

Focus for Day 8 , February 6: I HEAL

“Forget your perfect offering. There is a crack in everything. The crack is where the light gets in.”

Lyrics from *“The Anthem”* by Leonard Cohen

Healing does not mean the hurt never happened; it means that I am willing to explore an unexpected gift from it. I refuse to allow past pain to define or to control my life.

Similar to the formation of a pearl, the very grit in my oyster can create a beautiful gem.

I reflect on how this painful experience could possibly serve me. By shifting my attitude, I heal how I experience it.

Reflection Questions:

- ❖ How are life’s irritations inviting me to transform them into pearls?
- ❖ In what ways do I allow past pain to define and control me--and how could I release it?
- ❖ What might be a possible “pearl” or a gift of healing from a painful situation?

Action Step:

A “pearl of wisdom” that supports my healing is:

Focus for Day 9 , February 7: I DREAM

“Without a vision, the people perish.”

Proverbs 29:18

God often speaks to people through their dreams. Rather than feel inadequate to carry out my vision of what could be, I listen to my inner longings.

In his inaugural address, Nelson Mandela said: *“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. You are a child of God; your playing small does not serve the world.”*

I will face the fears that keep me small.

Reflection Questions:

- ❖ Out of false humility, how do I “play small”?
- ❖ If I had no fears of being inadequate, what would I be thinking or doing differently?
- ❖ Who or what supports me to follow my dream?

Action Step:

I allow myself to dream about creating a life I love. One step I will take to turn my dream into a reality is: _____

Focus for Day 10 , February 8: I AM FAITHFUL

“Faith is taking the first step even when you can’t see the whole staircase.”

Martin Luther King, Jr.

Thomas Merton wrote:

“My God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. The fact that I think I’m following your will does not mean I’m actually doing so. But I believe that the desire to please you, does in fact please you.”

Sometimes all I can do is act on my best intentions and trust that is sufficient. I hope I will have more insight tomorrow than I did today. But until then, I act in faith today on what I *do* know.

Reflection Questions:

- ❖ Where is Spirit stretching me to trust and be faithful—even when I have doubts?
- ❖ What nurtures my faith when the way feels unclear?
- ❖ What choice will I make today to strengthen my faith?

Action Step:

I act on what I know. I will demonstrate my faith by:

Focus for Day 11 , February 9: I CONTEMPLATE

“What we plant in the soil of contemplation,, we shall reap in the harvest of action.” Meister Eckhart, 13th Century Christian Mystic

Taking time for daily contemplation connects me to the Source of my being. It deepens my awareness of God’s grace and presence within my life.

From this centering, I notice that a *“pause-ability”* strengthens my *“positive-ability”* to trust that all is well.

Eckhart Tolle, author of *The Power of Now*, describes contemplatives as anchoring the frequency of the new consciousness on this planet. He calls them *“frequency holders.”*

By taking time to contemplate, I increase the power of positive frequencies in my life, and in the world.

Reflection Questions:

- ❖ How do I consistently create a quiet space to pause and listen to Spirit’s guidance?
- ❖ When I get distracted, what helps me to re-focus my attention?
- ❖ How does my contemplation support being a positive frequency holder in the world?

Action Step:

I take time to pause and contemplate —even if it is only for five minutes today.

Focus for Day 12 , February 10: I AM GROUNDED

“They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.”
Jeremiah 17:8

Instead of feeling scattered and rootless, like a tumble-weed, I become firmly grounded, like a tree.

I take my time to respond, rather than to react. I avoid being blown around by worries or every new fad. I discern what resonates within me.

I tap into the groundwater of my being to drink deeply and to nourish my spiritual roots. From this grounding, my branches bear delicious fruits.

Reflection Questions:

- ❖ When I feel scattered, what grounds me?
- ❖ What nourishes my roots to maintain a strong foundation and to bear healthy fruit?
- ❖ What helps me to discern what is true and when to prune the rest?

Action Step:

Instead of reacting, I take a moment to breathe deeply and to ground myself before responding, especially when: _____

Focus for Day 13 , February 11: I AM CREATIVE

“We come from the Creator with creativity. Each one of us is born with creativity.” Maya Angelou, Poet & Activist

People often complain: *“I am not creative”* because they limit their definition to only include the arts. Let us expand the definition by seeing creativity as adding magic and spice to the ordinary.

Discover simple ways to claim, nurture and express creativity:

- Incorporate beauty by setting the dinner table with flowers and leaves from the yard.
- Make everyday chores fun by turning them into a game.
- Cook a new recipe with a novel ingredient.

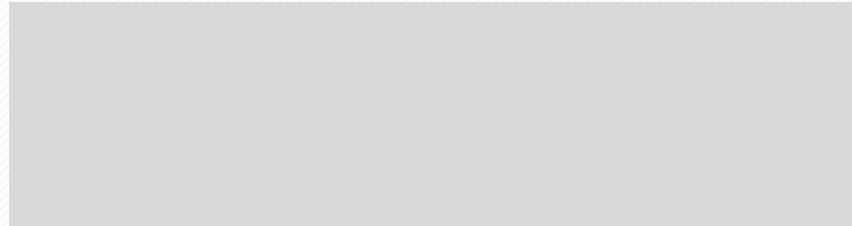
Reflection Questions:

- ❖ What do I take for granted that others appreciate within me as being creative?
- ❖ What helps me to claim and nurture my ingenuity?
- ❖ How could I add pizzazz, or an original touch, to daily activities?

Action Step:

I commit to expressing my creativity today by:

Focus for Day 14 , February 12: I AM HUMBLE



The word “human” comes from the word “humus” or earth. To be human is to enjoy an earthy humility. After death my body will return to nourish the soil.

None of my material possessions nor accomplishments will matter. What will matter is how well I loved, received love and did whatever I could to help the earth be a better place.

Reflection Questions:

- ❖ What reminds me to celebrate the “earthiness” of my humanity?
- ❖ When I have felt humbled by a situation, what helps me to accept my humanity without judgment?
- ❖ What keeps me grounded in humility, rather than in ego?

Action Step:

*I humbly accept my
humanity, especially when:*
