

# Inspirational Images, Slogans, Prayers & Affirmations

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This living document belongs to all of us and will be always changing. New entries are always welcome. Please send them to [Alena1960@live.com](mailto:Alena1960@live.com)

## **A word from Happiness:**

Happiness turned to me and said — "It is time. It is time to forgive yourself for all of the things you did not become. It is time to exonerate yourself for all of the people you couldn't save, for all of the fragile hearts you fumbled with in the dark of your confusion. It is time, child, to accept that you do not have to be who you were a year ago, that you do not have to want the same things. Above all else, it is time to believe, with reckless abandon, that you are worthy of me, for I have been waiting for years."

— bianca sparacino

## Healing



A broken heart still beats. And one fine day, it Heals.  
Leaving us stronger than we were before.  
Alena A.

*Love is the answer. And you know that. For sure.*  
John Lennon

*All you need is Love, love. Love is all you need!*  
The Beatles

## Food for the Soul

The following were received from Food for the Soul. You can subscribe for free and receive these daily.  
<http://foodforthesoul.us/>

**“ Love itself is the healing power and the remedy for all pain.”**

~ [Hazrat Inayat Khan](#)

**“ Don't make decisions based on fear. Make decisions based on hope and possibility.”**

~ [Michelle Obama](#) ~

**“ If you wait until the time is right, you're missing out on an opportunity to make something good happen right now. One small step is all it takes.”**

~ [Paul S. Boynton](#) ~

**“ The more thankful I became, the more my bounty increased. That's because - for sure - what you focus on expands. When you focus on the goodness in life, you create more of it.”**

~ [Oprah Winfrey](#) ~

## Angel Cards



## This letter is to you



The you that's had a rough week. The you that seems to be under constant storm clouds. The you that feels invisible. The you that doesn't know how much longer you can hold on. The you that has lost faith. The you that always blames yourself... for everything.

You are incredible. You make this world a little bit more wonderful. You have things to share that only you can say, things that will heal the world one heart at a time. You have so much potential and so many things left to do. You have time. Better things are coming your way, so please hang in there. You can do it!

Right this minute, just as you are - you are perfect and right where your Higher Power wants you to be. You are be-you-tiful, successful, talented, loved and loving. Every day Love and Spirit conspire to create Miracles in your life and you are Open to receiving them.

## Wings





And so she  
took the patches  
of her life and  
sewed them together  
to make *wings*

Ramblings of the Clauy



### **The Lightning Tree**

Look, look at my scars  
See how it has healed  
Leaving a sign of what I have survived.

Your scars will heal in this way  
Leaving their reminder of past trauma.

Grow strong, deeply rooted,  
You will be stronger for surviving.  
Show your scars, do not hide them  
They are a part of you

A sign for all time.  
Lightning Tree

*Lamas at Womyn's Healing Ground  
Copyright Shulamit Tziporah 1988*

## **Unconditional Love**

Dear Human:

You've got it all wrong. You didn't come here to master unconditional love.

That is where you came from and where you'll return.

You came here to learn personal love. Universal love.

Messy love. Sweaty love. Crazy love.

Broken love. Whole love.

Infused with divinity. Lived through the grace of stumbling.

Demonstrated through the beauty of... messing up. Often.

You didn't come here to be perfect. You already are.

You came here to be gorgeously human. Flawed and fabulous.

And then to rise again into remembering.

But unconditional love? Stop telling that story.

Love, in truth, doesn't need ANY other adjectives. It doesn't require modifiers.

It doesn't require the condition of perfection.

It only asks that you show up. And do your best.

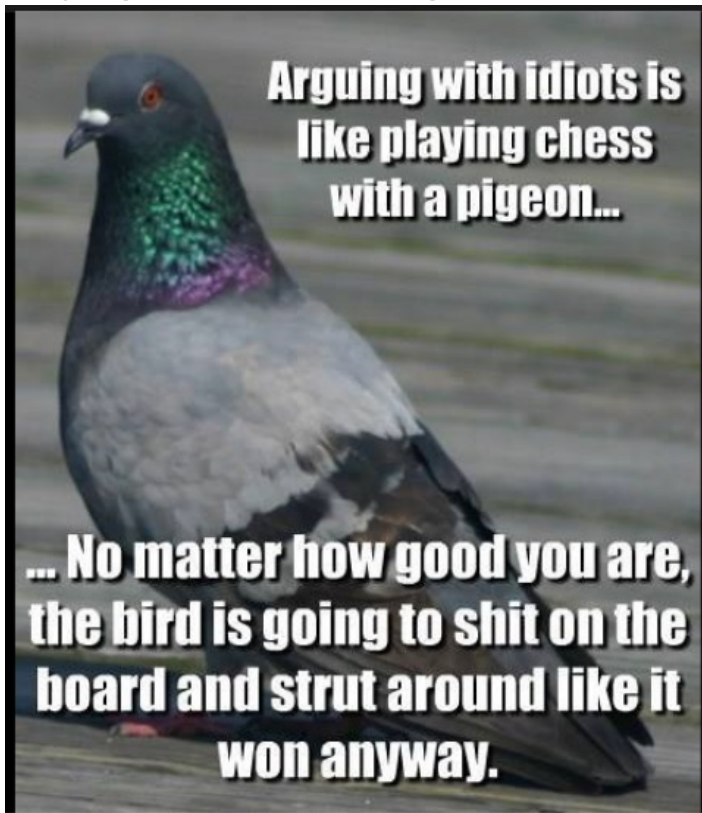
That you stay present and feel fully.

That you shine and fly and laugh and cry and hurt and heal and fall and get back up  
and play and work and live and die as YOU.

It's enough. It's Plenty.

*Courtney A. Walsh*

## Playing Chess with a Pigeon



## The Storm

The devil whispered  
in my ear, “You’re  
not strong enough to  
withstand the storm.”  
Today, I whispered in  
the Devil’s ear, “I am  
the storm.”



**AND ONCE THE  
STORM IS OVER YOU  
WON'T REMEMBER  
HOW YOU MADE IT  
THROUGH...YOU  
WON'T BE THE SAME  
PERSON WHO  
WALKED IN. THAT'S  
WHAT THIS STORM'S  
ALL ABOUT.**

**HARUKI MURAKAMI**

**TED Talks:**

## Why Dieting Doesn't Work by Neurologist Sandra Aamodt

Stop dieting and lose weight by eating mindfully

[https://www.ted.com/talks/sandra\\_aamodt\\_why\\_dieting\\_doesn\\_t\\_usually\\_work?utm\\_source=newsletter\\_weekly\\_2014-01-11&utm\\_campaign=newsletter\\_weekly&utm\\_medium=email&utm\\_content=talk\\_of\\_the\\_week\\_button](https://www.ted.com/talks/sandra_aamodt_why_dieting_doesn_t_usually_work?utm_source=newsletter_weekly_2014-01-11&utm_campaign=newsletter_weekly&utm_medium=email&utm_content=talk_of_the_week_button)

Alena changed this chart to remove moderate use of alcohol and added Bee Happy and LOL!

## 4 Healthy Habits



## A new perspective on Recovery and Addiction

[https://www.ted.com/talks/johann\\_hari\\_everything\\_you\\_think\\_you\\_know\\_about\\_addiction\\_is\\_wrong#t-870282](https://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong#t-870282)

## On Creating New Neural Pathways

<http://www.marilyngordon.com/240/train-your-brain-to-let-go-of-habits-%E2%80%93-10-steps-to-create-new-neural-pathways-of-the-brain/>

## Slogans

- Easy Does it
- One Day at a Time
- Let Go and Let God
- Take What You Need and Leave the Rest
- Progress, Not Perfection
- Thy Will Be Done
- First Things First

## Help With the 12 Steps

<http://joeandcharlie.net/>

An excellent resource for developing an in depth understanding about the Steps and the history of AA

## FAA Promises

Taken from the FAA website: <https://www.foodaddictsanonymous.org/promises>

1. We will know freedom and the promises of a happy and healthy life.
2. Our creativity will flow with the self-discipline we need to put it into action.
3. The chaos inside us will be gone, so the chaos around us will diminish.
4. Our thinking will become clear.
5. We will be able to learn new information and knowledge and retain what we have learned.
6. We will accomplish complicated tasks with less confusion than before we were abstinent.
7. We will be consistent and dependable.
8. We will no longer fear trying something new and different.
9. If an endeavor is unsuccessful, we will be able to regroup and try it a new way.
10. We will be able to listen to others' ideas and suggestions without becoming defensive or argumentative.
11. We will become present and alert around our friends, family, and significant others.
12. We won't have to shut down, dissociate, or avoid listening any more.
13. We can be ourselves because we won't allow abuse of any kind to be done to us by ourselves or others.
14. We will no longer attempt to fill our emotional and spiritual needs through our mouths. Instead, we will use our mouths along with our hearts to ask for what we need and deserve as children of God.
15. We will be able to listen with empathy to others' suffering.
16. We will not need to be controlling or insistent that "our way is best"
17. We will no longer be judgmental about everyone we meet.
18. The urge to see all the ways we were less sick than others will leave us.
19. Our self-esteem will no longer be tangled up in our perceptions about our bodies.
20. If on any given day we think we look fat, ugly or old, we can choose not to lash out in anger or frustration at the people around us.
21. We will be able to hear and feel our Higher Power in our hearts and be still.
22. We will no longer experience the panic, fear and anxiety of our yesterdays.
23. When presented with multiple choices, we will be able to reach clear decisions and understand what is appropriate for us.
24. We will know freedom from the fear of change in our relationships with the community, our families, and our friends.
25. We will begin to trust our intuition.
26. We will cherish our abstinence as critical to our physical, emotional and spiritual survival, and we will stay abstinent!

### **Eclipse Prayer**

*By Terise Lang, Written Aug. 21, 2017 for the Northern American Eclipse*

My prayer is that today, on the beautiful planet you created for us:

Love will eclipse hatred, Acceptance will eclipse intolerance,

Understanding will eclipse fear, Knowledge will eclipse ignorance,

Humility will eclipse arrogance, Compassion will eclipse elitism,


Harmony will eclipse provoked conflict, and Peace will eclipse violence and war.

Amen.


### **Inspirational Teachers:**





 **Byron Katie**  
55,632 subscribers

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

 **How to be Successful—The Work of Byron Katie**  
Byron Katie • 31K views • 2 months ago  
Vanessa Jane Patrick of the "Limitless Potential" podcast interviews Byron Katie. Katie describes her experience of waking up to reality. Vanessa then asks Katie about identity. Vanessa: If we don...

<https://www.youtube.com/channel/UC8dvufocK9zM6KnkronGbzA>

**Recommended Books:**

- 1,000 Names for Joy
- A Mind at Home With Itself

**Recommended Video:**

- Video About Waking Up <https://www.youtube.com/watch?v=06Ub47tw1Ck>

**Charlotte Kasl**

Many Paths, One Journey

**Louise Hay**

**Powerful Talk & Meditation Overcoming Fears**

[http://youtu.be/nL3qS5o\\_2PI](http://youtu.be/nL3qS5o_2PI)

<https://youtu.be/n9m8FQ6EHV8>

How to love yourself - 10 steps to loving yourself Louise Hay on YouTube

Follow these 10 steps and love yourself with Louise Hay  
The recommending member would love to say all positive words are helpful to me.



**Inspirational Sites:**

<http://www.joyfuldays.com/>

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