



LOVE

Love surrounds and
heals all things.

It is a gift
we are asked to
open and share
again and again.

HOW MAY I SHARE MY LOVE?

TRANSCEND

I have the courage
to move through
and beyond
my challenges.

WHAT AM I READY TO MOVE BEYOND?

TRANSFORMATION

My life is continually
evolving... like the
butterfly... and
with each turn,
each season, I continue
my transformation.

WHAT AM I BECOMING?

VESSEL

On my journey to
self discovery, I fill and
empty myself continuously
As I walk each breath
I take reminds me that
I am a spiritual vessel.

BREATH...

ABUNDANCE

I am living in an abundant
universe and all that
I require is always present.
When my heart's desire is
clearly expressed,
I am ready to see and
receive your gift.

WHAT IS MY HEART'S DESIRE?

ENERGY... POWER

Everything in the
Universe is energy.
My intention gives it form.
Therefore, my thoughts,
words and actions
have the power to heal.

HOW DO I EMPOWER MYSELF & OTHERS?

INNER CALLING

I am being called to
this space. I am now ready
to peer within and
explore my inner world.
I walk gently and listen
for the wisdom that is
uniquely mine.

WHAT IS BEING SHOWN TO ME?

COMPLETION

I walk in reflection
of the completed
lesson and I choose
to move forward.
I am at peace.

WHAT HAVE I LEARNED?

EXPANSION

With each turn, my mind
expands and I invoke
imagination. Within the
center, my heart swells and
I embrace endless
possibilities.

HOW MAY I OPEN TO EXPANTION?

BE STILL

Within the center of
chaos is a point of stillness.

When life is whirling
around me, I go within to
the center... My place of
stillness. I listen to my open
heart as it whispers to me.

WALK WITH ME INTO STILLNESS.

REVERENCE

Today I walk in reverence.
Reflecting on the miracles
taking place in my life.
This word is your divine
creation. Therefore,
as I honour myself...
I honour you.

HOW MAY I HONOUR MYSELF & OTHERS?

FORGIVENESS

Forgiveness begins with me.
I am willing to release
resentment toward
myself and others.
Embracing the lesson
completes my healing.

HOW MAY I BEGIN TO FORGIVE?

FAITH

Even within the
unknown and times of
great struggle,
I have faith that
all is in devine order.

HOW MAY I STRENGTHEN MY FAITH?