

31

GIFTED DAYS

THE SUCCESS' IN LIVING FORWARD

Author:

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Message from the Author:

In all my time in writing this, I enjoyed the fulfilling feelings internally as I hope you will experience them also reading the 31 Gifted Days 'The success in living forward'. It truly was a pleasure creating this for your enjoyment and to offer the healing abilities' that I know it will do for you. I want to thank God who made this possible. Without having a God of My Understanding I would not have been able to create this lifelong inspirational book. It focuses on forwarding us in pursuing a movement in life experiences. I want to thank my family who have been there for me and who have helped me in times of having my own hardships. With that being said, remember that through it all, we are never alone. We have our Loving and Caring Higher Power and those who love us dearly. You can create all things that are beautiful, including yourself. Don't Start Over, Start from Experience!

DAY 1

GIFTS, NOT BURDENS

CHILDREN ARE GIFTS, IF WE ACCEPT THEM.

-KATHLEEN TURNER CRILLY

Children are gifts. Our Children, if we have children are gifts to us. We, as children, were gifts to our parents.

Sadly enough, many of us did not receive the message from our parents that we were gifts to them and to the Youniverse. Maybe our parents were in pain themselves; maybe our parents were looking to us to be their caretakers; maybe we came at a difficult time in their lives or maybe they had their own issues and simply were not able to enjoy, accept, and appreciate us for the gifts that we truly are.

Many of us have a deep, sometimes subconscious, belief that we were, and are, a burden to the world and the people around us. This belief can block or ability to enjoy life and our relationships with others. This belief can block our ability to enjoy life and our relationships with others. This belief can even impair our relationship with a Higher Power: we may even feel that we are a burden to God.

If we have that belief, it is time to let I go.

We are not a burden. We never were. If we receive that message from our parents, it is time to recognize that issues as theirs to resolve.

We have a right to treat ourselves as a gift, to ourselves, to others and to the Youniverse.

We are here, and we have a right to be here.

Today, I will treat myself, and any children I have, as though we are a gift. I will let go of any beliefs I have about being a burden, to my Higher Power, my friends, my family, and most importantly, to myself.

DAY 2

**OUR DEEDS WILL TRAVEL WITH US AFAR, AND WHAT WE HAVE BEEN MAKES US
WHAT WE ARE.**

-GEORGE ELIOT

We grow within, the way a tree does. We've all seen the rings representing the years of a tree's life. We carry our histories with us, too. Our actions, our attitudes, our goals and our dreams all gather together inside of us to make us what we are today. We're probably ashamed of some of our past, but our behavior each day adds to our history, and we control it.

We cannot escape our mistakes, but we don't have to repeat them; and every day that is lived well gives us a history to be proud of.

How can I add goodness to my past -and my future- by my actions today?

DAY 3

TIMING

IF WE COULD UNTANGLE THE MYSTERIES OF LIFE AND UNRAVEL THE ENERGIES WHICH RUN THROUGH THE WORLD; IF WE COULD EVALUATE CORRECTLY THE SIGNIFICANCE OF PASSING EVENTS; IF WE COULD MEASURE THE STRUGGLES, DILEMMAS AND ASPIRATIONS OF MANKIND, WE COULD FIND THAT NOTHING IS BORN OUT OF TIME. EVERYTHING'S COMES AT ITS APPOINTED MOMENT.

-JOSEPH R SIZOO

Timing can be frustrating. We can wait and wait for something to happen and it seem to be forever until it comes to pass. Or, suddenly, an event or circumstance is thrust upon us, catching us by surprise. Believing that things happen too slowly or too quickly is an illusion. Timing is perfect.

Today, I will trust and work with Divine Order. I will accept the timing in my life today and in my past as being perfect.

DAY 4

AFFIRMING THE GOOD

**FUN BECOMES FUN, LOVE BECOMES LOVE, LIFE BECOMES WORTH LIVING. AND
WE BECOME GRATEFUL.**

-BEYOND CODEPENDENCY

Wait, and expect good things – for yourself and your loved ones.

When you have wondered, what is coming, tell yourself the best is coming, the very best life and love have to offer, the best God and His Youinverse have to send. Then open your hands to receive it.

Claim it, it is yours. It always has been.

See the best in your mind; envision what it looks like, what it feels like. Focus, until you can see it clearly. Let your whole being, body and soul enter into and hold onto the image for a moment.

Then, let it go. Come back in to today, the present moment. Do not obsess. Do not become fearful. Become excited. Live today fully, expressing gratitude for all you have been, all you are, and all you will become.

Wait, and expect good things.

Today, when I think about the year ahead, I will focus on the good that is coming.

DAY 5

AN ELEMENT OF RECOVERY IS LEARNING THAT WE DESERVE SUCCESS, THE GOOD THINGS THAT COME TO US, AND ALSO THAT PAIN IS A REALITY. WE HAVE THE STRENGTH TO DEAL WITH THAT PAIN WITHOUT MEDICATING, AND IT WILL PASS.

-DUDLEY MARTINEAU

Many of us didn't understand the changing variables in being human. Our coping skills were at a minimum until we discovered what alcohol or pills, even food, could do for us. And then, a drink or two-or six, maybe – got us through many lonely evenings.

The desire for an easy solution might still hunt us, but time, new experience's and program friends have taught us that our past habits weren't really easy solutions. In reality, they increased our problems and led us nowhere.

The steps and the principles of the idea, if applied, guarantee success, living success. We come to believe that strength enough to handle any situation is ours for the asking. Experienced with these principles shows us that when we live the way our conscience dictates, the rewards are many.

Every day, especially this one facing you, your choices and decisions will be many. But there is only one solution to any problem and that is the one Higher Power that guides you too. The answer, the choice, always lies within and the good life will accompany your thoughtful, reverent choices.

The power of the idea is mine for the taking. All of today's problems can be eased, if I choose so.

DAY 6

IT IS ONLY WHEN PEOPLE BEGIN TO SHAKE LOOSE FROM THEIR PRECONCEPTIONS, FROM THE IDEAS THAT HAVE DOMINATED THEM, THAT WE BEGIN TO RECEIVE A SENSE OF OPENING, A SENSE OF VISION.

-BARBRA WARD

A sense of vision, seeing who we can dare to be and what we can dare to accomplish, is possible if we focus intently on the present and always the present. We are all we need to be, right now. We can trust that. And we will be shown the way to become who we need to become, step by step, from one present moment to the next present moment. We can trust that too.

The Past that we hang onto stands in our way. Many of us needlessly spend much of our lives fighting a poor self-image but we can overcome that. We can choose to believe we are capable and competent. We can be spontaneous and our vision of all that life can offer will change – will excite us, will cultivate our confidence.

We can respond to life wholly. We can trust our instincts and we will become all that we dare to become.

Each day is a new beginning. Each moment is a new opportunity to let go of all that has trapped me in the past. I am free. In the present, I am free.

DAY 7

GOOD FEELINGS

FEELINGS ARE INEVITABLE, WHY ENGAGE IN THE BAD WHEN THE GOOD MAKE US WHOLE.

-PATRICIA CIPRIANI

When we talk about feelings, we often focus on the troublesome trio – pain, fear, and anger. But there are other feelings available in the emotional realm – happiness, joy, peace, contentment, love, closeness, and excitement.

It's okay to let ourselves feel pleasurable feelings too.

We don't have to worry when we experience good feelings; we don't have to scare ourselves out of them; we don't have to sabotage our happiness. We do that sometimes to get to the more familiar, less joyous terrain.

It's okay to feel Good. We don't have to analyze, judge, or justify. We don't have to bring ourselves down, or let others bring us down, by injecting negativity.

We can let ourselves feel good.

Today, I will remember myself that it is my right to feel as good as I can. I can have many moments of feeling good; I can find a balance place of feeling content, peaceful, and good.

DAY 8

**FAITH IS THE SEAMSTRESS WHO MENDS OUR TORN BELIEF WHO SEWS THE HEM
OF CHILDHOOD TRUST AND CLIPS THE THREADS OF GRIEF.**

-JOAN WALSH ANGLUND

A seamstress takes large pieces of material and cuts them to size. Then, with the help of a needle and thread and buttons, she goes to work to create a finished piece. Sometimes, in the beginning, it is hard to imagine a finished product. But the seamstress believes it is possible and goes to work on it.

Faith is like a seamstress. Faith is what can pull all the unfinished pieces of life into some sort of order. Faith is what lets us know we are all right even when life does not seem to make any sense. We all need faith to believe our skills and dreams and even our heartaches can be sewn into a shape that is beautiful and useful.

Our faith is the seamstress who guides the path, mends the tears, and helps create a shape and meaning to our lives.

How can I show my faith today?

DAY 9

**IF YOU REALIZE YOU AREN'T SO WISE TODAY AS YOU THOUGHT YOU WERE
YESTERDAY, YOU'RE WISER TODAY.**

-OLIN MILLER

Smug was a kitten who thought she knew everything. She knew how to clean herself with her sandpaper tongue, how to sleep, eat, keep warm and how to sharpen her tiny claws. One day, her mother wanted to teach smug to climb trees. I don't need to learn this, thought smug, I already know everything I need to know. Without much interest, Smug watched her mother climb a tall tree and come down again. When it was Smug's turn, she said, "I'll stay on the ground where it's safe." Just then a large black dog came trotting around the corner.

Aren't we often like smug, certain that we know all we need to know, or that we really don't need to know something another is trying to teach us? When we rid ourselves of the pride that keeps us from learning these things, we'll feel a little safer if any big black dogs came around the corner. We would have grown smarter by recognizing our needs to know more.

Am I smart enough to admit my need to learn more today?

DAY 10

ALL WE ARE ASKED TO BEAR WE CAN BEAR. THAT IS THE LAW OF THE SPIRITUAL LIFE. THE ONLY HINDRANCE TO THE WORKING OF THIS LAW, AS OF ALL BENIGN LAWS, IS FEAR.

-ELIZABETH GOUDGE

There is no problem too difficult to handle with all the help available to us. Let's not be overwhelmed. The Society tells us to "Let go and let God", to turn it over. That's where the solutions lie.

Our Challenges, the stumbling blocks in your way, beckon you towards the spiritual working-out of the problem which moves you closer towards being the man and/or woman you were meant to be. Your fear comes from not trusting in the power greater than ourselves to provide the direction You need, to make known to the solution.

Every day You will have challenges. You will have lessons to learn which means growing pains. If you could but remember that your challenges are gifts to grow on and that within your every problem lies the solution.

I will not be given more than I and my higher power can handle today, or any day.

DAY 11

REJECTING SHAME

ONE DAY I WILL SEE THERE IS MORE TO ME THAN I FIND MYSELF TODAY, BUT I AM PATIENT AND READY TO TAKE THE STEPS TO BE ALL THAT I AM MEANT TO BE.

-PATRICIA CIPRIANI

Shame can be a powerful force in our life. It is the trademark of dysfunctional families.

Authentic, legitimate guilt is the feeling of thought that what we did is not okay. It indicates that our behavior needs to be corrected, altered or an amend needs to be made.

Shame is an overwhelming negative sense that who we are isn't okay. Shame is a no-win situation. We can change our behavior, but we can't change who we are. Shame can propel us deeper into self-defeating and sometimes self-destructive behaviors.

What are the things that can cause us to feel shame? You may feel ashamed when you have a problem or someone you love has a problem. You may feel ashamed for making mistakes or for succeeding.

We may feel ashamed about certain feelings or thought and we may feel ashamed when we have fun, feel good or are vulnerable enough to show ourselves to others. Some of us feel ashamed just for being.

Shame is a spell others put on us to control us; to keep us playing our part in the dysfunctional systems. It is a spell many of us have learned to put on ourselves.

Learning to reject shame can change the quality of our life. It's okay to be who we are. We are good enough. Our feelings are okay, our past is okay. It's okay to have

problems, make mistakes and struggle to find our path. It's okay to be human and cherish our humanness.

Accepting ourselves is the first step toward a successful life. Letting go of shame about who we are is the next important step.

Today, I will watch for signs that I have fallen into shame's trap. If I get hooked into shame, I will get myself out by accepting myself and affirming that it's okay to be who I am.

DAY 12

WHERE IS THE YESTERDAY THAT WORRIED US SO?

-JOAN WALSH ANGLUND

In the fairy tale 'The Last Dream of the Old Oak tree', the oak tree felt sorry for the dayfly. The dayfly only lives for one day and the tree was already 365 years old. The dayfly was so much enjoying his one-day that the tree's sympathy puzzled him. The dayfly said to the tree; "You may have thousands of my days, but I have thousands of moments to be pleased and happy in."

And so, the dayfly continued to dance in the sun and smell the clover and honeysuckle. His day ended as happily as he spent it and he settled down on a blade of grass.

If all of us could approach our day the way the dayfly does, as though this were our only day, we would spend less time worrying about yesterday and tomorrow.

How can I show my gratitude for the gift of this day?

DAY 13

LETTING GO

IF THERE IS NO WILL TO LET GO OF THE THING WE DO NOT NEED, THERE WILL BE NO ROOM FOR THE NEW WE INVITE WITHIN.

-PATRICIA CIPRIANI

“How much do we need to let go of?” a friend asked one day.

“I’m not certain.” I replied, “But maybe everything.”

Letting go is a spiritual, emotional, mental and physical process, a sometimes-mysterious metaphysical process of releasing to God and the Youiverse that which we are clinging to so tightly.

We let go of our grasp on people, outcomes, ideas, feelings, wants, needs, desires—everything. Letting go of trying to control the progress in life’s pathway created. Yes, it’s important to acknowledge and accept what we want and what we want to happen, but it’s equally important to follow through by letting go.

Letting go is the action part of faith.

It’s a behavior that gives God and the Youiverse permission to send us what we’re meant to have.

Letting Go means we acknowledge that hanging on so tightly isn’t helping to solve the problem, change the person or get the outcome we desire. It isn’t helping us. In fact, we learn that hanging on often block us from getting what we truly want and need.

Who are we to say that things aren’t happening exactly as they need to happen?

There is magic in letting go!

Sometimes we need to get what we want soon after we let go and sometimes it can take longer. Sometimes the specific outcome we desire doesn't happen but, something better does.

Letting go sets us FREE and connects us to our higher source.

Letting go creates the optimum environment for the best possible outcomes and solutions.

Today, I will relax. I will let go of that which is upsetting me the most. I will trust that by letting go, I have started the wheels in motion for things to work out in the best possible way.

DAY 14

THIS ABOVE ALL: TO THINE OWN SELF BE TRUE AND IT MUST FOLLOW, AS THE NIGHT THE DAY, THOU 'CANST NOT THEN BE FALSE TO ANY MAN.

-WILLIAM SHAKESPEARE

To thine own self be true. A grounding statement for those of us who get caught up in the storm of needs and feelings of others.

Listen to the self. What do we do? Are those needs getting met? What do you feel? What do you need to do to take care of your feelings? What are your feelings telling you about yourself and the direction you need to go?

What do you want to do or say? What are your instincts tell yourself? Trust them- even if they don't make sense or meet other individual's rules and expectations.

Sometimes, the demands of other people and our confused expectations of ourselves- the message about our responsibilities toward others- can create a tremendous, complicated mess.

We can even convince ourselves that people pleasing, going against our nature and not being honest, is the kind, honest thing to do.

Not true! Simplify, Back to the basics. Let go of the confusion by honoring and respecting yourself. We will be true to those around us, even if we displease them momentarily.

To thine own self be true. Simple words describing a powerful task that can put us back on track.

Today, I will honor, cherish and love myself. When confused about what to do, I will be true to myself. I will break free of the hold others and their expectations, have on me.

DAY 15

THOUGHTS – JUST MERE THOUGHTS – ARE AS POWERFUL AS ELECTRIC BATTERIES – AS GOOD FOR ONE AS SUNLIGHT IS, OR AS BAD FOR ONE AS POISON

-FRANCES HODGSON BURNETT

The truck was in mud to its axels. Three lumberjacks sat in stony silence in the cab. There they were, stuck in the woods on their way to the cutting site. The first man slammed the steering wheel, cursed and stormed out of the truck. The second thought the early morning woods inviting and said he'd just crawl under a pine to nap until someone came along to pull them out. The third man, left alone, grabbed an axe and a saw and set about cutting wood to slide under the wheels. Within an hour, he managed to pull the truck out of its muddy bath and they got on their way.

We choose how we respond to an obstacle. As with the three men, our response maybe to curse and give up, to sit back and wait for someone else to help us, or to set to work fearlessly, to try to overcome it ourselves. The event itself isn't important; how we think about it is!

Is there and obstacle in my way today?

DAY 16

LAYING THE FOUNDATION

HE IS LIKE A MAN BUILDING A HOUSE, WHO DUG DEEP AND LAID THE FOUNDATION ON THE ROCK. AND WHEN A FLOOD AROSE, THE STREAM BROKE AGAINST THAT HOUSE AND COULD NOT SHAKE IT, BECAUSE IT HAD BEEN WELL BUILT.

-LUKE

The ground work has been laid. Do you not see that? Don't you understand that all you have to gone through was for a purpose?

There was a reason, a good reason, for the waiting, the struggle, the pain and finally the release. You have been prepared, the same way a builder must first tear down and dig out the old to make way for the new, your higher power has been cleaning out the foundation in your life.

Have you ever watched a builder at construction? When he begins his work, it looks worse than before be began. What is old and decayed must be removed. What is insufficient or too weak to support the new structure must be removed, replaced or reinforced. No builder who cares about his or her work would put a new surface over an insufficient support system. The foundation would give way. It would not last.

If the finished product is to be what is desired, the work must be done thoroughly from the bottom up. As the work progresses, it often appears to be an upheaval. Often, it does not seem to make sense. It may appear to be wasted time and effort, because we cannot see the final product yet.

But, it is so important that the foundation be laid properly if the fun work, the finishing touches, is to be all that we want it to be. This long, hard time in your life

has been for laying the groundwork. It was not without purpose, although at times the purpose may not have been evident or apparent.

Now, the foundation has been laid. The structure is solid.

Now, it is time for the finishing touches, the completion.

It is time to move the furniture in and enjoy the fruit of the labor.

Congratulations! You have had the patience to endure the hard parts. You have trusted, surrendered and allowed your Higher Power and the Universe to heal and prepare you.

Now, you shall enjoy the good that has been planned.

Now, you shall see the purpose.

Now, it shall all come together and make sense. Enjoy!

Today, I will surrender to the laying of the foundation – the groundwork – in my life. If it is time to enjoy the placement of the finishing touches, I will surrender to that and enjoy that also. I will remember to be grateful for a Higher Power that is a Master Builder and only has my best interests in mind, creating and constructing my life. I will be grateful for my Higher Power's care and attention to details in laying the foundation – even though I become impatient at times. I will stand in awe at the beauty of God's finished product.

DAY 17

MANY PEOPLE, ESPECIALLY IGNORANT PEOPLE, WANT TO PUNISH YOU FOR SPEAKING THE TRUTH, FOR BEING CORRECT, FOR BEING YOU. NEVER APOLOGIZE FOR BEING CORRECT, OR FOR BEING YEARS AHEAD OF YOUR TIME. IF YOU'RE RIGHT AND YOU KNOW IT, SPEAK YOUR MIND. SPEAK YOUR MIND EVEN IF YOU ARE A MINORITY OF ONE. THE TRUTH IS STILL THE TRUTH.

-MOHANDAS GANDHI

As we enter into today and we quiet our mind to listen to our higher power, our light begins to pour over all of the darkness that have been hiding within our places and we become clear on seeing the truth that has been laid buried for years. We never had a chance to blossom in that darkness.

As we move throughout the day we gently begin to discover who we are and accept ourselves just as we are. We feel lighter and warmer with a more relaxed feeling inside of us.

Today, I choose to live in the light of my truth today.

DAY 18

**THERE THE PENITENTS TOOK OFF THEIR SHOES AND WALKED BAREFOOT THE
REMAINING MILE.**

-ROBERT LOWELL

Some people have to have pain. If dirt doesn't fall on their heads from the sky, they sulk in corners and hope their flesh turns into dust. They do everything the hard way, even when they know better and often complain and accuse others for their pain. For people like this, even the song of the bird is a bother.

It's better to smile when people like that accuse. It's better to wear shoes when walking on stones, better to take the shortest way. There is weeping and wailing enough in the world, dumps full of worn-out guilt and remorse. When the bird sings, it's better to look up and see that it beats its wings not to punish itself, but to fly.

Do I pity myself when I could be flying?

DAY 19

STAYING OPEN TO YOUR FEELINGS

GO BACK AND TAKE CARE OF YOURSELF. YOUR BODY NEEDS YOU, YOUR FEELINGS, NEED YOU, YOUR PERCEPTIONS NEED YOU. YOUR SUFFERING NEEDS YOU TO ACKNOWLEDGE IT. GO HOME AND BE THERE FOR ALL THESE THINGS.

-NHAT HANH

Many of us have gotten so good at following the “don’t feel” rule that we can try to talk ourselves out of having feelings, even in pursuing a successful life.

Part of work a good life plan means acknowledging and dealing with your feelings. We strive to accept and deal with the anger so it doesn’t harden into resentments. We do not use the insecure emotions as an excuse to shut down the feelings. Yes, we are striving for forgiveness, but we can still feel, listen and stay within your feelings until it is times to release them appropriately. Your Higher Power created the emotional part of yourself. God is not telling you to not feel; It’s our dysfunctional systems.

We also need to be careful how we use affirmations; discounting our emotions won’t make feelings go away. If we’re angry, its okay to have that feeling. That part of how we get and stay healthy.

Today, I will refuse to accept shame from others or myself for feeling my feelings.

DAY 20

LET THERE BE SPACES IN YOUR TOGETHERNESS

-KAHLIL GIBRAN

Sometimes it is just important to know when to leave others alone as it is to know when to talk with them. We all need to be alone at times-to think, to work out a problem or just to be quiet with ourselves. This is especially true in families, where we're often surrounded by others. If we tune into our other family members, we can develop sensors that will let us know when they need sometime alone. Part of good communication is knowing when not to talk, too.

Can I be sensitive to my family's needs for privacy today?

DAY 21

FULFILLMENT

ALLOW AND ENCOURAGE YOURSELF TO RECEIVE THE SECRET OF DESIRE, BE WHO YOU ARE MEANT TO BE AND NOT WHO YOU WERE YESTERDAY

- PATRICIA CIPRIANI

Everything I need shall be provided today. Everything, say it until you believe it. Say it at the beginning of your day and say it throughout the day.

Sometimes, it will help to know that what we want and need is available, but if we do not, we can trust that God does and can provide our every need.

When we ask, trust and believe that our needs will be met and that our needs become met. God cares about the simplest and silliest things, if we do.

Today I will affirm that my needs will be met. I will affirm that God cares and is the Source of my Supply. Then, I will let go of the idea and see that what I have risked to believe, is the truth.

DAY 22

THE THINGS WE HATE ABOUT OURSELVES AREN'T MORE REAL THAN THE THINGS WE LIKE ABOUT OURSELVES.

-ELLEN GOODMAN

It is so easy and tempting to get down on ourselves, to focus on an imperfect face, a dismal batting average, our fear of math, or our big feet. The trouble is, the more we feel sorry for ourselves the more we have to feel sorry about everything else. Even though it probably doesn't hurt to indulge in a little self-pity once in a while, unfortunately the limiting beliefs can be those that let our attitudes change and define us in the moment and future to come.

The things we hate about ourselves are nothing more real than the things we like about ourselves. The trick is to focus on the things that like instead of those that we don't. Even on days when we are sure we are the least loveable creatures in the world. Act as if, we like ourselves. What a surprise it is at the end of the day to find out that we actually do!

What can I like about myself today?

DAY 23

WE ARE SLOW TO BELIEVE THAT WHICH, IF BELIEVED, WOULD HURT OUR FEELINGS.

-OVID

Most of us have engaged in denial from time to time. Some of us relied on this tool just about every day. We may have denied events or certain feelings from our past. We may have denied other people's problems. We may have even denied our own problems, feelings, thoughts, wants or needs. We denied the truth.

Denial means we didn't let ourselves face reality. Usually this is because facing that particular reality would hurt. It would be a loss of something; trust, love, family, perhaps a marriage, a friendship or even a dream and it hurts to lose something or someone. Denial is like a protective device such as a shock absorber for the soul. It prevents us from acknowledging reality until we feel prepared to cope with that reality. People could shout and scream the truth at us but, we will not see it neither hear it until we are ready.

We are sturdy yet fragile human beings and sometimes we need the time to get prepared with the time to ready ourselves to cope. We do not let go of our need to deny by beating ourselves into acceptance. We let go of our need by allowing ourselves to become safe and strong enough to cope with the truth.

We will do this when the time is right. There is no need to punish ourselves for having denied reality. We need only love ourselves into safety and strength so that each day we become better equipped to face and deal with the truth. Facing and dealing with our reality, on our own time schedule when we are ready and in our Higher Power's timing is crucial to the success in living forward. We do not have to

accept chastisement from anyone, including ourselves for this schedule. We will know what we need to know, when it is time to know it.

Today, I will concentrate on making myself feel secure and confident internally. I will let myself have my awareness on my own time schedule.

DAY 24

**ONE DAY AT A TIME – THIS IS ENOUGH. DO NOT LOOK BACK AND GRIEVE
OVER THE PAST, FOR IT IS GONE.**

-IDA SCOTT TAYLOR

It's not always easy to understand that the day stretching before us is all that counts. Daydreaming about the tough job decision last week or getting upset all over again about a fight we had yesterday with a friend or significant other does not help us right now. When the mind focuses on the past, we miss out on the conversation or the activities that are going on around us.

Every moment of the day is special and guaranteed to help us grow and understand life. All of us have been taught to pay attention in school or to pay attention when others talk to us. But we should also pay attention to the Youniverse around us. The birds, the sky, even the grass. We can learn a lot by paying attention to the conversations going on around us and to the small voice inside that helps us know right from wrong. What's going on today is enough to pay attention to.

Am I ready to pay attention to what is around me today?

DAY 25

THE WEARIEST, THE LONGEST DAY, SOONER OR LATER MUST PERFORCE COME TO AN END.

-BARONESS ORCZY

The difficult spells in our lives come to an end and no matter the depth of our disturbance, we will survive. We forget that the depths teach us how to better appreciate the heights.

Sorrow heightens joy. Depression heightens Laughter. We wouldn't know the joy's and laughter if it were not for the sorrows. In them we learn to be patient, waiting for the wisdom which will light our way. In them we learn to listen for the guidance that calls on us.

We must reflect on the troubling experiences we have passed through. They made us wiser; they gave us strength. They even changed us, moving us closer to the wholeness and happiness we desire to be.

Difficulties often precede enlightenment. They can pull us inward or perhaps push us to search for our connectedness to God, a connectedness that is at our home within our hearts. The paradox is that these painful periods strengthen our oneness with the Spirit.

If the day looks depressing, I will accept it as a hand reaching toward me, to push me and pull me forward so that I can secure my place within the spiritual family.

DAY 26

EMPOWERING

WE CANNOT SOLVE OUR PROBLEMS WITH THE SAME THINKING WE USED WHEN WE CREATED THEM

-ALBERT EINSTEIN

You can think. You can feel. You can solve your problems. You can take care of yourself. Those words have often benefited me more than the most profound and elaborated advice.

How easy it is to fall into the trap of doubting others and ourselves. When someone tells us about a problem, what is our reaction? Do we believe we need to solve it for the person? Do we believe that the person's future rests on our ability to advise him or her?

When someone is struggling through a feeling, or a morass of feelings, what is our reaction? Is it that the person will never survive that experience? That it's not okay for someone to feel? That he or she will never get through this intact?

When a person is faced with the tasks of assuming responsibility for their life and behaviors what tends to be the response? Is it that, the person can't do that? I must do it myself to save him or her from crumbling or from failing?

Our reaction to others and ourselves when we encounter a problem, feeling, or even when we have faced the prospect of assuming the responsibility of the other and ourselves we ought to believe within ourselves and give power to the individual-including ourselves and their abilities to solve the problem.

We can learn to check ourselves out and think of the considering the multiple responses that we have come up with before we respond. Such as, "I'm sorry you're

having that problem. I know you can figure out a solution. Sounds like you've got some feelings going on and I know that you will work through them and come out on the other side."

Each of us are responsible for ourselves. That does not mean we do not care. It does not mean to be cold and withdrawal our support from others either. It means to learn to love and support people in ways that work. We learn to love and support ourselves in ways that work also. We will connect with friends who love and support us in ways that work.

To believe in people, to believe in each person's inherent ability to think, feel, solve problems and take care of themselves is a great gift that we can give and receive from ourselves and others.

Today, I will strive to give and receive support that is pure and empowering. I will work at believing in myself and in others. Our Mutual abilities will be competent at dealing with the feelings, solving problems and taking responsibility for ourselves.

DAY 27

WE ALL FEAR WHAT WE DON'T KNOW-IT'S NATURAL.

-LEO BUSCAGLIA

If we put a blindfold over our eyes and began to walk around an open field, how would you feel? We would find ourselves feeling unsure with every step that's taken. We might even be afraid of falling, or walking over some unforeseen edge and hurt ourselves.

When we face something and we don't know what the outcome will be, we often feel like we are blindfolded. We fear that we may get hurt or that we can't do it. It can be a hard time trusting ourselves at times. A blind person will often find help or guidance from others or will inevitably gain the confidence by walking on-slowly at first but finding the trust and sureness within each step.

These same things help us when we find ourselves afraid. It is helpful to remember that there is no wrong or right way to explore what faces us. Only our own way.

What new trust can I place in myself today?

DAY 28

**THERE ARE NO NEW TRUTHS, BUT ONLY TRUTHS THAT HAVE NOT BEEN
RECOGNIZED BY THOSE WHO HAVE PERCEIVED THEM WITHOUT NOTICING.**

-MARY MCCARTHY

We understand today's ideas we couldn't grasp yesterday. We are conscious this year of the details of our past that we may have glossed over at the time. Our blinders are slowly giving way, getting us ready for the truths that we could not have absorbed before.

"When the student is ready, the teacher will appear." The teacher comes bearing truths that we need to assimilate into our growing bank of knowledge. The truths we may be given today, or any day won't always make us happy immediately. We may learn that a job is no longer right for us or a relationship has reached an end. The impending changes create an un-resting soul within ourselves. In the grand scheme of our lives though the changes wrought by these truths are good and will contribute in time to toward our happiness.

Let us celebrate today the truths as they come and trust the outcome of it through God. We are traveling a very special road that is rocky and the bends limit our vision but, we will be given all the directions we need to fulfill our hearts desire.

The truths I receive today will guide my steps. I shall move in peace.

DAY 29

OH, A TROUBLE'S A TON, OR A TROUBLE'S AN OUNCE; OR A TROUBLE IS WHAT YOU MAKE IT AND IT ISN'T THE FACT THAT YOUR HURT THAT COUNTS BUT, ONLY HOW YOU TAKE IT.

-EDMUND VANCE COOKE

A Woman once decided to throw a problem exchange party. As the guests arrived, they shed all of their personal problems and tossed them into a pile with everyone else's. After all of them had discussed their own problems for others to hear, the party ended with the guests selecting from the problem pile those that they wished to carry away. Each person left with the same troubles he or she had brought to the party.

We who worry a great deal about our problems tend to be unsure no one else has troubles as bad as ours. Often, we complain, "if you had my problems, you'd really be hurting." Our problems are designed to our lives and are geared to help us learn about life through solving them. No one else's problems would be quite right for the life that has been designed for us.

When we cope with the problems, rather than exploding because of them, discover that our own, are only minor irritations compared to those that we may see in others. We may have larger problems and we may have smaller ones in the eyes of others but as these problems, being of our own, we must embrace them with the thoughts of learning and wisdom to create a benefit of having and letting go of them.

What problems am I lucky to have?

DAY 30

APPRECIATING OUR PAST

EVERY MAN MUST DECIDE WHETHER HE WILL WALK IN THE LIGHT OF CREATIVE ALTRUISM OR IN THE DARKNESS OF DESTRUCTIVE SELFISHNESS.

-MARTIN LUTHER KING, JR.

It is easy to be negative about past mistakes and unhappiness. However, it is much more healing to look at ourselves and our past in the light of experiences, acceptance and growth. Our path consists of a series of lessons that have advanced us to a higher level of living and of loving.

The relationships we have encountered, stayed in or maybe even ended, taught us necessary lessons. Some of us have emerged from the most painful circumstances with strong insights about who we are and what we want.

Our mistakes? Necessary! Our frustrations, failures, and our sometimes-stumbled attempt at growth and progress; Necessary too!

Each step of the way, we learned. We went through the exact experiences designed in our life that we needed to experience to become who we are today. Each step of the way we progressed.

If our past a mistake? No. The only mistakes we could make is by mistaking that for the truth.

Today, God, help me let go of the negative thought I may be harboring about my past circumstances or relationships. I can accept, with gratitude, all that has brought me here today.

DAY 31

SURVIVING MEANT BEING BORN OVER AND OVER.

-ERICA JONG

We have decided to live. Each day we make new decisions and each time that we work a step moving forward we are renewing our contract with life. We become re-born. Before reading this book, we felt dead inside, emotionally and spiritually, many times over. Some of us nearly died physically. But here we are, starting a new day, looking for guidance from one another. We are the survivors! Survival is here for the taking.

We will have days when we struggle with our life's decisions and we may want to throw in the towel. We may even want to give in or give up. Here today, we have realized and learned from ourselves about the choices we have on an everyday basis. The choice to survive, to not give up and knowing we never have to go on this journey alone gets easier with time.

I am one of the survivors. Today is my day for celebration.