gentle impulsion – shakes, makes me lighter.
Teardrop on the fire – fearless on my breath ...
In the night of matter, black flowers blossom.
Water is my eye – most faithful, my Love.
Teardrop on the fire – fearless on my breath.”
~ Massive Attack*



January 15th ... To be truly Well

*“The healthy ego has 1000 wishes;
the sick ego has only one.
The sick Soul has 1000 wishes;
the healthy Soul has only one –
to relieve others of all their wishing.”
~ unknown*



January 16th ... The greatest Healing

*“True Communication needs no words ...
and true Healing, no medicine.”*

~ anonymous



January 17th ... Leaping with Joy

*“Make your leaps of faith Joy-fully ...
... or do not make them at all.”*

~ unknown



January 18th ... Willing to be Great

*“The greatness of a man
can always be measured
by his willingness to be Kind.”
~ George Young*



[“And the true greatness of a nation can always be judged
by the way its animals are treated.” ~ credit to M. Gandhi]

January 19th ... A greater Pretending

*“We are what we pretend to be,
so we must be very **Care-full**
what we pretend to be.”
~ Kurt Vonnegut Jr*



January 20th ... Doing the Impossible

*“Only those who see the invisible
can do the impossible.” ~ unknown*



For those who have chosen to awaken
to the Wonder that is our Oneness,
only “the impossible”
becomes impossible.

January 21st ... The true Hero

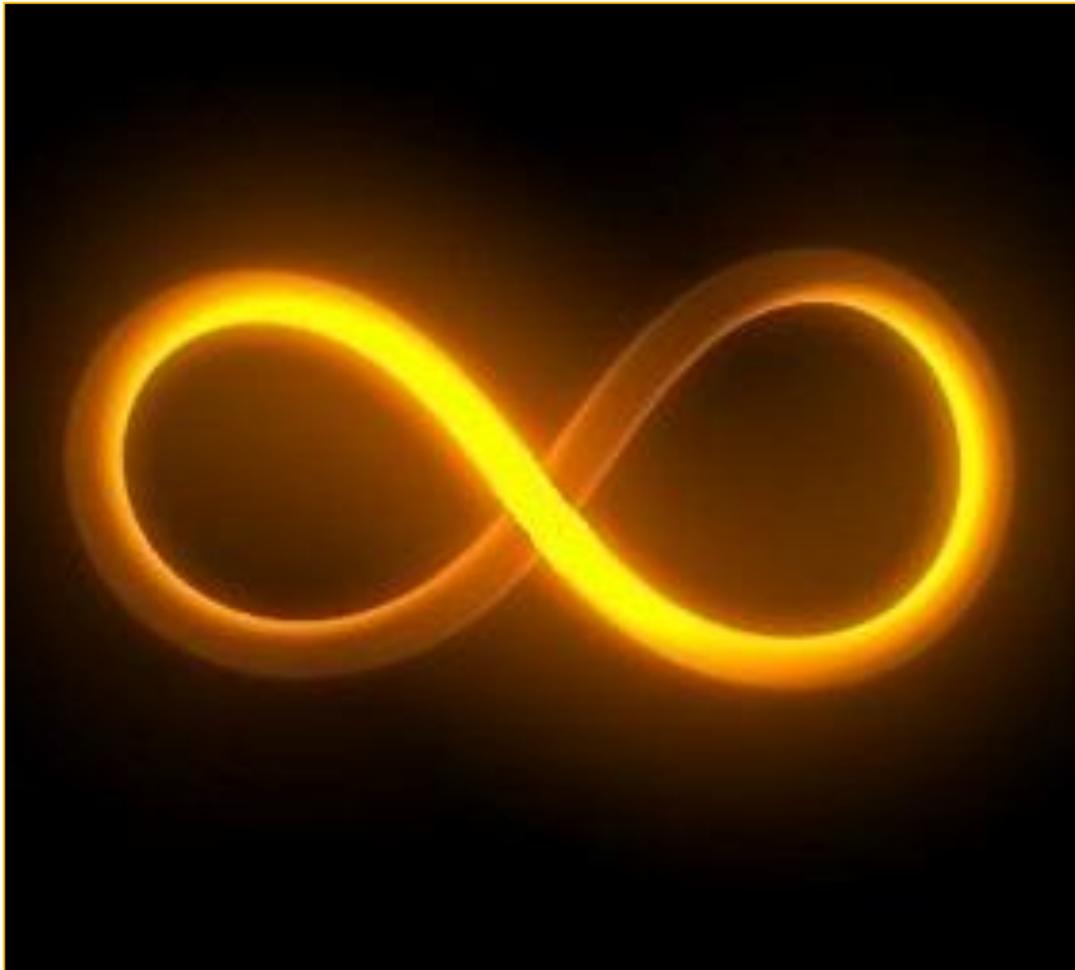
“A true Hero is simply someone who rises above difficulty or weakness – maybe for an hour, or maybe for a day, or maybe even for a month or a year – to do something kind for another.”

~ inspired by Betty Deramus



January 22nd ... Around the Always

*“Everything of Power in the world
is always done in a circle.” ~ Black Elk*



The Power of every beginning
comes from its lack of an end.

January 23rd ... Let Love Flow

*“If I keep a green bough in my Heart,
the Singing Bird will come.”*

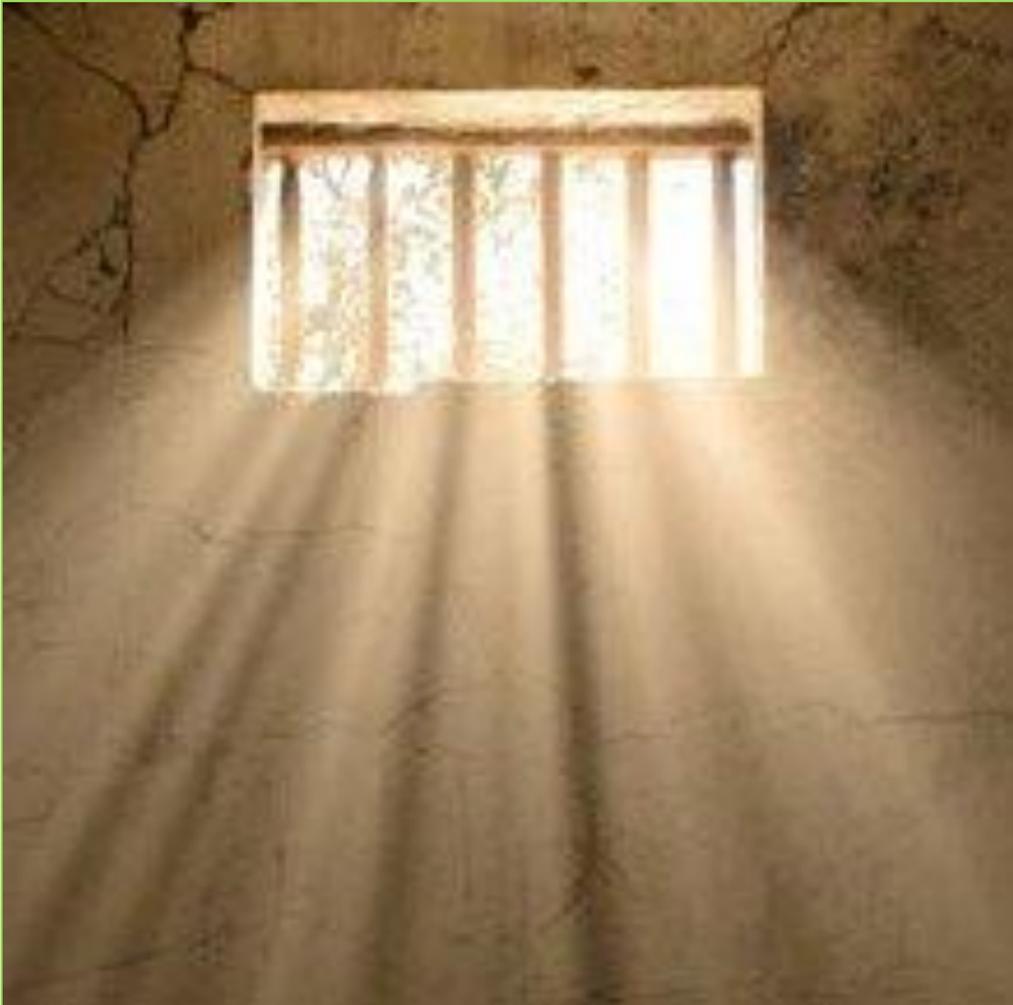
~ Chinese Proverb



(The “green bough” is humble gratitude ...
... and the “Singing Bird” is LOVE.)

January 24th ... Letting Love Win

*“Love conquers all things;
Let us yield to Love!”
~ Latin Saying*

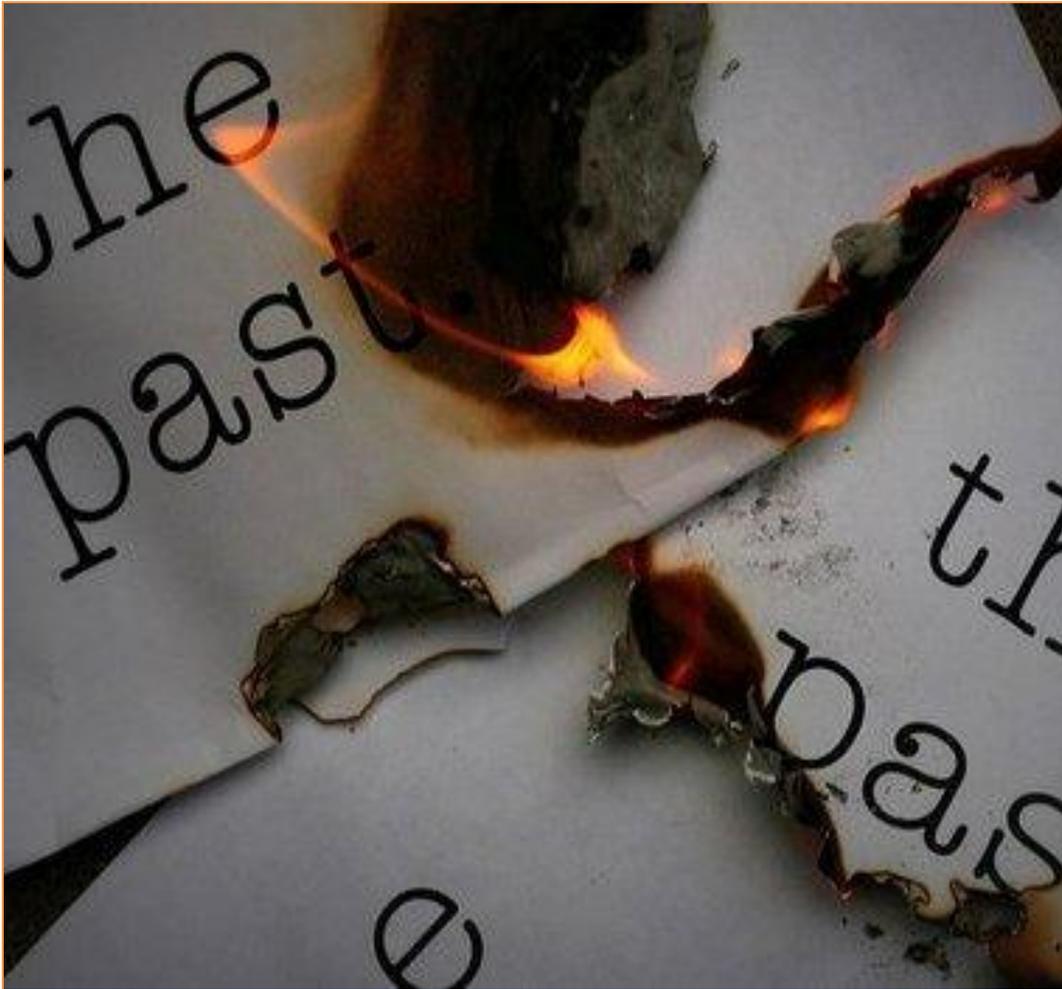


Love conquers all
by refusing to do battle with any.

January 25th ... Changing the View

*“If you change the Way you look at things,
the things you look at change.”*

~ Wayne Dyer



Manifestation is not the alteration of Reality ...
Manifestation is the unclouded Perception thereof.

January 26th ... Love comes Round

*“In those places that count, Live!
Reach out for Contact. It can only enrich;
through Lesson or Love;
through eyes or ears or touch.
It is even now filling you up —
and what you miss
will come around again & again,
until that magical click is heard,
and you let go & just go with it, and smile
at how blind you had once been.”
~ Rebecca Jean Pittman*



January 27th ... Awakening Within

*“He who has ears,
let him understand and Hear ...*

*She who has eyes,
let her understand and See.”
~ Jesus Christ (Matthew 13:16)*



January 28th ... The most Beauty-full Thing

*“The most beautiful thing we can experience is the mysterious.
It is the numinous source of all true art and science.
He to whom enraptured emotion is but a stranger,
and she who can no longer pause enclosed in awe,
they are as good as dead; their eyes are truly closed
even when remaining wide open.”*

~ inspired by Albert Einstein



He that is awake is he who realizes
that all that is witnessed
is always Beauty-full.

January 29th ... Freedom from Safety

*“Security can only be truly known
once we divest ourselves completely
from all yearnings for personal safety.”
~ anonymous*



Caution kills all true Caring ...
Only dangerous Love
proves Power-full.

January 30th ... in-Lightening Enlightenment

*“Enlightenment has nothing to do with what you ‘know’
and everything to do with what you **Do.**”*

~ anonymous



January 31st ... All we've Got

*"Life & Love are all we can get,
so Life & Love are all we can Give."*

~ Dan Zadra



To Love *is* to Live ...
All else is but death thinly veiled.

February 1st ... Estranging “Stranger”

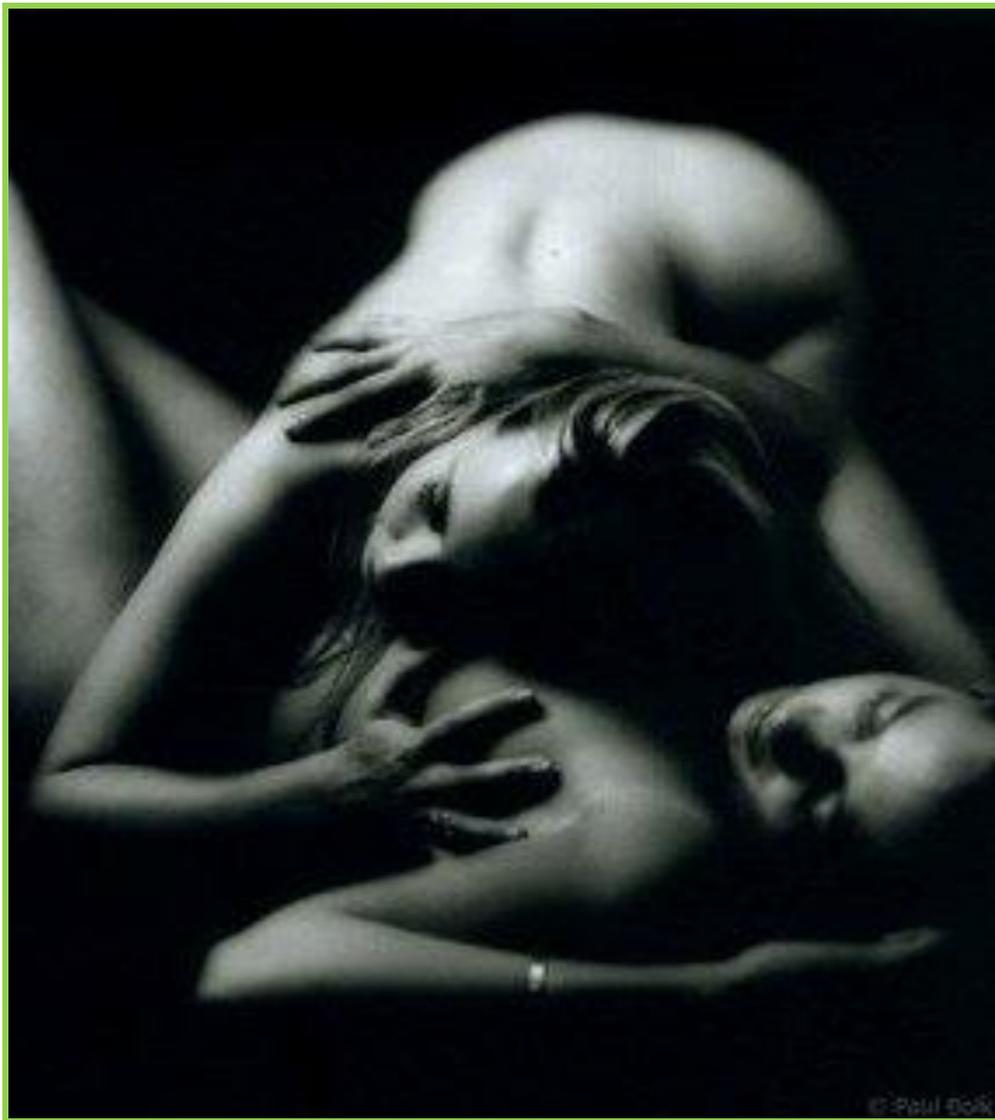
*“For the truly Enlightened Soul,
there is no such thing as a stranger.”*

~ anonymous



February 2nd ... To tell the Truth

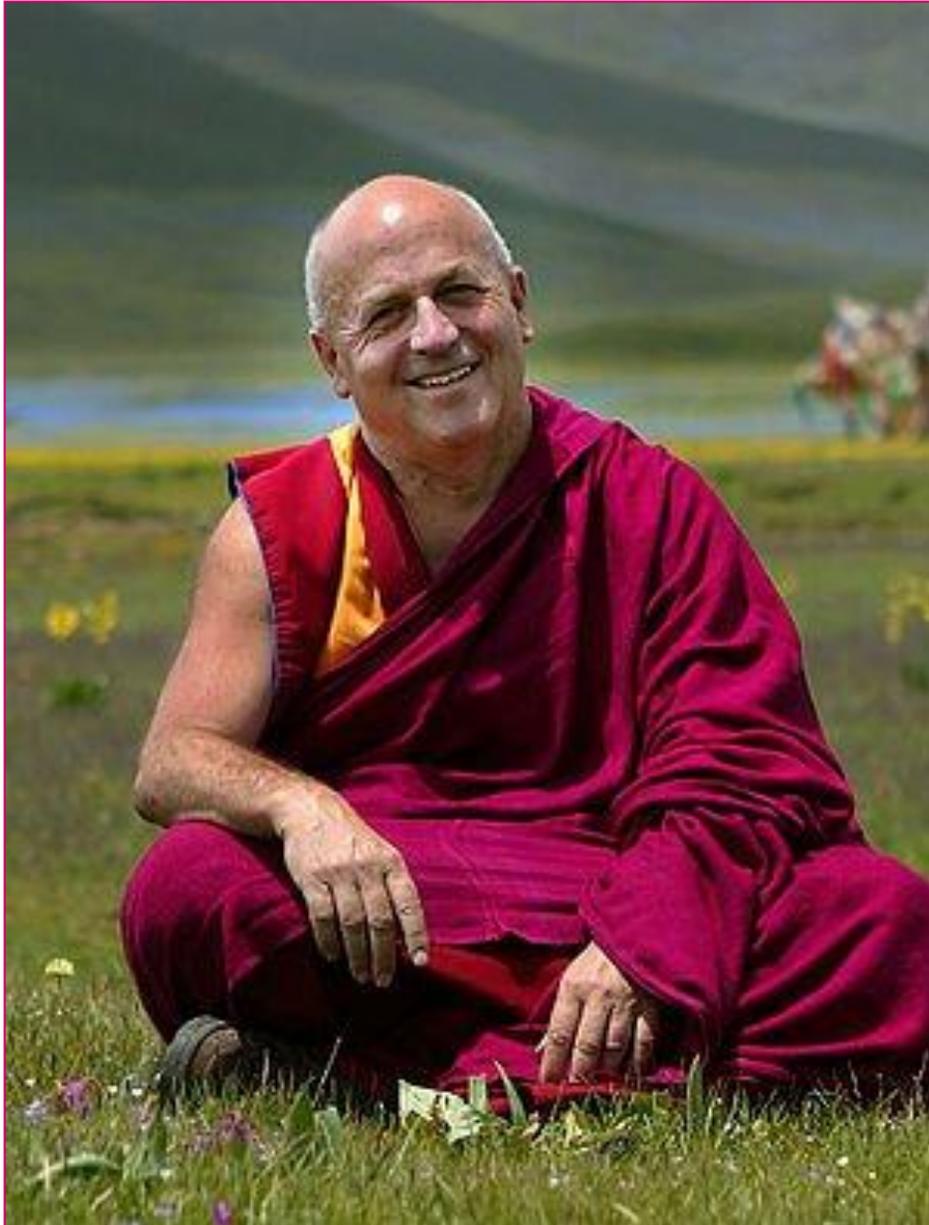
*“Brave men tell the Truth.
Wise men speak in analogy and puzzles.
Wise women holds her tongues;
knowing silence will speak for them.”
~ Royksopp*



Love is the only Truth worth telling.

February 3rd ... It's all Good

*“Life is not what happens to you;
It is what you **do** with what happens to you.”
~ Aldous Huxley*



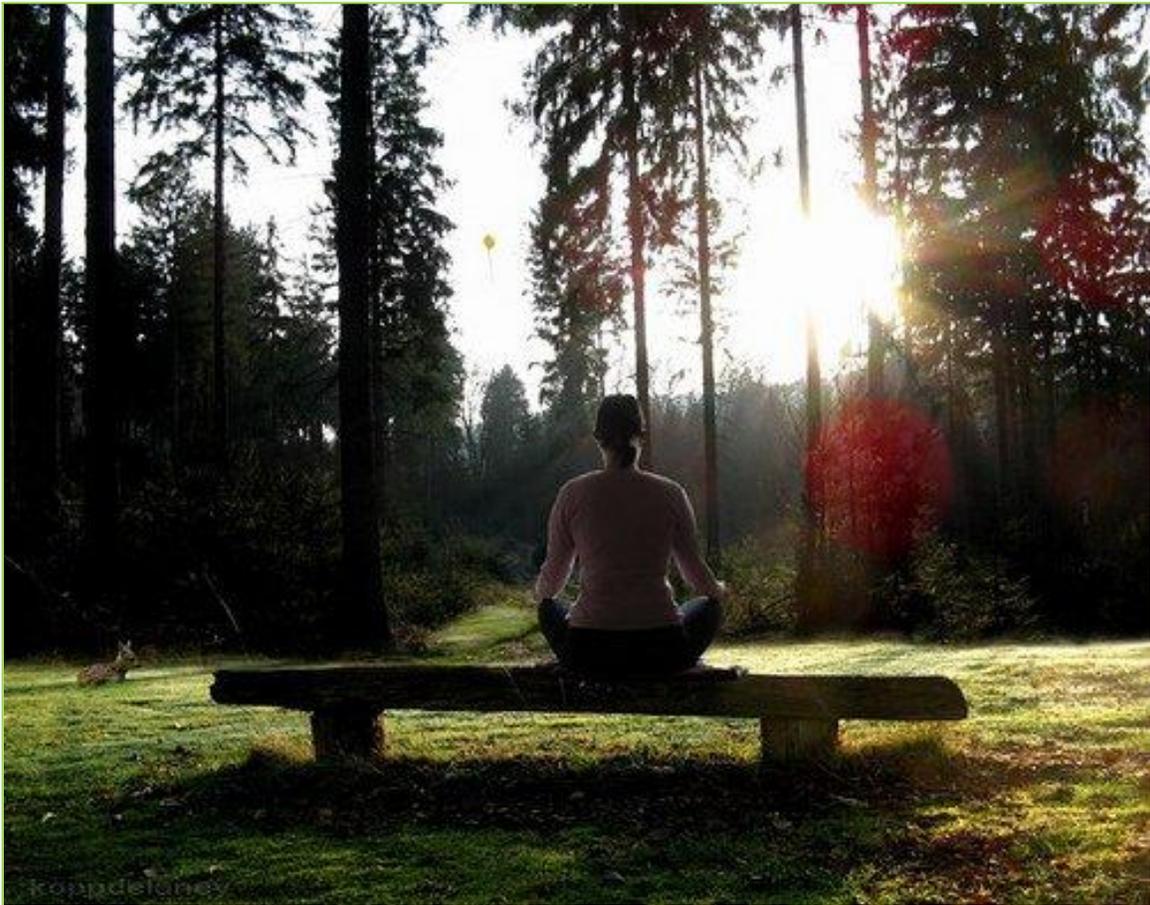
Nothing happens *to* you ...
Everything happens *for* You!

February 4th ... A Peace-full Heart

*“Do not let your Hearts be troubled
and do not let them be afraid ...
Peace I leave within you; and Peace I give to you.”
~ Jesus (John 14:27)*

...

*“When you See the utter perfection in everything –
especially those things with which you disagree,
those things you dislike & those things you have disowned,
then, and only then, will you attain Mastery.” ~ God*



The shortest route to true Love
is the detour caringly taken
directly towards any enemy.

February 5th ... A Gentle Piece of God

*“I have been given Life that I might revel in living,
and I choose my Calling of selfless Service
as the purest manifestation of that Joy.*

*I am a Power-full Being; a Power-full Force for Good.
My conscience is a hub of Divine Engenderment,
and the best of everything there is,
is mine to share with others.*

***I Am** Light, and connected with all Light.*

***I Am** Love, and One with all Love.*

***I Am** a gentle facet of God;
completely at Peace with the eternity
that rests in every present moment.”*

~ anonymous



February 6th ... They come when Summoned

*“Luck and misfortune come not of themselves —
only when they are summoned.” ~ Chinese Proverb*



Hint: to selflessly Love another
is to summon the best of fortunes.

February 7th ... To imagine Wisdom

*“To imagine is everything.
To know is nothing.”
~ Anatole France*



Of course, imagination is everything
only when everything is imagined ...
And everything can only be clearly imagined
while everything is being deeply embraced.

February 8th ... Living Loudly

*“You asked me what I came into this world to do,
& I will tell you: I came to Live out loud.”*

~ Emille Zola



Of course, “living out loud”
requires Caring in gentle silence.

February 9th ... Comes the Change

*“From the pain comes the Dream ...
From the Dream comes the Vision ...
From the Vision come the people ...
From the people comes the Power ...
and from this Power, comes the change.”
~ Peter Gabriel*



Love is the change
we all truly wish to See.

February 10th ... The most Important Thing

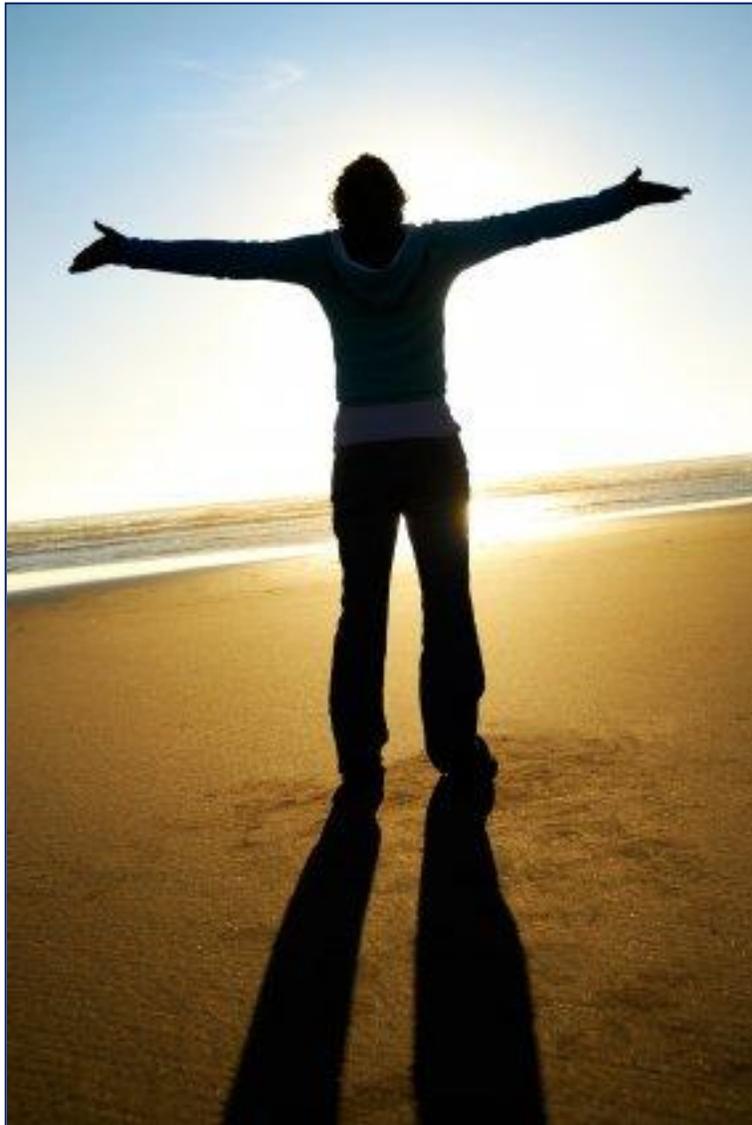
*“The most important thing
is to find out the most important thing ...
Know how to interpret the present time.
Judge for yourselves what is Right.”
~ S. Suzuki & Jesus Christ (Luke 12:56-57)*



To always judge correctly,
simply refuse to judge.

February 11th ... Tomorrow's Faith

*“Question with boldness even the existence of God,
because if there is One,[He] must far more approve
the homage of reasonable doubt
than that of blind-folded fear.”
~ Thomas Jefferson*



The Child of God is the one who has deeply experienced
the perfect profound & perfect reasonableness
of leaping Faith-fully into acts of irrational Kindness.

February 12th ... Love in Progress

*“Love is all-Ways a work of Progress.”
~ anonymous*



Love never ceases
approaching its Beauty-full End.

February 13th ... Always with Wonder

*“Live resolutely in action, gently in manner, and always with Wonder ... Remember that nothing is unclean or wrong or evil in & of itself; but is only seen as such by those who think it so.”
~ inspired by Paul (Romans 14:14)*



February 14th ... The true Master

“True mastery requires no exertion.”

*~ Tsai Kuo Jung
 (“Crouching Tiger
& Hidden Dragon”)*



To release the identity is to rediscover the Soul ...
To discard the destination is to rediscover The Way.

February 15th ... To find the Moon

*“Who can come to a spring thirsty
and still find the moon reflected therein?”*

~ Rumi



Love cannot ever dissipate or disappear,
for there is nowhere “else” for Love to go ...
And true Lovers cannot ever be torn apart,
for true Lovers are always & ever One,
and there must first be **two**
before there can be a “separation”.

February 16th ... Finding the Good

*“Find the Good. It’s all around You.
Find It and show It to others ...
Then you’ll start believing It.”
~ Jesse Owens*



Intentions are only truly clarified
by actions concurrent & subsequent ...
The only talk that truly lives
is the talk that is walked & enlivened.

February 17th ... An only Path

“Anything is one of a million paths. Therefore always keep in mind that a path is only a path ... If you feel that you should not follow it, you must not remain upon it under any conditions. To have such clarity, you must lead a disciplined life. Only then will you Know that any path is only a path and that there is no affront in dropping it if that is what your Heart tells you to Do. But your decision to either remain on a path or to depart from it to be correct, it must be completely free of both fear and ambition.”

~ Carlos Castaneda



To be free of fear, a Path must be filled with Love ...
To be free of ambition, a Path must be filled with Giving.

February 18th ... To enter the World

“To awaken to Truth, we can’t merely strive to have the world enter us & then ‘remain balanced’ with the results ... No, to truly know our deepest Truth, we must also have the courage to boldly enter the world.” ~ inspired by A. A. Attanasio



February 19th ... Working with God

*“Great Art can only be created
by us working moment-to-moment
with God as our co-Creator.”*

~ Walter Russell



For the true Artist,
the entrance of the Divine
is never a surprise.

February 20th ... Discovering Destiny

*“I do not know what your Destiny will be,
but one thing I do know: the only ones among you
who will be truly Happy are those
who will seek and discover
how to Serve others.”*

~ A. Schweitzer



February 21st ... Defining Choices

*“It is not our abilities or our circumstances that define Who we Are
... It is our choices. The enemy of Destiny is fear. We think it is
economic limitations or physical challenges or the hatred of others,
but the enemy isn't any of those things at all. The enemy is actually
fear; it is fear & fear alone.”*

~ inspired by J. K. Rowling & M. Gandhi



February 22nd ... The next Step

*“Whatever lies before me is not blocking my next step ...
It is my next step.” ~ Maureen Brady*



February 23rd ... Making it Happen

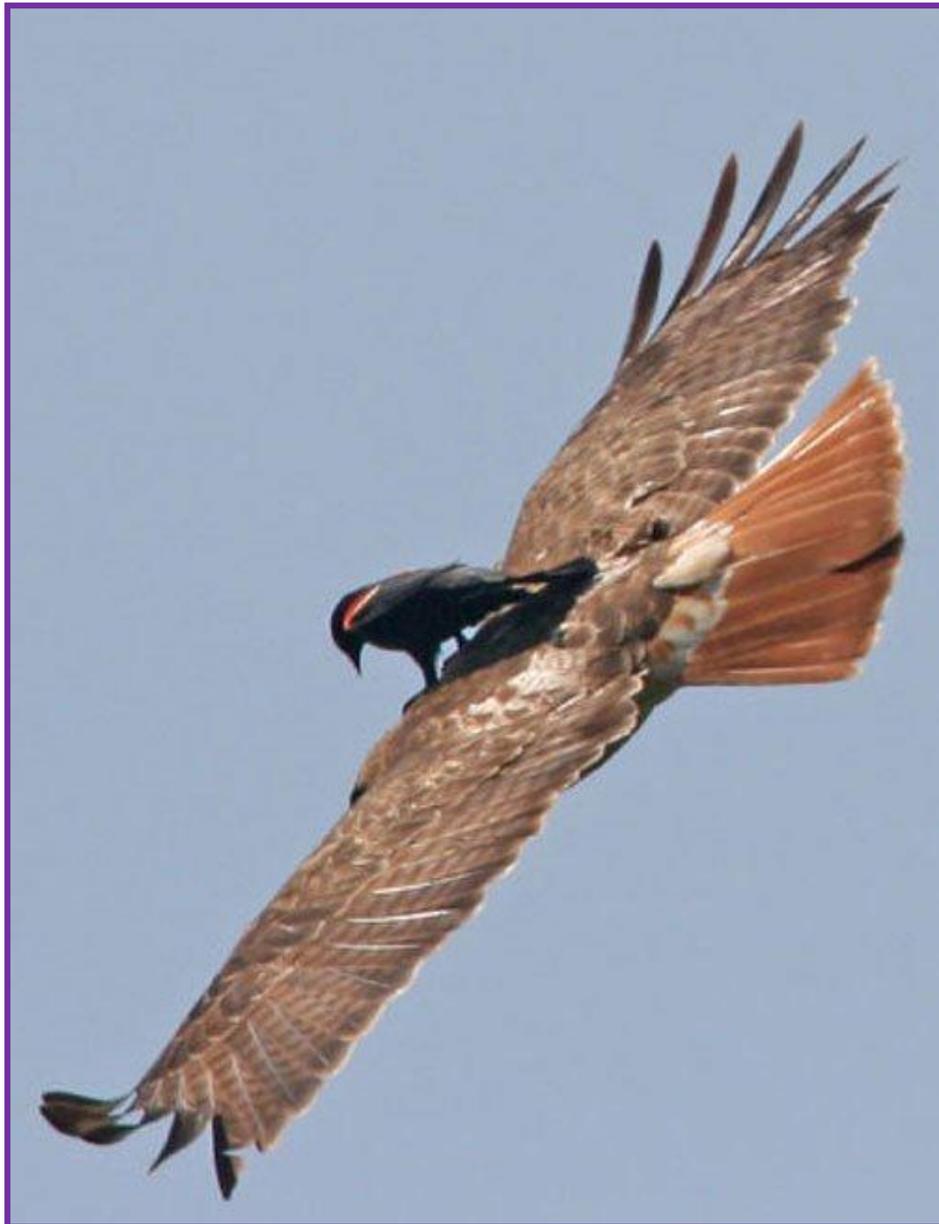
*“It’s not how many ideas you have ...
It’s how many you engage & make real.”
~ unknown*



There is no confusion in the conscious Life;
only cowardice disguised as indecision.
Solution: simply choose — & then simply **DO!**

February 24th ... Setting forth to Heaven

*“Those on The Way are almost invisible
to those who are not.
A man or woman sees God and sets out.
Others do not See,
and say that he or she has lost the faith.”
~ Rumi*



February 25th ... Allowing the Unfolding

*“Live fully in the present.
Do the things you know need to be done.
Do all the Good you can each day.
The future will unfold by itself.”
~ Peace Pilgrim*



Make the Music that is there to be made,
and let Life thereafter compose its Symphony therewith.

February 26th ... To Be, Do

*“Do, or Do not.
There is no ‘try’”
~ Yoda*



Success is not in the “succeeding” ...
Success comes whenever we fail —
and yet refuse to give in to failure ...
It is whenever we are frightened
of either the known or the strange,
and yet reach out to *Love anyway*.

February 27th ... A Garden of Love

*“Where there is hatred,
let me sow Love.”*

~ St. Francis of Assisi



February 28th ... Persisting in Glory

*“The Saints are the sinners
who keep on trying.”
~ Adlai Stevenson*



February 29th ... Creating each Other

*“The body repeats the landscape.
They are the source of each other
& they co-create each other.”
~ Meridel le Seieur*



That we create is a given ...
How we choose to create
is what determines the Gift.

March 1st ... About the Days

*“Master Ummon said, ‘About the 15 days past I do not ask you.
But about the 15 days to come, please say something.’”*

For many minutes none of his students answered ...

Ummon himself then broke the silence.

when he smiled gently and said,

‘Every day is a Good Day.’”

~ unknown



If you go sincerely looking for the Good,
you are guaranteed to find It.

March 2nd ... To the Summit

*“There are countless paths & trails
winding to the Mountain’s summit,
and yet from that same summit, the same Moon
pours its radiance out over the landscape.”*

~ Ikkyu



March 3rd ... Cleaning the World

*“Let everyone sweep in front of his own door,
and the whole world will be clean.”*

~ J. Wolfgang von Goethe



March 4th ... To Know the Difference

*“Grant me the Serenity to accept the things I cannot change,
the Courage to change the things I can,
... and the Wisdom to know the difference.”
~ Reinhold Niebuhr*



The Golden Rule notes that we should do unto others
as we would have them do unto ourselves ...

The Diamond Rule reminds us that we are simply to Do Good unto others –
fully regardless of how we might wish to be treated in return.

March 5th ... Stronger than the Storm

*“The ultimate conditions of Life,
such as Love or lofty Purpose,
are all assailed by adversity.
The wayfarer who reaches his goal
is one whose dedication
is stronger than the Storm.”
~ H. E. Kohn*



March 6th ... The limitless Work

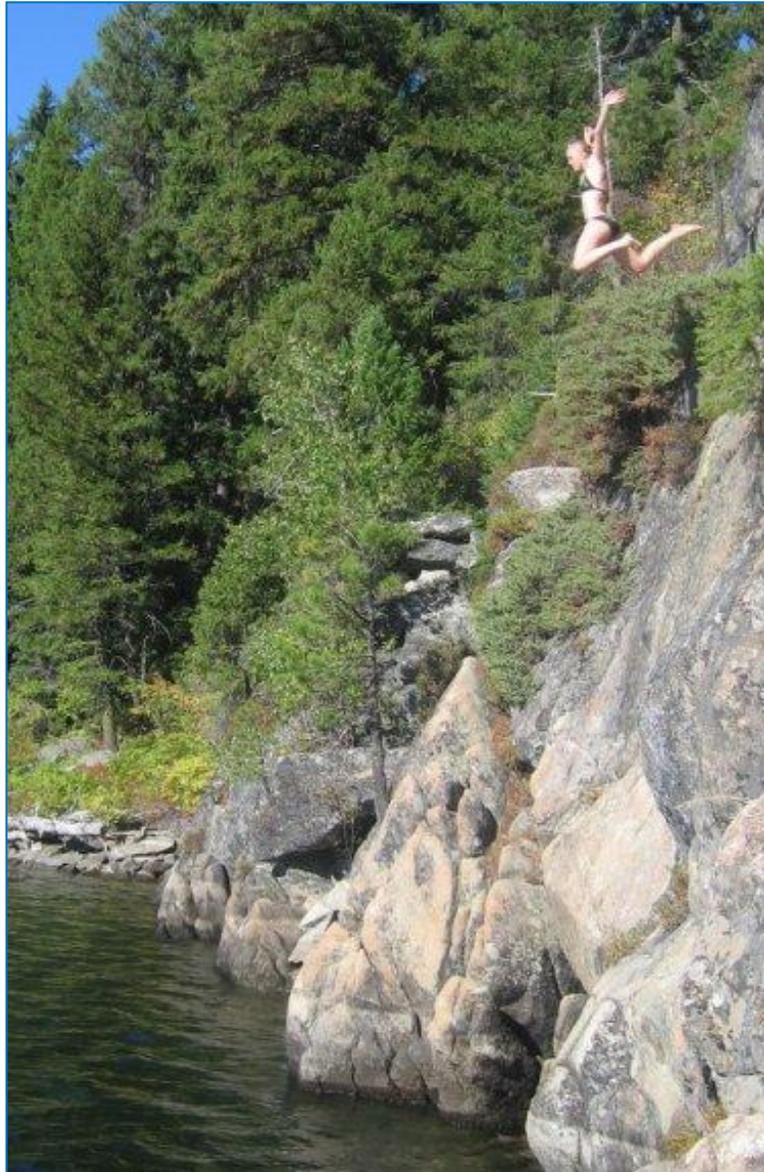
*“Ours is the exhaling of the entire Universe.
Ours is the inhaling of the entire Universe.
Thus we harmonize with whatever is,
and accomplish at every moment
the great & limitless Work.”
~ inspired by Kodo Sowaki*



March 7th ... The Bottom Line

“Make great leaps of faith, and yet never push the river into which you plunge ... Instead, choose to rejoice always, giving thanks in all circumstances; for this is what it is to Love Life, and this is the Will of God.” ~ inspired by C. Shoebridge & Paul

(1 Thessalonians 5:16-18)



Regardless of the river in which you find your Self,
Love is always in its Flow ...

March 8th ... Love is The Way

*“When Love is stripped of all desire,
that is The Way.” ~ unknown*



The Master knows that, in every single moment,
regardless of situation or circumstance,
Love is the only real option.

March 9th ... Caring to know to Care

*“Care to know less about life,
and know to Care more about others ...
Be firm with others less often,
and affirm them much more ...
Teach no one about the love of power,
and everyone about the Power of Love.”
~ inspired by Diana Loomans*



March 10th ... The Kingdom of God

*“The Kingdom of God is not coming
with things that can be observed ...
For, in fact, the Kingdom of God
is already within you!”
~ Jesus Christ (Luke 17:20-21)*



March 11th ... Be like the Trees

*“Be like a tree ... Grow as high as you possibly can.
Be like a tree ... When you are cut down, sprout anew and grow right back.*

Be like a tree ... When the wind blows you over

*as far as you
can bend,*

*sway easily
with that gale*

*and hold on
to the Earth ...*

*The wind
will pass,
and you will
straighten
back up.”*

*~ inspired by
Howard Finster*



March 12th ... Beyond mere Behavior

*“It’s a question of developing the Spiritual senses ...
of choosing to See beyond behaviors.” ~ Rumi*



The truly Noble Man
always finds a way to truly Love.

March 13th ... Making it Happen

*“Whoever believes that something is impossible
should refrain from thwarting the efforts
of those who are making it happen.”*

~ unknown



March 14th ... The Jar that Pours

*“We are the mirror,
as well as the face in it.
We are the pleasure in food,
as well as the tongue that tastes.
We are pain and what causes pain.
We are the sweet, cold water,
& we are the jar that
pours it forth.”
~ Rumi*



March 15th ... Arriving at the Start

*“We shall not cease from exploration ...
And the end of all our exploring
will be to arrive where we started,
and Know that place for the first time.”
~ T. S. Eliot*



To See the Good, simply take a good look ...

March 16th ... The Pattern of Now

*“There are no patterns in the present moment.”
~ anonymous*



Love is Light — is God — is Peace ...
All of them flowing together ...
all without attachment or struggle.

March 17th ... Living All-IN

*“Life is fleeting; so forgive quickly,
kiss slowly, Love deeply,
& laugh uncontrollably.” ~ unknown*



“So they are no longer two, but one flesh.
And what God has joined together,
let no man separate.”
~ Jesus Christ
(Matthew 19:6)

March 18th ... To Give Everything

*“Real Generosity towards the future
consists in Giving everything you have
to everything that is present.”*

~ Albert Camus



To Be, you must simply choose your next motion ...
... and then choose to move with Love.

March 19th ... A Great Shine, Rising

*“In any gathering, in any chance meeting on the street,
there is a shine; an great elegance rising Up.”*

~ Rumi



To enter the Kingdom of Heaven,
first choose to become all that you perceive –
and then simply **choose to Love** all the same.

March 20th ... To Soar so Strong

*“You have an incredible Spirit ...
It soars within; immense and strong.”*

~ Rebecca Jean Pittman



The man becomes a Master when he gazes into a mirror,
and Sees both Creator & Creation smiling back at him.

March 21st ... Engendering LOVE

*“In the blink of an eye, Love engenders
what effort in much more time cannot.”*

~ J. Wolfgang von Goethe



Love, by Its very nature, cannot strive ...
To Be, we must simply get out of the way,
& allow itself to flow potently into another.

March 22nd ... One world of Love

*“Those who are awake have one world in common ...
Those who are asleep live each in a separate world.”*

~ Heraclitus



Love is a Truth that is
gently offered to everyone;
a breath for all to breathe;
a hearth for all to share.

March 23rd ... Blazing a Trail

*“Do not follow where the path may lead;
Go instead where there is no path
and blaze a new trail.”
~ Ralph Waldo Emerson*



See the Teacher in every “enemy”,
and the Guide in every “wanderer” ...

March 24th ... The reasonable Heart

*“The Heart has its reasons,
whereof reason knows nothing.”*

~ Pascal



Love who God tells you to Love --
remembering (& re-membering) all the while
that God is always telling you
to Love everyone.

March 25th ... The Circle of Compassion

“A Human Being is a part of the Whole we call the Universe; a part limited in time and space. He experiences himself as something separated from the rest – a kind of illusion of his consciousness. This illusion is a prison for us, restricting us to our personal desires and to affection for only the few people nearest us. Our task must be to free ourselves from this prison by widening our Circle of Compassion to embrace all living beings and all of Nature.” ~ Albert Einstein



March 26th ... Love, inside Out

*“Your inside doesn’t need
something from outside to feel Good.”*

~ Nicole Shoppe



Without exuding the courage
to both Care for the downtrodden
and be Kind to the “wicked”,
a human being is only so much meat.

March 27th ... To Find the Sought

*“For those who truly Seek,
there always comes that magic moment
when what they Seek becomes themselves.”
~ Natalie Norman*



Seek your Self in self ...
Find your Self in others.

March 28th ... Our one Vocation

*“The Vocation of every man and woman
is to serve other people.”*

~ Leo Tolstoy



The questions of Love are infinite –
and yet their answer is always YES.

March 29th ... The Measure of Life

*“The measure of a man’s Life
is found in its well-spending,
not in its length.” ~ Plutarch*



The Path to Contentment
is lined by the smiles of those
we have aided along our Way.

March 30th ... To be truly Brave

*“Courage is a strong desire to Live,
coupled with a complete willingness to die.”*

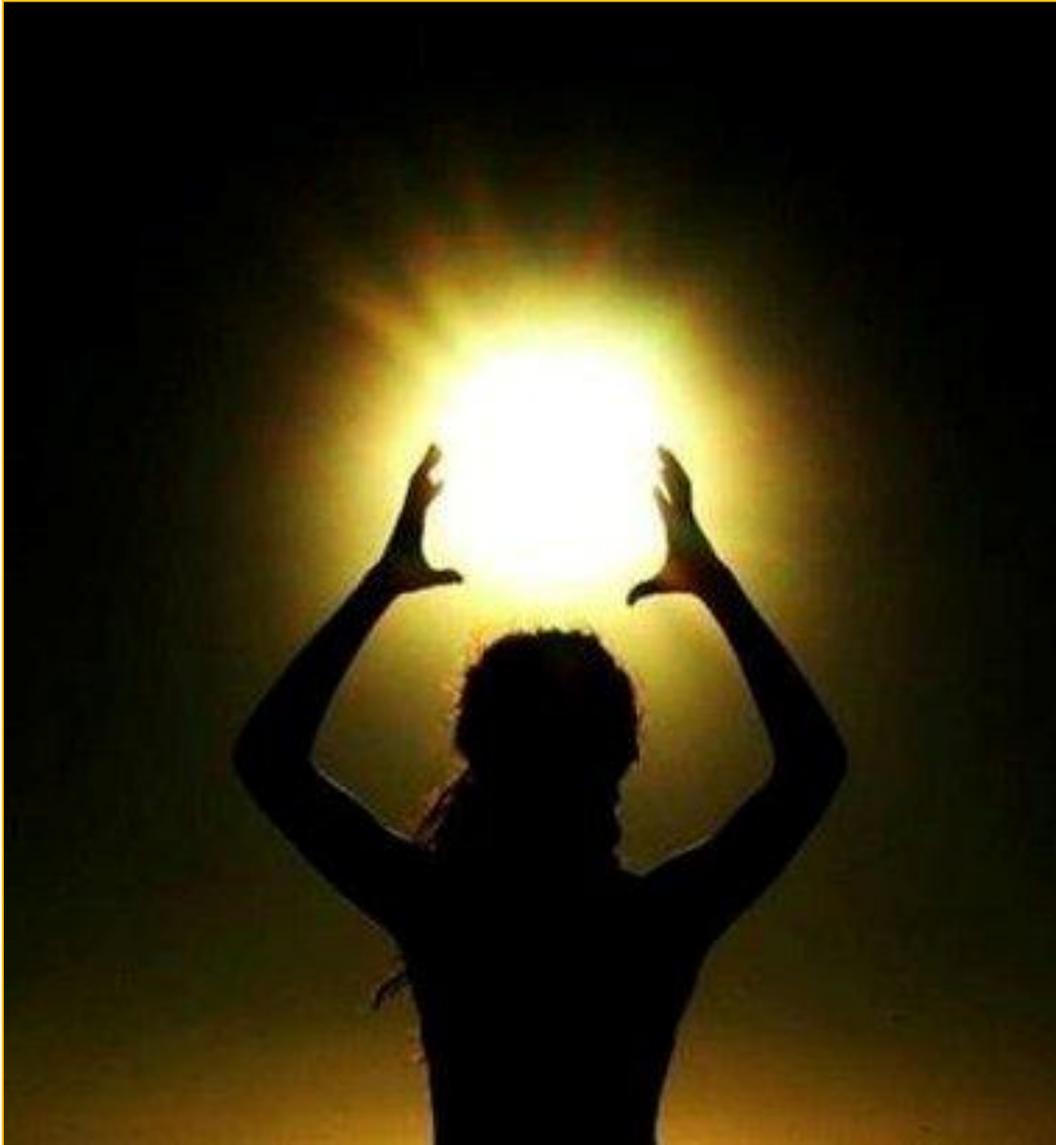
~ unknown



Courage is being deathly afraid,
and yet facing the source of our fear ...
... and Loving it anyway.

March 31st ... A most kind Future

*“The future is sending back good wishes,
and waiting with open arms.” ~ Kobi Yamada*



Every difficulty encountered
is the opportunity
to re-choose your re-Birth.

April 1st ... Renouncing Power

*“Let all who have power renounce it.”
~ Jesus Christ (Thomas 81)*

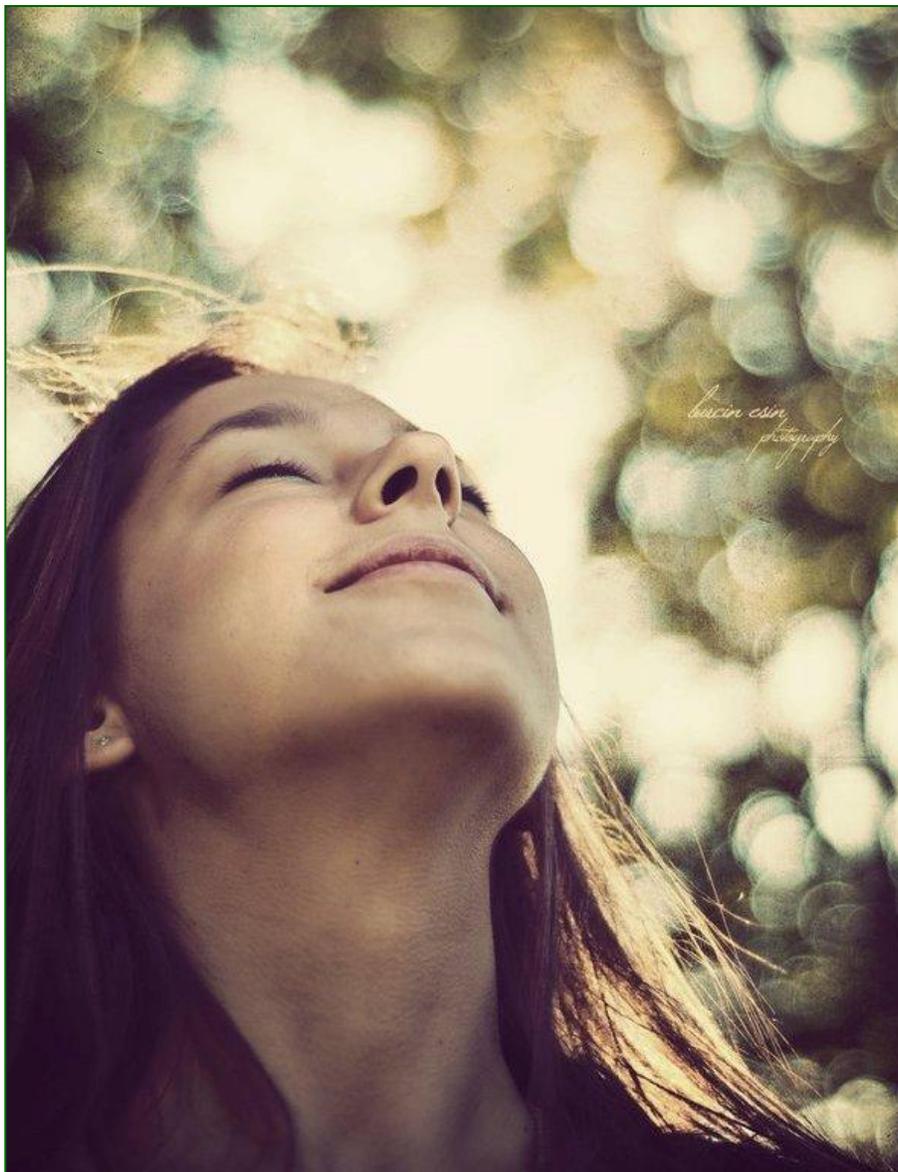


The truly Wise know
that real Power rests only
with the powerless.

April 2nd ... The Helper Arises

*“May Wisdom shine through me ...
May Love glow from within me ...
May Strength radiate from me;
that in me may arise a Helper of humankind
and a servant of Holy Things;
ever selfless and true.”*

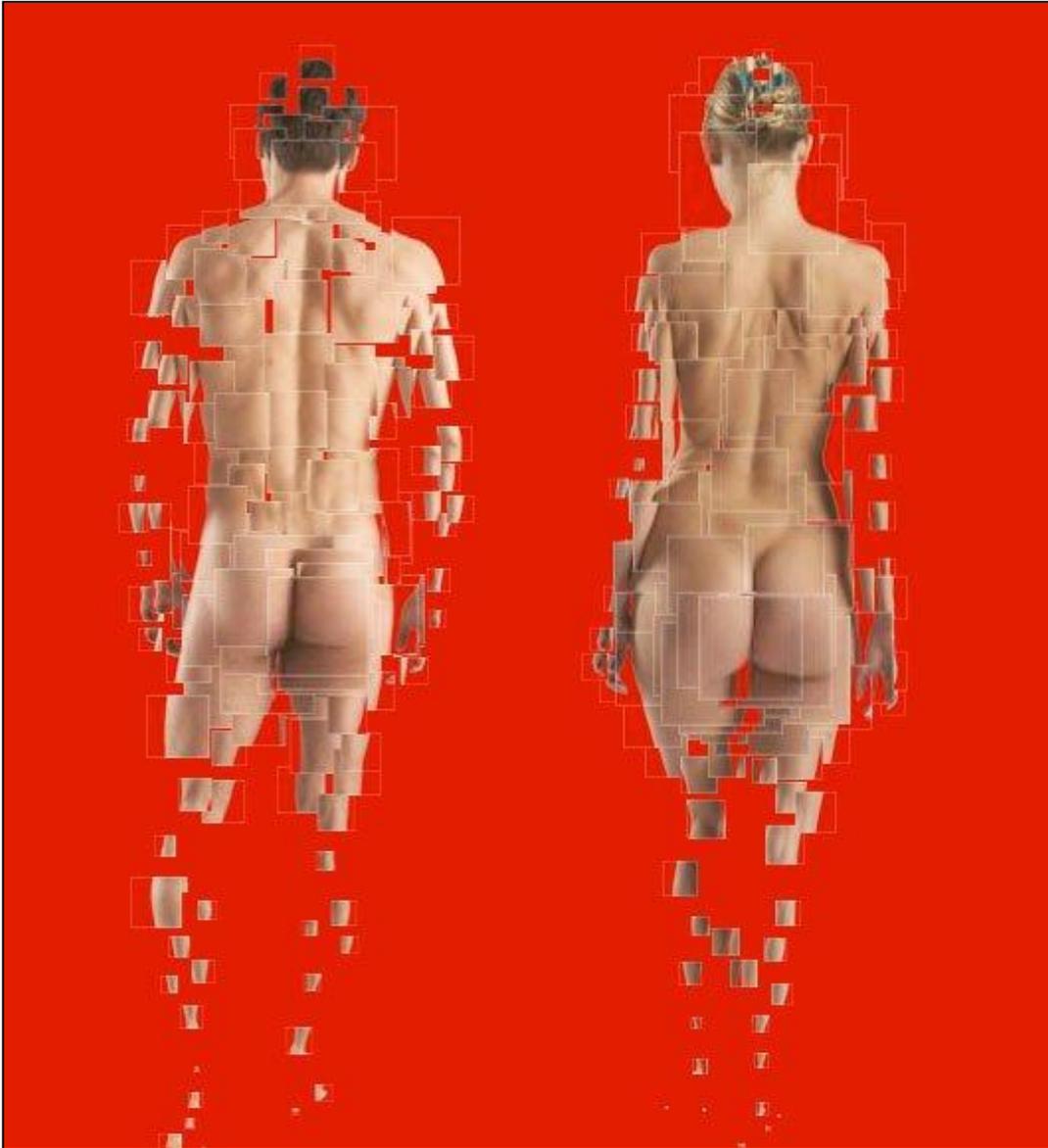
~ Rudolph Steiner



April 3rd ... A softer Truth

*“To be certain is to be mistaken
at the top of one’s voice.”*

~ Ambrose Bierce



He who is certain can enhance only doubt ...
She who is humble will relay only Truth.

April 4th ... When the aim is Pure

*“The aim, whether reached or not,
makes the Great Life.”*

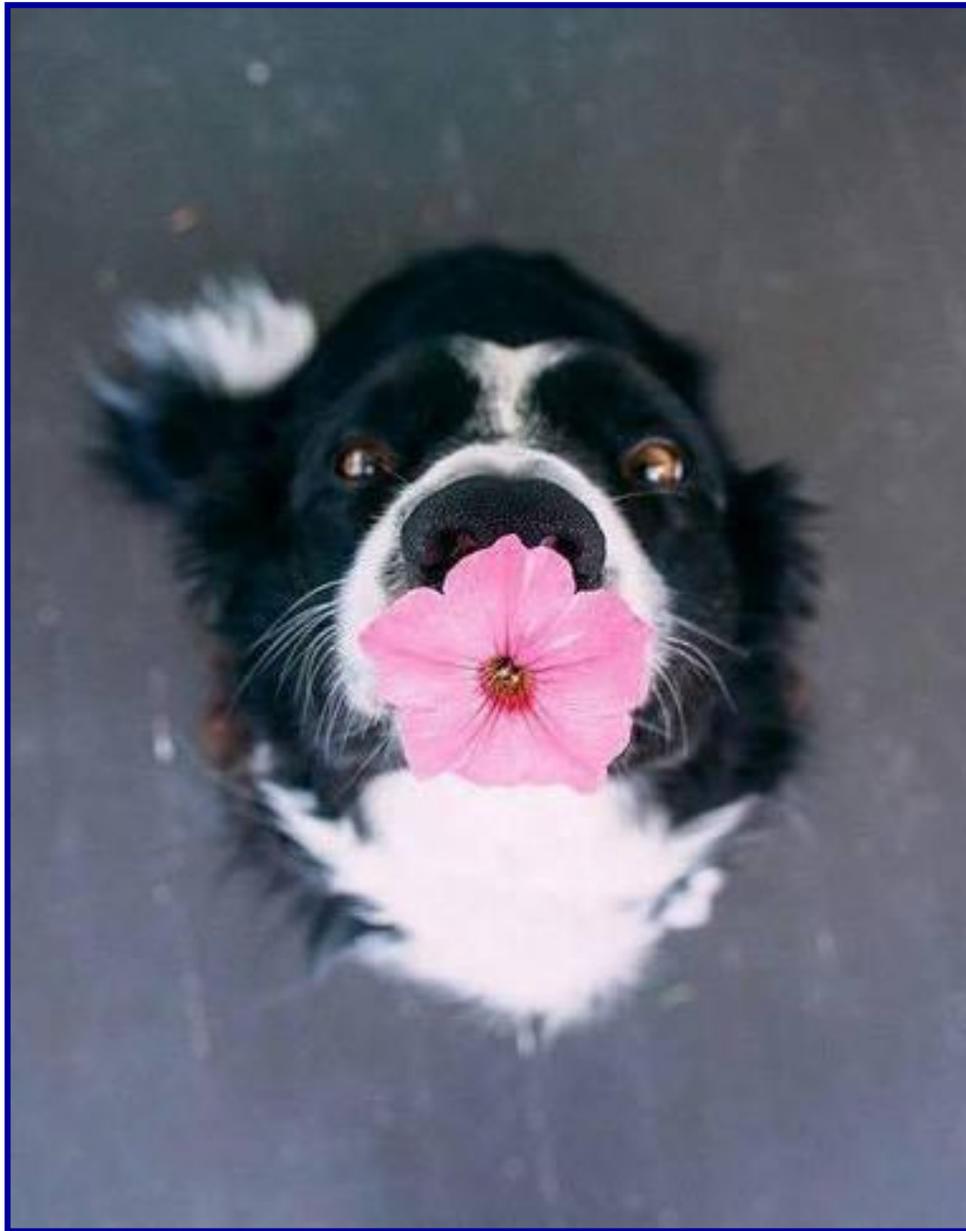
~ Robert Browning



If the target is selfless Love,
the arrow will find its Way thereto.

April 5th ... In Truth & Action

*“Let us Love one another,
not in mere thought or speech,
but in truth & action.”
~ unknown (1 John 3:18)*



April 6th ... All of One Blood

*“God hath made of one blood
all the nations of men.”*

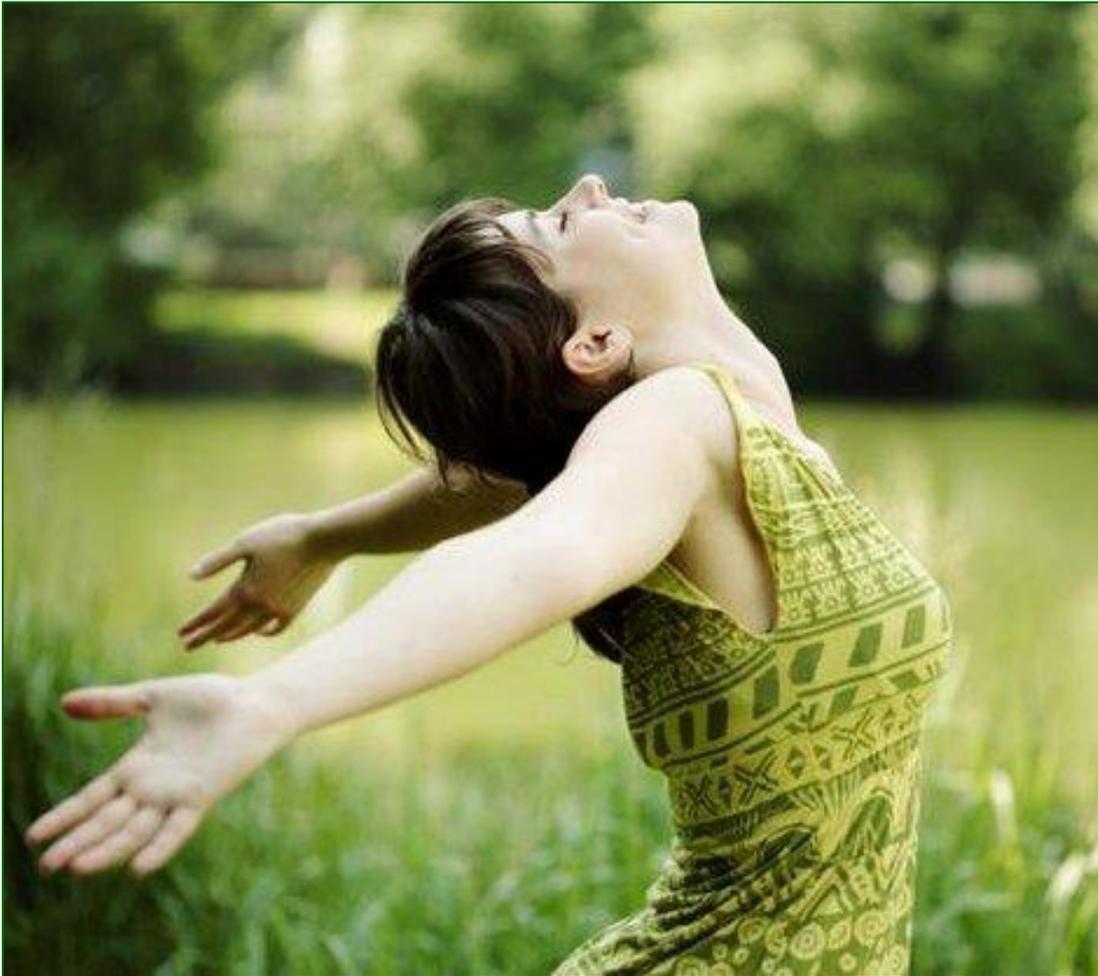
~ Luke (Acts 17:26)



Forgive both the ignorant and the naive ...
Humbly remember that you are they.

April 7th ... Keep on Going

*“Here is a test
to see if your Life on Earth is finished:
If you’re still alive,
... it’s not.”
~ Richard Bach*



If

you wake up alive tomorrow morning,
go forth that day and act accordingly.

April 8th ... Seeking the deepest Blue

*“Today a great Vision is needed,
and the man who has that Vision must follow it ...
just as intensely & just as single-mindedly
as the eagle seeks the deepest blue of the sky.”
~ Chief Crazy Horse*



Your character is your Destiny ...
and your character is always your choice.

April 9th ... A Heart that is Simple

*“Turn into my place and sit quietly.
Drink from my stream and my vintage.
Cast off your shoes, discard your hardships
And listen to my evening song ...*

*I seek a heart that is simple.
With the peaceful I spread my tent.
I will wash your feet and dry them,
My silence will be their perfume.”
~ Friar Paul Quenon*



April 10th ... The Way of the Cross

*“The way of the Cross is not easy,
And yet it is the rhythmic
and the lovely way.”
~ Edgar Cayce*



The current is not always smooth,
but it is always smoother to flow with it.

April 11th ... Already Gone

*“We don’t need to learn to let go.
We need to realize what is already gone.”*

~ Suzuki Roshi



April 12th ... Witnessing the Work

*“Love & Faith live in the works
that we choose to witness.”*

~ Camino de Santiago graffiti



Faith is not facing fears
believing that life will get better ...
Faith is facing fears
while Seeing that life
is already Good.

April 13th ... Defining the Moment

*“When the defining moment comes,
either you define the moment,
or the moment defines you.”*

~ unknown



To shine your Light within ...
you must embrace
the Light without.

April 14th ... To Have, Give

“Love is a solely giving thing.” ~ Scaughdt



The only time we ever know true LOVE
is while we are giving It away.

April 15th ... 1000 Strands of Light

“A thousand fibers connect us with our fellow beings; and among those fibers our actions run out as causes, and they come back to us as effects ... With this in mind, if you want to make the days in your life really matter, then you must choose to Love something – and that Love must be a verb.”

~ inspired by Herman Melville & Kobi Yamada



Peace only Is
as Peace truly Does.

April 16th ... The Moment of Success

*“The moment of true success
is not the moment apparent to the crowd.”*

~ George Bernard Shaw



“Love is from God;
everyone who Loves is born of God
and everyone who Loves knows God.”

~ unknown (1 John 4:7)

April 17th ... To See the Moon

*“You don't have to be tall
to see the Moon.”*

~ African Proverb



To See the unusually Beauty-full,
we must be willing to See unusually.

April 18th ... Choosing the Way

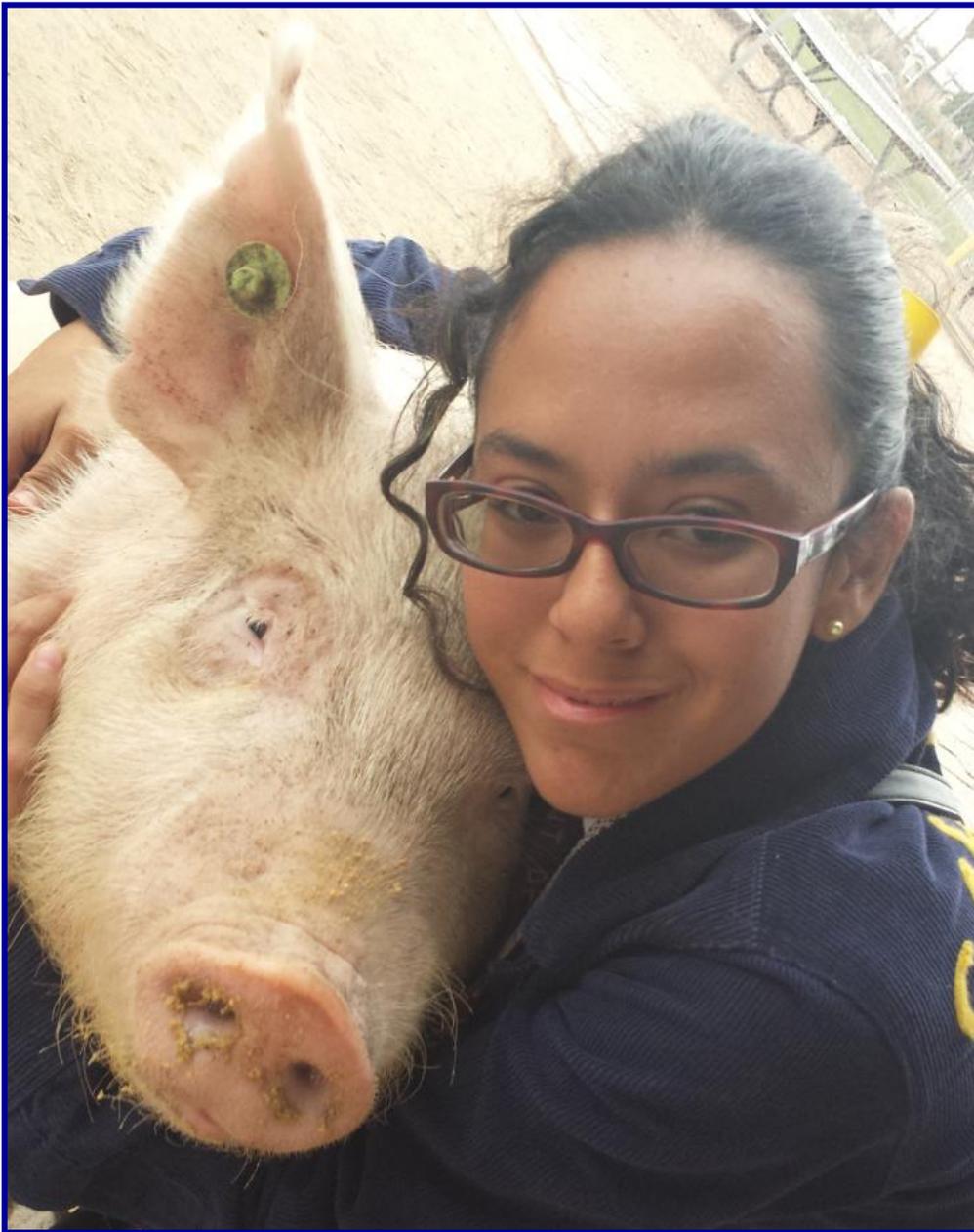
“We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last pieces of bread. They may have been few in number, but they offer sufficient proof that everything can be taken away from a man but one thing: the last and the greatest of human freedoms – the ability to choose one’s attitude in any set of circumstances; the ability to always choose one’s own Way.” ~ Victor Frankl



“Everyone has an opportunity to be truly Great,
because everyone has the opportunity to serve others.”
~ Martin Luther King Jr.

April 19th ... Following to Lead

“He who wishes to lead the people must walk as if behind them ... So it is that the Sage rules over circumstance. He leads the people but he does not block their Way. He stays low, so the world never tires of exalting him. He remains a servant, so the world never tires of making him its King.” ~ Lao Tsu (Tao Te Ching #66)



April 20th ... A Place worth Going

*“There are no shortcuts
to any place worth going.”*

~ Beverly Sills



You can only get where you need to go
when you stop trying to “get there”.

April 21st ... The Perfect Place

*“The Sage’s illness has become ill.
His renunciation has been renounced ...
Now he is free, and every place in this world
is the perfect place to Be.”
~ Lao Tsu (Tao Te Ching #71)*



April 22nd ... The Song of Love

*“To Love someone is to learn the song that is in their Heart,
and to sing it to them gently whenever they forget.”*

~ Thomas Chandler



April 23rd ... Believing to Be

*“Faith is to believe because you cannot see;
the outcome of this Faith
is to See because you Believe.”
~ unknown*



Simply continue ever-onward ...
especially when the Journey feels pointless;
& especially when your destination seems beyond reach.

April 24th ... Within the Souls of Men

*“Peace comes within the Souls of men
when they realize their Oneness with the Universe;
when they realize It is really everywhere –
that It is actually within each one of us.”
~ Black Elk*



April 25th ... When Love Arrives

*“This moment Love comes to rest in me;
many beings in one Being.*

*In one wheat-grain
a thousand sheaves of wheat.*

*Inside the needle’s eye,
a turning night of stars.”*

~ Rumi



*“Recognize what is directly in front of you,
and what is concealed will also be revealed.”*

~ Jesus Christ (Thomas 5)

April 26th ... A Throne of Divinity

*“One builds their own seat in this world using GOD;
the only material that is everywhere.” ~ Hafiz*



Love is the Wind that calms ...
Service, the Stone that solidifies.

April 27th ... To truly Succeed

*“For it is not light that is needed, but fire;
It is not the gentle shower, but raucous thunder.
We need both the storm and the whirlwind ...
We need an earthquake in our Hearts.”
~ inspired by Frederick Douglas*



April 28th ... To truly Succeed

“Success: to laugh often, to win the respect of intelligent adults and the affection of kind children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate Beauty; to See the best in others; to leave the world a better place — whether by a healthy child, a shared garden or a redeemed social injustice; to know that even one life has breathed easier because you have lived. That is to have truly succeeded.”

~ Ralph Waldo Emerson



*“A loving Heart
is the beginning
of all knowledge.”
~ Thomas Carlyle*

April 29th ... The death of Ambition

*“Submit to the death of both your ambitions
and favorite wishes every day,
and to the death of your whole body in the end.
Submit with every fiber of your Being and you will find eternal life.
Hold nothing back, for nothing that you have not given away
will ever really be truly yours.” ~ C. S. Lewis*



April 30th ... fully Here, fully Now

“The world is round, and thus any place which seems like the end can also be only a beginning ... We cannot put off living until we are ready. The most salient characteristic of Life is its urgency; living fully Here & fully Now and doing so without any possible postponement.” ~ inspired by Ivy Baker Priest & Jose Ortega y Gasset



May 1st ... A Willingness to Know

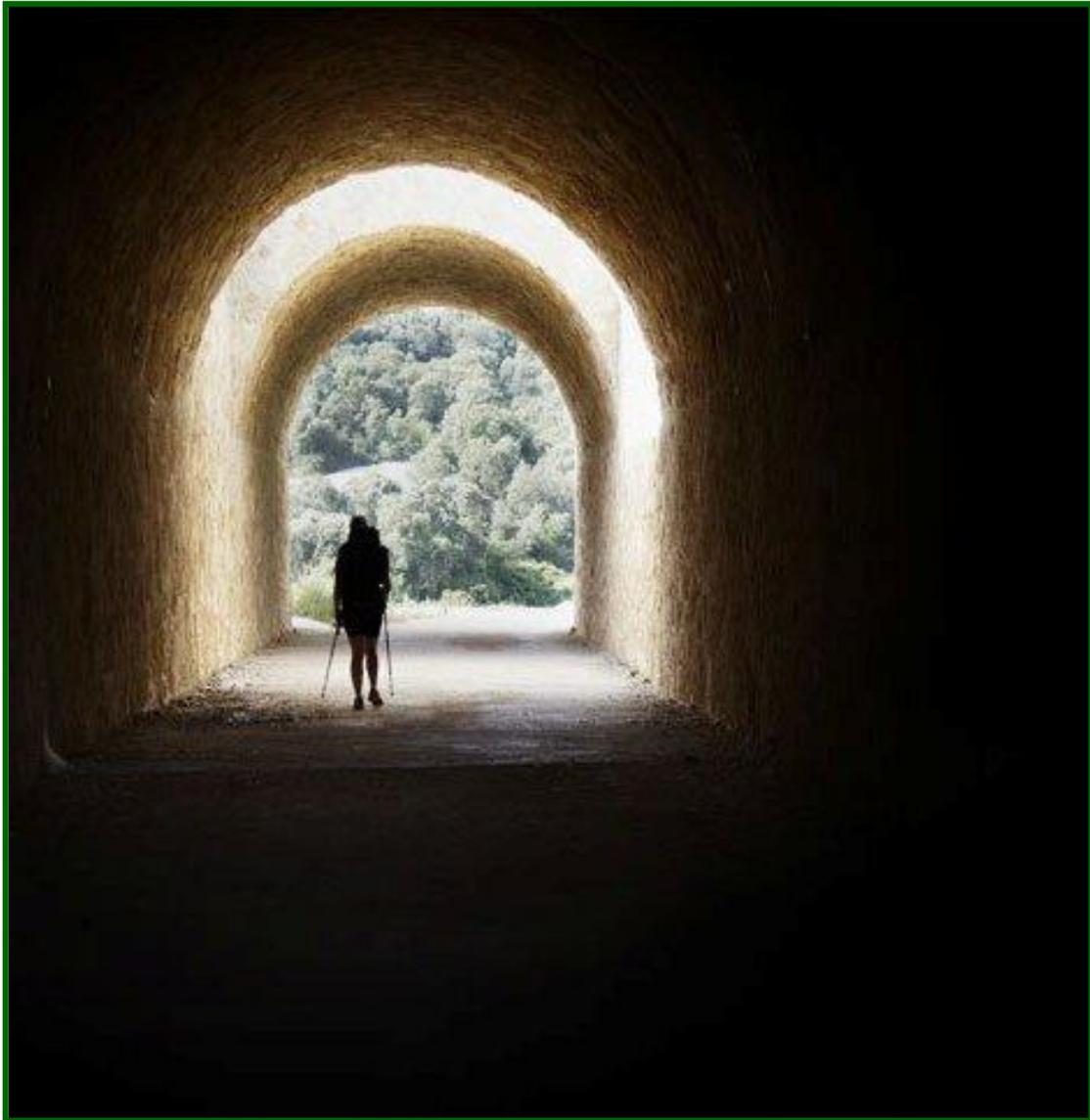
*“I cannot explain it
beyond your willingness to understand It.”
~ Thor Evergreen*



To learn requires first an admission of unknowing ...
... and thereafter a willingness to Know.

May 2nd ... To be Whole

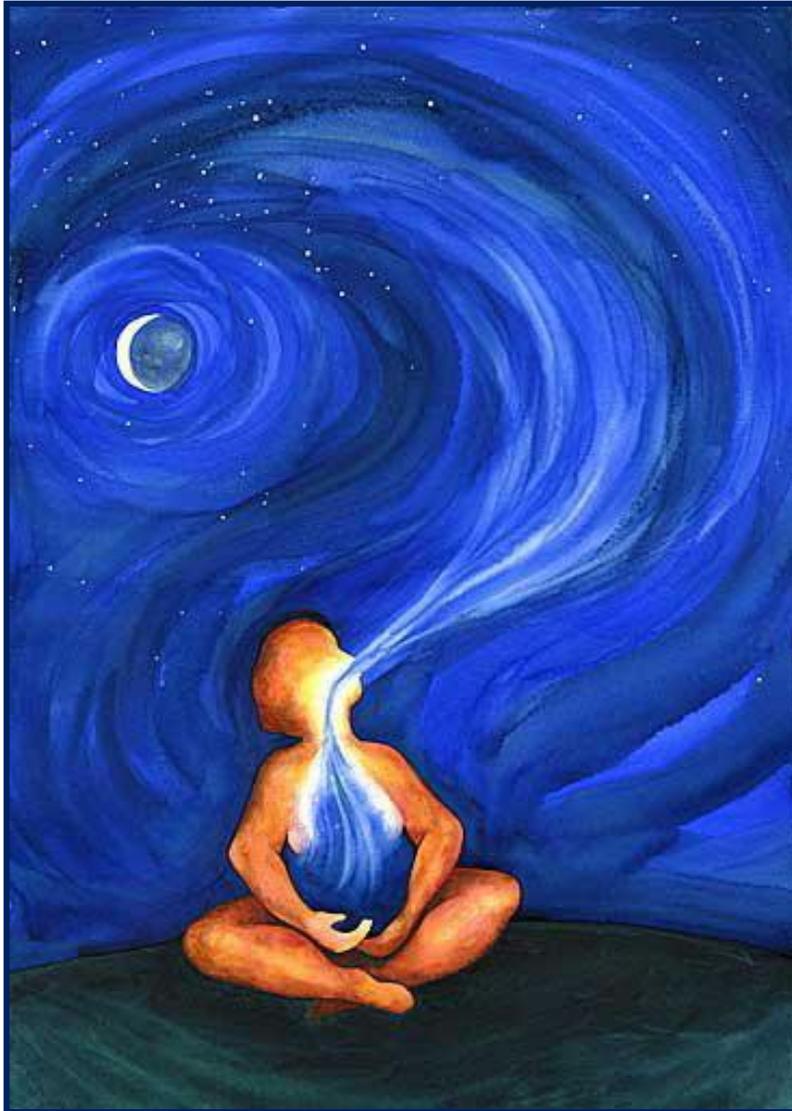
*“To be completely whole, set forth with courage ...
And once completely whole, all things will come to you.”
~ inspired by Lao Tsu*



For all our constant travelings,
We find the most within ourselves.

May 3rd ... The Light Within

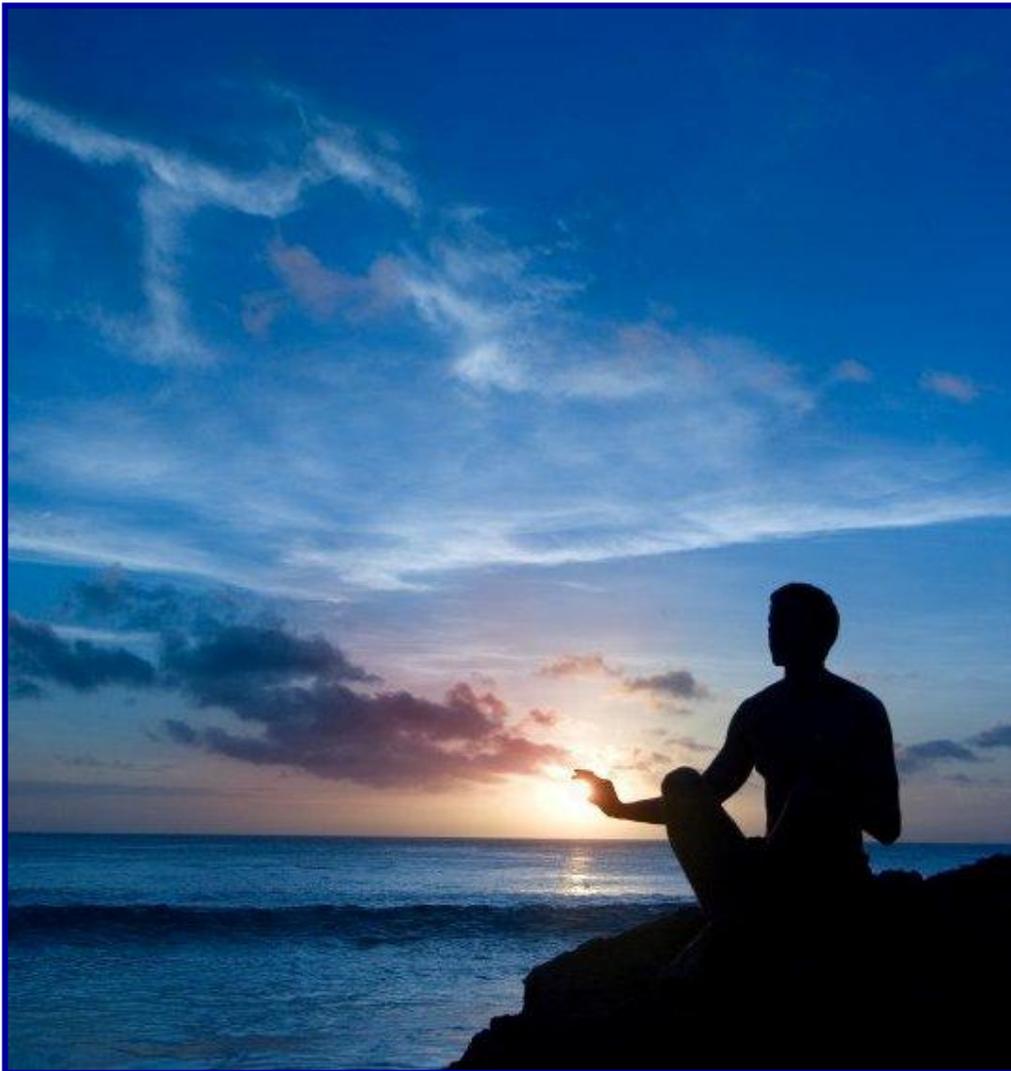
*“Images are visible to man,
but the Light within them remains hidden ...
The Father always reveals Himself,
And yet the radiance of His Light
obscures His image from view.”
~ Jesus Christ (Thomas 83)*



We cannot know The Way
until we lose our mere “knowledge” of It ...
... and start **Living It** instead.

May 4th ... Transcending what IS

*“To my way of thinking, discomfort –
the discomfort of stretching yourself
beyond what you already know –
is what creates the priceless pearls
of a well-lived life.”
~ inspired by Jim Whittaker*



We are all the potential stewards of our own Souls ...
.... and a Soul without a steward is lost Soul in-deed.

May 5th ... The Meaning of Life

*“The Meaning of Life is found in living –
not in constantly searching for the Meaning of Life.”
~ Leif Boysen*



To commence with truly Living,
you must first cease seeking for The Way.

May 6th ... Wholeness in this Moment

“Our true Task is to join with the world so completely that who we were is forgotten and what we are becoming is not an issue. Peace exists in wholeness, and wholeness is found only in this moment; always right Here.” ~ Bill Alexander



May 7th ... Embracing the Storm

*“To rejoice in the sunshine and its warmth,
We must also embrace the storm and its thunder.”*

~ inspired by Kahlil Gibran

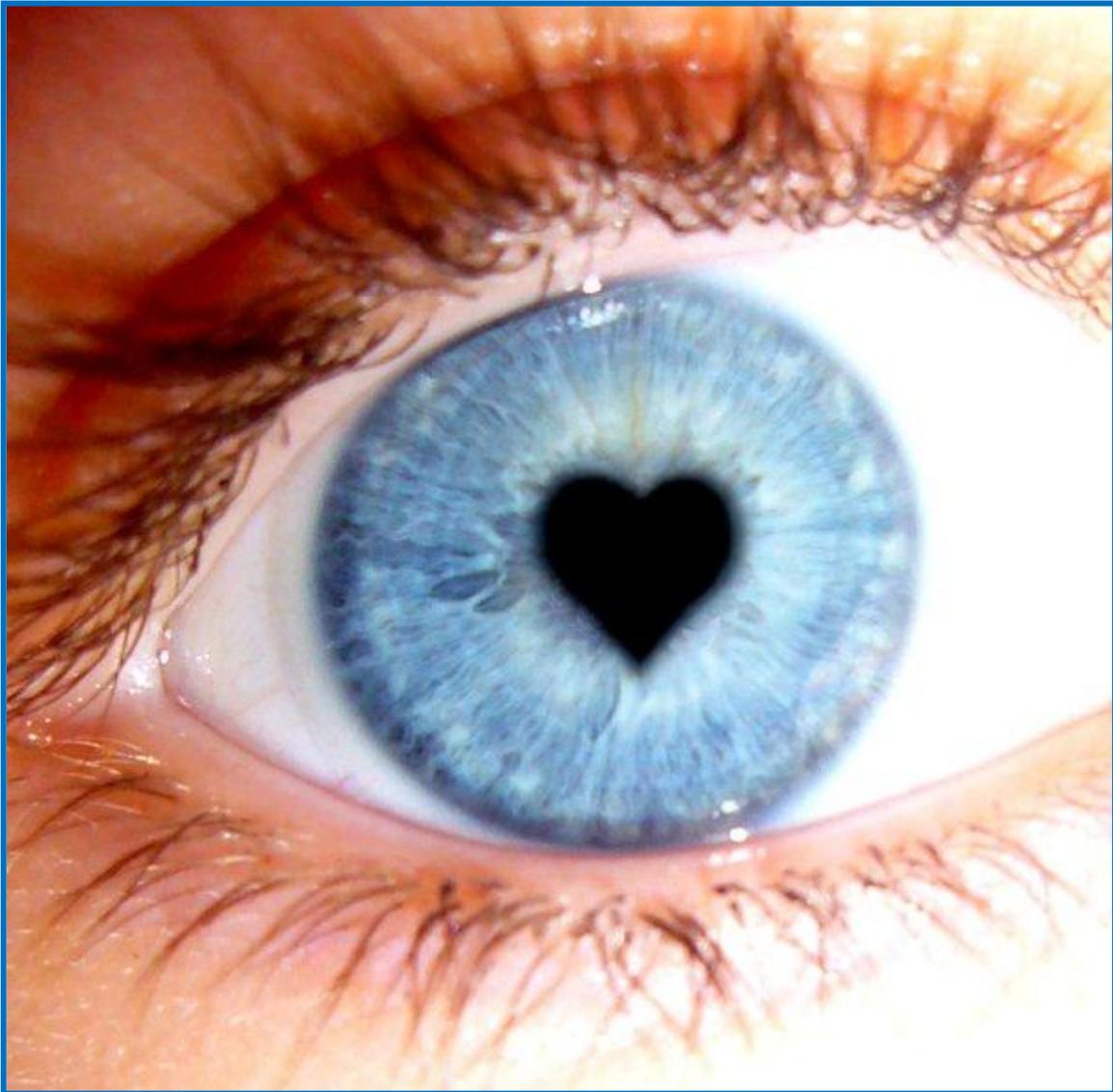


*“When I am good, mind-full and alert; when I practice Kindness —
I partner with the all-loving Guidance of the Universe.”*

~ Heleana Kontoudios

May 8th ... To See or not to See

*“I who am blind can give
one piece of advice to those who see:
Use your eyes today
as if tomorrow you would be stricken blind.”
~ Helen Keller*



*“Hate is not the enemy of Love; indifference is ...
So be dressed for action, and have your lamps well lit.”
~ inspired by Jesus Christ (Luke 12:35)*

May 9th ... Children of God

*“See what Love the Father has given us,
that we should be called Children of God,
for that is what we all are.”*

~ unknown (1 John 3:1)



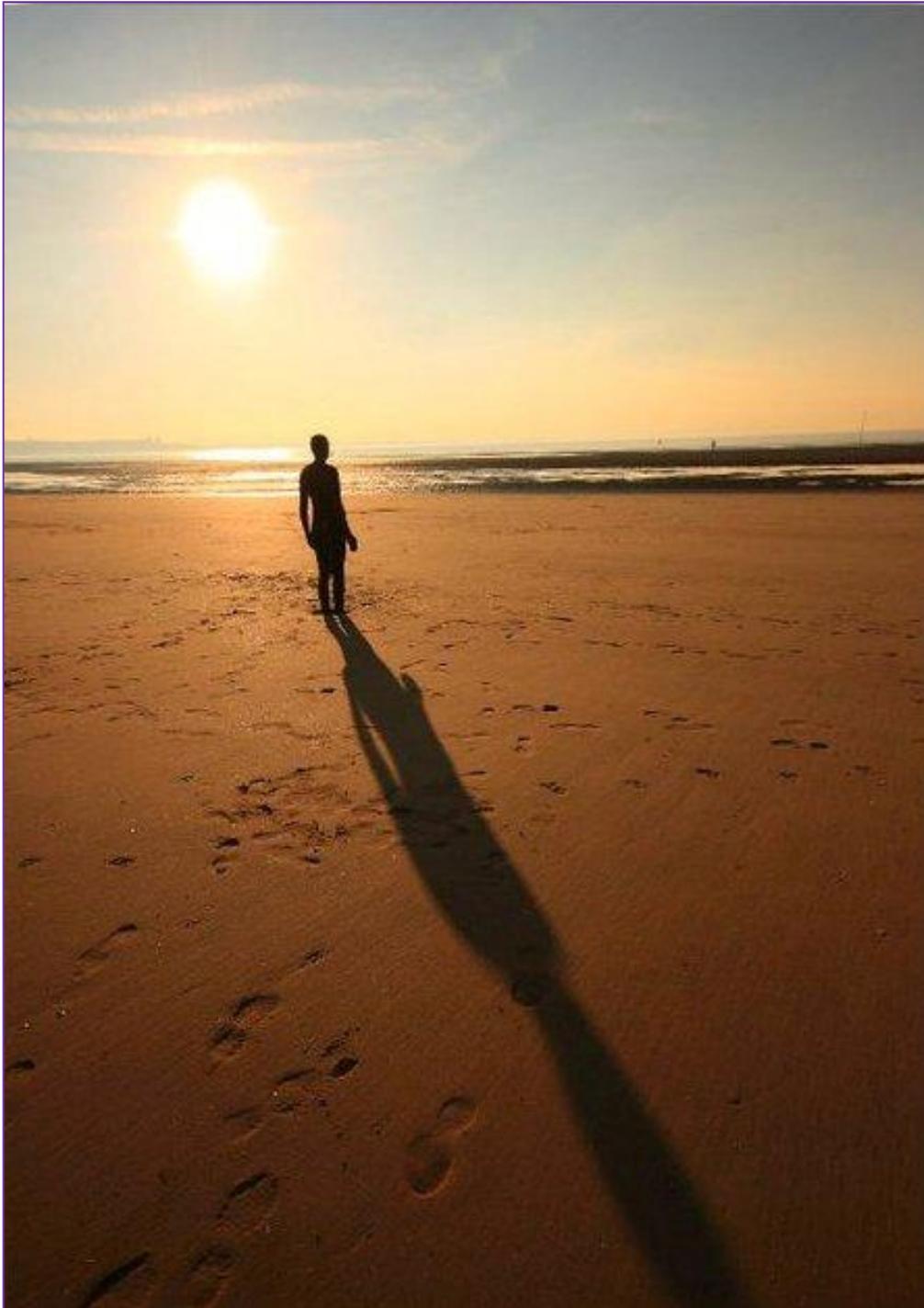
*“Avoid speaking at all ...
unless you can improve upon the Silence.”*

~ H. J. Brown Jr.

May 10th ... Standing in the Light

*“Be content to stand in the Light,
and let the shadow fall where it will.”*

~ Mary Stewart



May 11th ... The Light of the World

“You are the Light of the world ... No one after lighting a lamp hides it under the bushel basket, but places it instead on a lamp stand; where it gives light to all ... In the same way, let your Light shine before others, so that they may see your Good Works and also give glory to your Father in Heaven.”

~ Jesus (Matthew 5:14-16)



May 12th ... Riches of the Heart

*“Only Love understands
the secret of becoming Wealthy ...
... which is always giving to others.”
~ Brentano*



Every item owned is one step closer to poverty ...
Every possession given away is one step closer to riches.

May 13th ... The winding Road

“I also see the absurdity of my belief that I can somehow understand, predict or control Life. All I can really do is go along for the ride, with as much consciousness and Love as I can muster in each moment.” ~ Molly Young Brown



May 14th ... Passing the Torch

“My life belongs to the community, and as long as I live, it is my privilege to do for it whatever I can ... For the more I serve, the more I live. Life is a sort of splendid torch which I hold for but a moment, and I want to make it burn as brightly as possible before handing it on.” ~ George Bernard Shaw



May 15th ... The greatest Danger

*“The greater danger
is not that your hopes are too high
and you fail to reach them;
it’s that they are too low
... and that you do.”
~ Michelangelo*



*“May it be, oh Lord,
that I seek not so much to be loved
... as to Love.”
~ St. Francis of Assisi*

May 16th ... Lightly to the Winds

*“Treat life with grace and dignity ...
Bear witness to the wonders of twilight and transition ...
The entire Cosmos is washing over and around you ...
Take hold of each bend and every ripple of time
and toss them lightly to the winds ...
Love fully — & let go.”
~ anonymous*



May 17th ... The loosest of Garments

*“You need not think about
whether your wishes will materialize.
Simply take action and let go of the results.
In this way, you wear the world
like a loose garment.”
~ Helene Lerner-Robbins*



May 18th ... From the Light

*“If they ask you where you are from,
answer that you have come from the Light ...
If they ask for the sign of the Father within you,
answer that it is movement and rest.”
~ Jesus Christ (Thomas 50)*



To Know the true Beauty of our true Reality,
we must first choose to step back in humility
and become steeped in clueless Wonderment.

May 19th ... The way to The Way

*“The Way is not in the sky.
The Way is in the Heart.”
~ G. Buddha*



We can only rediscover The Way
while showing it to someone else.

May 20th ... Where to Look

*“It is not the position in which you stand that matters,
but the direction in which you look.” ~ unknown*



Fear & Love don't mix ...
and neither do Love & judgment.
Hear behind the words ...
See beyond the behaviors.

May 21st ... The Ears to Hear

*“He who has ears to listen,
let him understand how to Hear.”*

~ Jesus Christ (Mark 4:9)



Happiness means concentrating on wanting less ...
Joy -- on wanting nothing at all.

May 22nd ... Dissolving into Light

*“This is how I die into the Love I have for you;
as pieces of cloud dissolve into sunlight.” ~ Rumi*



*“We are even now swimming around in this great fish bowl called Earth.
Separate yet not apart; we are the Beauty of pure Interconnection ...
Know this, and be bold in your Love.”
~ inspired by Emily J. Williams*

May 23rd ... The mighty Spring

*“There is a love like a small stream
which dries up when it doesn’t rain.
But there is also a Love like a mighty spring
gushing up out of the earth ...
It flows onward forever
and is ever-inexhaustible.”
~ Isaac of Nineveh*



Love sates even the unquenchable thirst.

May 24th ... Placed in your Heart

*“The moment you are born,
your Work is placed in your Heart.”
~ Kahlil Gibran*



The moment you rise to enliven your Work,
Your Soul will finally be Born Anew.

May 25th ... Nothing but Joy

*“Whenever you face trials of any kind,
consider them nothing but Joy.”*

~ James (James 1:2)



*“Two roads diverged in a wood, ... I took the one less traveled by ...
And that has made all the difference.” ~ Robert Frost*

May 26th ... Entering Paradise

*“Paradise is at your Center ...
Unless you seek it there,
you cannot hope to enter.”
~ Angelus Silesius*



*“If you continue in my Word ... You will know the Truth,
and that Truth will set you free.” ~ Jesus (John 8:31-32)*

*(If it is the Truth that sets us free,
then all that binds us cannot be Truth.)*

May 27th ... To Love the Enemy

“Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also ... Love your enemies and pray for those who persecute you, so that you may then be children of your Father in Heaven; for He makes his Light to shine on the evil and the good, and sends rain upon both the righteous and the unrighteous.”

~ Jesus Christ (Matthew 5:39+44-45)



The Narrow Way is more than wide enough
for everyone to walk it; both simultaneously – & uniquely.

May 28th ... The way it Is

*“When you recognize the fundamental integrity of the Universe,
and that the death of things is as certain as their birth,
then you can relax and simply accept
that it is the way it is.”*

~ Alan Watts



May 29th ... When two Souls Meet

*“It may be that two Souls meet
and it is not destined that they are to remain together ...
Yet even then their meeting can never be forgotten;
it is ingrained on the Soul itself.”
~ Reshad Field*



In every chance meeting,
a new chance to Love.

May 30th ... To be Clean Within

*“Give for alms those things that are within;
and everything will be clean for you.”*

~ Jesus Christ (Luke 11:41)



*“Everything you are currently doing
is becoming a Universal Groove.”*

~ Ken Wilbur

May 31st ... Any passing Kindness

*“If there is any Kindness I can show,
or any Good Thing I can do for any fellow being,
let me do it now, and not deter or neglect it –
for I shall not pass this way again.”
~ William Penn*



*“I reflect the Way [of Oneness],
beam the Truth [of Love], and
embody the Life [of God].”
~ Jesus Christ (John 14:6)*

June 1st ... The Leap of Love

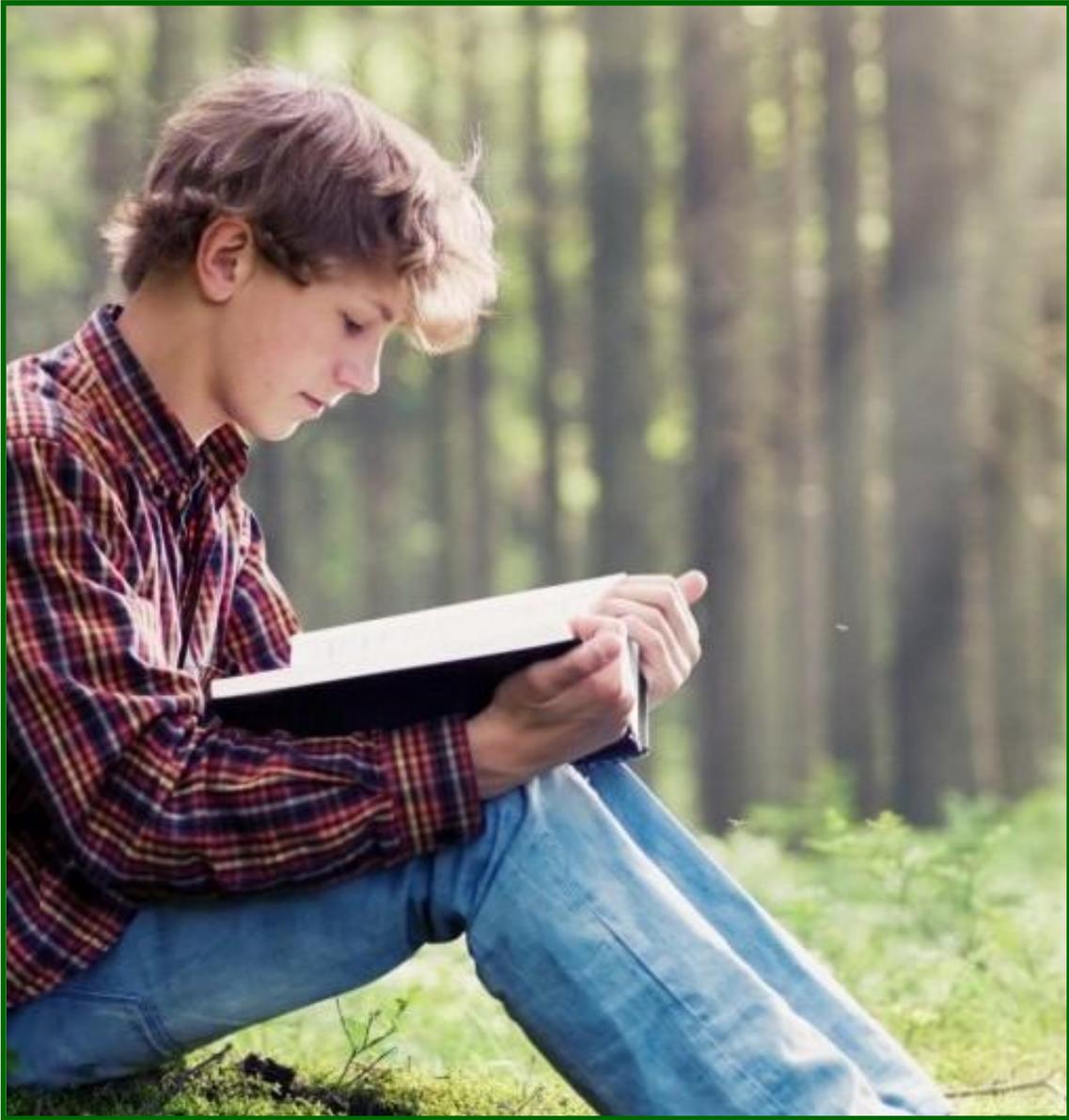
“When you ask what Love is, you may be too frightened to See the answer ... You may have to shatter the house you have built and go back to the Temple ... Fear is not Love. Nor is Love dependence, jealousy, possessiveness, domination, responsibility, duty, self-pity or any of the other things that conveniently and conventionally pass for Love. Indeed, it is only when you eliminate all of these, not by forcing them out but by washing them away as the rain washes the dust of many days from a leaf, then & only then will you come upon the strange and Wonder-full Flower that is true Love.” ~ inspired by Krishnamurti



June 2nd ... Live to Know

*“If I have to explain it,
then I shouldn’t be playing it.”*

~ Louis Armstrong



Every tome of Truth
is re-written by every reader.”

~ anonymous

June 3rd ... Rediscovering the Self

*“Love is simply the re-discovery of our True Self in others,
coupled with the sheer delight that always comes
while acting on that re-cognition.”
~ inspired by Alexander Smith*



*“It was Holmes who noted that a mind stretched & expanded
cannot ever return to its previous state of being ...
So too it is with the human Heart.”
~ inspired by Alan Cohen*

June 4th ... To Love for Love

*“To love for the sake of being loved is human;
but to Love for the sake of Loving is divine.”*

~ Alphonse DeLamartine



“I walk the edge of a sword daily.”

~ Mahatma Gandhi

June 5th ... When Love becomes the Friend

*“When the Beloved is elsewhere,
the lover becomes a veil.
And yet when Love itself becomes the Friend,
mere lovers disappear.”
~ Rumi*



June 6th ... All as our Own

*“Goodwill is the awareness
that all people need Love the most
in precisely the moments they deserve It the least ...
Goodwill is the capacity to identify ourselves
with all others and to do so completely; so completely
that we treat them wholeheartedly as our own.”
~ inspired by H. E. Kohn*



June 7th ... To know Love

*“If you wish to know true Love, fully Love.”
~ unknown*



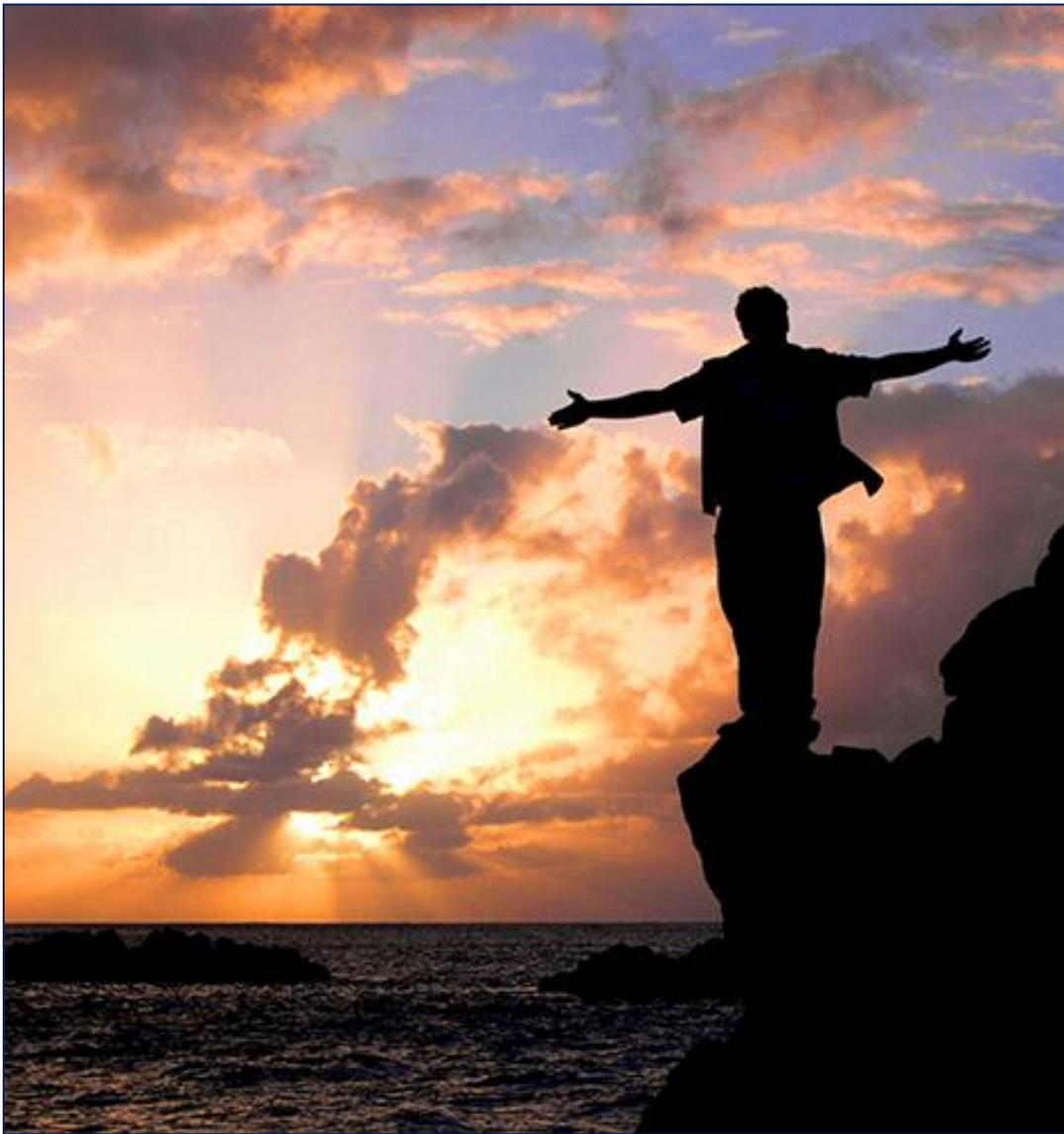
*“Love flows in from without,
while lifting others up from within.”
~ anonymous*

June 8th ... Personal Togetherness

*“We all belong together; we are all One.
We take nothing away from one person
while harmonizing well with others ...*

*Every interaction is enriching
and every relationship unique.”*

~ inspired by R. Muenzenmayer



June 9th ... On treading Softly

“Tread gently around flowers and even more so within feelings. Let your Truths be soft, and shown to others more in deed than merely heard in word ... Listen to hear new stories in older ways, and old tales told anew.

Remember that everyone & everything sings a worthy harmony; that people aggressive & strident are simply injured Souls – so be Care-full with them. Remember that comparison and condemnation are both tools of the immature. And remember that whatever you do affects all of eternity – so do it all with Love.

Know that Love remains forever a mystery, and yet Love is always present. And know that Life is not a rapid to be forded, but rather a gentle river to ride ... A Wonder-full being lives within you, so be kind to yourself. Do so by keeping close to your Center – by giving back to the Universe that has already given you everything; even your ability to Give.” ~ anonymous



June 10th ... To be led Rightly

*“To allow your Self to be led by what is Divine,
you must first cease to blindly follow what is not.”*

~ anonymous



June 11th ... Standing by Noble Things

*“Those who are noble do Noble Things,
and by Noble Things they stand.”*

~ unknown (Isaiah 32:8)



Tall is truly talked when Tall is bravely walked.

June 12th ... To choose to Be

*“It’s not what you do,
but Who you choose to Be
that matters in Life.
Love all that you see
with humility and reverence.”
~ Hank Wesselman*



To finally See true Love, we must choose
to truly Love what we see.

June 13th ... To Give as the Myrtle

“There are those who give and know not pain in their giving; nor do they seek any Joy for themselves in return. Instead, they give purely, just as the myrtle willingly breathes its fragrance into the wind. Through the lives of such as these God speaks, and from behind their warm eyes and gentle hands He smiles upon the Earth.” ~ inspired by Kahlil Gibran



June 14th ... Love is what we Do

*“Let the Beauty we Love be what we Do.
There are hundreds of ways to kneel and kiss the ground.”
~ Rumi (via Coleman Barks)*



To be deeply uplifted,
we must first choose to deeply kneel.

June 15th ... Choosing Choice

*“Love is all about choices ... So is suffering.”
~ inspired by Angela Honeycutt*



To Love, choose to Love ...
... To live, choose to choose.

June 16th ... One drop of Knowing

*“I have one small drop of Knowing in my Soul.
Let it dissolve into your Ocean.” ~ Rumi*



*“What you do for money makes a living;
what you Do for others makes a Life.”
~ Arthur Ashe*

June 17th ... To rise up Nimbly

*“Rise up nimbly
and go on your strange Journey.”*

~ Rumi



If you are truly led by the Spirit,
you are not subject to any man-made law ...
Indeed, to feebly obey the laws of man
is to always break The Law of Love.
~ inspired by Paul (Galatians 5:18)

June 18th ... Keep on keeping On

*“Keep walking, even if there’s no destination.
Avoid trying to see through the distance ...
That’s not for humans. Move within instead,
& avoid going the way fear wants you to go.”
~ Rumi*



Keep on flowing on ... Never believe
that you have seen, served or Loved enough.

June 19th ... A knowledge of the Path

*“A knowledge of the Path cannot be substituted
for simply putting one foot in front of the other.”*

~ M. C. Richards



The first step on the Path of Love
is the only one we need to make.
He who truly feels what he sees,
Always gives what he can.

June 20th ... To dare the Soul

*“Faith is the daring of the Soul
to reach farther than It can see.”*

~ W. N. Clark



*“The Sage has no mind of his own.
He is fully aware of the true needs of others.
As such, he is kind to the people who are good.
And as such, he is kind to the people who are not good.”*

~ Lao Tsu (Tao Te Ching #49)

June 21st ... The significance of Tea

“Nothing is trivial.” ~ Brandon Lee



When an enemy approaches boldly,
Open your arms wide and offer him tea.
For Peace, there is no beginning too small ...
And for Peace, there is no ending too Noble.

June 22nd ... Weaving the Web of Life

*“Humankind has not woven the Web of Life.
We are but one thread within It.
Whatever we do to the Web,
we also do to ourselves.
All things are bound together.
All things connect.”
~ Chief Seattle*



June 23rd ... To lead with a Pure Heart

*“Act with pure Heart and the people will be transformed ...
Give without conditions and the people will prosper ...
Seek nothing and the people will find everything.”
~ Lao Tsu (Tao Te Ching #57)*



*“For in the dew of little things
the Heart finds its morning and is refreshed.”
~ Kahlil Gibran*

June 24th ... Engaging our Power

*“In end effect each person possesses complete power.
You can transform anything in your life,
as soon as you allow your consciousness
to become One with God’s Will.”
~ Paramahansa Yogananda*



June 25th ... Choosing Wise & Feisty

*“Was she simply too shallow to suffer indefinitely,
or was she too wise to become attached to her suffering;
too feisty to permit it to rule her life?”*

*She voted for wise and feisty
and walked on, kicking leaves.”*

~ Tom Robbins



“With our thoughts we make our world.”

~ G. Buddha

June 26th ... Wearing our Child's Heart

*“The man in full and conscious possession
of his Child's Heart is whole ...
And yet he who wears his morality
as but his best garment
were better off naked.”
~ Bill Alexander
& Kahlil Gibran*



June 27th ... Ending up Here

*“I may not have gone
where I originally intended to go,
and yet I did end up arriving
where I originally intended to Be.”
~ Douglas Adams*



To know Love, we must be Care-full ...
To be Care-full, we must refuse to be careful.

June 28th ... Consumed by Loving

*“Interdependence is the art of Loving without being consumed ...
As such, interdependence means gaining a sense of Joy & Serenity
that includes others without depending upon them ...
Ironically, this is only possible when one is completely willing
to be fully & utterly consumed by one’s Loving.” ~ unknown*



The Gate to true Love is always open ...

June 29th ... Freeing the Self

“But just as at that time when the child who was born according to the flesh persecuted the Child who was Born according to the Spirit, so it is now for us also ... For freedom Christ has set us free. Stand firm, therefore, and submit never again to any yoke of slavery.” ~ Paul (Galatians 4:29+5:1)



Until we are free from every form of influence,
we are enslaved to the fear that lives in hope —
and we cannot hope to know real Love.

June 30th ... Setting sail for Sanity

*“Insanity: the belief that one can obtain different results
from doing the same thing one has done before.”*

~ Albert Einstein



Every flaw seen in another
is actually merely a clear reflection
of our own flawed affections.

July 1st ... Bringing the Joy

*“Today, like every other day,
we wake up empty and afraid.
And yet we need not open the door of the study
to simply take down a book to read ...
Let us take down an instrument instead,
and fill our world with music.” ~ Rumi*



To truly Adventure Joy-fully within,
we must have the Courage to be deeply Kind without.

July 2nd ... Every Now, a Gift

*“Be fully in the moment. And remember,
You sent yourself this moment as a Gift.
So choose to come to each moment cleanly,
without a previous thought about it
and without a lingering doubt thereby.”
~ anonymous*



July 3rd ... Moving into the Now

“It is You who are moving, not time.

Time has no movement.

*There is only this one moment;
a moment that swirls in stillness.”*

~ anonymous



The Soul innately knows that the many are the One;
that there is nowhere to go but into where one already *is*.

July 4th ... Where to Go

“My Lord God, I have no idea where I am going. I do not see the road ahead of me, and I cannot know for certain where it will end. Nor do I even really know myself, and the fact that I think I am doing your will does not mean that I am actually doing so. But I believe that the desire to please you does, in fact, please you. I have faith that I have that desire in all I am doing, and I hope that I will never do anything apart from that desire. And I know that if I do that, you will lead me by the Right Road, even though I might know nothing about the same. Therefore, even though I might at times appear to be lost and in the shadow of death, I will have faith in you always. I will not fear, for you are ever with me -- and will never leave me to face my perils alone.”

~ inspired by Thomas Merton



July 5th ... Bold in Gentleness

“I would rather be ashes than dust. I would rather my spark should burn out in a brilliant blaze than be stifled like dry rot. I would rather be a meteor -- every atom of me in magnificent glow, than a sleepy and permanent planet. Man’s chief purpose is to live, not to merely exist. I shall not waste my days trying to prolong them ... I shall embrace my time.” ~ inspired by Jack London



Let your acts of kindness
be flagrant in their gentleness.

July 6th ... A Man of Worth

*“When you see a man of worth,
think of how you may emulate him.
When you see a man who is unworthy,
examine yourself.”
~ Confucius*

*“Whoever does Good is in harmony with God;
whoever does evil has yet to comprehend God.”
~ unknown (3 John 1:11)*



Compassion can only reach out
while *feeling* within.

July 7th ... The Wise One

*“The truly wise Human is the Noble Soul
who extends kindness to his enemies,
who is tranquil amongst the turbulent, and
who proves generous in the midst of the grasping.”
~ anonymous*



The only Souls who have truly found their Soulmates
have done so in the hearts of their most ardent foes.

July 8th ... The perfect Mystery

*“It is a perfect Mystery,
for the Supreme fosters & perfects all its beings
without ever compelling them to do so.”
~ inspired by Lao Tsu*



You are truly only those traits
which Harmonize perfectly with God's perfection ...
Everything else about “you” is a meaningless reflection
of your ego's brittle fears.

July 9th ... See the gap Closing

*“You can tell you are well on your way to Mastery
when you realize the gap is smoothly closing
between your willingness to act
and your experience while acting.”
~ unknown*



*“If you bring forth what is inside of you,
what you bring forth will Save you.
If you do not bring forth what is inside of you,
what you do not bring forth will destroy you.”
~ Jesus Christ (Thomas 70)*

July 10th ... Daring to Care

*“Do that which is assigned to You,
and you cannot dare too much.”*

~ Ralph Waldo Emerson

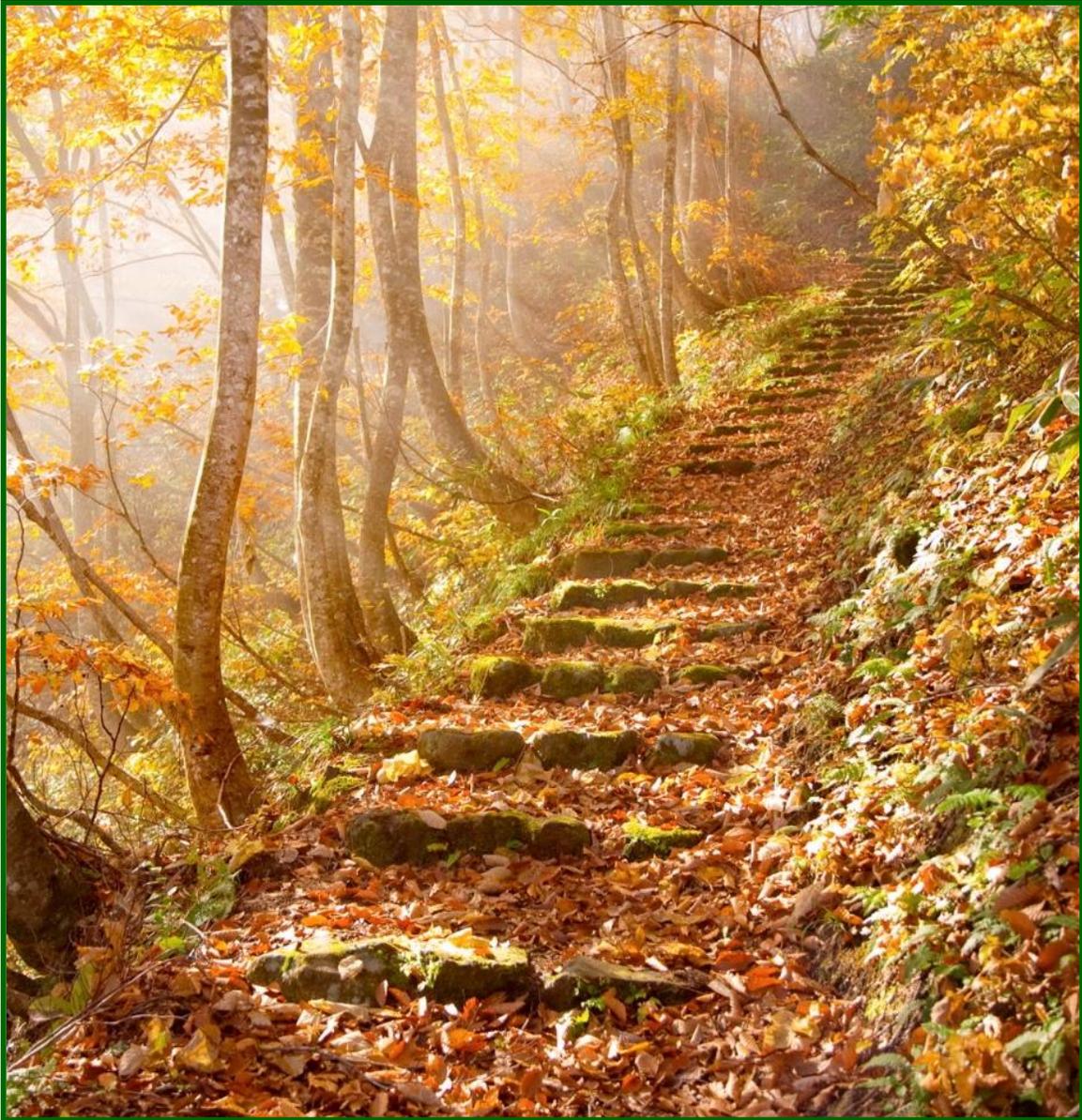


The truly prudent Human is reckless with their Kindness ...
The only way to safely arrive at the destination of true Joy
is to drive your Love with reckless abandon.

July 11th ... To bring the Joy

“Any sincere pilgrimage cannot be about gathering mere happiness or comfort for one’s self, but rather must revolve instead around the repeated opportunity to strengthen the Soul, that one might thereafter return to bring Joy & Peace to others.”

~ anonymous



July 12th ... The Path to Love

*“There is no companion but Love;
no starting and no finishing,
and yet always a Path thereto.”*

~ J. Rumi



*“God provides us with everything –
ultimately for our enjoyment.
We are to Do Good therewith;
to be rich in Good Works,
and always ready to share.”*
~ unknown (1 Timothy 6:17-18)

July 13th ... The beginning of a Beginning

*“The past is but the beginning of a Beginning,
and all that is, and indeed all that has been,
is but the twilight of the next New Dawn.”
~ inspired by H. G. Wells*



It is not our choices that co-create our Reality,
as much as it is our Reality that *re*-creates our choices.

July 14th ... The infinite Source

*“Love is an infinite source of energy.”
~ graffiti from the Camino de Santiago*



It is the bringing of Joy to others
that then becomes our very own.

July 15th ... The Path of the Heart

*“May your Way always follow the Path of your Heart.”
~ graffiti from the Camino de Santiago*



Healers are Healed while Healing ...
... Lovers are Loved while Loving.

July 16th ... All times Worthy

*“Amundson traveled when he could.
Blizzards were an opportunity to rest, eat and sleep.
All days had value.” ~ Zeta Strickland*



Time's passing is but the constant re-minder
that we are re-Born in every moment
that we choose to rise and Serve.

July 17th ... On being Clear

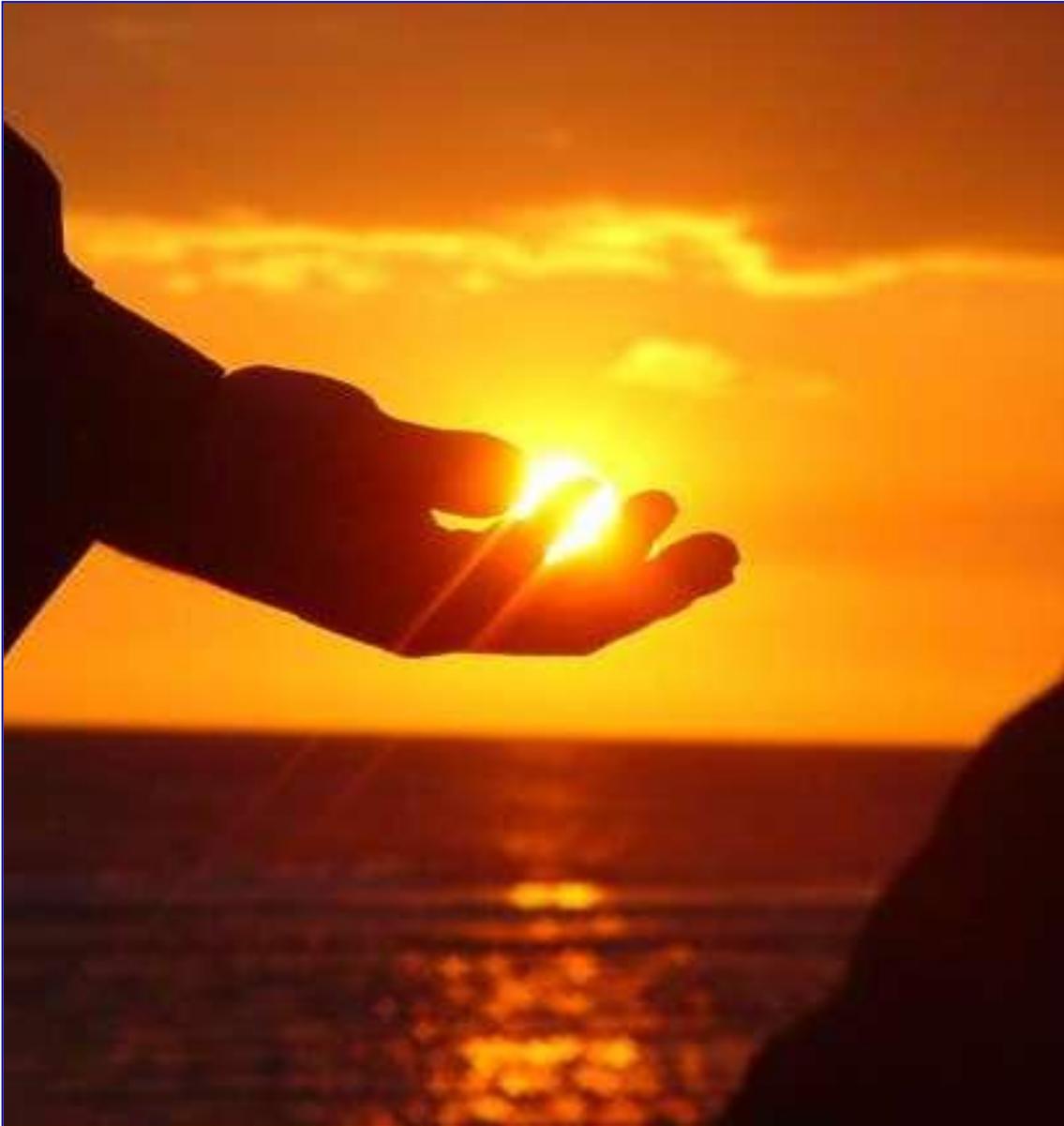
“You cannot take responsibility for how well another accepts your Truth; you can only ensure how well it is communicated. And by how well I don’t mean how clearly; I mean how lovingly, how compassionately, how sensitively, how courageously and how completely.” ~ Neale Donald Walsch



July 18th ... The true Warrior

*“The true Warrior has no need to compensate for ‘weakness’;
having long since transformed his challenges into Strengths.”*

~ anonymous



“To the Pure all things are Pure.”

~ unknown (Titus 1:15)

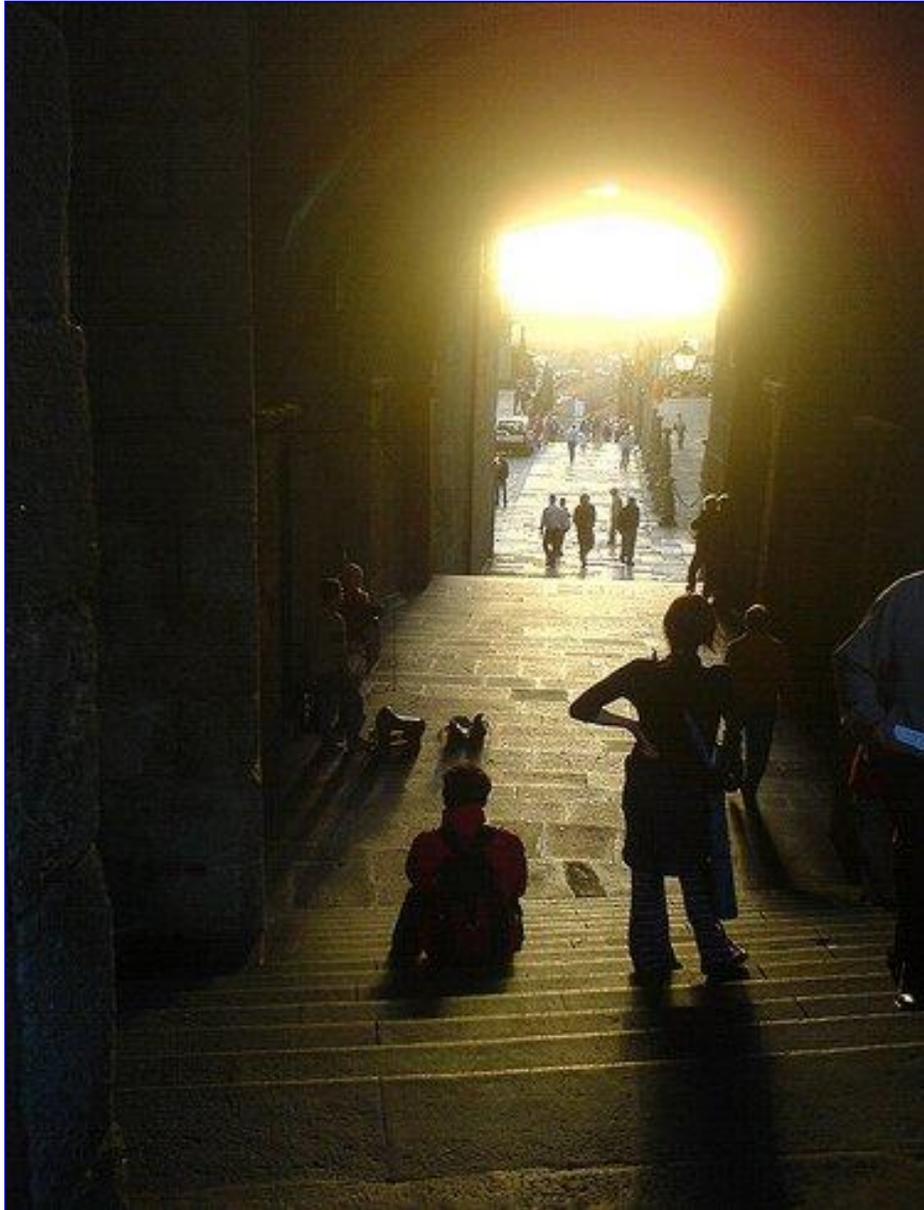
July 19th ... The only Task

*“For one Human Being to truly Love another
is the most challenging task of all.
It is the Work for which all other work
is but mere preparation.”
~ Rainer Maria Rilke*



July 20th ... The blissful Truth

*“In the infinite and blissful Truth,
there is no you or I ...
... only I am.”
~ Naisah*



The Power of our Becoming pulses most fluidly
within a quiet mind and throughout a placid Heart.

July 21st ... Opening to Beauty

*“Give the Spirit the proper growing conditions
and It will open into a thing of Beauty.”*

~ anonymous



When desire is willingly sacrificed,
creativity is fully re-Born.

July 22nd ... Heaven on Earth

*“Spiritual Communion happens
any time Heaven & Earth unite.”*

~ anonymous



Releasing all attachment to material “reality”
allows the reception of our true Spiritual Inheritance.

July 23rd ... When hated, we Love

*“When reviled, we bless;
when persecuted, we transcend;
when slandered, we speak with kindness.”
~ Paul (1 Corinthians 4:12-13)*



To truly See the Light, we must
first stand with Courage
in the shadows.

July 24th ... A joyous Life

*“A joyous life is not about getting what you desire,
but rather about choosing to actively Care
for what you’ve already got.” ~ anonymous*



The Earth will answer in the Way you call to Her.

July 25th ... To seek a Great Fortune

“You seek a great Fortune, and you will find a great fortune – though it will not be the Fortune that you seek. But first you must travel a long and difficult road ... a road fraught with peril. I cannot tell you how long this road shall be, but fear not the obstacles in your path, for fate has vouchsafed your reward. Though the road may wind, and yea, though your hearts may grow weary, still shall ye follow that Road ... even unto your Salvation.” ~ God in “Oh Brother Where Art Thou?” (screenplay by Joel Cohen)



To follow our true Path, first we realize
that it is built with our own choices ...
Next we come to understand
that it exists only for the moment ...
And finally we comprehend
that it is only our actions
that pave & re-pave its Way.

July 26th ... Aware in the Fog

*“The trick is choosing to walk aware through the Fog.”
~ Antje Cordé*

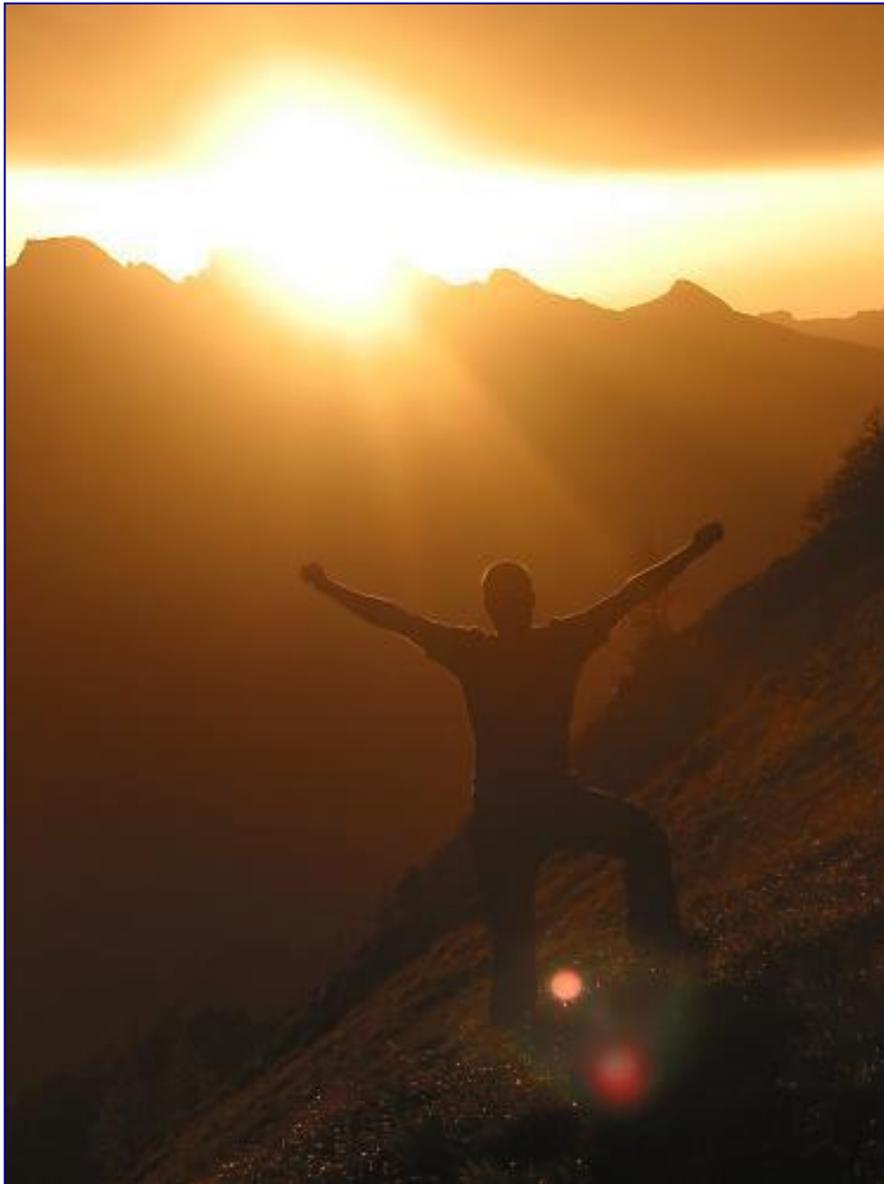


Know true Light by choosing to see It everywhere –
residing even in the depths of deep shadow;
alive even in the blackest times of night.

July 27th ... To Live every Day

*“Live every day like it’s your last ...
... and your first.” ~ Katharina Petras*

*“Only that day truly dawns
to which we are truly Awake.”
~ Henry David Thoreau*



To Awaken, pause ... and then open your Self completely
to all that already *IS*.

July 28th ... To find your Way

*“To find your Way, look for your Path
where you least expect to find It.”*

~ anonymous



The invisible is everywhere ...
The impossible is but a myth.

July 29th ... Moving to Flight

*“Where the water runs dry,
the fish take flight.”
~ Chinese Proverb*



When forgetful, it is best to re-member ...
When stuck, it is best to move onward.

July 30th ... The Path & the Purpose

*“Believing in your Self
is an endless destination.”*

~ Sarah Meredith



Your Path always rests
directly under your feet ...
Your Purpose always rests
in the palms of hands upturned.

July 31st ... The Arrival of Complete

*“When the Complete arrives,
the partial comes to an end.”*

~ Paul (1 Corinthians 13:10)



*“Man looks at a flower,
... the flower smiles.”*

~ Taoist Saying

August 1st ... Life's normal Treasures

*“Normal day, let me remember
the Treasure you truly are.”*

~ Mary Jean Irion

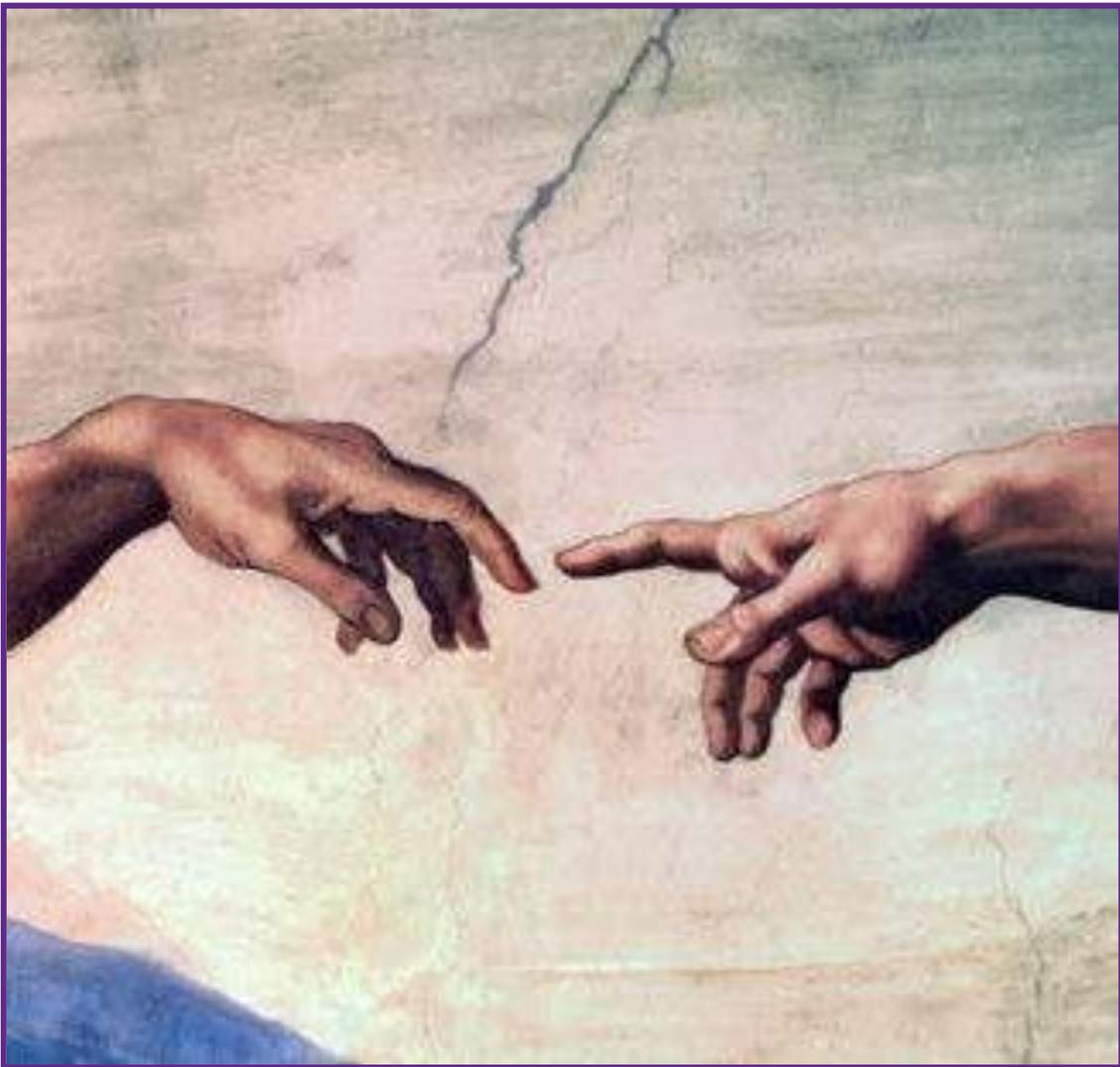


Only the ignorant man
ever knows enough.

August 2nd ... Bridging the Infinite

“Once the realization is accepted that, even between the closest of human beings, infinite distances will continue to exist, then a Wonderful living side by side can blossom – if, of course, both parties succeed in cherishing the distance between them; the distance which makes it possible to truly See the other – full & whole against the sky.”

~ inspired by Rainer Maria Rilke



If we do not see another as Whole,
it is only our own perceptions that are flawed.

August 3rd ... Leaping fully into Love

*“Either one leaps completely into Loving,
or one walks through life searching for love in vain.”*

~ anonymous



Every choice we make tells the Universe exactly who we have chosen to Be in that moment ... The Cosmos then always responds accordingly.

August 4th ... *Believing in Living*

*“Strengthen your belief in your Self, in the future of Humanity, in the things of this world which cannot be easily perceived. Awaken now to that which lies dormant within your Soul. Re-ignite the flame of your consciousness, and measure the strength of your conviction. Reveal the lie and renounce your hatred. Seek, find and embrace the Truths you are fortunate enough to rediscover ... Cherish them. Use them to anchor You ... When twilight draws near, when you are pushed to the very limits of your Soul, when it seems that all you have left are the dead & brittle remnants of your Life – **BELIEVE!**” ~ unknown*



God responds only to prayers
that are in harmony with the Divine All —
As such, God can only “hear” *acts* of Love.
Thus it is that we must pray with moving feet.

August 5th ... To bring Honor

*“Honor comes not from doing battle;
only while making Peace.”*

~ anonymous



*“This is my Commandment:
that you Love one another
just as I have Loved you.”*

~ Jesus (John 15:12)

August 6th ... To move the World

*“Let him who would move the world
first move himself.” ~ M. Gandhi*



One is only truly safe from others
while Loving them fully & recklessly.

August 7th ... Weaving the Web

*“Within the framework of any society, there are those
who weave the web of their particular environment,
and there are those who get caught
in the stands of those webs.”*

~ Hockhuth



A true Master cannot distinguish
between the Giving of a Gift
... and the Gift that is Given.

August 8th ... To become Human(e)

*“Man only becomes fully Human
through his relations with his fellow man.”*

~ African Proverb



*“Actions, not words!” ~ Latin Saying
(Facta Non Verba)*

August 9th ... The Law of God

*“For I delight in the Law of God
within my inmost Self.”*

~ Paul (Romans 7:22)



Have Compassion for the pious,
for the pious cannot know true Love,
and true Love is Life's only true Joy.

August 10th ... Those cleansing Rains

*“Happiness is like a sunbeam,
which the day’s last shadow intercepts,
while adversity seems more often
as drenching as the rains of Spring.”
~ Chinese Proverb*



*“Everywhere you go,
always keep the weather with you.”
~ Crowded House*

August 11th ... Life's perfect Days

"Make each day your Masterpiece."

~ unknown



Apparent Goodness has nothing to do
with an action's actual outcome.

August 12th ... Half of what you See

*“Believe none of what you hear
and half of what you see.”*

~ unknown



The second choice is to See
that Wonder resides in all that IS ...
The first choice is to simply
Open your eyes.

August 13th ... Fate as a Friend

*“Things turn out the best
for those who make the best
out of the way things turn out.”*

~ unknown



“I sometimes forget that every day, every hour, every minute and every second is worthy; that Life always lives on and that new things and fresh changes continually allow me grow. But then I pause and look around and remember it all again ...

And suddenly everything is Beautiful!”

~ Sandra Reum

August 14th ... Goodness and Mercy

*“Love your enemies. Do Good
and Give expecting nothing in return.
Your reward will be great
and you will become Children of the Most High;
for He is kind to both the ungrateful and the sinful.
Be merciful, therefore, just as your Father is merciful.”
~ Jesus (Luke 6:35-36)*



*“The Highest Good is like water.
Water gives Life to the ten thousand things
and yet does not strive in doing so ...
In dealing with others, be gentle and Kind ...
In action, be aware of the time and the season.”
~ Lao Tsu (Tao Te Ching #8)*

August 15th ... The newer Order

*“There is nothing more difficult to take in hand,
more perilous to conduct, or more uncertain in its success
than to take the lead in the introduction
of a New Order of things.” ~ Machiavelli*



“Clothe yourselves with the New Self;
created according to the likeness of GOD.”

~ unknown (Ephesians 4:24)

(The true Self is a complete lack of self —
a flamboyant rambling of reckless Caring)

August 16th ... No need to Need

*“Do you really need Beauty to See?
Do you really need sound to be Heard?
Do you really need Love to be cared for?
Do you really **need** at all?”
~ anonymous*



August 17th ... Wanting to Know

“It doesn’t interest me how old you are. I want to know if you will risk looking like a fool for Love, for your dreams, for the adventure of being Alive ... I want to know if you can dance with the wilderness and let the ecstasy fill you to the tips of your fingers and toes without cautioning us to be careful, to be realistic, or to remember the limitations of being human.” ~ Oriah Mountain Dreamer



*“If you are going to bow, bow deeply.” ~ Chinese Proverb
(To bow deeply, you must bow from the Heart)*

August 18th ... The Waking World

*“You are equally magical
in this world outside of dreams.”*

~ Rebecca Jean Pittman



To Become ONE,
choose to dream wondrously —
while Awake.

August 19th ... Through to the Stillness

*“Nothing happens by circumstance ... Or else everything does.
What matters is that you go through all events
to the stillness beneath them.”*

~ A. A. Attanasio



“Even though our outer nature is wasting away, our inner Nature is being renewed day by day ... because we look not to that which can be seen but rather into that which cannot be seen. For what is visible is temporary, while what cannot be seen is Eternal.” ~ Paul (2 Corinthians 4:17-18)

August 20th ... To see the Gone

*“We don’t need to learn to let go.
We need to recognize what is already gone.”
~ Suzuki Roshi*



*“You should never become too familiar with death,
but it is good to keep in touch.” ~ Robert Pelton*

*(Until we realize that we are already dying,
we cannot ever be truly Alive.)*

August 21st ... The binding Morality

*“Life itself is the binding morality of our Reality – not the good vs. evil ‘morality’ pushed upon us by our parents or our teachers or our various religions, but rather its far larger **M**orality: namely, the raw enJoyment of Life -- via the active furtherance of the pure Happiness of others.” ~ anonymous*



“To be eternally present
is to die to every moment
while never perishing therein.”
~ Lao Tsu (Tao Te Ching #33)

August 22nd ... Taking sips of the Now

“Light ever transcends the darkness.

*A shadow does not belong
to the deep & abject glory
of the object that casts it.”*

~ inspired by Tom Robbins



*“Take sips of this pure wine being poured.
Don’t mind that you’ve been given a dirty cup.”*

~ Rumi

*(We can only cleanse our own chalice
by washing the cup of another.)*

August 23rd ... Making two into the ONE

“When you make the two into One, the Inner like the outer, the outer like the Inner, and the upper like the lower... And when you make the female and the male into a single One ... When you make Eyes in the place of an eye, a Hand in place of a hand, a Foot in place of a foot, and an Image in place of an image — then & only then shall you enter the Kingdom.” ~ Jesus Christ (Thomas 22)



*“Love ever wanders along the Golden Path
that always leads back to God.”
~ Paramahansa Yogananda*

August 24th ... The Universal Stream

*“Be the Stream of the Universe ...
And being the Stream of the Universe,
ever true and unswerving,
become as a little Child once more.”
~ Lao Tsu (Tao Te Ching # 28)*



*“Unless you become like little children,
you will never enter the Kingdom of Heaven.”
~ Jesus Christ (Matthew 18:3)*

*(And once you **do** choose to become again as a child,
with immense humility and overflowing amazement,
you are indeed guaranteed to re-turn to The One!)*

August 25th ... To make a Masterpiece

“It is something to be able to paint a picture, or to carve a statue, and so to make a few objects beautiful; and yet it is far more glorious to carve and paint the very atmosphere through which we gaze ... to thereby directly affect the Quality of the day. That is the highest of the arts.” ~ Henry David Thoreau



August 26th ... Always enough Water

*“Never too many fish in a swift creek;
never too much water
for those fish in which to Live.”
~ Rumi*

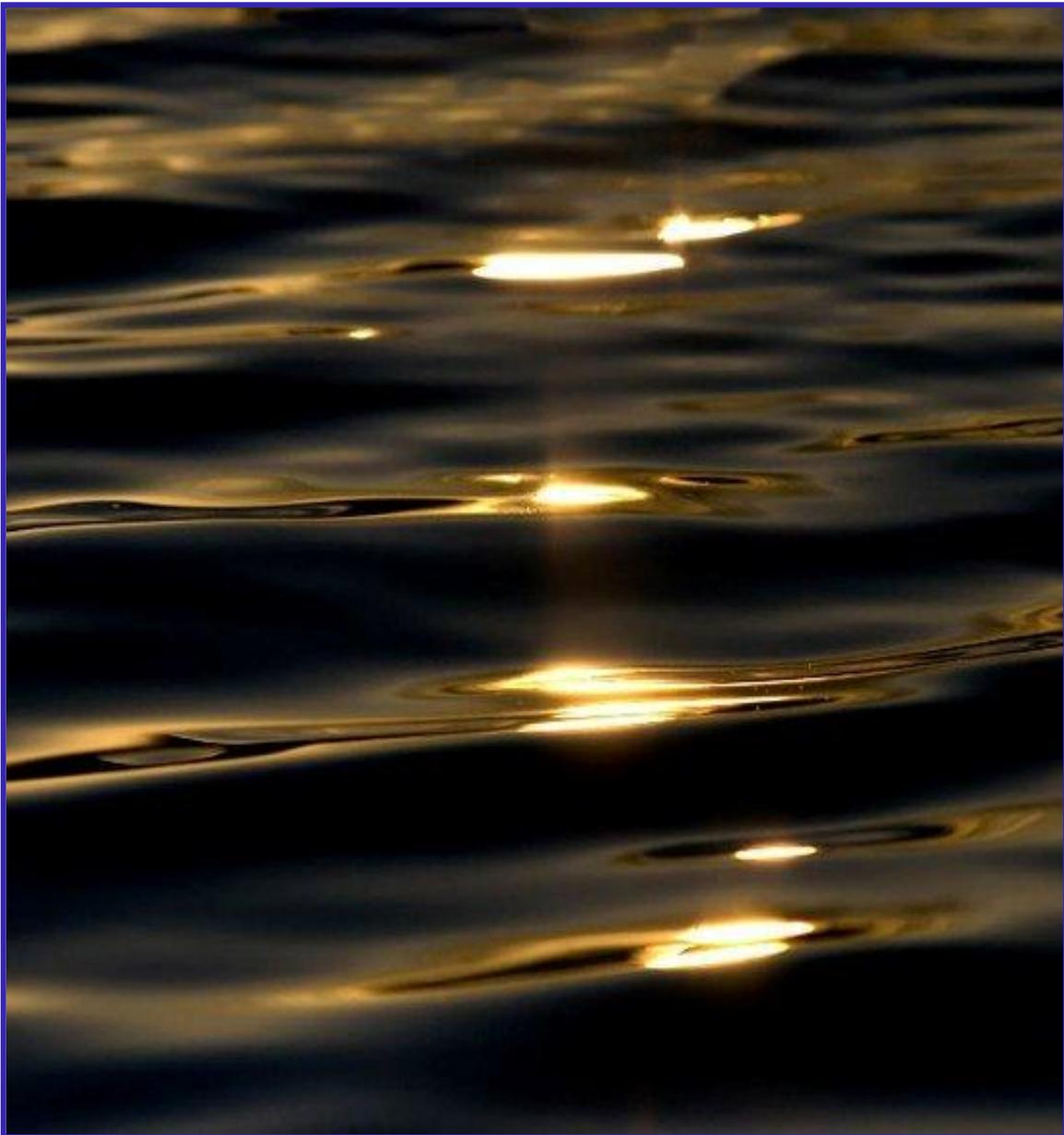


*“It is not what is inside you that matters.
It’s what you **do** that defines you.”
~ Christopher Nolan*

August 27th ... The gentle Way

*“In every moment of choice,
there is always a gentle alternative.”*

~ anonymous



August 28th ... Keeping Self well-Lit

“Keep your beacons of True Self well lit.”

~ anonymous



“Let all that you do be done in Love.”

~ Paul (1 Corinthians 16:14)

*(Love is not who you are,
as much as it is What You DO.)*

August 29th ... The Nature of the Master

*“The Master follows his own true Nature,
and submits not to the trappings of Life.”*

~ Lao Tsu (Tao Te Ching #38)



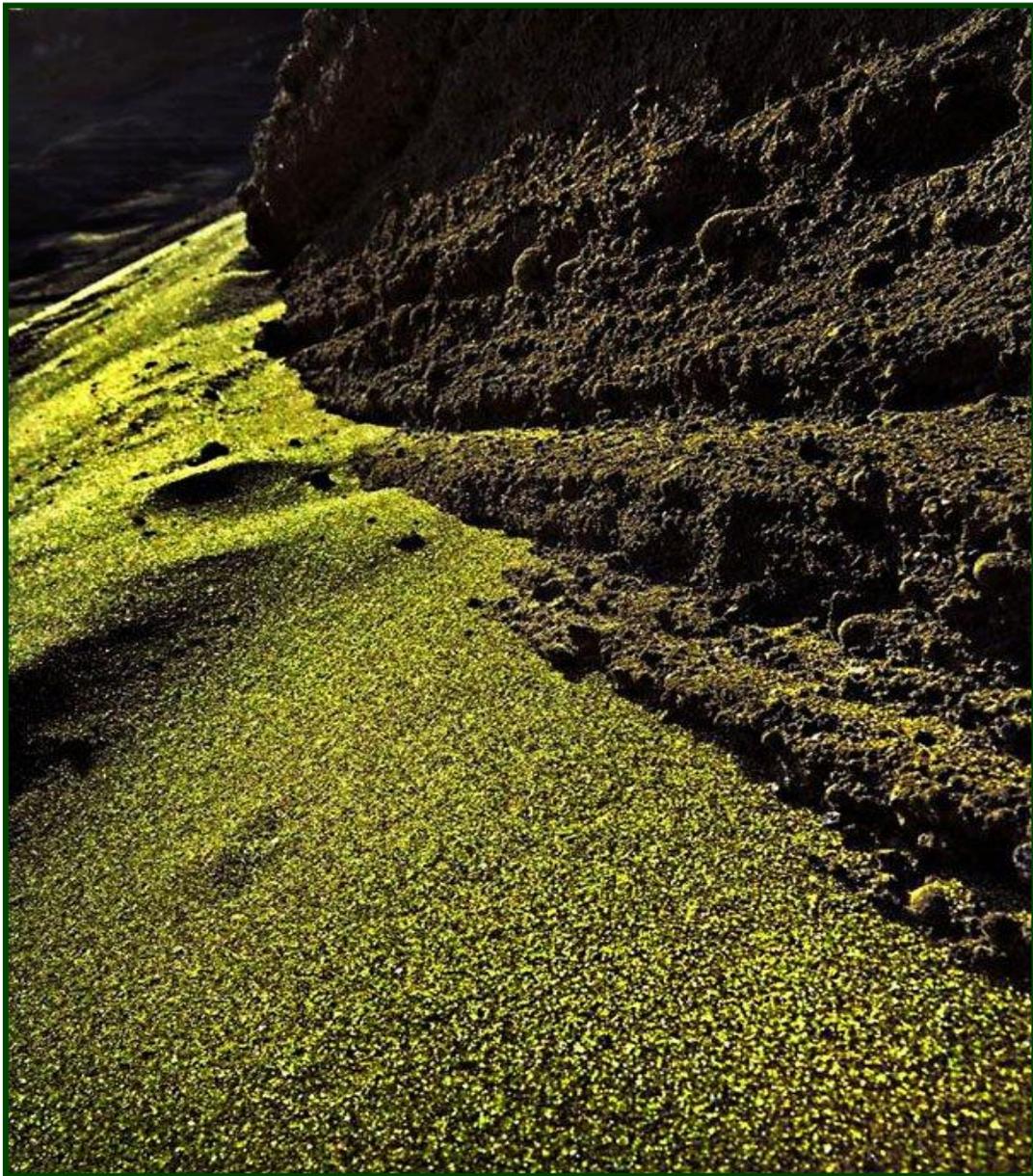
*“Whether you rush or go slowly,
the Path before you remains the same.”*

~ Chinese Proverb

*(Love unconditional always flows
at exactly the Right Speed.)*

August 30th ... Forgiving the Divine

“When you forgive, you take your enemies’ power away. You defang them and change the atmosphere between you from highly charged to decidedly calm. And people who previously had the power to control you just by being, can no longer rule suck you into their dramas. They cease to be the seed of your storm, and -- once you forgive them -- become people like any other; human and flawed and misguided; and hence rather like the rest of us.” ~ unknown



August 31st ... The Important Thing

*“Besides the Noble Art of getting Important things done,
there is the Noble Art of leaving unimportant things undone.
And the Wisdom of Life often consists of realizing
that letting go of the unimportant things
is many times the only Important thing.”
~ inspired by Lin Yutang*



*“In a most gentle way,
you can still shake the world.”
~ M. Gandhi*

September 1st ... To know true Treasures

“The true secret to living a happy, fulfilled existence rests in learning to differentiate between True Treasures and false riches. The sea that surrounds us, the Sun that sends us light, the Moon and the stars that shine in the heavens — all these represent true Wealth ... It is such timeless things that remind us of the magic that encircles us; in order that we may continue to remember that our world is full of Wonder ... [These are the] miracles that can truly amaze, and thereby inspire us -- and indeed fully enable us --to help make others' dreams come true.”
~ Sergei Bambaren



The path to true Riches
is paved with deeds of poverty.

September 2nd ... A Journey to Love

“We had the choice along the way of stopping to bring everybody else along, or of going on without them. And yet we soon realized that our experiences had become indescribable – that to him who has had [such an] experience, no explanation was necessary — and that to him who has not, none was possible. And so we shrugged our shoulders – and smiled – and on we went.”

~ inspired by Ram Dass



*“Love conquers all things;
let us yield to Love.”
~ Latin saying*

*(Yielding to Love requires
a refusal to yield to fear.)*

September 3rd ... The Pursuit of Love & Beauty

*“The pursuit of [Love] & Beauty
are the spheres of activity
in which we are encouraged
to remain as children
for all our lives.”
~ Albert Einstein*



*“It all begins when you start to truly Care.”
~ Gordon Ooghe*

September 4th ... To See for your Self

*“Let us go & See for ourselves.”
~ Jacques Cousteau*



We cannot See without opening our eyes,
we cannot open our eyes without opening our minds,
we cannot open our minds without opening our Hearts, and
we cannot open our Hearts without opening our arms.

September 5th ... *The Catcher in the Rye*

“Anyway, I keep picturing all these little kids playing some game in this big field of rye and all. And I’m standing on the edge of some crazy cliff. What I have to do, I have to catch everybody if they start to go over the cliff. That’s all I’d do all day. I’d just be the Catcher in the Rye. I know it’s crazy, but that’s the only thing I’d really like to be.” ~ J. D. Salinger



We cannot become another's Salvation
while we are ourselves seeking to be Saved.

September 6th ... An easier Sacrifice

*“In order to live Free & Happy,
you must sacrifice boredom.
It is not an easy sacrifice.”
~ Richard Bach*



Life is always amazing,
& remaining amazed is always a choice ...
And we can only choose real amazement
by bravely acting accordingly.

September 7th ... Revealed to the Infants

*“I thank you, Father, Lord of Heaven and Earth,
because you have hidden these things
from the wise and the intelligent,
and revealed them instead to infants”
~ Jesus (Matthew 11:25)*

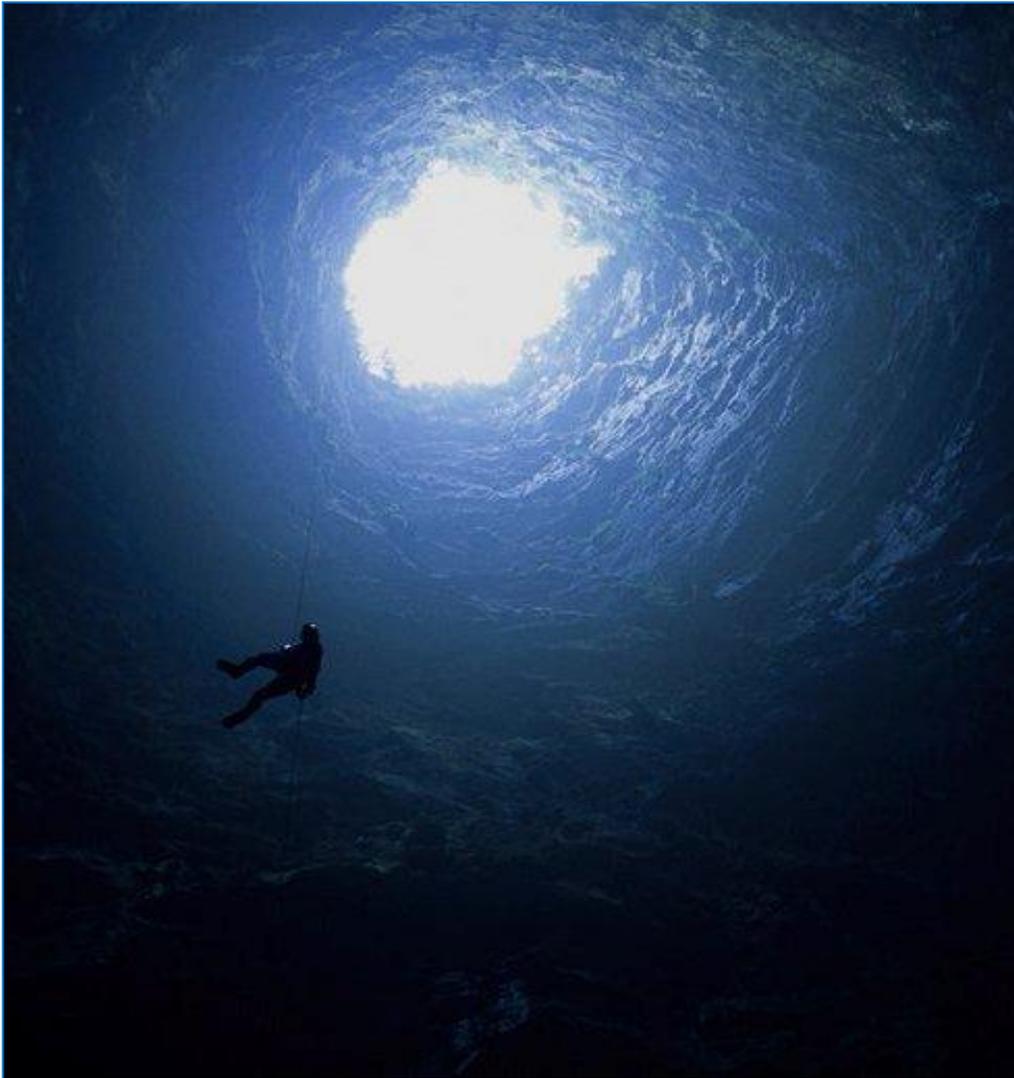


“To you the Earth yields Her fruit, and you shall never want,
if you but remember how to fill your hands.” ~ Kahlil Gibran

(NOTE: Grasping hands can never be filled.)

September 8th ... God's consummate Art

*“Truth is simple ... and Balance is simple.
Indeed, the rhythmic, balanced interchange
of all pairs of opposite expressions
is the consummate art
of God's Universe of Light.”
~ Walter Russell*



*“The wisdom-mind of all Buddhas
resides within you.” ~ unknown*

September 9th ... Letting needs meet the Giving

*“Peace is where your greatest gift
meets your Community’s deepest need.”*

~ anonymous



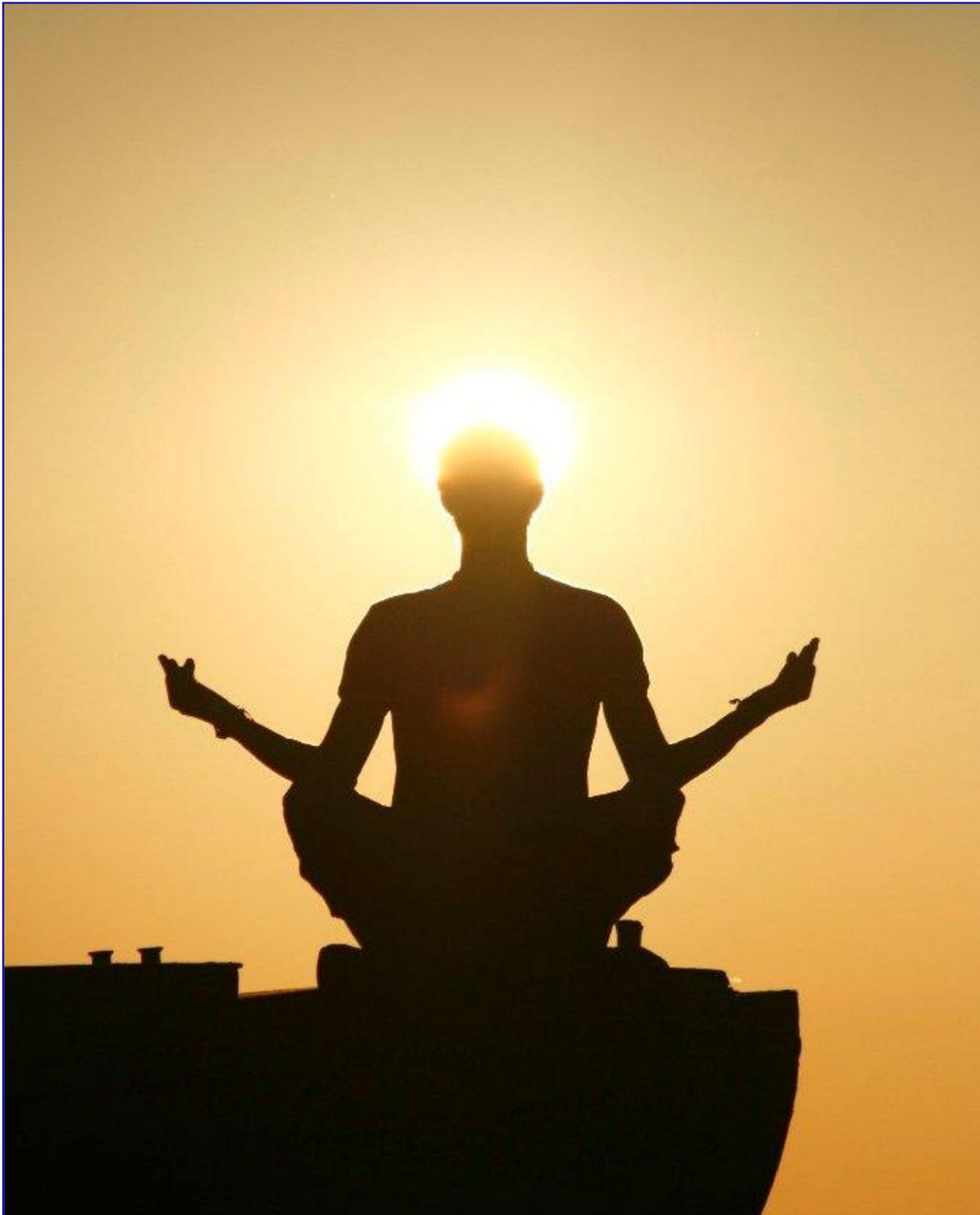
*“Let your Self be silently drawn
by the stronger pull of what you truly Love.” ~ Rumi*

*(At our deepest Center, we all love to Love,
much more than we love to be loved.)*

September 10th ... In the chambers of the Heart

*“It is a fool that looks for logic
in the chambers of the human heart.”*

~ Ethan Cohen



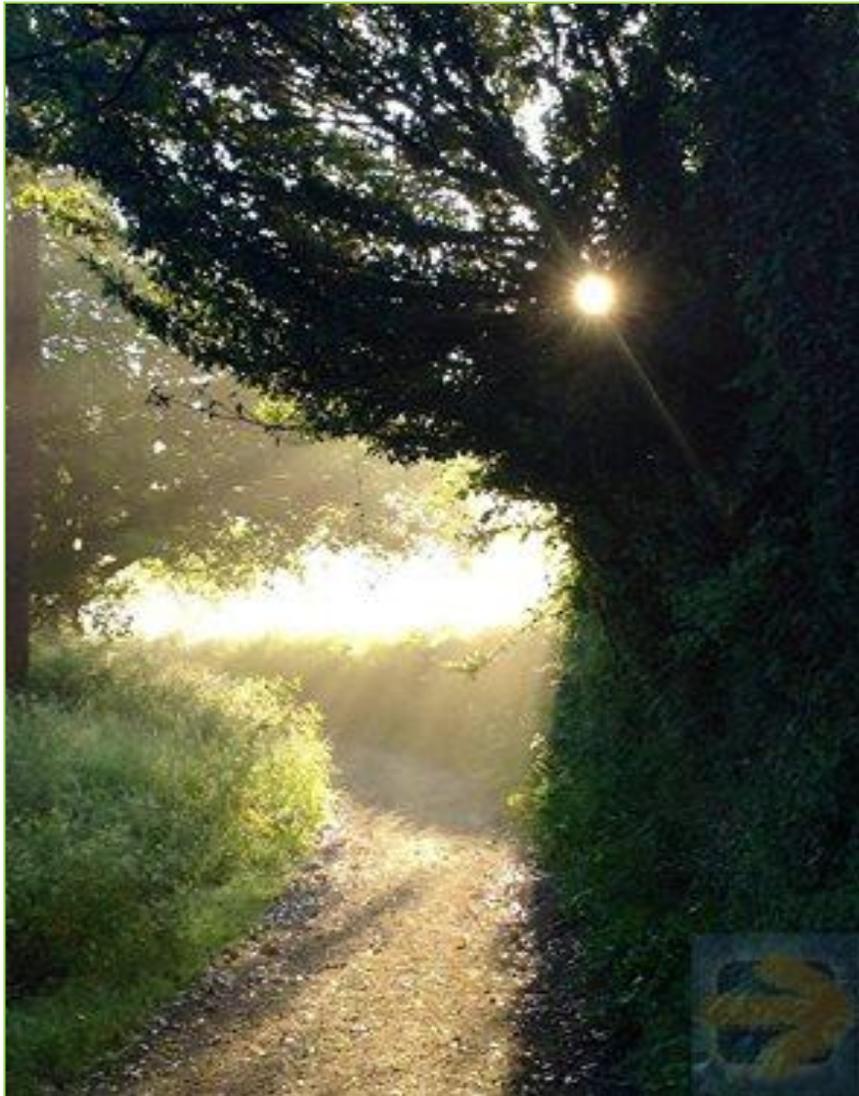
*“These mysteries God has revealed to us through the Spirit;
for the Spirit searches everything; even the depths of God.”*

~ Paul (1 Corinthians 2:10)

September 11th ... The highest Road

“The highest Courage is to dare to be your Self in the face of all adversity. Choosing right over wrong, choosing ethics over convenience, and choosing Truth over popularity ... These are the choices that measure the Life well-lived. So set forth into your days with full resolve, and travel boldly the Path of Integrity.”

~ unknown



“Avoid playing the Game of Love at all unless you choose to deeply & earnestly Play.”

~ anonymous

September 12th ... Every space as Sacred

“A caring attitude makes every space Sacred.”

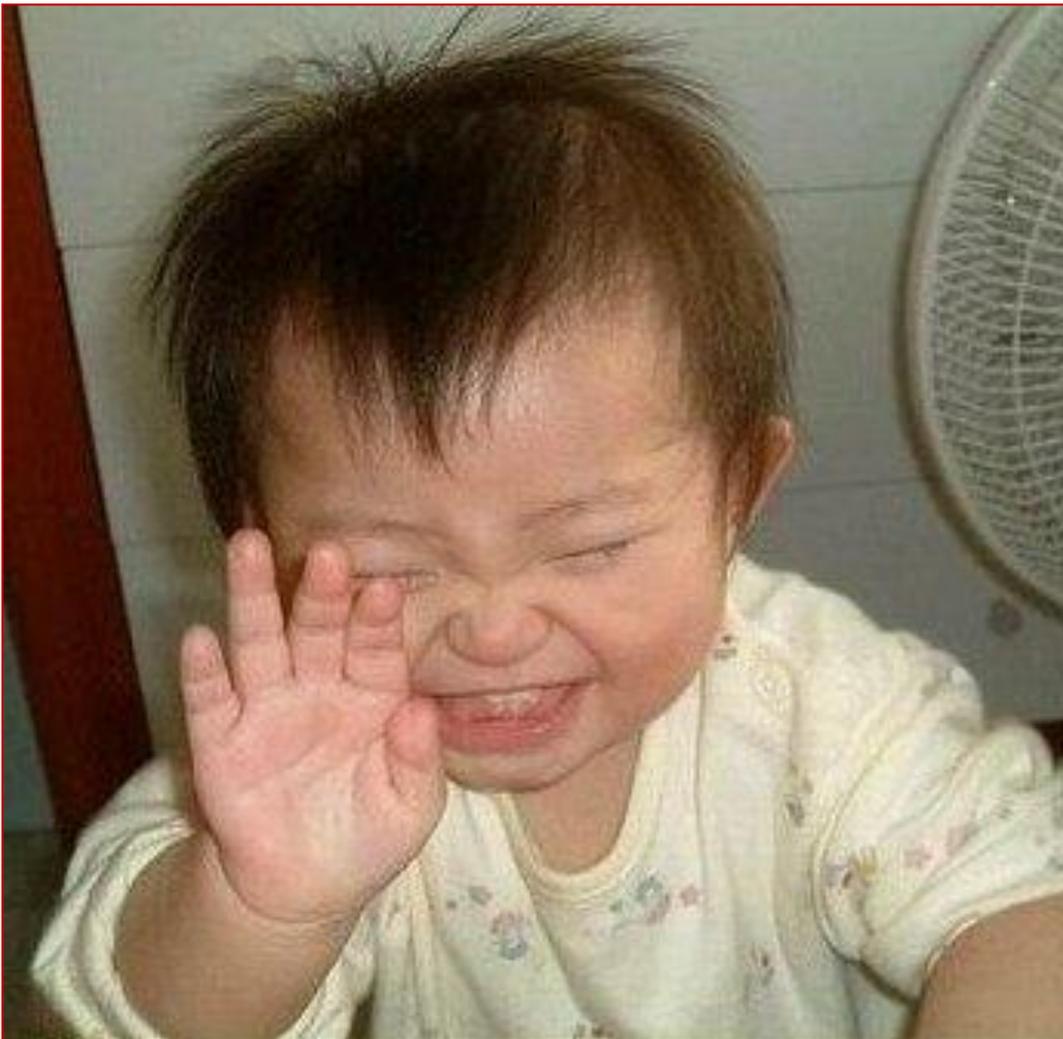
~ anonymous



When you yearn for Love, its well runs quickly dry.
When Love is freely given, you will never thirst.

September 13th ... The Spirit of Truth

*“And I will ask the Father, and He will give you
another Advocate to be with you forever.
This is the Spirit of Truth, whom the world cannot receive,
because it neither Sees It nor Knows It.
You Know It, because It abides with you,
and It will be within you.”
~ Jesus (John 14:16-17)*



“The world will not evolve past its current state
by using the same thinking that created it.” ~ A. Einstein
(To have a new Life, you must **live** the new Life.)

September 14th ... On walking Smoothly

*“Walk smoothly –
as if you **are** the Epiphany.”*

~ anonymous



“When people have Light in themselves, It will shine out from them. In these moments we get to truly know each other -- as we walk together in the darkness; without needing to pass our hands over each other’s faces, or intrude into each other’s Hearts.” ~ inspired by Albert Schweitzer

(To avoid all intrusions of ego,
we must reach out to others
with deeds from the Heart.)

September 15th ... Between Here & the Dust

*“Between here and the dust,
Joy is all we have.”*

~ A. A. Attanasio



*“Give Light — and the darkness
will disappear on its own.”*

~ Erasmus

September 16th ... Exposing the Light

*“Everything exposed by the Light becomes visible,
for everything that becomes visible IS Light.”*

~ unknown (Ephesians 5:13-14)



*“The obscure we eventually See.
The completely obvious, it seems, takes longer.”*

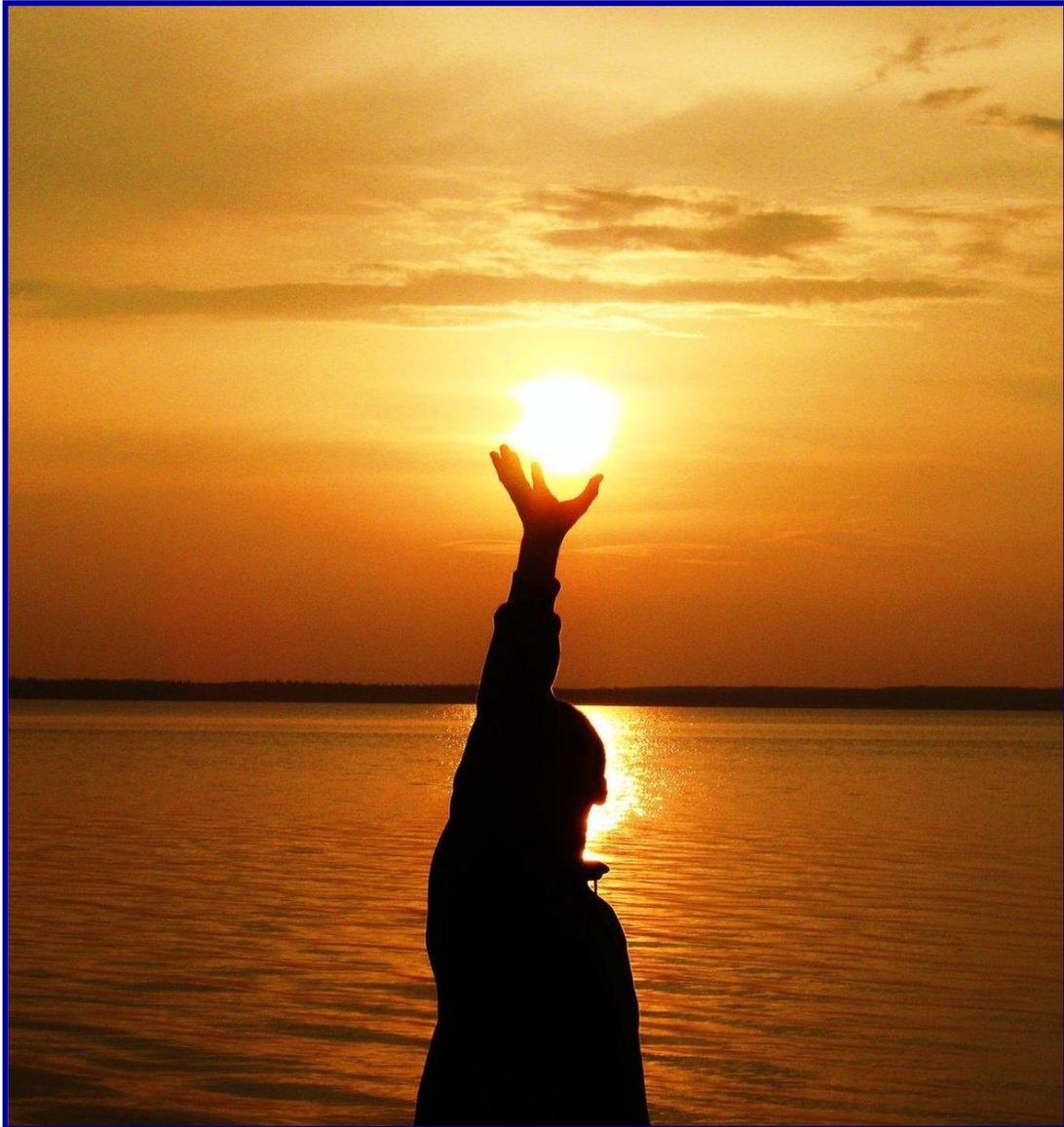
~ Edward R. Murrow

(Love makes everything completely obvious.)

September 17th ... Whatever tomorrow Brings

*“Whatever tomorrow brings I’ll be there
with open arms and open eyes.”*

~ Incubus



*“There is a Light within a person of Light,
and It illuminates the whole world.”*

~ Jesus Christ (Thomas 24)

*(To finally come to See the Light, we must
first choose to bring It forth from within.)*

September 18th ... Seeing the world Anew

*“See what others do not See ...
See what other choose not to See ...
See the whole world anew.”
~ Steve Oedekerck*



*“Choose happiness & Joy
in the face of Life’s challenges ...
Be still, hold a holy and whole vision
... and then dance.”
~ Brooke Medicine Eagle*

*(To truly Dance with Reality, choose to See what IS ...
To truly See what IS, choose to Dance with whatever you see.)*

September 19th ... In essence all One

“I believe that if only we would read the scriptures of the different faiths from the standpoints of the followers of those faiths, we would find that they were in essence all One, and were all actually supportive of one another.” ~ M. Gandhi



There may be many different religions,
and yet they all share the same Path to Truth.

September 20th ... The Humble & the Patient

*“Remember to walk the Path
of those who are Humble (Ha’a Ha’a),
and to live your life
with great Patience (Ho’omanawanui).”
~ Libert Naka’ahiki*



Patience only comes to those
who choose NOT to wait to Love.

September 21st ... Allowing others to Be

“Yes, let’s Wake Up and move beyond judgments of ‘good’ & ‘bad’. Let’s move into unity, where there is no duality ... If I stay detached from all the bad or good moods and emotions and feelings and judgments and projections, I find myself happier and free from the enslavement of having to either ‘be good’ or feel guilty over ‘being bad’ ... I just allow myself to Be and allow others to Be as well.”

~ Lucia Brecheisen



September 22nd ... The Way resting Within

*“The Way is neither the outset nor the destination ...
The Way rests **within** each step we with Courage take.”*

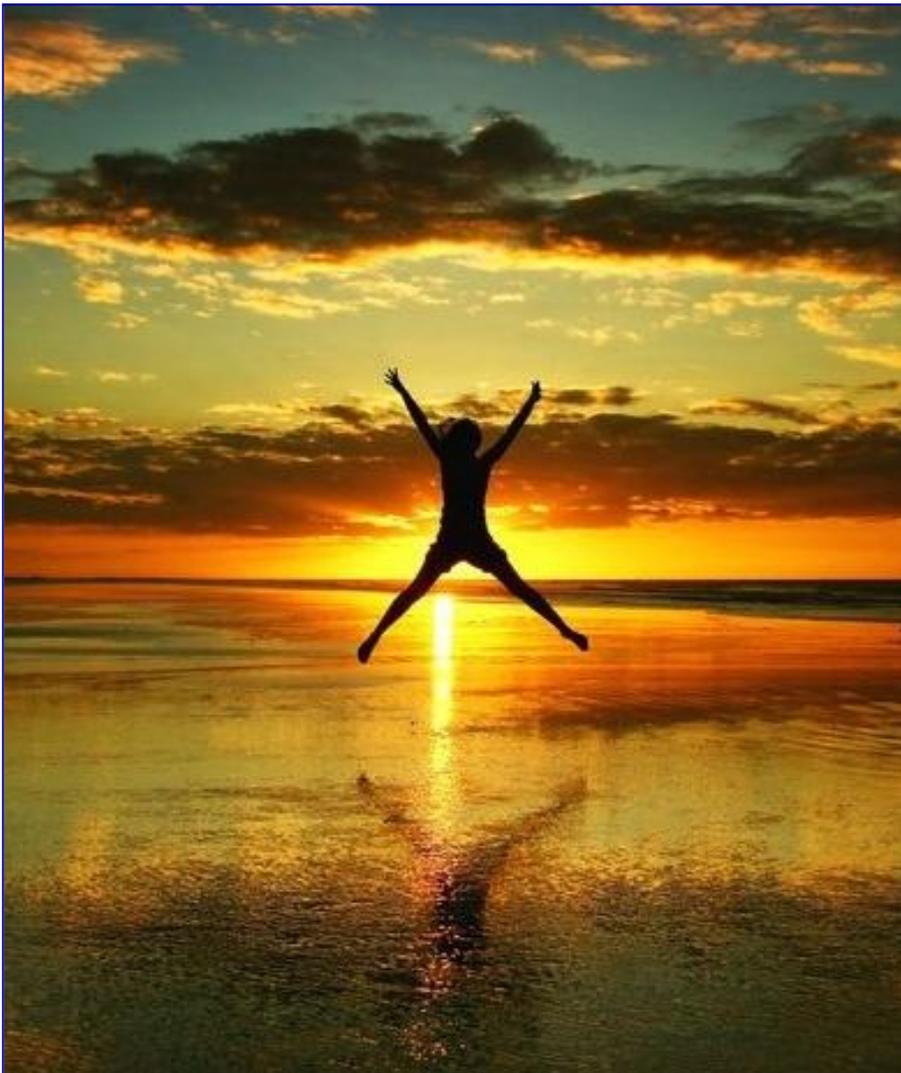
~ unknown



When traversing a steeper slope,
it is best to make each step your Summit.

September 23rd ... How to see the Daylight

*“Daylight, full of small dancing particles ...
And the Great One turning,
our Souls are dancing with You ...
Without text, they dance.
Can you See them
when I whisper in your ear?”
~ Rumi*



The loudest Love
is always uttered
with but a whisper.

September 24th ... Here, you Are

Said the student of Zen to the vegan hot dog vendor:

“Make me ONE with Everything” ...

Said the Zen Master hot dog vendor to the Student:

*“Here, You **are.**”*

~ anonymous



“Great Spirit, help me
to avoid judging another
until I have walked in his moccasins
for many days.”

~ Sioux Prayer

September 25th ... Here to DO

*“We are all here to Do
what we are all here to DO.”*

~ Lana Wachowski



September 26th ... To climb the highest Mountain

*“He who does not climb High Mountains
cannot hope to comprehend
the beauty of their Valleys.”
~ Chinese proverb*



“So much that was beautiful – and so much hard to bear,
yet whenever I showed myself willing to bear it,
the hard was directly transformed into the beautiful.”

~ Etty Hillesum

(Both “difficult” and “emPowering”
are choices available in every encounter.)

September 27th ... A Foundation of Love

*“Friend, our closeness is this:
that anywhere you place your feet,
you will be able to feel me there
in the firmness beneath you.”*

~ J. Rumi



September 28th ... When the two become One

*“All human progress has been the story of someone
who believed passionately in something,
and of someone else
who believed passionately
in that person.”
~ Dan Zadra*



What most folks miss is the simple Truth
that we are — each & every one of us
both the believer and the one believed.

September 29th ... Spreading the Good

“Grandma said when you come on something Good, first thing you do is to share It with whoever you can find ... That way, the Good spreads out where no telling it will go – which is Right.”

~ Forrest Carter



September 30th ... Gazing outward Together

*“Love does not consist
of gazing into each other’s eyes,
but rather lives fully
while looking outward together
in the same direction.”
~ Antoine de St. Exupery*



The only way to truly Love another
is to look *their* Way.

October 1st ... Reaping real Riches

*“A wealthy person is not the one who has the most;
but rather the one who needs the least.”*

~ unknown



“When I let go of who I am,
I become what I might Be.
When I let go of what I have,
I receive all I need.”

~ unknown

October 2nd ... Wisdom ever Waiting

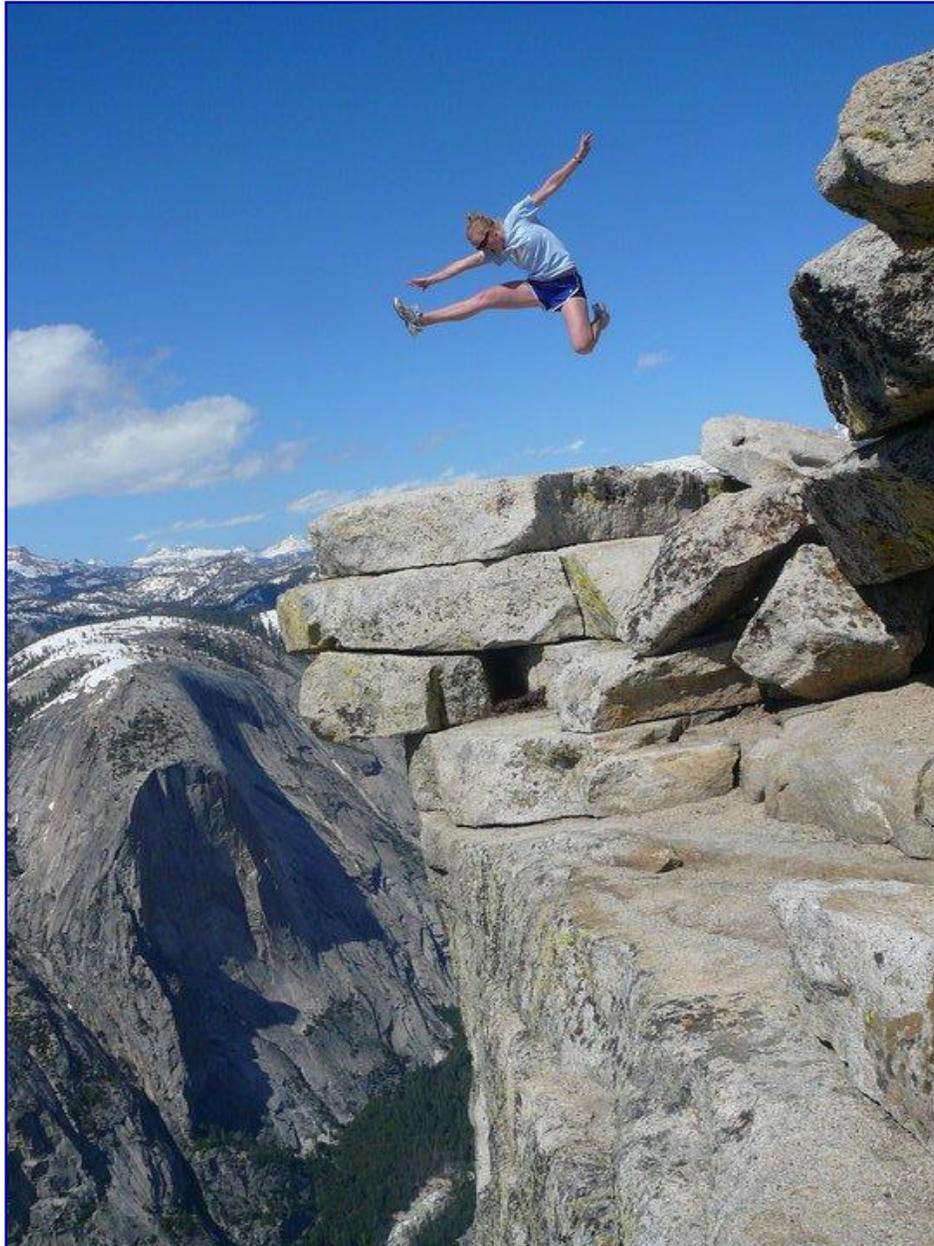
*“For the scientist who has lived
by his ‘faith’ in the power of reason,
it all ends like a frightening dream ...
He has scaled the mountain of ignorance
and is about to conquer its highest peak ...
And yet as he pulls himself up over that final edge,
he is greeted by a jovial band of mystics
who have been waiting there for him for centuries”
~ Robert Jastrow*



In all moments of self-focus, we are the scientist,
futilely scaling the infinite heights of the The Mystery.
In all moments of selflessness, we are the band of Mystics,
already knowing all that is to be Known.

October 3rd ... The Leap of Love

*“I have seized death’s door handle,
like a fish out of water – waiting for the cat.”
~ David Crosby*



Avoid waiting for the Universe
to randomly dole out your demise.
Choose your moment of greatest Sacrifice
... and let that moment always be Now.

October 4th ... The only Mistake

*“In essence, the only mistake
one can make in life
is to not Love another —
especially in those times
when it is difficult to do so.”
~ anonymous*



*“Whatever you can do or dream you can do, begin it.
Boldness has genius, power, & magic ... Begin it now.”
~ J. Wolfgang von Goethe*

October 5th ... What Love IS

*“Love is much more something you think
than something you merely feel,
... and much more something you do
than something you merely think,
... and much more something you become
than something you merely do.”*

~ anonymous



When you think Love while acting accordingly,
you literally become that very thought.

October 6th ... On having new Eyes

*“The real Voyage of Discovery
consists not in seeking new landscapes,
but rather in having new eyes.”*

~ Marcel Proust



To obtain renewed Vision, you must first
re-open the eyes you already use.

October 7th ... Within the Souls of Men

*“Peace comes within the Souls of men
when they realize their Oneness with the Universe;
when they realize It is really everywhere ...
It is within each one of us.”
~ Black Elk*



Peace is only realized
while Peace is enacted.

October 8th ... No better Way

*“There is no ‘better way’
than the path already tread.”*

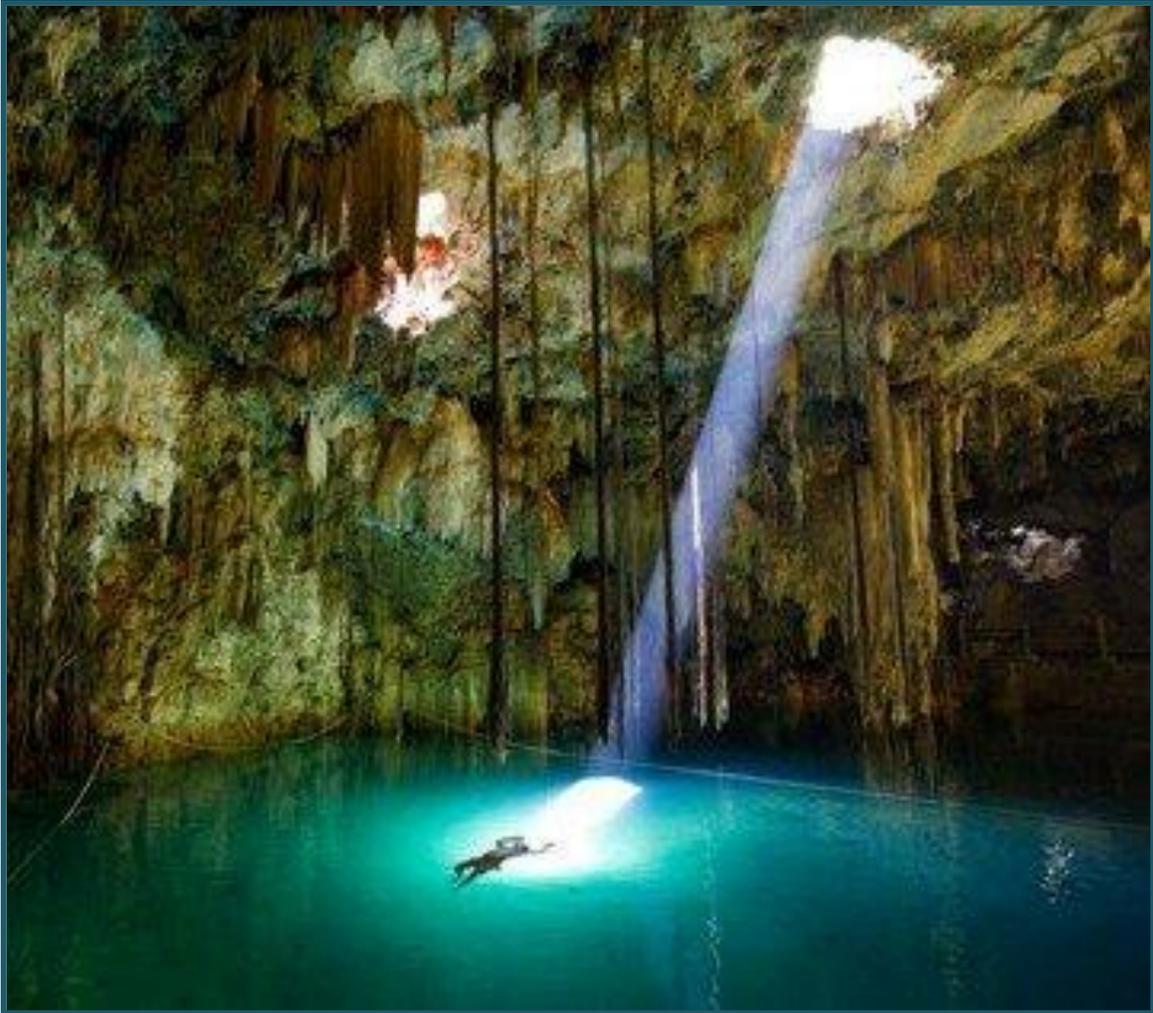
~ anonymous



Kindness shows others the Way
back to the very Heaven
in which they already reside.

October 9th ... To see only Sunlight

*“Whoever happened to gaze
upon the foundation of your Soul,
saw only sunlight.”
~ Prague Cemetery epitaph
(Stuttgart, Germany)*



To truly See another person,
you've got to be able to look
on their Bright Side.

October 10th ... Always right for Dancing

“The music is all-Ways right for dancing.”

~ anonymous



Waiting for a “better” that could be,
ever blinds us to the Perfect that already IS.

October 11th ... Power in every Drop

*“Drops of water always hollow
even the hardest stones.
And they always do so gently;
never right away, and never by force.”
~ Chinese Proverb*



Water hollows stone simply by being water;
simply by flowing onward persistently –
and waiting for the stone to move aside.

October 12th ... Choosing what IS

*“The world is ruled
by allowing things
to take their course.”
~ Lao Tsu (Tao Te Ching #48)*



True Power comes from always choosing
to Flow courageously (i.e. Lovingly)
with whatever happens to happen.

October 13th ... To pray on God's Altar

*"Silence is the altar of God."
~ Paramahansa Yogananda*



A heartfelt hug is always
our most potent prayer.

October 14th ... A Channel of Peace

“Oh Lord, make me a channel of thy Peace: that where there is hatred, I may bring Love; ... that where there is injustice, I may bring forgiveness; ... that where there is discord, I may bring harmony; ... that where there is error, I may bring Truth; ... that where there is doubt, I may bring Faith; ... that where there is despair, I may bring enthusiasm; ... that where there is darkness, I may bring Light; ... that where there is sadness, I may bring Joy. Grant that I seek to understand rather than to be understood ... and that I seek to Love rather than to be loved. For it is by forgetting one’s self that one finds, and it is by dying to self that one awakens to life eternal.”

~ St. Francis of Assisi



October 15th ... The very best Thing

*“You are always encountering
the very best thing
that has ever happened **for** you.”
~ anonymous*



Revel in your Time;
remembering, of course,
that your Time is right NOW.

October 16th ... Rousing the Sleeper

*“An awakening which does not awaken
the sleeper to Love selflessly
has roused the sleeper in vain.”
~ Jessamyn West*



We only truly Awaken when we dive into the waters of Caring ...
All other efforts are merely weakened libations that numb & blur.

(image by Michael Parkes)

October 17th ... The genius of Transcendence

“To all those who think differently — the unconventional thinkers, the visionaries, the idealists, the rebels; those who don’t let themselves be confined to any set pattern. For all those who see things differently. To those who bow to no rules and have no obedience ... We quote them, contradict them, admire them &/or reject them. And yet the only thing we cannot do is ignore them. Because they change things — they discover; they mold; they create; they heal; they inspire. They bring Humanity further ... Maybe they are even a bit crazy. How else could they stare at an empty canvas and see a Masterpiece? Or sit in total silence and Hear a song never before written? ... Yet while others may believe them to be delusional, we see the genius in them. Because it is those crazy enough to believe that they can change the world, who are the only ones who ever do.” ~ unknown



October 18th ... Getting to know God

*“God is not only the omnipresent & vibrating energy
of omnipotent consciousness,
but also the ‘frozen energy’ & the ‘frozen consciousness’
that we know as matter.”
~ Paramahansa Yogananda*



God is both the shimmering we call “consciousness”
and the static we call “form”.

October 19th ... Be like Water

“Be as water, without friction. Flow around the edges of those within your Path ... Surround within your ever-moving depths those who come to rest there. Enfold them, while never for a moment holding on ... Be with them gently, as far as they allow your strength to take them, and fill with your own being the remaining space when remain behind ... While dropping down Life’s rapids, froth into fragments if you must; knowing that the many of you will just as many times eventually become One again. And then, once you have gone as far as you can go, come to rest -- and quietly await your next beginning.”

~ inspired by N. F. McInnis



October 20th ... Daring to Adventure

*“Security is mostly a superstition.
It does not exist in nature,
nor do the children of men
as a whole experience it.
Avoiding danger is no safer in the long run
than outright exposure.
Life is either a daring adventure,
... or nothing.” ~ Helen Keller*



October 21st ... Dreamers who Do

*“The world has dreamers and the world has doers.
Of course, above all, the world needs Dreamers who Do.”*

~ Sarah B. Breathnach



October 22nd ... on Joy & Suffering

*“Whatever suffering there is in this world
comes from desiring for myself to be happy.*

*And whatever Joy there is in this world
comes from desiring for others to be Happy.”*

~ Shantideva



October 23rd ... Our unbroken Wholeness

*“Reality is an unbroken wholeness,
always flowing in motion.”*

~ David Bohm



Even the pride
that seems to separate us,
is ONE with the All.

October 24th ... The greatest Gift

*“Let each man pass his days
in those specific endeavors
wherein his Gift is greatest.”
~ Propertius*



To pass your days with Great Purpose,
fill your moments with Great Love.

October 25th ... Choosing Wisely

*“Every moment is pregnant with Destiny ...
As such, remember to choose wisely.”*

~ anonymous



*“A little consideration –
just a little thought for others –
makes all the difference.”*

~ A. A. Milne

October 26th ... The most powerful Prayer

*“If you give your entire life to a prayer,
you intensify that prayer beyond measure ...
I do not think of myself as an individual,
but rather as an embodiment of the Heart of the World.”
~ Peace Pilgrim*



In the inner stillness of solitude,
one finds a world filled with Brothers & Sisters.
In the inner warmth of selfless service
one finds a world overflowing with Friends.

October 27th ... Life before Death

*“Set boldly forth into your days ...
Face your fears and pass them by.
Believe in life before death.”
~ anonymous*



Belief lives fully
in the very first step
boldly taken
along any path.

October 28th ... Knowing Kindness

*“Just because an animal is large,
that doesn’t mean it doesn’t
also desire the same Kindness.”*

~ A. A. Milne



Except for those
who have already found It within,
every being is searching for Love.

October 29th ... Doing the Good

*“I do not pretend to comprehend
the course my life has taken,
and yet I will do the good I can
until my Destiny is revealed to me.”
~ anonymous*



Doing the Good you can Do **IS** your Destiny.

October 30th ... We will all be Upheld

*“Who are you to pass judgment on the servants of another?
It is before their own Lord that they stand or fall.
And they will indeed all be upheld,
for God can help them all stand.”
~ Paul (Romans 14:4)*



*“Others may say your dreams are too colorful;
that they are mere flights of fancy ...
Show your Self with courage,
and fly anyway!” ~ anonymous*

October 31st ... The best place to Be

*“If you want to reach a good place to be,
no place you find will be good enough.*

*And yet if you let it all go –
if you completely empty your head,
then any place you are becomes Right.”*

~ A. A. Attanasio



What is seen simply IS –
and is the only place to truly Be.

November 1st ... Open like Heaven

*“When the Wheel of Love turns,
there are no more rules ...
my Heart is open like the heavens.”
~ unknown*



For a Heart to be truly open,
open palms must lead the way.

November 2nd ... Noting Her many Treasures

*“The [Universe] is simply throbbing with gorgeous treasures,
beautiful Souls, and fascinating people.”*

~ inspired by Henry Miller

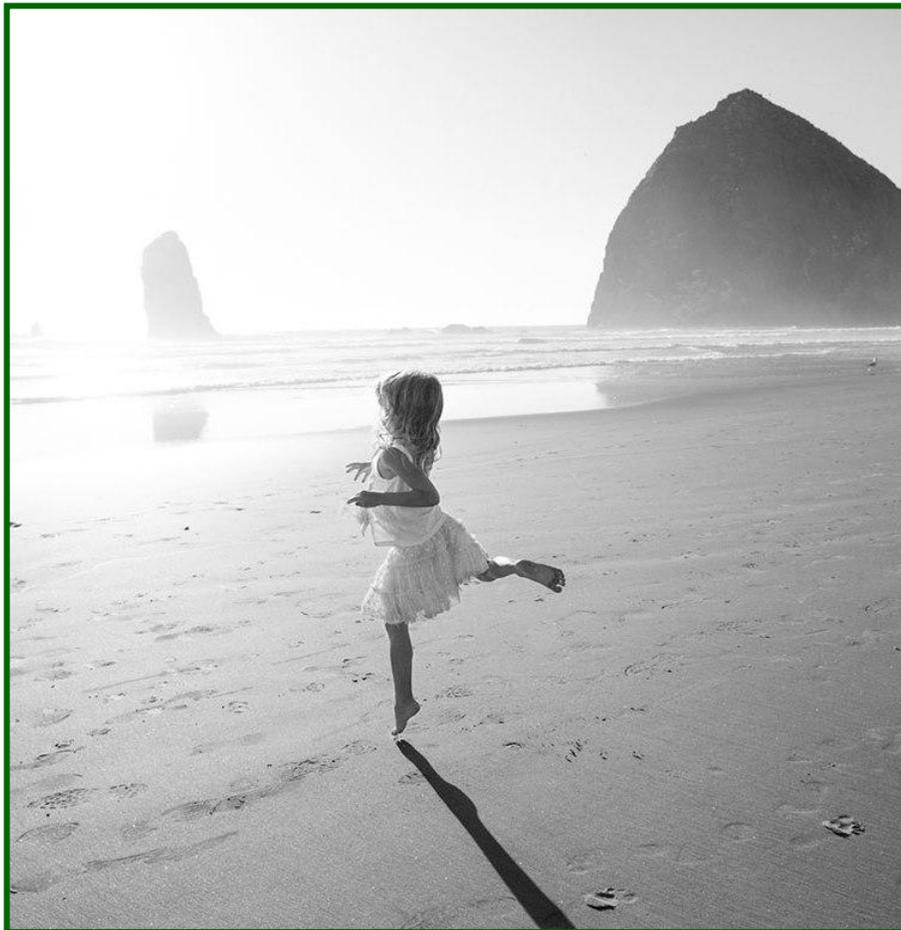


True Joy is born
when we choose to see
the sparkle of specialness
within the dull pulse
of all things “regular”.

November 3rd ... Making a Difference

“It is possible to decrease the suffering in the world merely by adding to the Joy. It is possible to add to the Light rather than try to destroy the darkness. Once you begin to acknowledge random acts of kindness – both the ones you have received and the ones you have given – you can no longer believe that what you do does not matter ... It is as if you are dancing along a beach, making footprints on the edge where the shoreline meets the sea. No one is applauding -- No one even sees your splendid gyrations of Joy, and you know full well that the tide will soon come and wash away the marks your dance has left ... Still, the dance lives on in your Heart, as does the simple, clean delight of being alive – and so you dance ... And then, as you are about to leave, you turn to face the shoreline one last time and notice a small child, fitting her feet into your tacks – spinning and giggling with glee. In that one priceless moment, you know there is less suffering in the world ... You know that you do indeed make a difference.”

~ Dawna Markova



November 4th ... Doing the Good Deed

*“Nothing deters the Good Man
from doing the Honorable Deed
that is readily available
and waiting to be done.”
~ Seneca*



November 5th ... Away from the Harbor

*“Twenty years from now you will be more disappointed
by the things that you didn’t do than by the ones that you did.
So throw off the bowlines and sail away from your safe harbor ...
Explore — Dream — Discover.”
~ Mark Twain*



November 6th ... Entering the Temple

*“If you enter the Temple
for no other purpose
than asking for yourself,
you will not receive anything.”
~ Kahlil Gibran*



Regardless of your particular religion,
praying for your own personal “salvation”
is the ultimate blasphemy.

November 7th ... The real Famous

*“The River is famous to the fish ... The loud voice is famous to Silence ... And the tear is famous, briefly, to the cheek ... I want to be famous to shuffling men who smile while crossing streets, to sticky children in grocery lines; famous as the one who smiled back. I want to be famous in the way a pulley is famous, or a brick, or a buttonhole; not because it did anything spectacular, but because it always did what it could **Do.**” ~ inspired by Naomi S. Nye*



November 8th ...

*“All I can do is stand
with my arms stretched wide —
much wider than that.*

*It is the Love and the pain; the hurt and the conflict;
the warmth and the laughter that I make room for ...*

*So stretch your arms wider —
even wider than that.”*

~ Emily J. Williams



November 9th ... The Strength of Gentleness

“Material things are not gifts but rather apologies for gifts. The only true Gift is a portion of thyself ... One of the most beautiful compensations of life is that no man can sincerely give to another without simultaneously helping to set his own Self free ... There is nothing stronger than such gentleness.” ~ unknown



November 10th ... In every Miracle

*“There are two ways to live your life ...
One is as though nothing is a Miracle.
The other is as though everything is a Miracle.”
~ Albert Einstein*

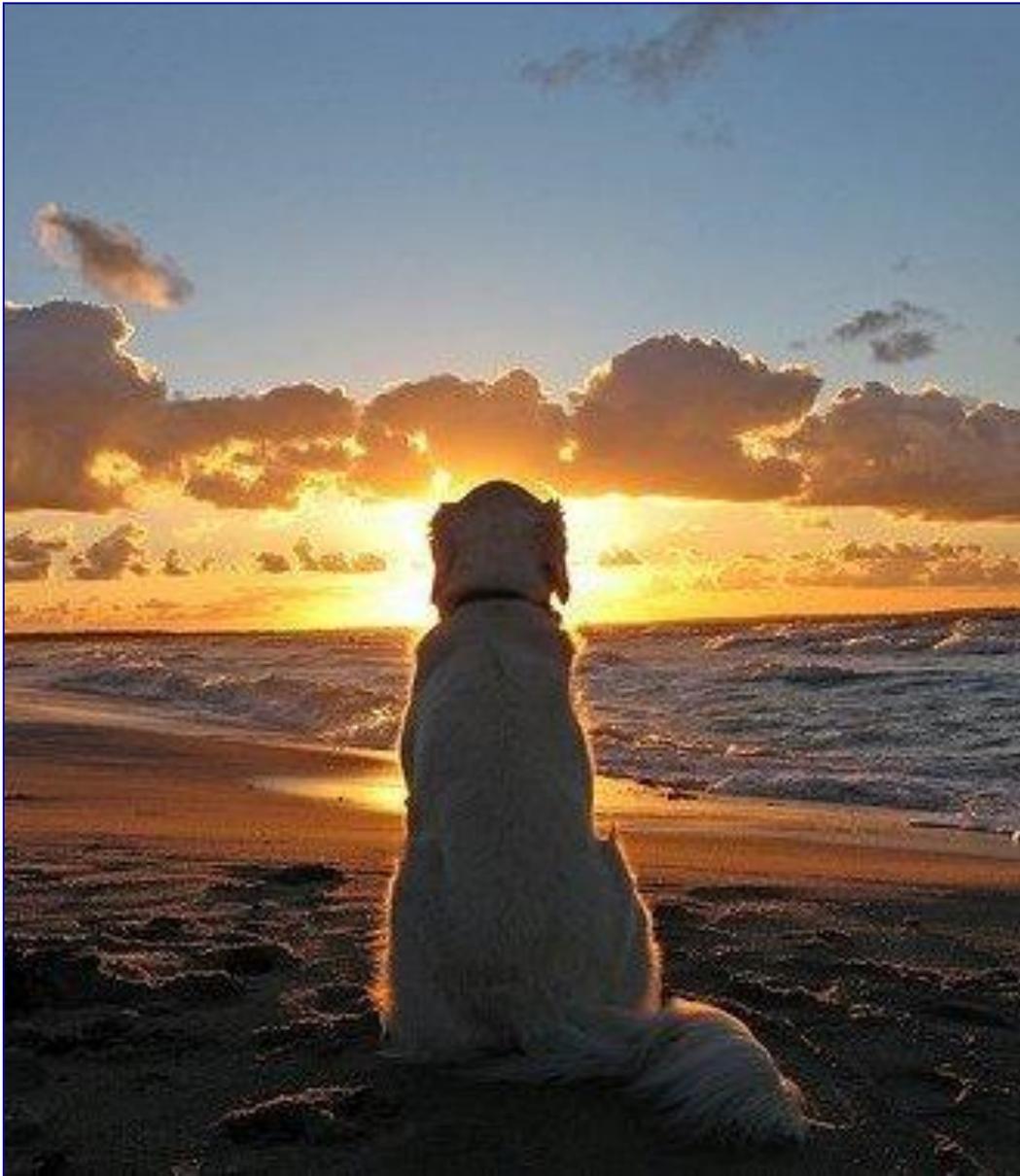


And always remember ...
Love is the sum & substance of every Miracle.

November 11th ... Bringing the Brightness

*“One can make a day of any size,
and regulate the rising and the setting of his own Sun,
and the brightness of Its shining.”*

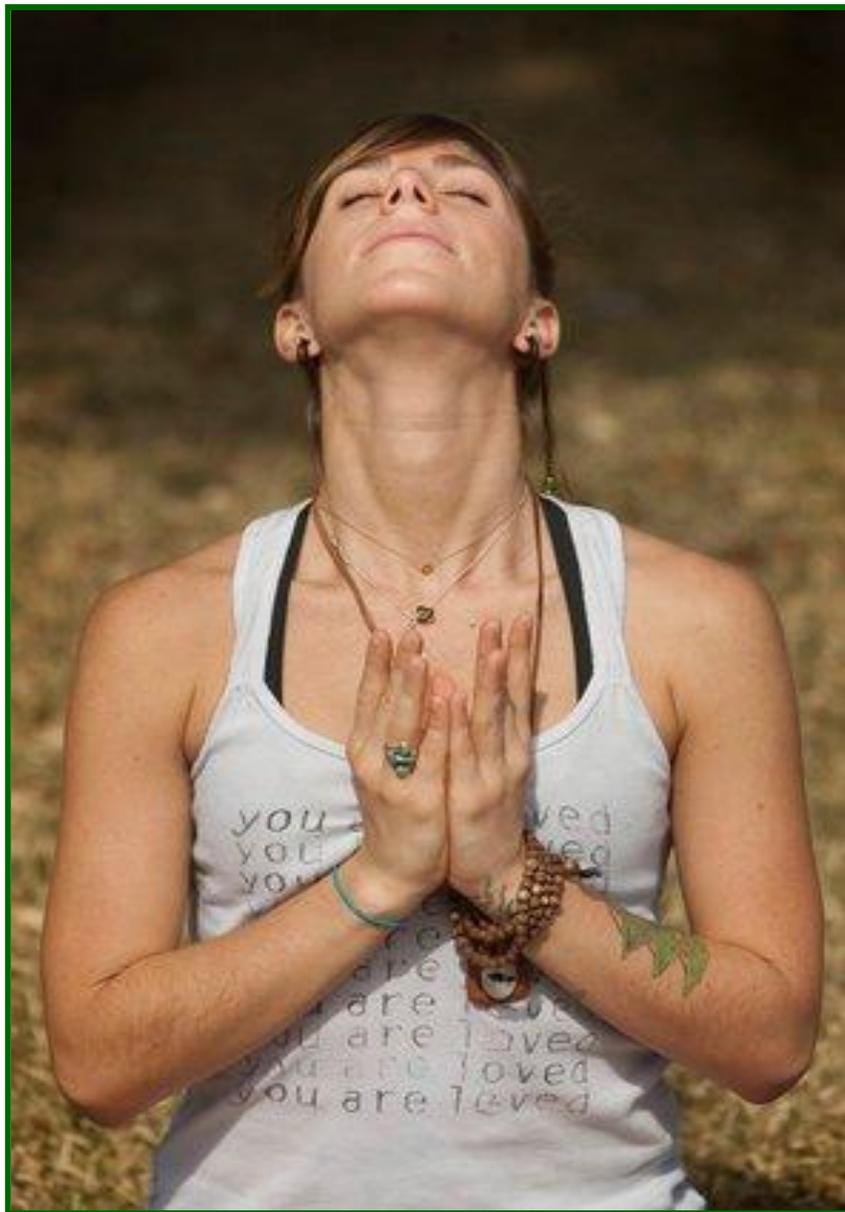
~ John Muir



Remember -- the Sun is always shining,
& true Happiness ever thrives within every Heart.

November 12th ... Little by Little

“Little by little, you will turn into stars. Even then, my dear, you will only be a crawling infant, still skinning your knees on God. Little by little, you will turn into the whole, sweet, amorous Universe – and become so free ... In a wonderful, secret and pure Love that flows from a one-pointed, infinite need for Light. And even then, my dear, the Beloved will have fulfilled just a fraction of a promise He wrote upon your Heart. When your Soul begins to bloom and laugh and spin in eternal ecstasy, o little by little, my dear ... you will turn back into God.” ~ Hafiz



November 13th ... Adorning with Self

*“Let your adornment be the Inner Self;
the lasting beauty of a gentle and quiet Spirit.”
~ unknown (1 Peter 3:4)*

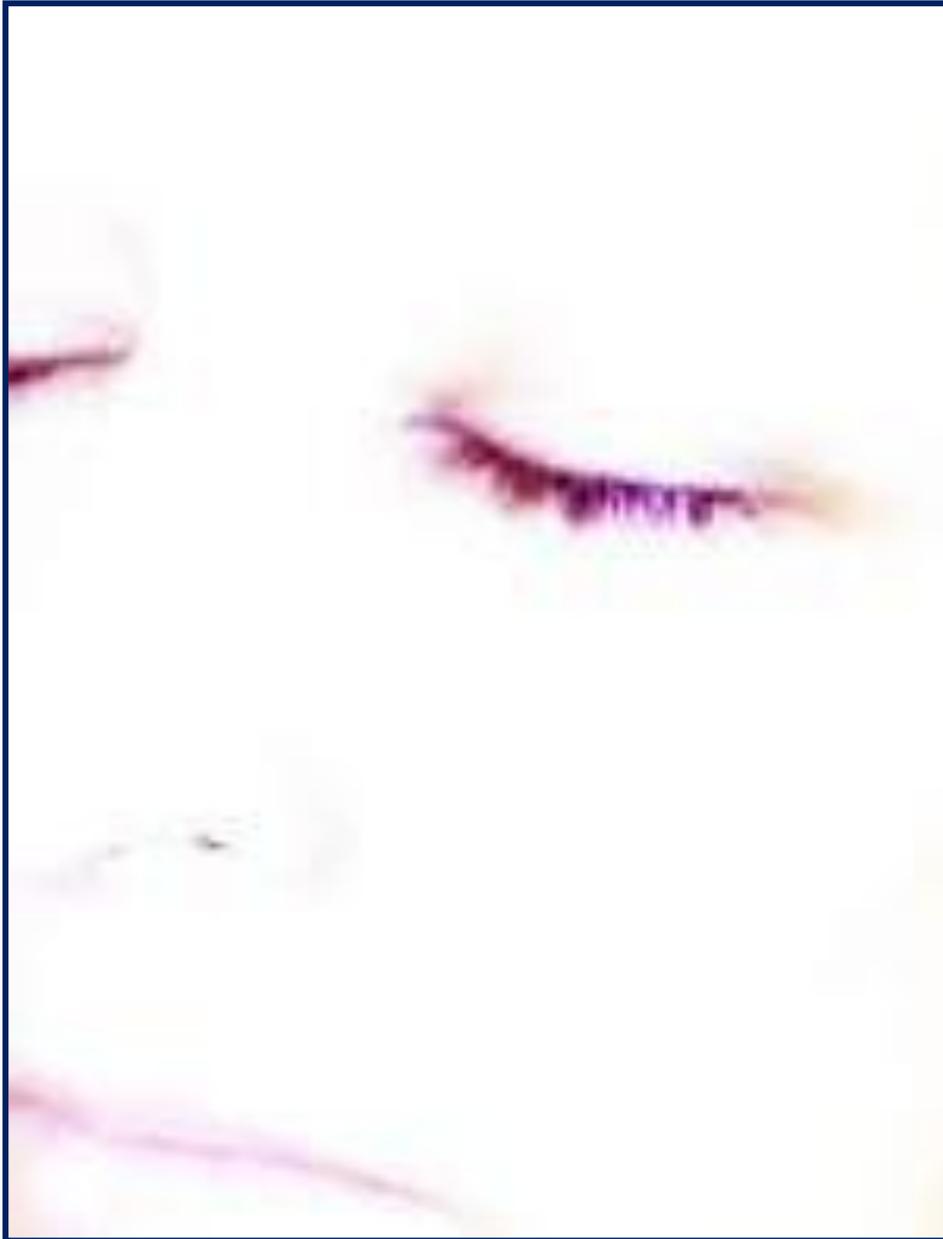


Only the quiet Spirit can be Heard by others,
and the quiet Spirit speaks loudest
when it speaks with acts of Love.

November 14th ... Perfected in Us

*“If we Love one another, God lives in us,
and His Love is perfected in us.”*

~ unknown (1 John 4:12)



Love is either a verb
... or it is nothing.

November 15th ... The way to The Way

*“There is no Way to Peace ...
Peace is The Way.”
~ M. Gandhi*



Once you begin the Peace-full Journey,
you find that you have already arrived.

November 16th ... To be willing to Burn

*“Where is a foot worthy to walk in a Garden,
or an eye worthy to gaze at trees?*

*Show me the man willing
to be thrown into the Fire.”*

~ J. Rumi



*“God is Love, and those who abide in Love abide in God,
and God abides in them.”~ unknown (1 John 4:16)*

*(To avoid being destroyed by the fires of Hell,
we must be willing to live for a time
in the flames of Love.)*

November 17th ... Singing the Heart's Song

*“And the Great Song for which I had searched,
from its soft beginning to its vibrant end,
I finally found upon looking
in the Heart of my smallest Friend.”
~ inspired by H. W. Longfellow*



To find true Friends,
one must be willing to be friendly
to every enemy.

November 18th ... The Gift of God

*“Rekindle the Gift of God that is within You ...
For God did not give us a spirit of cowardice,
but rather a Spirit of Power & of Love.”
~ unknown (2 Timothy 1:6-7)*



*“Be ready for every Good Work.” ~ unknown (Titus 3:1)
(True readiness is evidenced
by every opportunity engaged.)*

November 19th ... Embracing Life

*“Knowing my death, I hold its closeness.
Having embraced it, I Am ... Reborn,
and Alive in this moment!”*

~ anonymous



To fully live Life,
we must first fully
befriend Death.

November 20th ... An Eye for Amazement

*I focus on the present
with an Eye for amazement.*

*I have that focus ...
I am that Eye.*



November 21st ... The Great Opportunity

*“Look underfoot ...
The great opportunity of your life
is always to be found
where you already are.”
~ John Burroughs*



To deeply look within,
deeply engage around.

November 22nd ... The end of Death

*“Death marks only the end of Life;
never the end of Love.”*

*~ Prague Cemetery epitaph
(Stuttgart, Germany)*



When the shadows become your lanterns,
there is only Happiness.

November 23rd ... There is no Darkness

*“God is Light ...
and in Him
there is no darkness.”
~ Paul (1 Corinthians 10:13)*



Wherever Love is truly given,
God is alive there(in).

November 24th ... Remembering the Gift

*“The rational mind is a faithful servant
and the intuitive mind is a Sacred Gift.*

*We have created a society
that honors the servant
while forgetting the Gift.”*

~ Albert Einstein



*“Whenever we have an opportunity,
let us work for the Good of all.”*

~ Paul (Galatians 6:10)

November 25th ... We enter Called

*“You are all born with a distinct Character ...
Each person enters the world Called.”*

~ James Hillman



Until we reach out to those for whom we least care,
our prayers cannot hope to reach God's hearing.

November 26th ... The caress of the Divine

*“As we are challenged by circumstances,
we can See each increment of change
as a caress from the Divine Hand;
removing all which stands between us and Him ...
Faith in the Process is optional.
The Process itself is not optional.”
~ Bill Alexander*

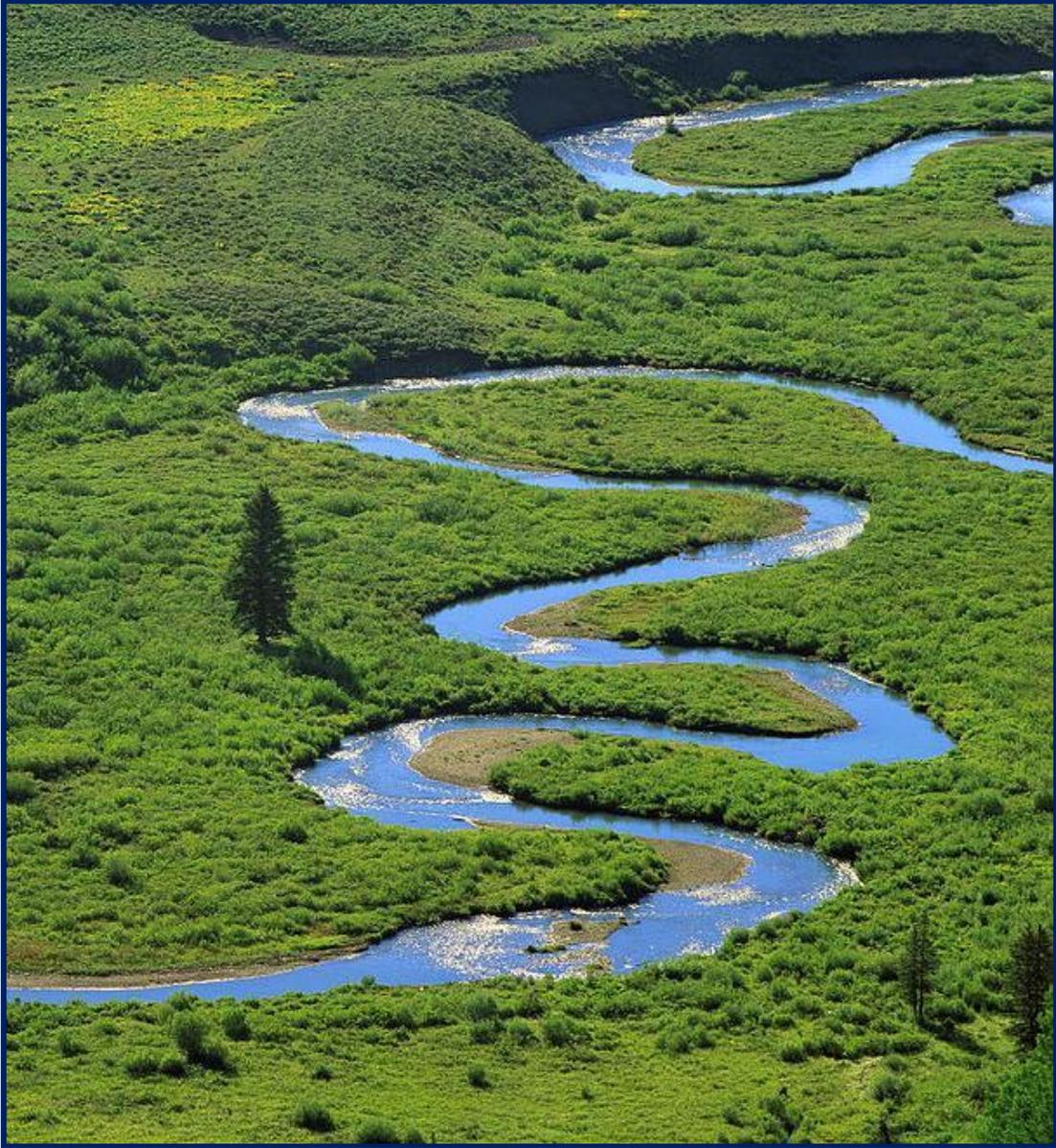


To be truly Faith-full,
we must first discard all hope.

November 27th ... Right on Time

*“If you’re there before it’s over,
you’re right on time.”*

~ James J. Walker



One is always punctual by arriving a bit early ...
and yet you cannot truly Arrive
until you truly Care.

November 28th ... What to Become

*“The Soul has come to the body,
and the body to this Life,
for the Purpose of Awakening ...
You are Becoming, my dear, and you are using
your relationship with everything in your life
to decide what you will Become.”
~ the Divine Within (a.k.a. God)*



Until you choose to truly Care,
you aren't anybody –
only a body.

November 29th ... The One in All

*“I Am dust particles in sunlight, and I Am the round Sun.
To the bits of dust I say, “Stay ... To the Sun, “Keep Moving.”
I Am the morning mist, and the breathing of evening.
I Am the wind in the top of a grove, and the surf on the cliff.
Mast, rudder, helmsman and keel, I Am also the reef they founder on.
I Am a tree with a parrot in its branches. I Am silence, thought and voice.
The musical air coming through a flute,
a spark off a stone, a flickering of metal ...
Both candle and the moth crazy around it,
I Am a rose and the nightingale lost in its fragrance.
I Am all orders of Being -- the circling Galaxy, the evolutionary Intelligence. I
Am the Lift and the falling away ... What Is and what isn't.
You, the One within the All, say Who I Am ...
... Say I Am You.”
~ J. Rumi*



November 30th ... Everything Clearly

*“Everything that can be thought
can be thought clearly.
Everything that can be said
can be said clearly.”
~ Ludwig Wittgenstein*



Everything that can be Felt
can be Felt fully.

December 1st ... Living without Compromise

*“Living the Truth in your Heart without compromise
brings real Kindness into the world.”*

~ anonymous



Only the truly Kind
can truly Live the Truth
that resides in their Hearts.

December 2nd ... As if today is The Day

*“Perform every act of your Life
as if it were your last.”*

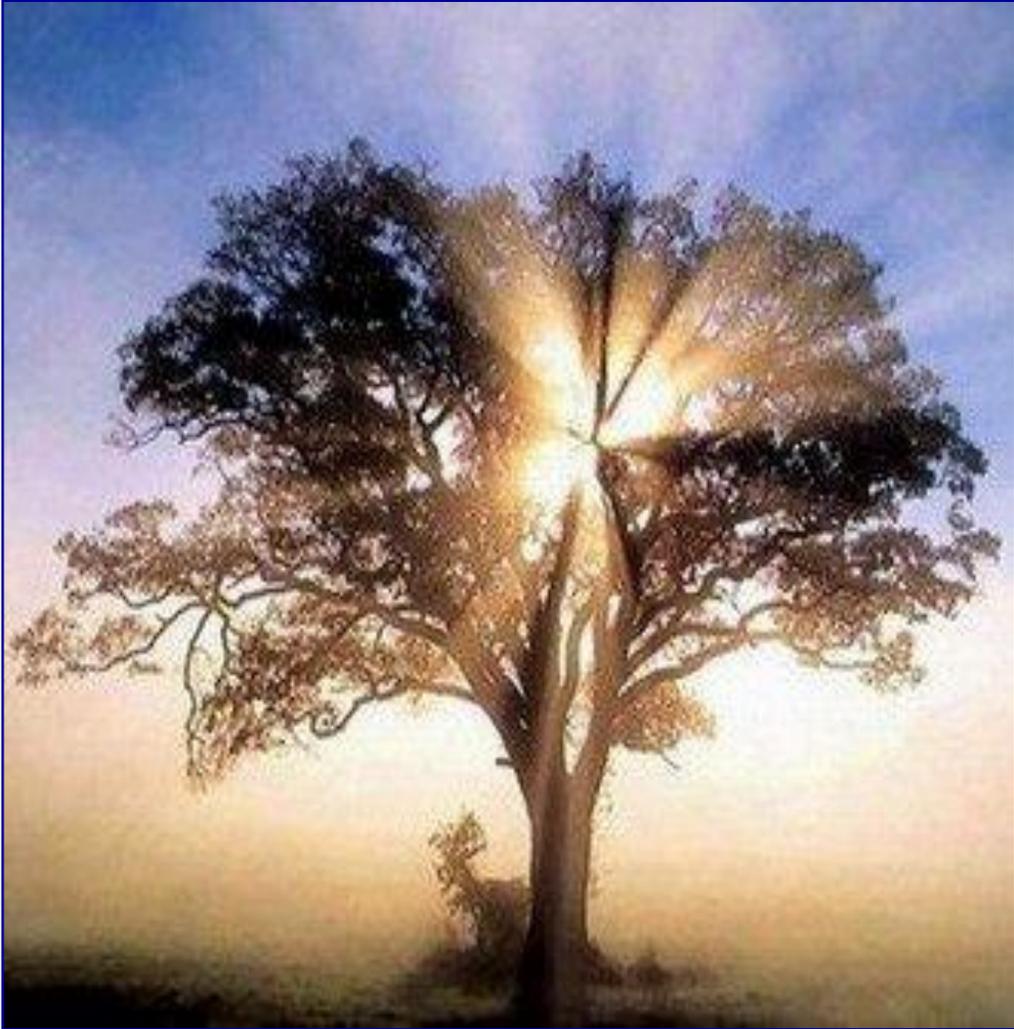
~ Marcus Aurelius



Allow your Love to be fully given
and let your Wonder to be fully known.
To do so, forgive others fully – and thereby
set you're Here & Now fully free.

December 3rd ... One from every Thousand

*“I will choose You, one from every thousand
and two from every ten thousand,
and You will stand as a single One.”
~ Jesus Christ (Thomas 23)*



“You must Be the change
you wish to See in the world.”
~ M. Gandhi

(The Peace-full change
is the only one purely desired.)

December 4th ... Rediscovering real Meaning

“The true Meaning of Life is to be discovered in the world rather than within man ... Being Human always points to something or someone other than the self; be it a service to fulfill or another Human Being to encounter. We can discover Meaning in three ways: selflessly creating a work or doing a deed, humbly experiencing something or someone, and courageously immersing ourselves in suffering. By experiencing another Human Being in his very uniqueness, we Love him. The Loving person enables the Beloved to actualize the traits the Lover Sees. By making the Beloved aware of what she can Be and of what she can Become, the Lover’s Love makes these potentialities come true. We may also find Meaning in Life even in hopelessness. For our suffering ceases to be suffering the moment it finds a meaning; such as the meaning in sacrificing for another.” ~ Victor Frankel



December 5th ... To leap for Love

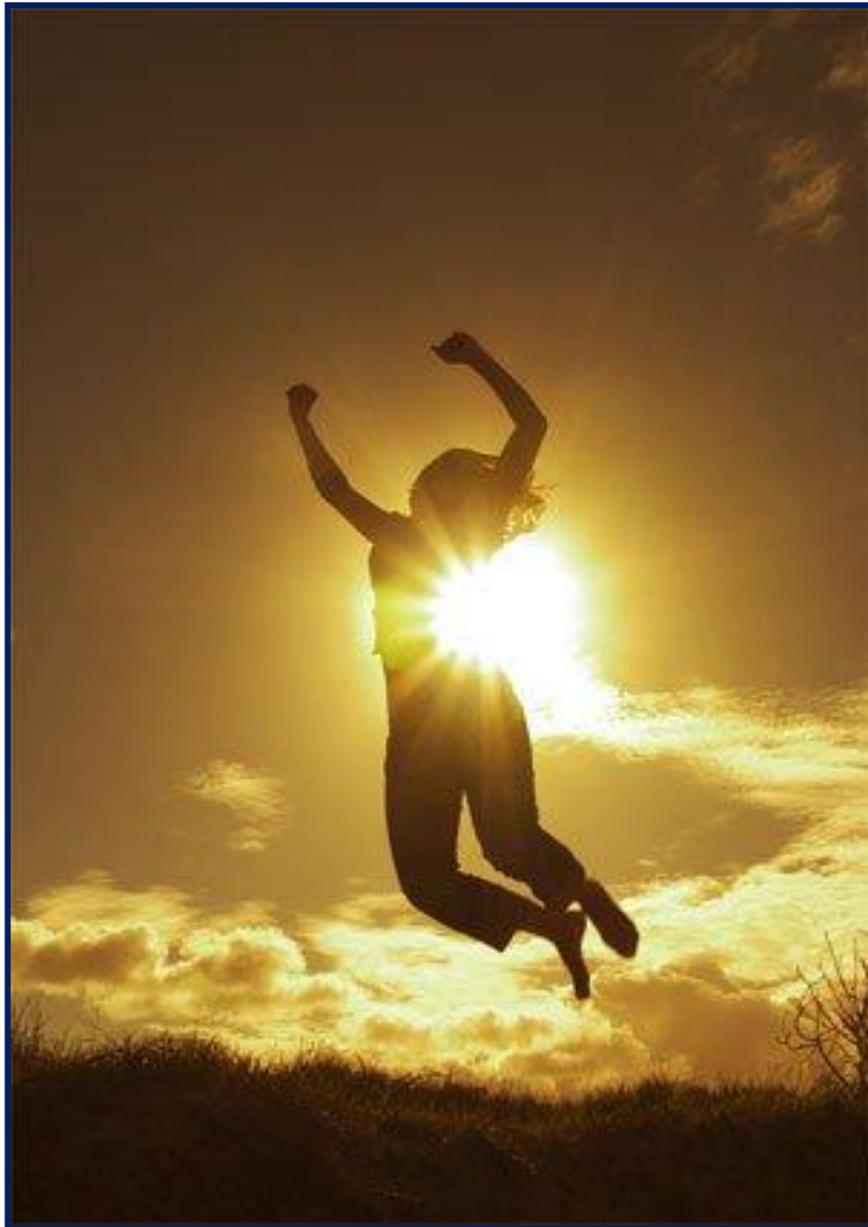
“Gamble everything for Love if you are a true Human Being. If not, leave this gathering. Half-heartedness doesn’t reach into Majesty. You set out to find God, but then you keep stopping for long stays at mean-spirited roadhouses ... Don’t wait any longer. Dive into the ocean and let the sea Be You.” ~ J. Rumi



December 6th ... Bringing us Home

“All day I think about it, then at night I say it. Where did I come from and what am I supposed to be Doing? I cannot stop asking ... If I could just taste one sip of an answer, I could break out of this prison for drunks. I didn't come here of my own accord ... and I can't leave that way. Whoever brought me here will have to take me Home.”

~ J. Rumi



December 7th ... Arriving Within

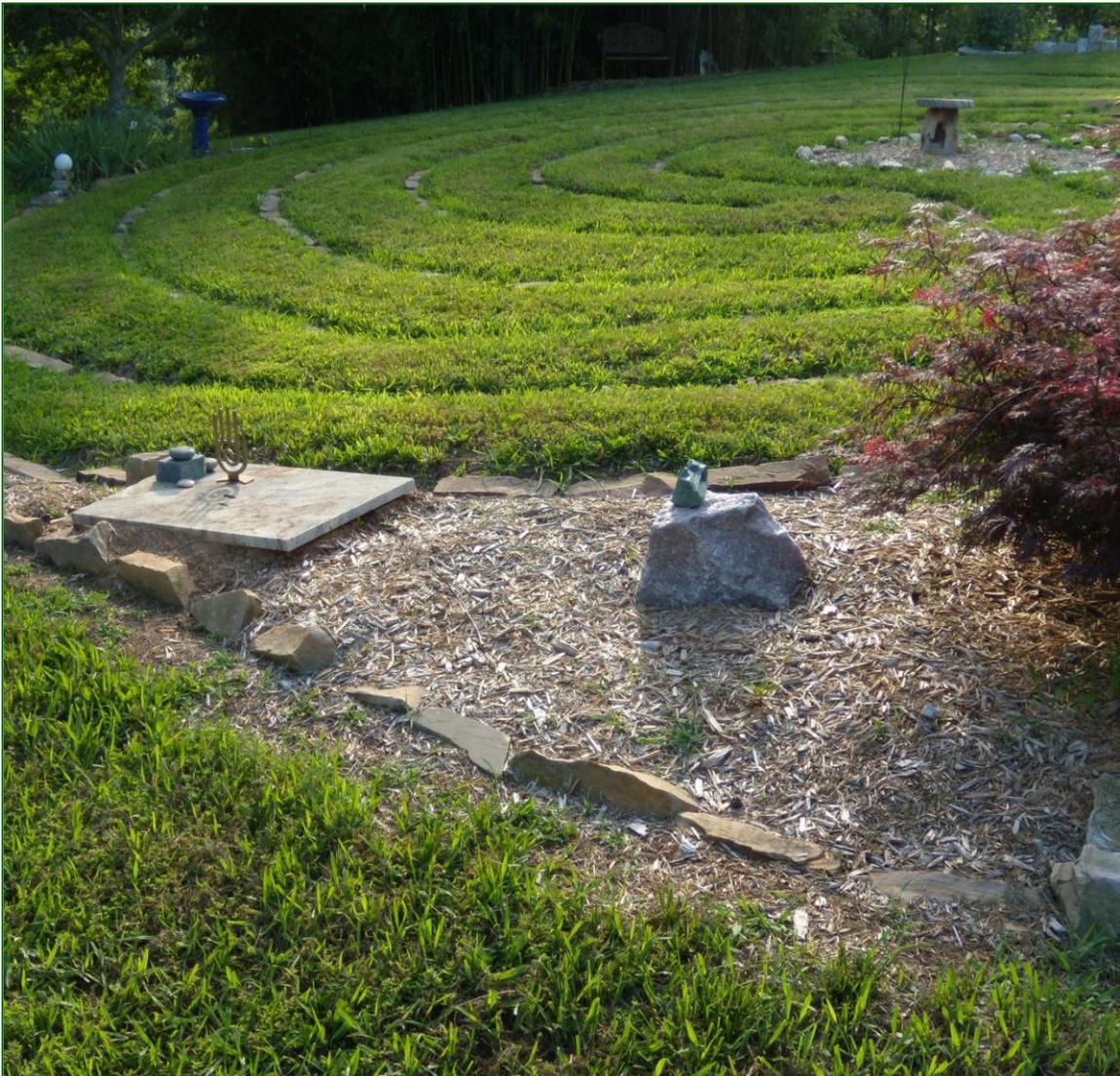
“This being Human is a guest house; every morning a new arrival. A joy, a depression, a meanness ... some momentary awareness come as an unexpected visitor. Welcome and attend them all. Indeed, even if they are a crowd of sorrows who violently sweep your house empty of all its belongings; still, treat each of them honorably -- for they are merely cleaning you out to make space for some new delight. The dark thought, the shame, the malice ... meet them all at the door laughingly and invite them all in. Be grateful for whoever arrives, because each has been sent as a Guide from Beyond.” ~ J. Rumi



December 8th ... Choosing to Enter

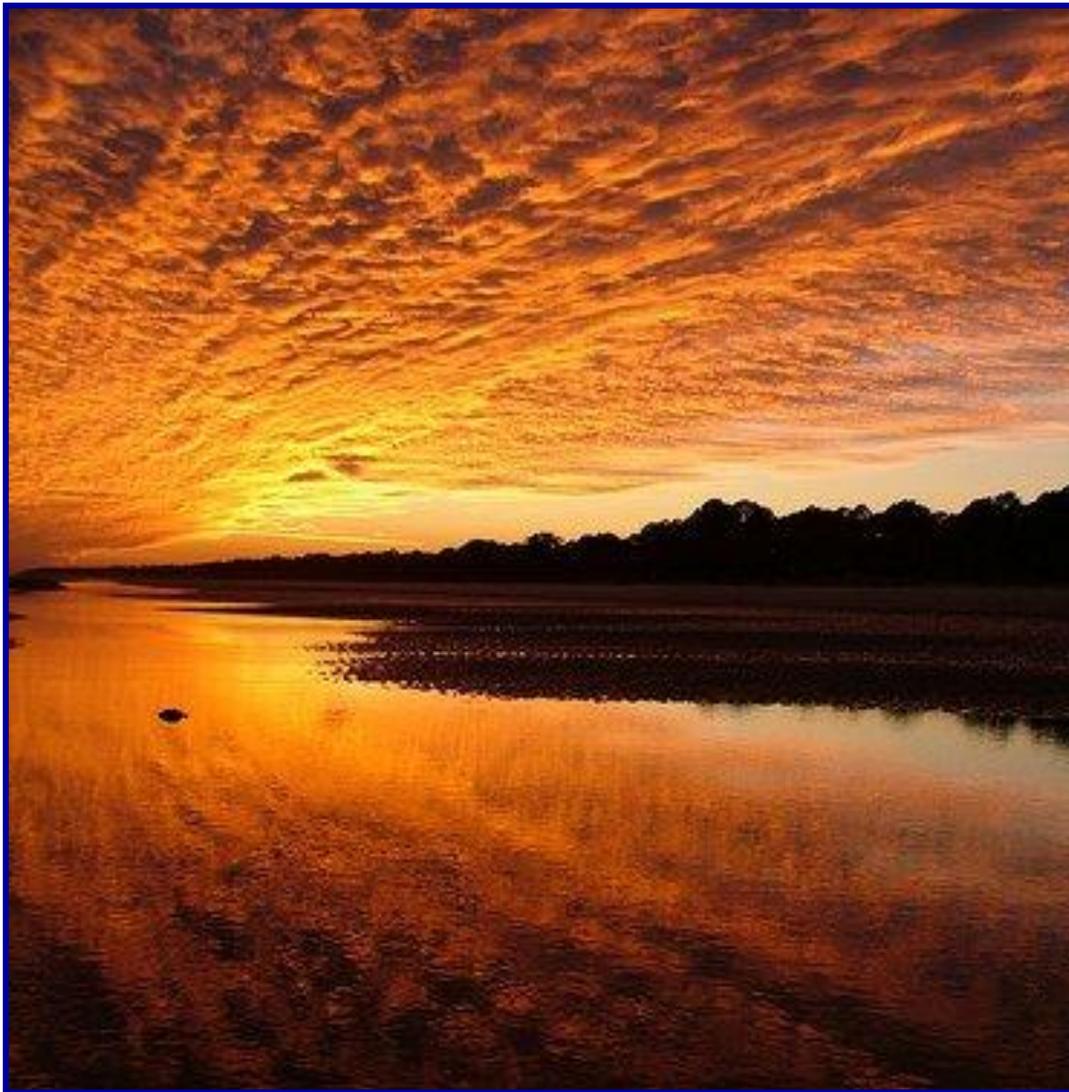
“It’s amazing -- and funny, that you have to be pulled away from being tortured; that you must be pulled out into this Spring Garden. But that’s the Way it Is for most ... Almost everyone gets bound and dragged here ... Only a few come on their own.”

~ J. Rumi



December 9th ... With unveiled Faces

“Where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces -- seeing the Glory of the Lord as though reflected in a mirror, are being transformed into the same image – from one degree of Glory to another. For this comes from the Lord, from the Spirit.” ~ Paul (2 Corinthians 3:17-18)



Our transformation is inevitable;
our relationships direct its route;
our Love determines its velocity.

December 10th ... No walls; no Windows

*“You’ve heard it said
that there is a window
that opens from one Heart to another.
And yet it is just as true
that if there is no wall,
there is no need for a window.”*

~ J. Rumi



December 11th ... From the In-Side

*“I have lived on the lip of insanity;
wanting to know reasons ...
Knocking on a door – it opens.
I have been knocking from the inside!”
~ J. Rumi*



December 12th ... Everywhere you Go

“Spread true Love everywhere you go.”

~ anonymous



Everywhere you go,
you will find your deepest Love
waiting patiently for You.

December 13th ... Making it Happen

“You Are ... The Universe awaited your Birth. There never has been, nor will there ever again Be, someone exactly like you ... No one can bring into being the thoughts, the beliefs, the Love and the sharing that you can. So know Who You ARE and follow the path that allows for the expression of Life that can only come from within You. Truly, you can change the world ... You have at your command a vast array of talents, so look for what makes your Heart quiver ... Look to bring great Joy to where Joy is not ... Let Love overwhelm you, and express Love in all that you do; from the humblest task to your highest aspiration ... See a world where everyone did the same ... Reach out and help make it happen.” ~ unknown



December 14th ... Expanding your Definitions

“Your Life is a Sacred Journey. It is about change ... discovery, movement, transformation — ever-expanding your definition of what is possible [and what is Real]. Listen to intuition and take courageous challenges at every step along your Way. You are on the Path, exactly where you are meant to Be. And from here, you can only go forward; shaping your Life Story into a magnificent tale of triumph, healing, courage, wisdom, power, dignity and Love.” ~ Caroline Adams



December 15th ... To stand in the Fire

“It doesn’t interest me where you live or how much money you have. I want to know if you can get up after a night of grief and despair, weary and bruised to the bone, and do what needs to be done for the children. It doesn’t matter to me Who You Are or how you came to be here. I want to know if you will stand in the Center of the Fire with me and not shrink away.” ~ Oriah Mountain Dreamer



December 16th ... The Big Smooth

*“Focus on the Journey
rather than the Destination.*

*Act quickly ...
and yet avoid hurrying.”*

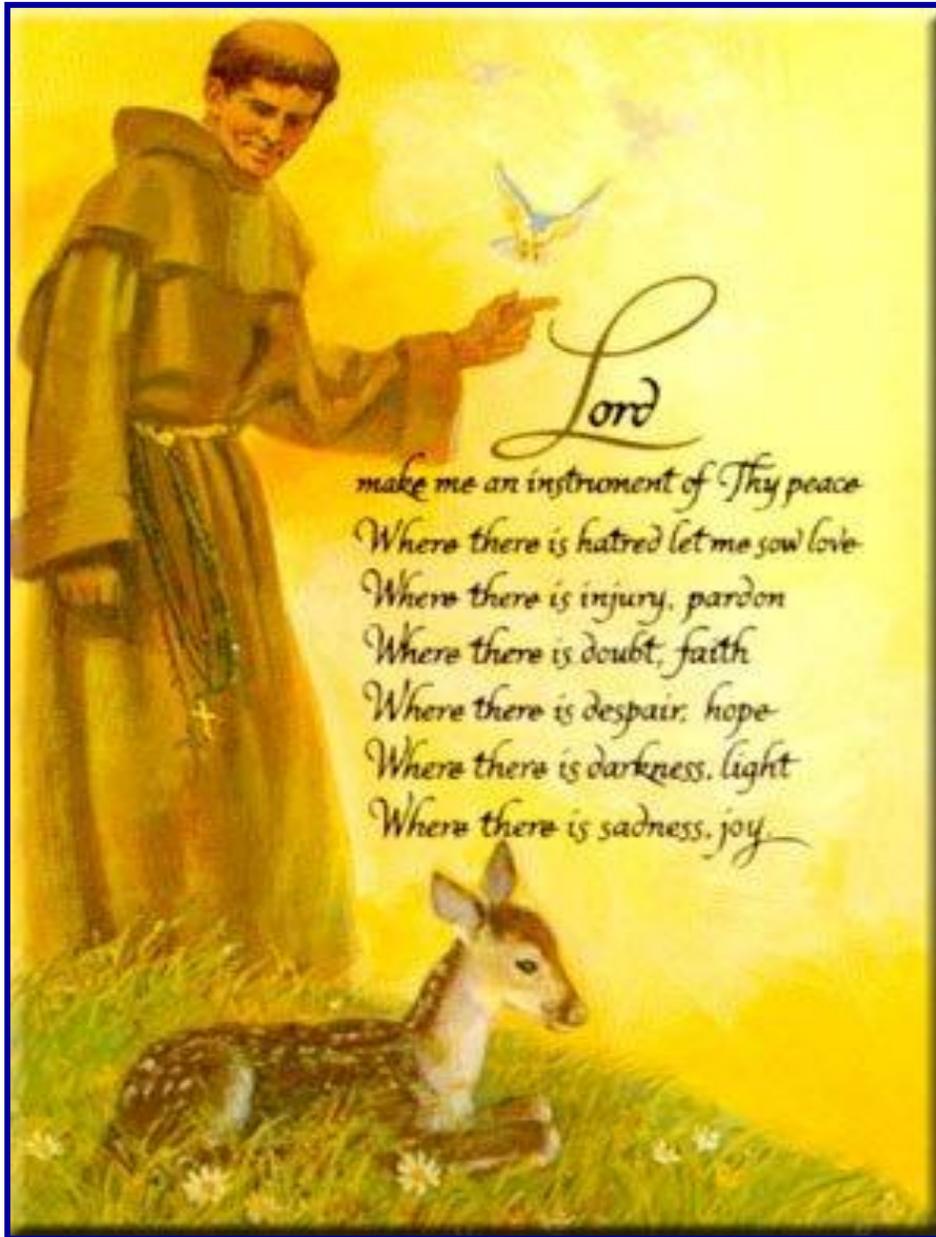
~ unknown



The Present Moment knows
neither pace nor destination.

December 17th ... The critical Juncture

*“At the critical juncture
in all sentient relationships,
there is only one Question:
What would Love do now?”
~ the Divine*



If it's not Kind, it's not Love.

December 18th ... The Lamp of the Body

*“The Eye is the Lamp of the body.
So, if your Eye is healthy,
your whole body will be full of Light.”
~ Jesus Christ (Matthew 6:22)*



The Eye
can only be
truly Healthy
when the body
is engaged
in true
Caring.

December 19th ... To know the Eternal

“One who embraces Tao will become pure and innocent like newborn babe ... Wild beasts will not attack him ... He is oblivious to the union of man & woman, yet his vitality is full, his inner Spirit complete ... He can cry [Joy-fully] all day without straining, so persistent is his Harmony; so magically doe she blend with his world ... Know this Oneness – It brings the Eternal ... Know the Eternal – It brings Enlightenment.” ~ Lao Tsu (Tao Te Ching #55)



December 20th ... The beginning of Never

*“The Sage knows him Self, but not as himself ...
The Sage Loves him Self, but not as himself ...
The Sage honors him Self, but not as himself ...
Thus, he discards the view of his own self,
and instead chooses the view of the Universe.”
~ Lao Tsu (Tao Te Ching #72)*



*“Love never ends.”
~ Paul (1 Corinthians 13:8)
(God always looks with Love.)*

December 21st ... In every Nation

*“God shows no partiality,
but in every nation
anyone who respects Him
and does what is Right
is acceptable to Him.”
~ Luke (Acts 10:34-35)*



Salvation is a Doing thing ...

December 22nd ... Choosing your Purpose

*“If you are going to be used,
... then choose your Purpose.
If you are going to be used,
... then be used mightily!”
~ unknown*



*“If it isn’t broken, avoid fixing it ...
And always remember ...
Life is never broken.”
~ anonymous*

December 23rd ... The Path of Life

*“You will show me the Path of Life ...
In your presence is the fullness of Joy.”*

~ unknown (Psalms 16:11)



The Path to Life
is a road ever-paved
with gentleness & courage.

December 24th ... To all Just & Good

“I allow myself the freedom of being open to all that is Just & Good ... I wrap myself in warm blankets of Self-knowledge, and rest in the Light of absolute forgiveness; forgiveness for myself and forgiveness for others – forgiveness for that which was done (& better left undone), and forgiveness for that which was not done (& better if done) ... I give myself permission to enJoy this & every moment without analysis or preconception ... I release & dismiss all uncertainty, all regret, and all fear ... And as such, I choose to hold tenderly all those nearby, compassionately embracing both stranger & Friend – both those I have harmed and those who have harmed me ... In this way I celebrate the true will of my True Self. I sing of my interconnectedness with the All and bask in the radiant glow of all I truly Am ... For this Life is never an isolated experience, but rather one of perpetual mutuality. And in finally comprehending this sacred Truth – my ultimate Adventure can finally begin.” ~ inspired by Mary Anne Radmacher



December 25th ... The language of Truth

*“The language of Truth
is unadorned
and always simple.”
~ A. Mercellinus*



*“Life, too, in the desert ...
Love, as well, in an injured Heart.”
~ anonymous*

December 26th ... From discord, Harmony

*“Out of clutter, find simplicity ...
From discord, find harmony ...
In the midst of difficulty,
find opportunity.”
~ Albert Einstein*



December 27th ... On serving Peace

*“Serve Peace
by being Peace-full.”
~ Bill Alexander*



Refusing to fight is not the answer ...
Choosing to befriend the enemy
is the only step towards Peace.

December 28th ... To complete a Character

*“Life is a quarry,
out of which we are to chisel
and complete a Character.”
~ J. Wolfgang von Goethe*



To complete your Character,
that Character must be revealed ...
To reveal your Character,
you must cease striving
to explain It to others.

December 29th ... Reminding of Self

*“Teaching others is re-minding them
that they Know just as well as you.”*

~ Richard Bach



To truly Teach
is to enhance the clarity
of the view others have
of the Way they already tread.

December 30th ... Allowing them to Grow

*“Others can only grow in your presence
when you step back and allow them to do so.”*

~ anonymous



To allow others to grow,
simply See them as already complete.

December 31st ... A multitude of Living

“Every other Being is your counterpart. Every other Being both possesses and embodies aspects of yourself: of your dreams, of your sorrows, of your hopes. For each of us there was a time when the world was young, a springtime of Spirit that was later tested by the winters of discontent ... And in the middle of each of our Lives hides ever the shadow of death. Therefore we are all really quite alike. Indeed, at the core we are all truly One; all lost – and all found – in the same mysterious enterprise that is Life.” ~ inspired by D. R. Kingma



*“The more clearly we can focus our attention
on the Beauty in the Reality of the Universe about us,
the less taste we shall have for evil & destruction ...*

*Indeed, the pursuits of Love and Wonder
are the spheres of activity most Noble & True;
the spheres of deed & intention
in which we are persuaded & encouraged
to remain children all our lives.”*

~ inspired by Rachel Carson & Albert Einstein



*“And I will take one from a thousand
and two from ten thousand,
and they shall Become a single One.”
~ Jesus (Gospel of Thomas 23)*