

Light

8-13-11

Today I will be starlight and crisp
bracing air, inviting as the deep blue sea.
I will be spring rain and fresh fields of
blooming flowers. I will be shouts of
laughter from parks and pools. Soft and
abundant as the sand on the beach. I will
be purring and petting and barks at high-
tossed balls. I will be peace within the
heart, silence within the mind, and love
blazing from the eyes. I will be that
which touches things equally and leaves
no soul untouched. And I will laugh at
the notion that I must contrast myself
with anyone.

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Holla at 'cha boy!



A Mind Without Litter

8-14-11

Actively and persistently searching out my mental mistakes does not make my mind more negative — because these are mistakes I was already making.

2:30 p.m

Nonetheless, it is pointless to dwell on garbage. It merely needs to be identified and thrown out.

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dolla at 'cha boy !
x



God is Peace

8-14-11

When you feel carried along and experience no hesitation in what you do. When you feel no necessity to interpret each distinction and every detail. When you can think of those around you comfortably. And when time and your body are no longer a preoccupation. Then you have no need to ask God for special information and personalized guidance. Therefore, I make my goal to move through the day in simple peace, for God is peace.

12:40 p.m.

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