

April 2011

Affirmations

'I (name) am loved. All my needs are met. Everything is as it should be. Challenges I do not understand now I will in due course. I start this day with love in my heart for the whole of creation. I love my friends, I love my family, I love my community. I am a beautiful living aspect of the Divine. So be it.' (Ann's daily affirmation)

'Day by day in every way, I am getting better and better' (Dr Emil Coue)

'You've got to Ac-Cent-U-Ate the Positive. E-lim-in-ate the Negative. Latch on to the Affirmative. Don't mess with Mr Inbetween' (Hit song by Johnny Mercer, circa 1940)

Courtesy of Bernie Price- Mood Ladder

Mood Ladder



My Law

(Maori Poem by Tieme Ranapiri- experiences and reflections, an internal expedition)

The sun may be clouded, yet ever the sun Will sweep on its course till the Cycle is run. And when into chaos the system is hurled
 Again shall the Builder reshape a new world.
 Your path may be clouded, uncertain your goal: Move on for your orbit is fixed to your soul. And though it may lead into darkness of night
 The torch of the Builder shall give it new light.
 You were. You will be! Know this while you are: Your spirit has travelled both long and afar. It came from the Source, to the Source it returns
 The Spark which was lighted eternally burns.
 It slept in a jewel. It leapt in a wave. It roamed in the forest. It rose from the grave. It took on strange garbs for long aeons of years
 And now in the soul of yourself It appears.
 From body to body your spirit speeds on It seeks a new form when the old one has gone And the form that it finds is the fabric you wrought
 On the loom of the Mind from the fibre of Thought.
 As dew is drawn upwards, in rain to descend Your thoughts drift away and in Destiny blend. You cannot escape them, for petty or great,
 Or evil or noble, they fashion your Fate.
 Somewhere on some planet, sometime and somehow Your life will reflect your thoughts of your Now. My Law is unerring, no blood can atone
 The structure you built you will live in alone.
 From cycle to cycle, through time and through space Your lives with your longings will ever keep pace And all that you ask for, and all you desire
 Must come at your bidding, as flame out of fire.
 Once list' to that Voice and all tumult is done Your life is the Life of the Infinite One. In the hurrying race you are conscious of pause
 With love for the purpose, and love for the Cause.
 You are your own Devil, you are your own God You fashioned the paths your footsteps have trod. And no one can save you from Error or Sin
 Until you have hark'd to the Spirit within.