



can guide better, instruct better, arise better.

Today I allow my Soul cleansing to eliminate unhealthy patterns and belief systems that prohibit me from soaring!

January 4

Psalm 40:3 He put a new song in my mouth, a hymn of praise to our God.

My Soul is singing the divine plan for my life. In order for that plan to unfold I must take my queues from my Higher Self. Queue = a list of data items, commands, etc. stored so as to be retrievable in a definite order, usually the order of insertion.

I see how self-sabotaging (procrastinating, comfort eating, not exercising, berating myself when I make a mistake, isolating, zoning out in front of the TV) distracts my attention from this happening. If I miss my queue, I miss following the path of my destiny.

Today I will not allow my addiction dictate for me what is to be. I will tune into my Divine Source to hear the song providing guidance to proceed on my path to greatness!

January 5

Psalm 40:3 He put a new song in my mouth, a hymn of praise to our God

My Soul is singing as the newness of who I AM inserts itself. As this is happening, the old, dysfunctional parts of me seem to refuse to depart. Then ensued my struggle, the old vs. the new. The new says "Let Me In." The old says, "No Way! It is my Soul that steps in as referee and sends each to their corner. The more I surrender to my Divine Source for removal of the old self, the more battles I win! The old self is still there; I just make a better choice for my highest good today.

Today I AM a winner in God centered thoughts, actions and deeds!

January 6

Psalm 40:3 He put a new song in my mouth, a hymn of praise to our God.

I march to a new tune today. The experience is just like an orchestra when it is about to perform. Each section comes in and warms up. At first the



violins sound squeaky, the cellos seem to groan, the symbols seem off timing, the flutes seem to hit distant notes. But after this prep time, the conductor comes and stands front and center and directs this myriad of instruments into a blended crescendo of power that transmits through the roof to the cosmos. The conductor does all this with the wave of a wand. The orchestra members watching the wand follow. So I must be in tune with my Soul as conductor. It is aware of my longing for this type of harmony in my life. Harmony starts in me first, it extends out to my community, and then it reaches out into the world.

Today I might not like the process of divine tuning; however, it is necessary to produce the great song that is within me!

January 7

Psalm 34:1 I will bless the Lord at all times, His praise will constantly be in my mouth

There is nothing in my life too big that my God cannot handle. I will give Him what I am struggling with; my anxiety, my fears, my physical and emotional pain, my tears and my anger. I have no power within myself to carry this heavy load. So I STOP and allow Jesus to take the wheel.

Today I can admit my powerlessness and allow my Higher Power to guide my life!

January 8

Feeding the Soul

What are the inner messages I am telling myself today? When I make a mistake or fail to accomplish something do I spend time berating myself? If so, how much time am I spending on it? Every time I think about the incident, what am I telling myself? The berating I do is not feeding the Soul the loving, compassionate messages it needs to conquer the task, to find the keys and break out of self-imposed bondage.

Today my Soul needs nourishment not punishment! It responds better to compassion than to judgment. I am learning to be a much better travelling companion by being gentle with the way I speak to my child self.

**January 9****My Soul Speaks**

Why are you afraid? Have you forgotten I AM your strength? Regardless of how weak you think you are, I AM your refuge. Even when other people sometimes fail you, I will never leave you alone my child. I will always be enough for you. Do not be afraid. Face everything and recover because I shall fight your battles for you. ~ God

Today my Soul is singing my fears away!

January 10**My Soul Soars**

I give thanks and praise for all the wonderful workings in my life today. This is gratitude in action – to give thanks and praise to the Creator of all things that my life has been blessed with: good friends, a nice place to live, nice neighbors, living by the water. I am reminded that this thankfulness allows me to rise above the lower vibrational thoughts which can reduce my life to literally shaking in my boots, afraid to partake in my divine nature and can eclipse the guidance of my Soul. This will cause me to miss all the many blessings this day will bring.

Today I will NOT entertain thoughts of lack and limitation. I know the truth and the truth has set me free!

January 11**My Soul Knows**

An illusion of lack and limitation has appeared. What is my first response? Do I cower as if I have amnesia? Or do I remember the truth of *who* I AM and *whose* I AM? I AM a child of the Most High God and nothing's impossible – all things are possible if I give the situation to the one who created this whole Universe and put the stars in place and controls the rising and setting of the sun. The One who stops the tide once the water reaches the shoreline and holds the Earth as it rotates on its axis. In prayer, I will give this illusion of lack to my Creator. Surely if God can do all the above, He can surely straighten out whatever I need help with in my life.

Today my Soul rises to the occasion to remind me of the truth of my being. Nothing in this world can distort what my Soul already knows!



January 12

A Soul Reminder

Here in the unseen, angels encamp all around me awaiting instruction. They cannot interfere with the decision making process of 'what to do?' or 'which way to go' but they can remind me that I come from a heavenly place and still have an all access pass to all things a child of The Most High God should have. How am I reminded? In nature I hear the song a bird sings, I feel in the wind that brushes my face, I have a peace of mind free of confusion and fear, I feel a person giving me a reassuring hug, I listen to rain on a summer's day, I watch snow fall so silent and all wintry white and I listen while petting my kitties when they start to purr.

Today I will pay attention to the signs all around me that attest to my divinity. The veil has been removed that once separated God from man.

January 13

Soul at the Controls

In the movie the Wizard of Oz, the illusionist was a small man behind a curtain who projected a huge entity of fear. Once his con was revealed, he proceeded to disavow the seekers that had travelled so far to see him. Angry at the false pretender, the seekers stood their ground and demanded to receive what they came for. The deception was that the seekers thought the wizard could grant them what they wanted. They did not know it was inside of them all along.

Today my personal greatness lies in no one else's hands but my own. There is nothing outside of myself that can deliver to me what is already planted in my Soul. I will trust my Creator to bring forth the plan laid out for my life!
