



Take time

To study

To relax

To exercise

To be open to your own presence

To the presence of others around you

To the presence of God

You are powerful beyond measure

You have a powerful
"Hidden-self"
A power and a spirit
that sustains you at every moment of your life.

Every human being is programmed
with an eternal source.
At the core of each person
there is a light and an energy.
We hold this light within us
and the light is holding us.
Within this light we live, move and have our being.
Christian men and women called this light,
the presence of God.



It is important to remember:

You are not just a physical body
you are also a spiritual being.
The invisible presence of God is within you, all around you
and is within every aspect of life.
You are always held in God's awareness.
God gaze of love is always upon you.
Therefore, you never have to be afraid, you are always protected.

The Gift of each new day

Regardless of what happened yesterday
each day is a *New* day.
You have this one day
why would you waste it?



You cannot escape the
pain of living,
but you do have a choice
about how to handle it.
You can **Give In** and **Give Up**
or

you can **Accept**
and grow stronger because of that pain.
Neither can you plan the success
of all your efforts, but you can plan
how to cope with the failure or disappointment
not just cope with them
but become a stronger and wiser person
because of the failure or disappointment.
No matter how difficult anything is,
you must build a bridge and get over it.
Your mind is a precious gift,
nourish it, take care of it,
guard it from getting stuck in negative thinking.
Negative, anxious and fearful thinking
devours your creative energy,
it steals your strength and lessens your purpose and power.
Every morning you have a choice You can either chose
MISERY or *HAPPINESS*

Remember

Believe in miracles
you already have all you need
youth, health, family, friends,
education, God's abiding presence
and a beautiful world to live in.

The best has yet to come. No matter how you feel,

***Get up,
dress up,
and show up.***



Life is not tied with a ribbon,
however, it is still a gift.

Meditation - Moving into stillness

Place both feet onto the floor.

Feel the stillness of the earth beneath your feet.

Drop down your shoulders.

Relax your spine against the chair.

Feel the chair supporting you.

Close down your eyes.

Let go of everything,

Right now there is no yesterday no tomorrow,

just this present moment.

Become aware of your breath.

Simply say

I am breathing in

I am breathing out

I am breathing in God's peace

I am breathing out God's peace

Feel God's peace within you and all around you

God's peace is holding you in this moment

Hear God saying to you:

My peace I give you

Have great confidence I am with you always.

Take a deep breath and slowly open your eyes.

As you Journey through Life

May you discover enough goodness in others to believe in a world of peace.

May a kind word, a reassuring touch,
a warm smile be yours every day of your life
and may you give these gifts as well as receive them.
Remember the sunshine when the storm seems unending.
Remember those whose lives you have touched
and who have touched yours
are always a part of you.

May you not become too concerned with material matters,
but instead place immeasurable value on the goodness in your own heart.
Find time in each day to see the beauty and love in the world around you.

Realise that each person has limitless abilities,
but each of us is different in our own way.

What you may feel you lack in one regard
may be more than compensated for in another.

What you feel you lack in the present
may become one of your strengths in the future.

May you see your future filled with promise and possibility.

Learn to view everything as a worthwhile experience.

May you find enough inner strength to determine your own worth
and not be dependent on the judgements of others to determine who you are.

May you find enough inner strength
to weather the storms of life.

May the blessings of hope carry you forward,
the blessings of trust impel you on your journey.

Above all, may the presence of God
fill you with enormous confidence and hope.

