

The Power of INNER DRIVE - Through the power of motivation, I produce energies in myself for aspirations directed to the future.

You already have what you need to transform your life.

ESSENCE - That which makes a thing what it is; necessary part or parts; important feature or features. Substance. Entity, esp. A spiritual entity.

Every night, before you go to sleep, close your eyes and take a moment to offer thanks for a night of safety and a warm, dry place to sleep.

The best thing to hold onto in life is each other.

Watch your thoughts, they become your words.

MAY I BE HAPPY

MAY I BE WELL

MAY I BE SAFE

MAY I BE PEACEFUL AND AT EASE

Whenever you are spending time with a person, always remember that it may be for the last time. Do not waste your time together with trivia, creating small troubles and conflicts.

The only thing worse than not having a purpose is having one and not living it.

The more you think of others the happier you will be.

I avoid those places and situations in which my spiritual well-being may be endangered.

What is your favorite fairy tale?

BELIEVE IN COEXISTENCE

I AM WORTHY OF LOVE

Smile when picking up the phone.

The caller will hear it in your voice.

Life is not about learning to FIND your Power, it's about learning to USE it!

Do NOT ignore the homeless.

Dance to express your gratitude for living.

Send a Love Note to someone you are thinking about.

HUG WHOLEHEARTEDLY

Thank you for being in my life.

Train yourself to be Free

Say no when asked to do something you really do not want to do.

Every morning, pretend that your whole life has to be lived in this one day.

ENCOURAGE OTHERS

Make an honest, realistic agreement with yourself and stick to it.

If you feel like dancing . . . DANCE

To meditate is to listen with a receptive heart.

What acts of Love have I performed today?

Make a list of the qualities you admire in other people.

Don't mindlessly snack throughout the day.

Keep the Promises you have made.

Be Spontaneous

Grasp every minute, for time waits for no one.

Believe in your power of endurance. You have more strength than you know.

Live each day with freedom, strength, and wisdom.

Think about the damage that anger causes to yourself and to others.

You are in charge of what enters your mind.

Rejoice whenever you hear about someone else's success.

Always choose quality over quantity.

Learn to say "I Love You" in French, Italian, and Swedish.

As I share my enthusiasm, humor and sense of fun, I protect and bow to my youthful spirit.

I choose to forgive all those who have hurt me in the past.

Make a commitment to a healthier lifestyle.

Improve the World - Be grateful for even the smallest wonders.

I AM SUCCESSFUL IN EVERYTHING I DO

In your heart hold remembrance.

Fond memories of loved ones fill the hours sweetly.

Let me be fully reconciled with what I have left behind.

When I give my word, I will do what I say I will do.

Your Light and Love are needed NOW.

Guide by example, and let others find their own way.

Be a Student of Truth

Give More Attention to Friendship

What a wonderful time to be on the planet!

Ask someone you'd like to know better to name 3 people they'd like to meet.

SING YOUR SONG

Rejoice in the Freedom of your Spirit.

Believe in Magic

Appreciate small gifts and everyday treasures

I try to do my best and not compare myself to others.

Open your Heart to Others

Create your unique creative spirit

Tell Stories

The Way Was Always There . . .

Humanity spends a lifetime trying to find a voice - trying to be heard. Some voices lead, some follow, some murmur and are never understood. Some are nourished, some are malnourished .. some are silent. Even strong voices soon pass, but their messages light up stars in constellations far beyond their dreams. A voice never knows when its message is a light which others will use to navigate their lives. Send out the best messages, for they are shaping future generations.

THIS IS A CHI BOX

C = Changing

H = Human

I = Interest

Please take one note -

Allow yourself a minute or two meditation on the thought or affirmation. Leave the box for the next person to find, or thank the person who shared this thought with you today.