

Each day is a new beginning.

Focusing on the entire day from morning to evening, I review any plans and think of where I need to be and with whom. Do I feel stressful or comfortable about this day? Am I projecting fears or expectations?

Sacred Truths

First Chakra – All is One.

I am connected to all of life. Every choice I make and belief I hold influences the whole of life.

Second Chakra – Honor One Another.

Every relationship from casual to intimate helps me become more conscious. All relationships have value.

Third Chakra – Honor Oneself.

I am mature and honorable in the relationship I have with myself. I am responsible for the person I have become and am becoming.

Fourth Chakra – Love is Divine Power.

Emotional energy, love, is the central power point and true motivator of my mind, body, and spirit.

Fifth Chakra – Surrender personal will to Divine will.

My every choice has biological, environmental, social, personal, and global consequence. I learn to take actions in trust of the Divine.

Sixth Chakra – Seek only the truth.

I continually search for the difference between truth and illusion, the two forces present in every moment. I trust what I cannot see more than what I can see.

Seventh Chakra – Live in the present moment.

I nurture a personal relationship with the Divine. I gradually remove all physical, psychological, and emotional fears from my life. I let go of the past, trust in the future, and live in present moment awareness of the Divine.

