

If I am feeling negative emotion,
I am thinking something
that is not True.
Period.

There is another way
to see this!

There is only One of us here!

Principle is not limited
by precedent.

This too shall pass.

Life is in the details,
and there is something in
every scene
that sparkles.

How can I be happy when
these conditions exist?
How can I be unhappy when
these blessings exist?

I am feeling _____!
Awesome!
My guidance system is working!
YAY!

What if _____?
Wouldn't it be lovely if _____?
Won't it be great
when _____?

Focus on the field or the feeling
rather than the form.

I am learning that all problems
resolve themselves.
– Abraham

I trust that my Inner Being always takes me
from where I am now to where I most want
to be by the shortest route, given my current
vibration. But the shortest route doesn't
always go through the nicest neighborhood.

More than half the time, when it seems
like something is going wrong,
it is the Universe opening a door for
you that you wouldn't see otherwise.

Remember to consider,
before all else, whether the self is
tuned to match the
vibration of love. – Q'uo

Instead of thinking about
strategies for dealing with what
you don't want, try thinking about
what you do want!

I have a great life that I may be
feeling bad about right now, due to
my focus of attention.
Refocus!

I am responsible for myself.
I am not responsible for
everyone around me!!!
I am free and so are they!

Mind your own business,
attend to your own pie.

My task ~ is to bask.

Why not see everyone in my life
as cooperative players who are
answering the vibration
I am offering? – Abraham

You will have to start trusting
yourself some time.
I suggest you do it now!
- Seth

Any negative emotion I am feeling is
just the way I am choosing to process
this, based on my experience of the
subject up till now. - Jeanette

There is nothing to be disintegrated or
reintegrated, only that to be revealed
which has always been whole.
- Holmes (paraphrased)

Today I am grateful to BE!
God expressing as me...

Stop, relax and look up.

More light will be given as we
use the light that we have.

I crack myself up!

Problems are just you,
freaking out unnecessarily.
- Abraham

