



Week 10: Inspirations

Day One

The curriculum for spiritual awakening is to study your *self*. Observe the connection between thoughts, beliefs, and experiences.

Day Two

The bird that neglects to visit the flower misses the nectar. Daily practice of prayer and meditation opens our heart, purifies our mind, and introduces us to the sweetness of divine communion.

Day Three

Finding fault is easy. Often it is just an old habit that drags us down. All day long the lower brain looks for threats like an early cave dweller scanning the horizon for predators. To interrupt this insistent tendency, we can train our brain to look for the good, to seek out what is uplifting and can be affirmed.

Day Four

Even if you can only think of one positive thing, focus on that and magnify it. Reflect on how it felt and what that positive experience was like. Our health, our sense of wellbeing, and our relationships all benefit from this change of focus. So simple, so powerful.

Day Five

We do not acquire spiritual realization; it is revealed from within. When we want to see in the dark we turn on a light. To see more clearly in life, we turn within and invite the illumination of our consciousness by intentionally abiding in the divine Self.

Dharma 365!

A Year of Living Purposefully



Day Six

Concentrate on expressing your soul qualities. What is truly yours to do will then be gracefully revealed.

Day Seven

Live boldly in the world as a spiritual being. Rely on the infinite resourcefulness of Divine Consciousness. The activity of truth in your own mind and consciousness will inspire, guide, and provide for you.

