

ONE

RETHINK YOUR WORLDVIEW

Challenging the verity of what you were taught by your parents, religious leaders, or other well-meaning authority figures may be emotionally wrenching.

There will come a time when you believe everything is finished. That will be the beginning.

—LOUIS L'AMOUR

Yet drilling down to the essence of what you believe—with all the honesty and courage you can muster—and questioning every idea you have about God are prerequisites for living an authentic life.

I tore myself away from the safe comfort of certainties through my love for the truth; and truth rewarded me.

—SIMONE DE BEAUVOIR

Even if you emerge with your original belief system intact, your efforts will have been worthwhile. For you will now believe what you believe through conscious choice rather than unconscious acceptance.

TWO

YOU ARE NOT SEPARATE FROM GOD

The only distance between you and God is the thought that there is distance between you and God.

You are a drop of God in a sea of God.

—DONALD SCHNELL

God is not just present in every human being. There is no thing and no place where God is not.

God is that Supreme Intelligence which governs everything.

—ANCIENT WISDOM

If you believe that God is not present within you, you go through life disconnected from the very essence that sustains you.

To think you are separate from God is to remain separate from your own being.

—D. M. STREET

THREE

YOU ARE BEAUTIFUL AND YOU ARE LOVED

Your soul, that spark of the Infinite within you, always has been and always will be perfect and magnificent.

All the powers in the universe are already ours. It is we who have put our hands before our eyes and cry that it is dark.

—SWAMI VIVEKANANDA

You are boundless joy, you are inexhaustible love, you are indescribable beauty. That is who you are. That is who you will always be.

You are a wildflower, a beauty unsurpassed. In each soul is the unique imprint of the grace of God.

—PARAMAHANSA YOGANANDA

If you could gaze into a magical mirror that reflected your true essence, you would be awed by the pure, radiant beauty of your soul.

Love is a state of Being. Your love is not outside; it is deep within you. You can never lose it, and it cannot leave you.

—ECKHART TOLLE

FOUR

YOUR CHOICE IS LOVE OR FEAR

Choose love, and you serenely welcome whatever gifts are delivered to your door.
Choose fear, and you affirm that you do not trust what tomorrow may bring.

Love is a fruit in season at all times, and within reach of every hand.

—MOTHER TERESA

Choose love and you are illuminating your future with the radiant promise of undreamed-of possibilities.

Life is a magic vase filled to the brim; so made that you cannot dip into it nor draw from it; but it overflows into the hand that drops treasures into it—drop in malice and it overflows hate; drop in charity and it overflows love.

—JOHN RUSKIN

Choose fear and you are casting a pallor over your state of mind and all the days that remain to you.

Fear is that little darkroom where negatives are developed.

—MICHAEL PRITCHARD

FIVE

FOLLOW YOUR GUIDANCE

The intelligent man who is proud of his intelligence is like a condemned man who is proud of his large cell.

—SIMONE WEIL

Your intellectual decisions are biased by the quality of your knowledge, the influence of your belief system, and your unique psychological profile.

Watch out for intellect, because it knows so much it knows nothing and leaves you hanging upside down, mouthing knowledge as your heart falls out of your mouth.

—ANNE SEXTON

Your intuitive promptings bypass these personal biases and harmonize your actions with Universal Intelligence.

You have to be able to do what your mind would give you logical reasons to not do. You have to be everything your soul beckons you to be and everything your mind tells you to be cautious about.

—CAROLINE MYSS

SIX

FOCUS ON BEING, NOT DOING

You cannot get to know yourself in a meaningful way until you become comfortable with yourself in silence. Only in silence can your true self fully reveal itself to you.

The more powerful and original a mind, the more it will incline towards the religion of solitude.

—ALDOUS HUXLEY

Lower yourself into a pool of silence, wait for the sediment of your daily life to settle, then peer down into the depths of your own being.

Confucius said, "Men cannot see their reflection in running water but only in still water. Only that which is still in itself can still the seekers of stillness." . . . If water derives lucidity from stillness, how much more the faculties of the mind! The mind of the sage, being in repose, becomes the mirror of the universe.

—CHUANG TZU

There are more mysteries in the boundless world within you than there are lifetimes to discover and understand them all.

SEVEN

EXTERNAL SECURITY IS AN ILLUSION

When you do experience a loss, reflect not on *what* has left but on *why* it has left. There is always a reason.

You have learnt something. That always feels at first as if you had lost something.

—GEORGE BERNARD SHAW

Trust that whatever has left your life has fulfilled its purpose and no longer serves your best interests.

I make the most of all that comes and the least of all that goes.

—SARA TEASDALE

The loss of what you valued so dearly creates room in your life for something of even greater value and meaning.

When the heart weeps for what it has lost, the spirit laughs for what it has found.

—SUFİ WISDOM

Seek stability in that which is unstable and there will be no trace of your footprints on the path that leads to purpose and peace.

The way to be safe, is never to be secure.

—FRANCIS QUARLES

EIGHT

LIVE WITH INTEGRITY

Spiritual integrity is a veritable force field that shields you from life's endless parade of enticements.

The good man has absolute good, which like fire turns every thing to its own nature, so that you cannot do him any harm.

—RALPH WALDO EMERSON

Though no one would be the wiser, you banish self-serving thoughts and impulses the moment you become aware of them.

Self-respect is the fruit of discipline, the sense of dignity grows with the ability to say No to oneself.

—RABBI ABRAHAM J. HESCHEL

You wisely consider the long-term consequences of short-term temptations and act accordingly.

Honor has not to be won; it must only not be lost.

—ARTHUR SCHOPENHAUER

NINE

PURSUE YOUR RIGHT LIVELIHOOD

Do not allow yourself to be intimidated and overwhelmed if there is an enormous gap between your current job and the work you aspire to.

It is our duty as men and women to proceed as though limits to our abilities do not exist.

—PIERRE TEILHARD DE CHARDIN

Keep dreaming big even if you are currently living small. Initiative and ingenuity are infinitely more valuable than any material advantages you could possess.

The defining factor is never resources, it's resourcefulness.

—ANTHONY ROBBINS

You can learn new skills. You can acquire new knowledge. You can meet new people. You can create new experiences.

What you can't do you must do; what you must do, you can do.

—ANTHONY ROBBINS

T E N

FULFILL YOUR DESTINY

From the moment it first pierces your awareness, your calling is as much a part of you as your heartbeat.

From the beginning I had a sense of destiny, as though my life was assigned to me by fate and had to be fulfilled. This gave me an inner security, and, though I could never prove it to myself, it proved itself to me. I did not have this certainty, it had me.

—CARL JUNG

As you come into alignment with your life's work, you will be given glimpses of what heaven expects from you.

Ultimately, man should not ask what the meaning of his life is, but rather he must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible.

—VIKTOR FRANKL

ELEVEN

YOUR MIND IS A MAGNET

Your thoughts are not just gossamer wisps of nothingness that uneventfully dance and dissolve in the uncharted recesses of your mind.

*I hold it true that thoughts are things
Endowed with bodies, breath, and wings.*

—ELLA WHEELER WILCOX

Your thoughts (expressions of your individual consciousness) immediately connect you to all of creation through the Unified Field (the omnipresent expression of collective consciousness that includes your “individual” consciousness). This exchange of information mimics the exchange of energy yet operates beyond the boundaries of space and time.

*Every thought you think reverberates across the universe touching
everyone and everything.*

—KATE NOWAK

Ultimately, where your attention goes, “energy” flows. Since every action generates a reaction, every thought produces a response.

T W E L V E

ASK AND YOU SHALL RECEIVE

Aligning your will with God's will presents an intriguing paradox. On one hand, the more attuned you are to Divine Consciousness, the more accessible are the riches of the Universe.

*Go on a journey from self to Self, my friend . . .
Such a journey transforms the earth into a mine of gold.*

—RUMI

On the other hand, the material items you longed for before you put God first in your life now seem like insignificant trinkets.

*Riches, like glory or health, have no more beauty or pleasure than
their possessor is pleased to lend them.*

—MICHEL DE MONTAIGNE

Your soul yearns not for what is *external* but for what is *eternal*. And it is only God, it is only Love, it is only Joy that is eternal.

*When all your desires are distilled
You will cast just two votes:
To love more, and be happy.*

—HAFIZ

THIRTEEN

SEE EVERY MOMENT AS A GIFT

Every event has a purpose; sometimes you get to see the reason, sometimes you don't. The scope of your symbolic sight is relative to your level of consciousness.

Experience is the toughest teacher because she gives the test first, and then the lesson.

—UNKNOWN

Unplug from the need to know why something happened and trust that behind the event is a message of Divine empowerment. As soon as you make that shift, the message can be delivered.

The universe is like a safe to which there is a combination. But the combination is locked up in the safe.

—PETER DEVRIES

Developing your symbolic sight opens wide the gates of wisdom. But beware: Approach these gates with humility and reverence or they will slam shut as quickly as they opened.

FOURTEEN

DETACH FROM OUTCOMES

When a certain outcome is desired, some people choose to “let go and let God” while others adopt an aggressive “do it yourself” mindset.

Pray as though everything depended on God. Work as though everything depended on you.

—SAINT AUGUSTINE

Although these perspectives seem to be perched on opposite ends of the goal-getting spectrum, they actually dovetail perfectly.

Prayer is not a substitute for action. Action is not a substitute for prayer.

—ALAN COHEN

Reconcile this “free will vs. Divine Will” conundrum by doing what you feel guided to do while staying open to unanticipated outcomes.

You have to take it as it happens, but you should try to make it happen the way you want to take it.

—GERMAN PROVERB

FIFTEEN

WELCOME ADVERSITY

By definition, the circle of life demands that we experience the full range of what this life has to offer.

*To round itself out, life calls not for perfection but for completeness;
and for this the “thorn in the flesh” is needed,
the suffering of defects without which there is no progress
and no ascent.*

—CARL JUNG

Adversity is an integral part of the natural order of things. No one escapes its bittersweet embrace.

*There is a time for expanding and a time for contraction; one provokes
the other and the other calls for the return of the first. . . . Never are we
nearer the Light than when the darkness
is deepest.*

—SWAMI VIVEKANANDA

SIXTEEN

TRANSCEND YOUR SUFFERING

In the throes of despair, the idea that time will heal your pain may be inconceivable. And yet, the voice of Spirit calls to you, tells you it is so.

Even the cry from the depths is an affirmation: Why cry if there is no hint or hope of hearing?

—MARTIN MARTY

No matter how intolerable your suffering, do not lose heart. The human spirit is imbued with more power to overcome than you have troubles to overcome.

The spirit of man is an inward flame; a lamp the world blows upon, but never puts out.

—MARGOT ASQUITH

Strive to free yourself from the quicksand of your sorrow, for hope waits patiently, lovingly at the edge, reaching for your hand.

When you get into a tight place, and everything goes against you till it seems as if you couldn't hold on a minute longer, never give up then, for that's just the place and time that the tide'll turn.

—HARRIET BEECHER STOWE

SEVENTEEN

FIND FREEDOM THROUGH FORGIVENESS

Grudgingly attempting forgiveness while refusing to relinquish your resentment fools no one. Your insincerity will carry more weight than your words or actions.

You cannot shake hands with a clenched fist.

—INDIRA GANDHI

Resentment exacts a steep cost. Investing your emotional energy in angrily clinging to past events saps your life force, ages you, and weakens your immune system.

Resentment is like taking poison and waiting for the other person to die.

—MALACHY MCCOURT

Unresolved anger has a corrosive effect on your body. It elevates your blood pressure and increases the likelihood of heart attacks and strokes.

You will not be punished for your anger, you will be punished by your anger.

—BUDDHA

EIGHTEEN

BEHOLD YOUR BELOVED

A spiritual union is a divine friendship between two people who are equally devoted to each other's well-being and best interests.

*All love that has not friendship for its base,
Is like a mansion built upon the sand.*

—ELLA WHEELER WILCOX

Hand in hand, they step down from pedestals of preconceived notions and delight in continually rediscovering each other.

*A successful marriage requires falling in love many times, always with
the same person.*

—MIGNON McLAUGHLIN

Both partners accept each other's flaws and idiosyncrasies, and acknowledge that while neither of them is perfect, they are perfect for each other.