

DAILY MEDITATION FOR 2012

I am committed to:

- Feeling a bond with each person I meet.
- Respecting my own integrity and honor.
- Living within the energy of love and compassion, and returning here if I wander.
- Making wise and blessed choices.
- Maintaining perceptions of wisdom and non-judgment.
- Releasing the need to know why things happen the way they do.
- Not projecting expectations over how I want others to be.

I continue to remember that I AM that I AM.

- I am healthy.
- I am happy.
- I am wise.
- I am love.
- I am beautiful.
- I am a spark of divine light.
- I am brilliant and successful.
- I am confident and competent in my work.
- I am forgiving, with myself as well as others.



- I have a constant flow of new and interesting ideas.
- I have the strength and persistence necessary to work ideas through to solutions
- I have the courage and self-confidence necessary to put my solutions into practice.
- I have an unusually ability to reach creative decisions and to find creative solutions to problems.

- I listen to spirit every day.
- I trust my feelings and unconscious thoughts.
- I attempt learning from all experiences put before me.
- I begin each task by thinking of new and better ways to work towards completion.
- I believe it's okay for me to play with partial, incomplete and sometimes foolish ideas.

With gratitude and love, I trust the Divine in this day, in myself and in others.