



Courage is not the
towering oak, but
the fragile
blossom that
opens in the
snow.

Gratitude is a
powerful process
for shifting your
energy and
bringing more of
what you want
into your life. Be
grateful for what
you already have,
and you will
attract more good
things.

Expectation is a
powerful attractive
force. Expect the
things you want,
and don't expect
the things you
don't want.

When you are not
happy with
yourself, you can
not be happy with
others.

"We can build our
confidence by
celebrating our
small victories
and successes.
We can support
the faith and trust
others have in us
by supporting and
having faith in
ourselves. It all
begins with our
willingness to
acknowledge that
we are really fine,
just the way we
are."

~Iyanla Vanzant

Help others as part
of your tithing in the
Universe.

Is it Recession or Depression?

"It's a *recession* when your neighbor loses his job, and it's a *depression* when you lose your own."

~Harry S. Truman

As downturns in our economy disturb more households, we begin to question the financial yardstick by which we measure our personal net worth and happiness. It is easy to surrender to emotional depression when a financial one occurs. It is time to put thoughts of lack behind us. Take a deep breath and work on being an optimist. Optimism, like happiness can be learned. Expect good things to happen today no matter what happened yesterday. Realize the past only holds you captive if you let it. It can only hurt it if you hold on to it. Let the past go. An abundant world awaits you.

"Gratitude unlocks the **fullness of life**. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~Melody Beattie

Keep a journal of your gratitude. Add to it daily. The more you acknowledge things you have to be thankful for, the more you will have to be grateful for. Simplicity, order, harmony, beauty, and joy all help lead you to a life of abundance. The first step to this life of abundance is Gratitude. The sense of fulfillment is gratitude at work, transforming your dreams into reality.

Attract Abundance:

The only reason a person does not have enough of what they need (money, love, clarity, respect etc.) is because they are blocking it from themselves with their thoughts. Every negative thought, feeling, or emotion is blocking your good from coming to you, and that includes money. You must tip the balance of your thoughts from *lack* to *more than enough*. When you *need* something i.e. money it is a powerful feeling within you, and so through the law of attraction you will continue to attract **need**. Think thoughts of abundance create true abundance in your life. And remember: "**Gratitude is the heart's memory**".

Keep Your New Years Resolutions With MACE.

M. Motivation, be sure its self motivation, not external.

A. Attainable, make sure it is within reach. View in terms of days not months.

C. Controllable. You must be able to control the goal e.g. Weight loss isn't a controllable resolution; but establishing a healthier life style with healthy food choices, exercise, time and stress management, and attention to your spiritual needs, will over time manifest in weight loss.

E. Enjoyable -if you don't enjoy the process, you won't reach your goal.

Emotional Currency... Where are you spending it?

It is only when we truly know and understand that we have a limited time on earth –and that we have no way of knowing when our time is up- that we will begin to live each day to the fullest as if it was the only one we had.

~Elizabeth Kubler- Ross

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Beginning a New Year and You With:

The Ten Secrets of Love

1. The Power or Thought

Love begins with our thoughts. We become what we think about. Loving thoughts create loving experiences and loving relationships. Affirmations can change our beliefs and thoughts about others and our selves.

2. The Power of Respect

You cannot love anyone or any thing unless you first respect them. The first person you need to respect is yourself. To begin to gain self-respect, ask yourself “What do I respect about myself?” Ask the same question about other people.

3. The Power of Giving

If you want to receive love, you have to give it. The more you give the more you receive. To love is to give of yourself freely and unconditionally. Practice random acts of kindness. The secret of happy, lifelong, loving relationship is to focus on what you can give.



4. The Power of Friendship

To find true love, you must first find a true friend. Love is looking outward in the same direction, not gazing in each other's eyes.

5. The power of Touch

Touch is one of the most powerful expressions of love, breaking down barriers and bonding relationships. Touch changes our physical and emotional states and makes us more receptive to love.

6. The Power of Letting Go

If you love something, let it free. If it comes back to you it's yours, if it doesn't, it never was. Even in a loving relationship, people need their own space. If we want to learn to love, we must first learn to forgive and let go of past hurts and grievances. Love means letting go of our fears, prejudices, egos, and conditions. “Today I let go of all my fears, the past has no power over me-today is the beginning of a new life.

7. The Power of Communication

When we learn to communicate openly and honestly life changes

. To love someone is to communicate with them. Let the people know that you love and appreciate them. Never be afraid to say “I love you.”

8. The Power of Commitment

If you want to have love in abundance, you must be committed to it, that commitment will be reflected in your thoughts and actions. Commitment is the true test of love and a strong relationship.

9. The Power of Passion

Passion ignites love and keeps it alive. It doesn't come through physical attraction alone, but from deep commitment, enthusiasm, interest and excitement. The essence of love and happiness are the same.

10. The Power of Trust

Trust is essential in all loving relationships. Without it one person becomes suspicious, anxious and fearful and the other person feels trapped and emotionally suffocated. You cannot love someone completely unless you trust them completely. Trust before making a commitment.

For ARP

The Refinement of Thinking

We Welcome the Light of the World

The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. If we live by the Spirit, let us also be guided by the Spirit.

~Galatians 5:22-24

* Expectation is a powerful attractive force. Expect the things you want, and don't expect the things you don't want.

* Gratitude is a powerful process for shifting your energy and bringing more of what you want into your life. Be grateful for what you already have, and you will attract more good things.

* Giving thanks for what you want in advance turbo-charges your desires and sends a more powerful signal out into the Universe.

* Visualization is the process of creating pictures in your mind of yourself enjoying what you want. When you visualize, you generate powerful thoughts and feelings of having it now. The law of attraction then returns that reality to you, just as you saw it in your mind.

* To use the law of attraction to your advantage, make it a habitual way of being, not just a one-time event.

*At the end of every day, before you go to sleep, go back through the events of the day. Any events or moments that were not what you wanted, replay them in your mind the way you wanted them to go.

~Excerpted from The Secret