



91631486zen-jpg.jpg
couplnormandauquebec.quebecblogue.com

The Zen Calendar

of

Dr Robert Henry Schwenk

AKA

Dr Bob 4 U

Calendar A

Copyright 2011

January 1

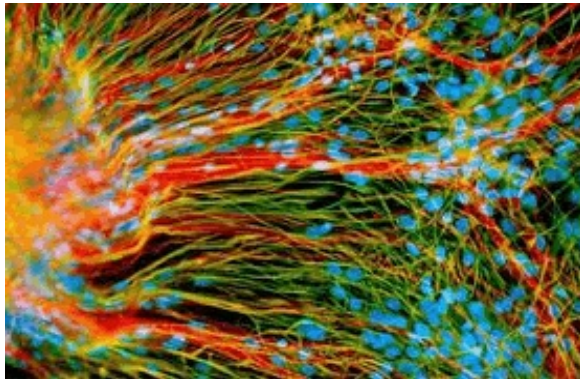
1. Anything only has the meaning you give it.



Graphic by mt-mt.hi5.com

January 2

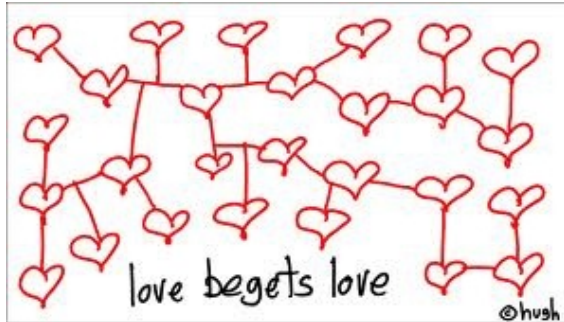
2. It is out of who are that you do in the world.



techbanyan.com

January 3

3. What we do in the world does not make us who we are. But what we do in the world is an imaging **of** who we are.



Gapingvoid.com lovebegets25.jpg

January 4

4. What we think, we are.



[zazzle.com thinking_cap_embroidered_hat](https://www.zazzle.com/thinking_cap_embroidered_hat)

January 5

5. Most believe happiness flows in.
Real secret to happiness is an out-
flow of joy.



artquotes.net helios.jpg

Bonus

Joy at the mountain top will give you energy to live well in the valley of everyday life.



madrad2002.wordpress.com mountaintop.jpg

January 6

6. The meaning of the life is “to be happy.”



pizaazz.com immakingyouhappy.jpg

January 7

7. There are beautiful and wild forces within us. (St. Francis)



veryveryfun.com Forces Of Nature Wallpapers 1.jpg

January 8

8. If you put your soul against this oar with me, the power that made the universe will enter your sinew from a source not outside your limbs, but from a holy, realm that lives in us. Rumi



auditandadvice.blogspot.com Cooperation.jpg

January 9

9. Enlightenment has to do with what you do with your soul.



pkmohan.wordpress.com 1790634nj2t026ms38.jpg

January 10



4betterworld.ning.com istockphoto_4582222_blue_he

10. When you endlessly and unconditionally love everyone your life touches, with nothing needed or wanted in return, you are enlightened. Ever unconditionally love everyone, with no return expected, and you have attained Enlightenment.

January 11

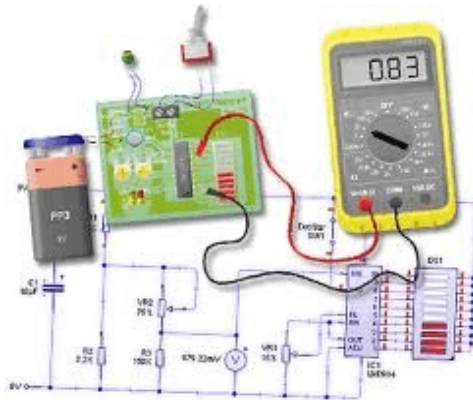
11. Awareness is achieved through endless and unconditional love for all those your life touches, wanting nothing in return.



zapatopi.net paradigm_shift_awareness_po

January 12

12. There is a spiritual circuit within you – gain knowledge, assimilate it, share it.



new-wave-concepts.com circuit.gif

January 13

13. You are not your body nor what it craves. You are spirit; you are soul.



soulmattersmag.com Soul_Protection.jpg

January 14

14. Live an inspiring life & everyone who crosses your path will be helped to inspirations of their own.



dreaminthelife.com
3727551479_ea3a4c73da_o.jpg

January 15

15. Keep a secret closet within yourself where you will not let inharmony, moods, trials, battles enter – you will be at peace.



faqs.org 2322closet.jpg

January 16

16. True happiness comes from being inwardly happy first - while working hard to uproot the outer causes of unhappiness.



thefreedictionary.com C03AA uproot.gif

January 17



17. Learn to be secretly happy within despite all other circumstances.

January 18



18. Understanding and claiming true happiness within makes you secretly rich beyond the dreams of kings.

mediabistro.com riches.png

January 19



craftstew.com smile cookies.jpg

19. You are as aged as your habitual thoughts - you are as young as what makes you smile.

January 20

20. Laughing peace - now there is something to strive for.



thewinedarksea.com bella_laugh.jpg

January 21

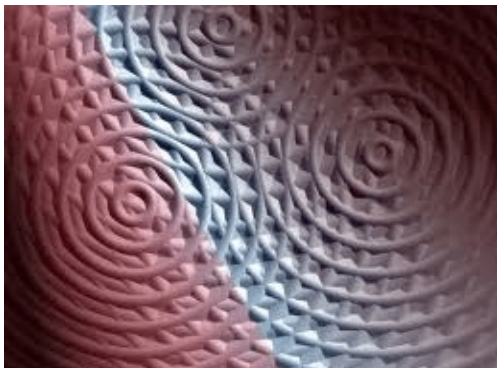
21. Make up your mind to find joy within yourself - sooner or later you will find it.



deanneliu.wordpress.com 126661740_09fc5a03ab.jpg

January 22

22. Your smile can be the laughter of the Deity - the echo of the Ageless and Infinite Sound.



harmonicovertones.com
aw Fractals Sound Waves.jpg

January 23

23. As you become increasingly useful to your friends - your friendships deepen.



pizza12.com Friends Forever, Golden Retriever

January 24

24. One's present limitations are most often self-created and not due to partisanship in God.



freshfocus.info
sb10068471a001.jpg

January 25

25. Break down the walls of self-created limitations and your willpower will nullify weaknesses.



webdoctus.com limitationsTwitter.jpg

January 26

26. Free yourself from haunting worries by deliberately keeping your respiration calm and your persona invariant.



livestrong.com 2559642985_131319e92

January 27

27. True relaxation consists of letting go of body, mind, possessions, fame, world, family, money. Thus it is when we sleep.

recommended.co.nz
sleep.jpg



January 28

28. In sleep realize these truths: you are patternless, you are measureless, you are happiness; such is God.

airmaria.com

Blessed+Teresa+of+Calcutta.jpg



January 29

29. Understand what your real needs are vs. what you want – herein lies the difference between happiness and unhappiness.



alextangofuego.blogspot.com
2085957970_18ace2e9d8_o.jpg

January 30



blog.beliefnet.com Kristen_Herrington_s_Soul.jpg

30. There are these two kinds of happiness: happiness that comes from the senses and happiness that comes from the soul. Choose.

January 31

31. Life manifests itself for you along the channels of your cravings. Choose well your cravings.



johnfenzel.typepad.com banana_split.jpg

February 1

32. Sorrow is a complete orphan – it has no existence of its own, it is born of ignorance.



impawards.com sorrow_and_the_pity.jpg

February 2

33. All conditions are neither good nor evil – they have only the meaning you give them.



bigfivegolf.com Terms.gif

February 3

34. An examined life is well worth living. Use intelligence, wisdom and love to examine yours.



lauragraceweldon.com hummingbird.jpg

February 4

35. You must make the mind the spectator of your life and thereby retain accurate perspective.



foundshit.com kitty close up.jpg

February 5

36. Every challenge that presents itself to you is your opportunity to do your duty to meet it.



csestore.cse.org.in
challenge_newbalance.jpg

February 6

37. Duty is not imposed upon you by a deity. It is your choice to progress through life.



blogs.myhome.ie PTaxVStampDuty.jpg

February 7

38. I used to think anger was necessary – I now realize that it only clouds the judgment.

istockphoto.com

istockphoto_2946150 judgement



February 8

39. Anger usually arises out of one's feeling of uselessness.



February 9

40. Anger arouses resistance in others.



talklikeaphysicist.com viva
resistance physics.jp

February 10

41. As you learn to recognize anger coming upon you – the battle is half won.



hobotraveler.com blog176anger.jpg

February 11

42. There are 3 types of consciousness: ordinary, sub-, and cosmic consciousness. Using cosmic consciousness, life gets changed.



spiritandflesh.com
cosmic consciousness maitreya aw

February 12



thepeoplegrouppllc.com humility 1.jpg

43. Humility is neither an inferiority or a superiority complex – it is realizing exactly who you are.

Bonus

Cosmic consciousness, being connected to God, gives you unlimited power to direct your life. Paramahansa Yogananda



besthealthsecret.com
Consciousness.jpg

February 13

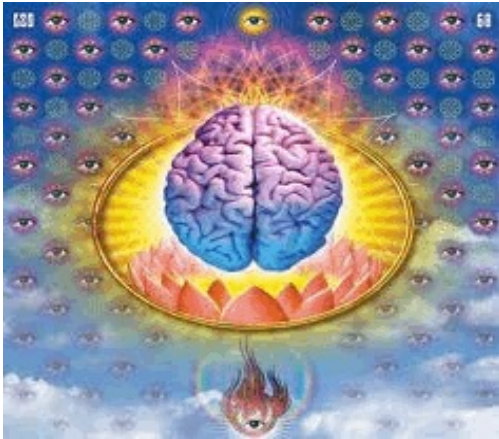
44. Those who think too much **OR** too little of themselves never see the truth.



zendesk.com tinyportion2.jpg

February 14

45. Only those who know themselves as they truly are, find success in truth-seeking.



freethinkinginstitute.wordpress.com
offering.jpg

February 15

46. True humility is ever attractive to people and to truth.



shutterstock.com
100760,1205369414,

February 16

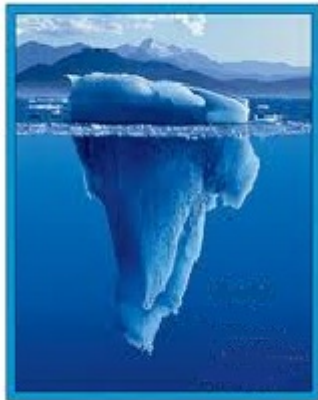
47. The One, though possessing all power, is not ego-bound. Would you be powerful? Be humble.



iteach20.blogspot.com number1.jpg

February 17

48. Good habits are soul-machines within you. Use them to destroy your bad habits.



mindbodybalancestudio.co.uk
Iceberg Posters.jpg

February 18

49. Strengthen your good habits and you will prosper with less effort.



thirdsectormagazine.com.au
prosper_in_tough_times

February 19

50. Consciously form the good habit of doing well for others.



spreadchange.blogspot.com mother teresa 1 .jpg

March 1

61. You can only be in the present – not yesterday, not tomorrow – only now.



geekologie.com

now watch.jpg

March 2



62. By being in the present
only can you undo the past in
you.

7billions.org the_moment1.jpg

March 3

63. To Be you must understand what it means
Not to Be.



hominides.com

to be or not to be chimp

March 4

64. When you really know who you are, whatever happens is only of relative importance.



effective-time-management-strategies.com

importance_of_time_management.jpg

March 5

65. When you really know who you are, anything that happens loses its absolute seriousness, its burden.

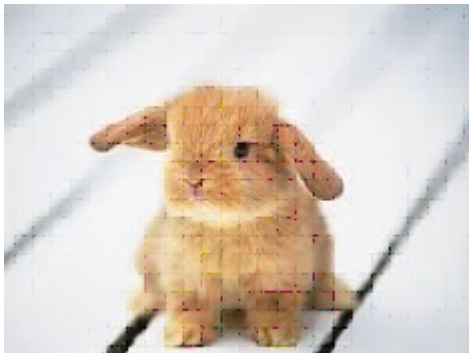


commons.wikimedia.org

Dogue_de_Bordeaux_serious.jpg

March 6

66. We all feel the need to stand out, to be special, to have attention. But do not let your specialness separate you from others.



legallygod-blog.com

373 500x375.jpg

March 7

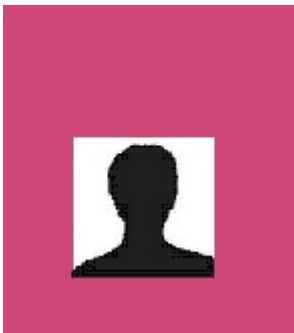
67. The feeling of a need to be separate from others is at the root cause of all the world's troubles.



anewscafe.com root 1.jpg

March 8

68. All activities of the average human being are designed to eliminate fear of being nobody, of nonexistence, of death.



theartsdesk.com

84b9c6da318f0ed062

March 9

69. All forms are not permanent – all forms are fleeting. Eternal formlessness is forever – Jesus called it “eternal life.”



torbuspuzzles.com clip_image002_015.jpg

March 10

70.

DANGER. ALL STRUCTURES ARE UNSTABLE. Life is here,
now, and beyond death.

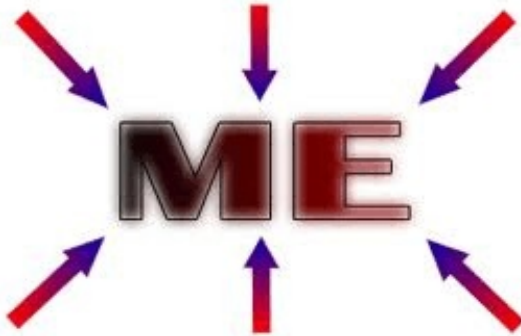


© 2010 PSDGraphics.com - All Rights Reserved. www.psdgraphics.com

psdgraphics.com danger icon.jpg

March 11

71. A genuine relationship is one not dominated by self-seeking.



spiritus-contra-spiritum.blogspot.com

ME.png

March 12

72. In real kinship there is an outward flow of attention toward others with no wanting whatsoever.

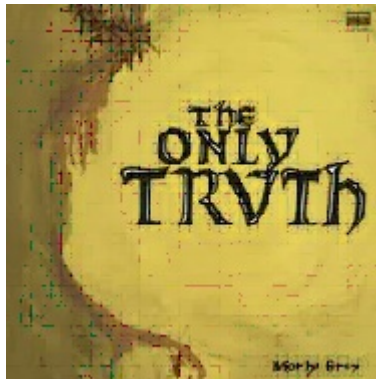


erie.extension.psu.edu

kinship large.JPG

March 13

73. If anyone ever tells you that they have the whole or only truth for you and you must convert to that truth – RUN (metaphorically speaking).



musicdirect.com lsun5349.jpg

March 14

74. The Universe works this way – do unto others as you would done unto you.



outrospection.org waterbottleshoes.jpg

Bonus

Joseph Campbell said, “Follow your Bliss.” I would add, “And Beam your Bliss into the World.”



ebwelding.com electron_beam_welding_flare.jpg

March 15

75. Better than seize the day – seize your attitude toward the day.



flickr.com 3206283106_1dc3d53e4b_z.jpg

March 16

76. All of life is energy flow. Keep your energy flowing by being positive.



catherineearle.com energy flow.jpg

March 17

77. Avoid obstructions to energy flow like ill-will toward any other.



treknature.com roadblock.jpg



March 18

78. Honor those fallen for freedom by standing up for freedom today and every day.

viz.dwrl.utexas.edu

15see.large1_.jpg

March 19

79. Flags flap in the breeze – men and women died for those flags – may they ever wave free and humbly proud.



flag-man.com eagle_american_flag.jpg

March 20

80. Change is the way of the Universe – either flow with it or be broken against it.



thinkingonthemargin.blogspot.com

change_ahead.jpg

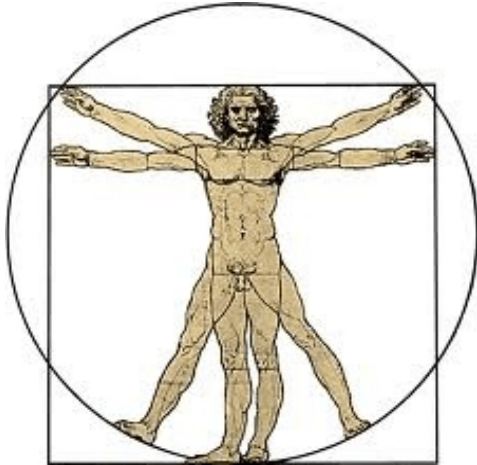
March 21

81. You are loved as you are
and as you can be.



sharewareconnection.com

heart on fire screensaver screen



activerain.com

ar119944731084387.gif

March 22

82. The evil that men do comes back upon them. Likewise, the good that men do comes back upon them.

March 23

83. As you give so shall you get.



smh.com.au

give and take 420x0.jpg

March 24

84. Think lack and lack shall be yours; think abundance and abundance shall be yours.



onlineinvestingai.com belief in abundance.jpg

March 25

85. Things happen to me, but I am not those things. Things happen around me, but I am not those things.



entertainment.webshots.com

127858511FsKNvq_ph.jpg

March 26

86. Right now, take a deep, slow breath.
Exhale slowly as well. You have just
done yourself a world of good.



billivorylarson.com

deep_breath1.jpg

March 27

87. You are so familiar with the Love in which you live that it is difficult to recognize. Call it to consciousness right now.

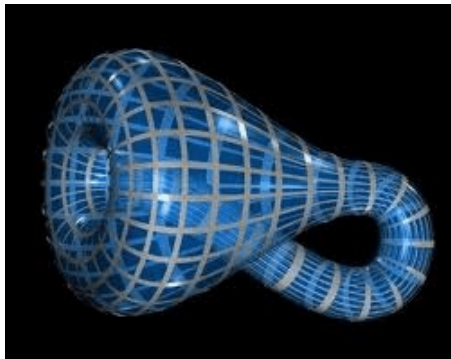


centerofloveandlight.com

rainbowbridge.jpg

March 28

88. The Love of The Source of All That Is loves you from the outside and the inside.



nerds-central.blogspot.com

klein.jpg

March 29



89. Napoleon Hill said that fear is a state of mind. If that is so, then happiness or security or joy or courage are states of mind as well.

ssireview.org

A_Nature_State_of_Mind.JPG

March 30

90. Changing your state of mind is something you can do anytime, anywhere.



life-changing-mind-power.com

MindPower.jpg

March 31

91. It is **your** mind; the state “you put it in” is up to you.



cyndibug.bravejournal.com

1_4870782731.jpg

April 1

92. When you change your mind, you can change your life, literally, in any moment of any day.



flywithmeproductions.com

whale jump mirror2.jpg

April 2

93. Your life is changed simply by changing your emotional state.



urban-ninja.co.za bravery.jpg

April 3



94. By putting emotion behind that idea, and, of course, action in real time, you, literally, remake your life.

webdesignledger.com

action_photography_23.jpg

April 4

95. The Greatest Love seems indifferent because it is so inconspicuous.



ilovetypography.com love.gif



April 5

96. Do not let yourself be seduced by a society that is hell-bent upon acquisition.

sodahead.com

greed money covetousnes

April 6

97. **Your value** does not come from external things.



dougshaw.com

plainmona3.jpg

April 7

98. Already within you is all the value you will ever need.



tomhildgardner.com
powerwithin.jpg

April 8

99. You must believe within yourself that you need not have a specific thing or specific things to be a complete human being.



flickr.com 4117072157_b962a36432_z.jpg

April 9

100. Your inward value is much greater than anything or anyone in or through what society will offer.



semclubhouse.com value of gold.jpg

April 10

101. Anything good and legitimate that you desire is open to you.



commons.wikimedia.org Neon_Open_green.jpg

April 11

102. What you could have in your life is limited when you do not share what you already have.



thenextweb.com kids sharing.jpg

April 12

103. **Just for you** make activities and time – you would do it for someone about whom you cared.



w3bbo.com Care O Meter.gif

April 13

104. When you care about yourself you will get enough exercise.



clker.com 12074316981362479574exerci

April 14

105. Rest enough to keep yourself refreshed.



firstpeople.us Rest_Stop_Brown_Bear 1600x120

April 15

106. Eat no more than necessary.



seriouseats.com 20080930BLOGWATCHWhat

April 16

107. Revel in nature.



free-computer-wallpapers.com nature.jpg

April 17

108. Play a lot – we never outgrow the need.



languagelog ldc.upenn.edu play bow.jpg

April 18

109. Do today what needs to be done today; simply one of the best ways to live.



my.opera.com thought leader.jpg

April 19

110. Choose the good in all.



blogs.dallasobserver.com Livestrong.jpg

April 20

111. Seek what you will; find what you know.



podbean.com 22449_logo.jpg

April 21

112. We are imperfectly human.
We are humanly imperfect.
We are perfect as we are.



thesun.co.uk perfect Pet_682_865404a.jpg

April 22

113. We are as perfect as *The Source of All That Is* made us.



fineartprintsondemand.com

hands_of_god_and_adam 400.jpg

April 23

114. We have a fabulous side that others love, we have a dark side that rubs others the wrong way.



btr.michaelkwan.com spinningquarter.jpg



April 24

115. We are sometimes, friendly, intelligent, nervy; we are sometimes insecure, self-deprecating, pessimistic. Who is liked more?

nga.gov img_vangogh_self portrait

April 25

116. You are OK even as you
reach for your goals.
Acceptance allows changes.



roughguidetohappiness.blogspot.com

acceptance_hto2008.jpg

April 26

117. The biggest mistake most people make is to mis-perceive their present moment.



jamuse.com mistake.jpg

April 27

118. Accept the present moment and yourself within it – such moments are your only true possessions.



awakeblogger.com

waterjoy.jpg

April 28

119. Acceptance is the air that happiness breathes.



eruptingmind.com pastsign.jpg

April 29

120. Accept yourself right now – give up your *struggle* against reality and happiness is yours.



blogs.myspace.com

gctext copy.jpg

April 30

121. Accept yourself right now
and begin, right now, a new way
of living and loving.



affirmyourlife.blogspot.com acceptance.jpg

May 1

122. Everyone leans into their destiny, which is to experience.



sylvainpaillard.comm
customer experience.jpg



ozwildlifestudio.com lean on me.jpg

May 2

123. From dreams to destiny – thus it has always been and always shall it be.



eso-garden.com dream_a_z.jpg

May 3

124. Stop asking the question, “What is my destiny?” and start living today – your destiny will find you.



yourhiddenpotential.co.uk Start_spot_grn.jpg

May 4

125. Strange this, but true: increase you self-esteem by decreasing your pretensions to greatness.



bootsintheoven.com
137147071_fd3c68c369.

May 5

126. "Wash what is dirty.
Water what is dry.
Heal what is wounded.
Warm what is cold.
Guide what goes off the
road.
Love people who are least
lovable, because they
need it most."



creatingpositivelives.co.uk

Healing Hands Larger 1.jpg

BONUS

"It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself."

Ralph Waldo Emerson



calfee-compensation.com

heads compensation fairness.jpg

May 6

127. Reading about the Law of Attraction while never applying it means that nothing will happen.



blog.self-improvement-saga.com
law of attraction.jpg

May 7

128. Remember it was your actions/habits that brought you here. If you don't like "here," change.



badhabitsgooddesign.blogspot.com

[bad_habits_illustration.jpg](#)

May 8

129. Way One to find yourself: pay real attention to your real self.



blog.americanfeast.com Pay Attention.jpg

May 9

130. Way Two to find yourself: Do not focus on your appearance. Dress as makes you feel good about you.



freelancefolder.com focus.jpg

May 10



redbrickseducation.org focus.jpg

131. Way
Three to find
yourself: Pay
attention to
your dreams
and goals.

May 11

132. Way 4 to find yourself: keep your sense about you as concerns your job, including responsibility and credit.



dailygalaxy.com

[job_and_recruitment_portal.jpg](#)

May 12

133. Way Five to find yourself: Choose your activities; don't do things just to please others, remember your self-identity.

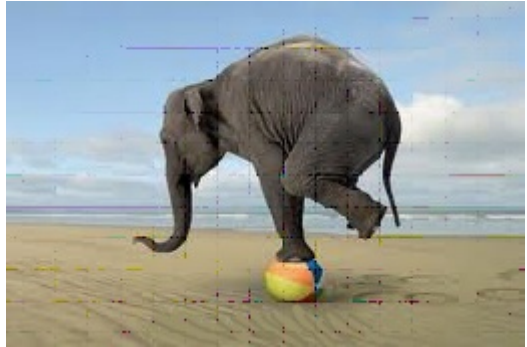


mrsfiteksclass.com

activities1.gif

May 13

134. Way Six to find yourself: take control of your health. Never let a day go by that you haven't done something good for your body and soul.



torahonitunes.com

lgpp31157+balance is the key to life

May 14

135. Way Seven to find yourself:
deny not your own mind;
encourage your own ideas and
creativity.



may-contain-gnats.blogspot.com

elephant room1.jpg

May 15



136. Way Eight to find yourself:
Acknowledge your emotions.
Unearth what you really think, at
least to yourself.

psychologytoday.com
emotions.jpg

May 16

137. Way Nine to find yourself: Stand up for yourself. Be your own person.



gordonkeith.wordpress.com

stand up mic.gif

May 17

138. Way Ten to find yourself:

Take risks.

Trust yourself.

Be vulnerable.

Make waves.

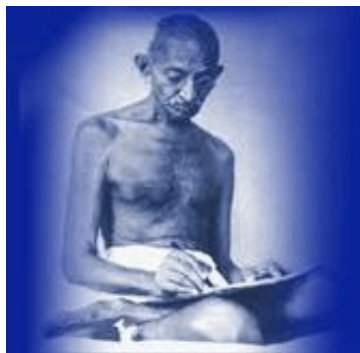
Try new things.



psychobillyfever.com WaltDisney.jpg

May 18

139. It is out of being that doing stirs.



year5.skola.edu.mt gandhi.gif

May 19

140. Make Yourself a Present of Your Present.



christmascoloring.net [christmas presents.gif](http://christmaspresents.gif)

May 20

141. To be happy is to manifest in your life the best possible experiences.



customersrock.wordpress.com

people.jpg

May 21

142. To be happy is to experience yourself in the best possible ways.



earthfirst.com smiling rainbow.jpg

May 22



143. We create what we see with our minds; see what you want.

ideastimulator.com
iconV2Bevelled.jpg

May 23

144. We do have eyes in the back of heads, so say those who understand our Universe to be holographic.



maximumpc.com eyes_back_of_head.jpg

May 24

145. The Universe Is an Immense Reverberating Orchestra of Waves of Being.



amandabauer.blogspot.com sound_waves_vinyl.jpg

May 25

146. There is no cause-and-effect event in the Universe that is separate from the Universe, including you.



mindreadersdictionary.com cause.jpg

May 26

147. Everything and everyone is connected across and within the entire Universe.



riversmeeting.wordpress.com connected.jpg

May 27



148. It is far more threatening to stick to an illusion than it is to face the facts. “Only the facts, Mam.”

insidesocal.com

[dragnet_stamp.jpg](#)

May 28

149. The perceptible reality of our everyday lives is a kind of illusion. Underlying it is a deeper order of existence, including lying beneath your own.



heartsongnc.com energyplasma.jpg

May 29

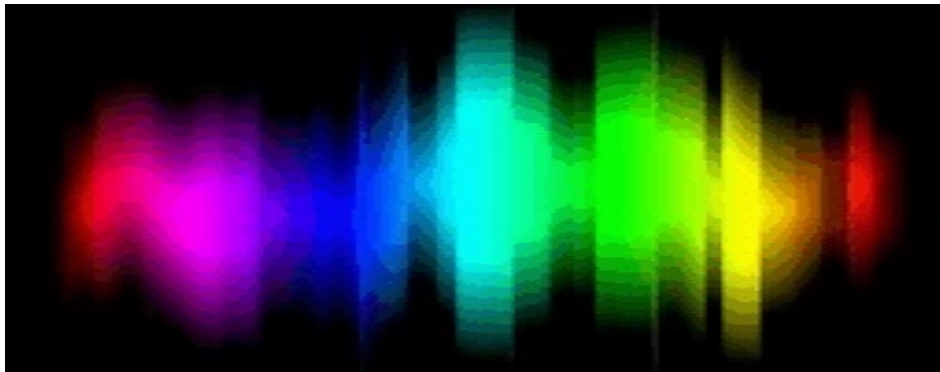


taoistpath.com yinyang 300x300.gif

150. The constant flow of life is always unfolding and enfolding itself, incessantly recreating itself; thus it is with you.

May 30

151. You are part and parcel of the Fabric of Light that is the Universe.



vandelaydesign.com psl stripes.jpg

May 31

152. Dividing the observable world into things is always a distraction; we are One.



lifehacker.com 2010 11 14_101608.jpg

June 1

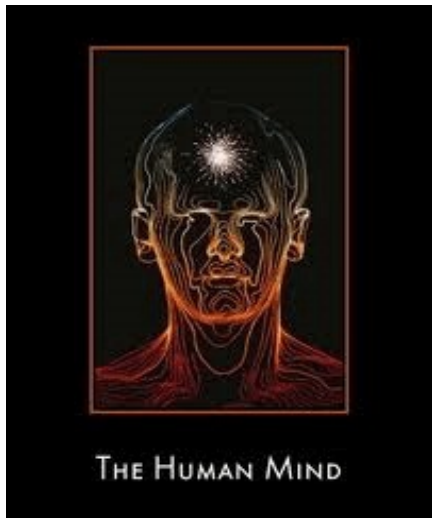
153. Our way of making our world into different “things” not only doesn’t work, it may even lead to our destruction.



metal-archives.com 12649.jpg

June 2

154. A definition of "mind" is to be active, therefore even the electron, by this definition, is a "bit" of mind.



all-about-psychology.com

human mind.jpg

June 3

155. Every cell of your human body embraces the entire Universe as does every flower, droplet of mist and mote of dust.



spaceandmotion.com

human space universe cosmos.jpg

June 4

156. The whole of the know Universe contains **less** energy than a quantum of "empty" space.



Bonus

William Blake

"To see a World in a Grain of Sand
And a Heaven in a Wild Flower,
Hold Infinity in the Palm of your hand
And eternity in an hour."



dailymail.co.uk article 1260569 08DCEAE4000005D

June 5

157. Plan to be in the right place at the right time.

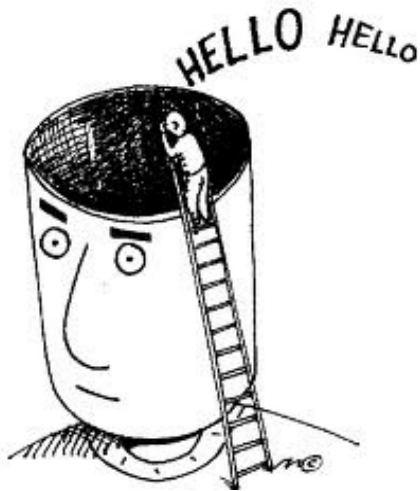


eyefetch.com

288355 cf6703d0 bdac 43ea b572

June 6

158. Depending upon chance is for the deliberately lame of mind, those who will not believe what they want.



sodahead.com

student_empty_head_hello.gif

June 7

159. Change is constant: you can't stop it, you can't dispatch it to someone else. You deal with it.



stevenaitchison.co.uk

how to change your life.jpg

June 8

160. See the big picture, but laser focus on your part of it.



surftravelcompany.com big wave1.jpg



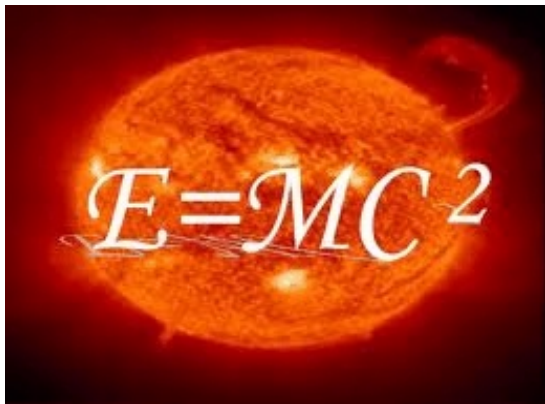
June 9

161. The inner voice of your own wisdom is ever speaking to you. **Listen.**

ibtimes.com 6a0105360968fe970b0120

June 10

162. Quantum physics teaches that you make tomorrow, for yourself, what it will be.



Imunet.edu matter and energy Physics $e=mc^2$.

June 11

163. All your previous moments have brought you to this point. This point begins you again.



mocoloco.com sarson_point.jpg

Jun 12

164. Meter your own success by the love
you feel.



countryliving.com

water meter de 33364827.jpg

June 13

165. Many people fail because they don't succeed.



blog.thirdeyehealth.com

dress for success 2.jpg



June 14

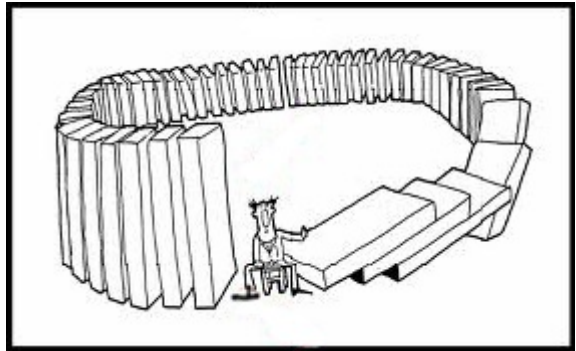
166. Be mulish in your outlook; purpose is born of stubbornness.

travelblog.org

2425168 Can't fit horses

June 15

167. Want good karma? What does your heart enjoin to say or to do or to think? Respond accordingly.



students.ou.edu karma.png

June 16

168. Look with gratitude to **ALL** experiences; you never know which will be the most valuable.



gratitude-rocks.com Gratitude Rocks stones (2).jpg

June 17

169. Never believe yourself
incapable.



dailymail.co.uk article 1245502 0081F8080000

June 18

170. There is at least one win in every day; when you know this, even a loss makes you tougher.



uwyo.edu KidsFunDays.JPG

June 19



171. Fight discouragement; you are always more than you seem even to yourself.

justinsomnia.org

siem reap cambodia the

June 20

172. Give and it will be given to you. Withhold and ... guess what?



abhomepreschool.com

[teaching children to give.jpg](#)

June 21

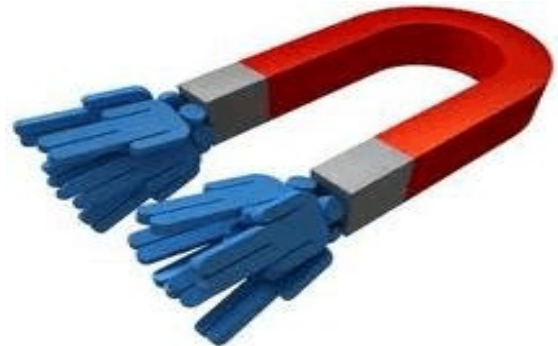
173. Never accept excuses for yourself, even if you are the one making them.



beemused.blogspot.com excuses.jpg

June 22

174. Wishing people would be drawn to you? Find your passion and live it out. Others will follow.



4tnz.com g uy _ magnet _ quiz _ 3 . jpg

June 23

175. It is so comfortable believing you don't deserve the best – no one will ever ask anything of you.



trekearth.com 20041120digi 10te.jpg



June 24

176. Cutting a blade of grass down doesn't change its nature, only temporally its height.

boncherry.com

[weird_car_design_01.jpg](#)

June 25

177. Anger and resentment make your life a swamp.



hilariousheadlines.com
swamp soccer.jpg

June 26

178. A positive, open spirit makes your life like a meadow.



silviahartmann.com 0 desert meadow background.jpg

June 27

179. Incivility is a dreaded plague in our times.



gargoyle.arcadia.edu

civility logo.gif



June 28

180. Your comfort zone imprisons you unless you “spring” yourself now and then.

notsosahm.wordpress.com

08mar2401.jpg

June 29

181. Experience is the best revealer of what you really want.



io9.com custom_1287471141977_dying star h

June 30

182. The secret to being an interesting person is simple: cultivate yourself better and more intelligently.



brasstackthinking.com cultivate.jpg

July 1

183. No conscious entity is incapable of growing and changing.



inhabitat.com vefur grow 01_v31.jpg

July 2

184. Foster the growth of interior changes to make you more potent, benevolent, and united.



china-tour.cn Reed_Flute_Cave.jpg

July 3

185. Follow the feeling of knowing you cannot fail. Fear of failure is the grandest obstacle.



abundance-blog.marelisa-online.com

fear of failure.jpg

July 4

186. Every experience is neither good nor bad. The only value an experience has is what you give.



wayn.com 007271702_593045792.jpg

July 5

187. The Universe knows no failure in any one or any thing.



realfreewebsites.com fail.jpg

July 6

188. Life is unpredictable;
prepare anyway.

teapartyportraits.com.au
full unpredictable_boy.jpg



July 7

189. Train your eyes to see less of disaster and more of success.



g8.no 20060712123909_big eyes.jpg

July 8

190. Which is truer? Humans are more prone to build? Humans are more prone to destroy? What is your “prone” position?



flickr.com

288039862_e8143c676a.jpg

July 9



191. Be vigilant that your passion drains not all your energy. Recharge.

makeawhisk.com

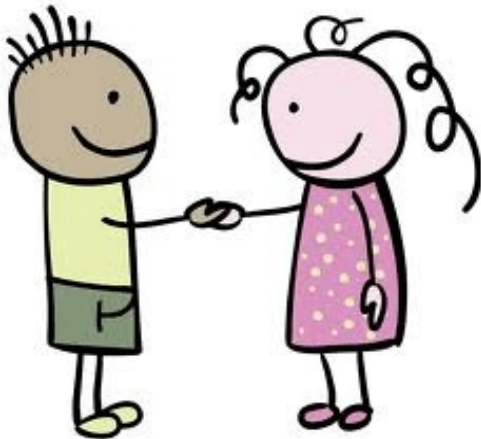
ice cream cones.jpg

July 10

192. What we all really want in life and out of life is peace.



freespiritart.com holding peace by howe.jpg



July 11

193. Do you wish to avoid bad karma? Simplest way: be civil and courteous.

courteouskidsclub.com

greetings2.jpg

July 12

194. Righteousness is a plague upon the souls of those who believe only they have the correct answers.



interviewquestionsandanswers.org

RedFigure Raised Hand.jpg

July 13

195. In time, all grieve. How you grieve is more important than that you grieve.



livinghealthyworldwide.com

[grief.jpg](#)

July 14

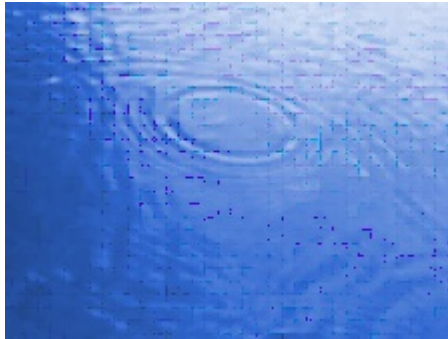
196. Great truths are not found by chance; search through the diamond fields of sorrow.



kenkthompsonjewelry.com
Golden Jubilee Diamond 2.jpg

July 15

197. 99% of people live in the top 1% of superficiality. Be you the reverse.



s101.photobucket.com PIC_0155.jpg

July 16

198. Trophies accolade outward achievements. Bravo.
Inner harmony lauds eternal, internal fulfillment. Bravissimo.



cubikmusik.typepad.com
6a00d83452813469e201310f7

July 17

199. You are capable of mastering meaning.



ag.arizona.edu handgrn.gif



July 18

200. Most potent of the muses? Grace, for she inspires love and kindness.

dreamstime.com
muse thalia thumb52833

July 19

201. Make the mayhem in your life
your message.
Make over.

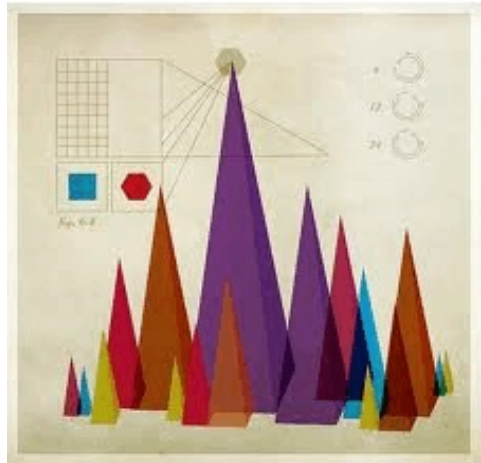


apps.facebook.com message in a bottle.jpg

July 20

202. What's the first thought many have when they get sick -- what have I done wrong?

Answer: Nonsense.



designworklife.com nonsense_infographics_02.jpg

July 21

203. Want to feel good? Change.
Want to feel powerful? Change.
Want to be happy? Change.



herd.typepad.com 6a00d83451e1dc69e20120a516b7

July 22

204. Want a merry heart?

Let go of the press to impress.



maniactive.com chakra heart.jpg

July 23

205. Keep as few secrets as possible; the fewer the secrets the more community we find for ourselves.



kpbs.org secrets irish jail_t614.jpg

July 24

206. We so believe we are right that there is no evidence to disprove it.



greatblogabout.com

right 2dangle 2d1.jpg



July 25

207. Truth does not arrive unaccompanied.

blog.livingspark.net
ILLUSION 01.jpg

Bonus

“Sadness is a wall between two gardens.” Kahlil Gibran



cluelessinboston.com DSC_2850.jpg

July 26

208. Anger sweeps away everything and everyone in its path.



bbc.co.uk crichton_wave_rock_oz_3

July 27

209. Freedom does not spring full grown from the head of a god.



allposters.com freedom abraham lincoln.jpg

July 28

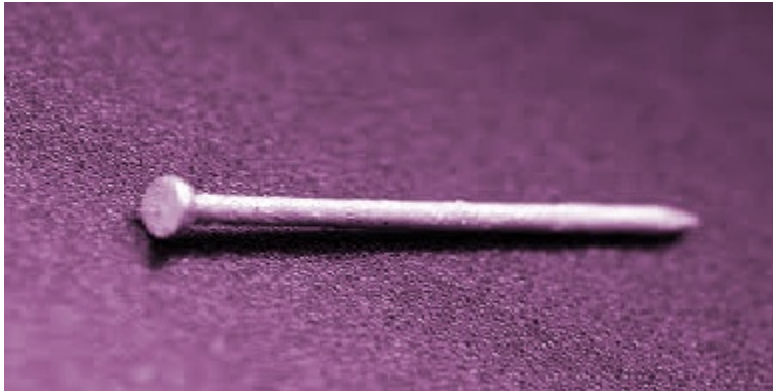
210. Freedom grows as does frost on a window pane.



robertbotts.com blue_frost_DSC_8174_sm.jpg

July 29

211. One cannot love without being punctuated by it forever.

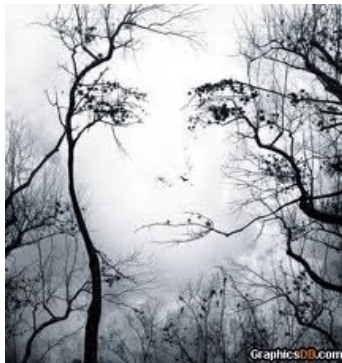


livestrong.com

[fotolia_1454923_XS.jpg](http://fotolia.com)

July 30

212. When you behold only your own pain, the visage of God awaits unnoticed.



graphicsdb.com

Can You See The Hidden Face

July 31

213. When you live as if you are unloveable, you contradict yourself.



slices-of-life.com
contradiction.jpg

August 1

214. There is no time, space, identity; these were invented for convenience sake.



slsadvertisingservices.com identity.jpg

August 2

215. We are One Everywhere and Everywhen.



krconnect.blogspot.com

2007_08_everywhen.jpg



August 3

216. You journey and you are the journey.

nlp.com
Hero's Journey3.jpg

August 4

217. In any contest, someone is best – but life is **not** a contest.



rd.com dogs cats photo contest sleepy baby

August 5

218. Birds walk the ground because they choose to; human spirits may soar when they choose to.



australiantraveller.com eaglebay1.jpg

August 6

219. Humans have only one design – to live.



2010commercecentre.com LiveEdge.jpg

August 7

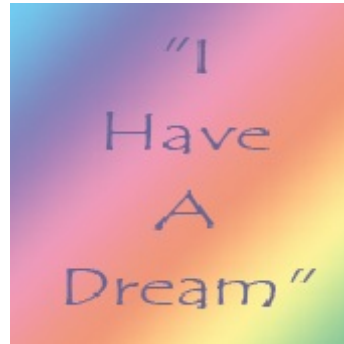
220. Humans, in the image of God, are as vast and powerful as is our Universe, seen and unseen.



scienceblogs.com MilkyWayFalling.jpg

August 8

221. By the very fact that you have lived, you shall never die.



Schwenk "I Have a Dream"

August 9

222. Be in the world that
which you would have the
world be.



sathyaibaba.wordpress.com

world peace in our hands.jpg

Bonus

"Whatever befalls the earth befalls the sons
[and daughters] of the earth." Chief Seattle



savethefrogs.com chief
seattle.jpg

August 10

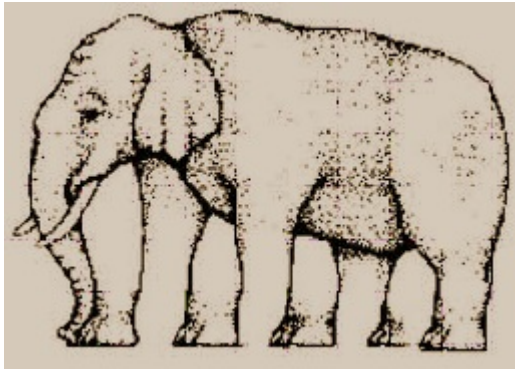
223. You get to improve upon the ripples you have cast in the past.



wallpaperstock.net ripples_wallpapers_5967_1600x12

August 11

224. Coloring within the lines is a free choice, a voluntary simplicity.



scientificpsychic.com elephant.jpg

August 12

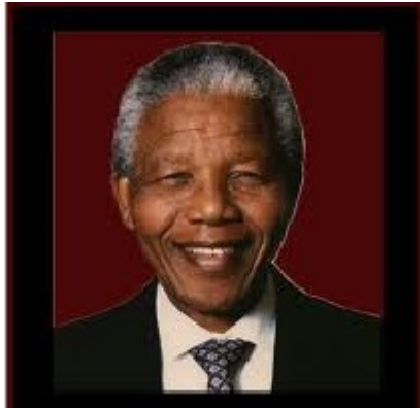
225. A book cannot be known by its cover; neither a human being.



blog.musicadium.com 16 1.jpg

August 13

226. To grow you must change; to change you must walk into the unknown.



campusharmonyinc.com poster_change.jpg



August 14

227. Everything is grist for the mill of the human spirit.

blog.rohandsa.com
15 south african paralymp

August 15

228. You punish yourself through your own sins. No one else, including God, has that privilege.



fattoaster.wordpress.com

spilled_milk 7315131.gif

August 16

229. To be seduced in any way is to pretend that you have no control over the real you.



zappos.com 1246383 p DETAILED.jpg

August 17

230. Rationalization is not God's part, reclamation is.



artcat.com 10288_1255473990.original.jpg

August 18

231. In the love of The Source of All That Is you are sheltered eternally.

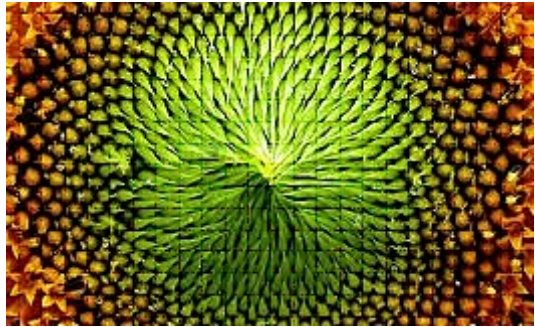


animalshelterbonaire.com Shelter_Logo color.jpg

Bonus

The purpose of life is the expansion of happiness.

Dr. Deepak Chopra



centripetalnotion.com expansion3.jpg

August 19

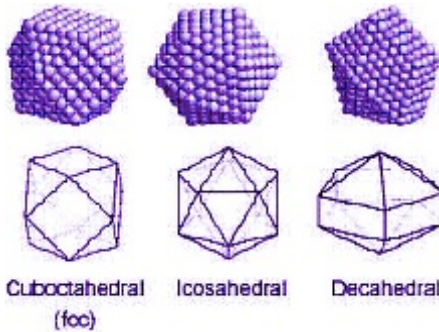
232. Unplowed ground cannot hug the seed.



123rf.com 3448229 a field plowed after wheat

August 20

233. Security and certainty are never contained within structure.



phys.canterbury.ac.nz 3structures.jpg

August 21

234. Security and certainty are held only in the hands of The Source of All That Is.



irwin.army.mil j0435873.jpg

August 22

235. Lies are frequent; truth is exceptional.



flickr.com 2207094409_38daec5ed3.jpg

August 23

236. Grace is not born of pain, but it is often found there – when you look.



projectgrace2010.blogspot.com sick dog.jpg

August 24

237. When you are convinced of everything you find no faith.



steadfastfinances.com

putting the screws to convince

August 25

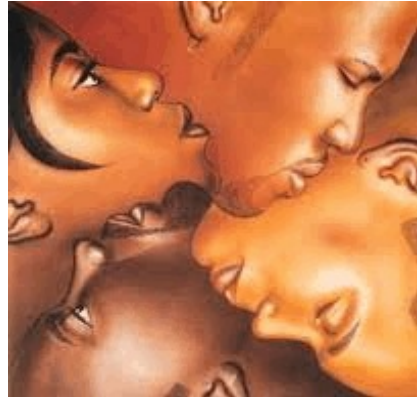
238. Freer than being truly loved one cannot find.



hi5.com RP6lQG117681 02.jpg

August 26

239. Personal dependency is the fountainhead of evil; interdependence is the wellspring of good.



raindeocampo.wordpress.com

interdependence.jpg

August 27

240. There is neither hate nor love without choices and the consequences thereof.



thevoiceforschoolchoice.wordpress.com

unintended_consequences.jpg

August 28

241. What you see is what you get and what you get sets you off for good or ill.



icanhascheezburger.com

funny pictures cat sees inside of t

August 29

242. Laws are necessary because they accuse but they are not the womb of freedom.



bestlibrary.org law.jpg

August 30

243. God is not without change.



pbase.com 100300095.g9MP2KaF.P1010063.jpg

August 31

244. Just by being you are ever dancing.



graphicshunt.com dog_dancing 12751.jpg

September 1

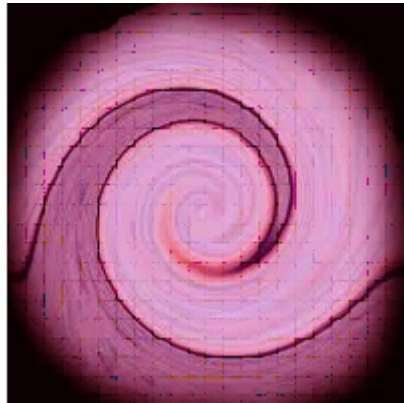
245. Everything matters because something matters.



blog.penelopetrunk.com bottom.jpg

September 2

246. A New Age Dawns with Every New Day.



spiralgoddess.com DawnLgSpiral.jpg

September 3

247. We all stand on the shoulders of history; therefore tread lightly and tread well.



englishexercises.org C4A_Body Shoulders.gif

September 4

248. Because you are important, everything you do is important.



en.wikipedia.org 600px

Nuvola_apps_important_gr

September 5

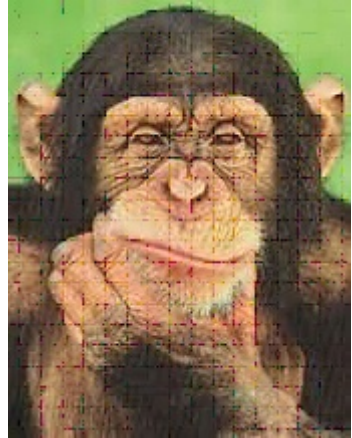
249. You ever live in the Light.



diygadgets.blogspot.com drinking straw light.jpg

Bonus

Aim for service and success will follow.
Albert Schweitzer



theunsecretshopper.com
thinking.jpg

September 6

250. Full knowledge is already within you.



knowledgeinfusion.com knowledge.jpg



September 7

251. Lean forward or you'll fall backwards.

eventmatchmaker.com

1862.jpg

September 8

252. You can't know where you going until you know where you have been.



activerain.com ambush.jpg

September 9

253. Full consciousness waits only for awakening.



myawakeningjourney.com

[when_i_was_awakened.png](#)

September 10

254. Without shutting down, open your heart to suffering.
It will no longer be an enemy.



raddevon.com open.jpg

September 11

255. The flexible tree bends in the storm and stands tall again when the blast has served.



ems-uncovered.blogspot.com Ice+Storm+Tree.jpg

September 12

256. Running from insubstantiality only cripples us and brings us unhappiness.



kidsblogs.nationalgeographic.com running cheetah 550.jpg



September 13

257. Appreciating your fears will help you overcome them.

myspace.com

sce6aa.jpg

September 14

258. Lords of Materialism:

Lord of Form - externals as solid ground

Lord of Speech - beliefs of all kinds to give us certainty



maninthemaze.blogspot.com

materialism.jpg

September 15

259. Barriers can also be built of beliefs.



lyricsdigger.info

2008_01_25_barriers_to

September 16

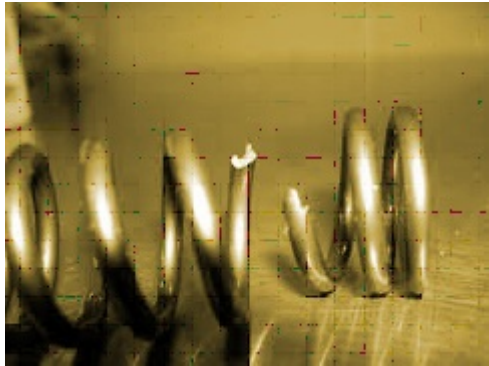
260. If we cling to the addictive heights, they will stymie us.



nydailynews.com alg_pills.jpg

September 17

261. Life is struggle. And we struggle just because life is that way, not because we are inadequate.



autosnewspaper.com updated whats unequivocally starti

September 18

262. Impermanence is frustration; frustration is impermanence.



es.zoomr.com 70242_91beb3bb63_o.jpg

September 19

263. No point in all the universe, including you, is fixed.



notebooks.com mzl.ietlqevu.320x480 75_thumb.jpg

September 20

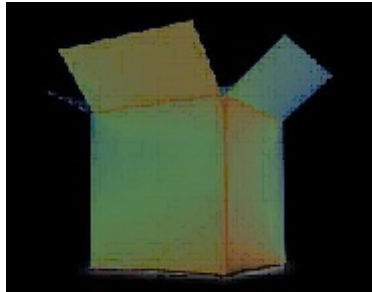
264. No one always avoids uncertainty. Embrace it and uncertainty will become your certainty.



art.com mary ann mercer embrace.

September 21

265. Our own likes and dislikes hem us in on all sides.

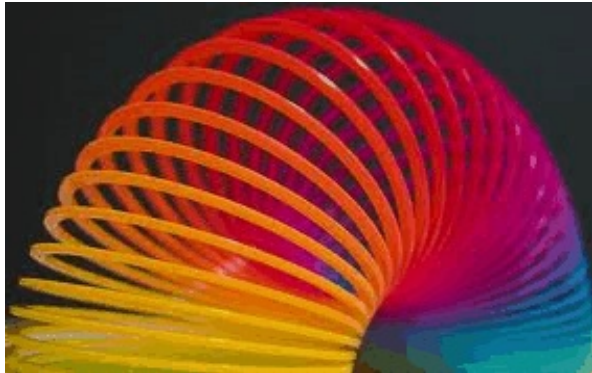


outoftheboxtheatre.blogspot.com

boxed.jpg

September 22

266. Egolessness is a flexible identity and manifests as inquisitiveness, adaptability, humor, playfulness.



20somethingfinance.com flexible spending account fsa changes

September 23

267. Relax because you need not figure out who you are – you already know.



imontvbitch.com relax.jpg

September 24

268. Struggles that are easy and that are hard, both build true strength.



photography.nationalgeographic.com

bering sea sunset_18728__990x742

September 25

269. Life is sometimes painful; to accept this begets the genesis and quality of happiness.



purpose of painful emotions.jpg sia-hq.com

September 26

270. We suffer because we expect that what is always changing should be graspable and predictable.



impactlab.net Water Grasp 473.jpg

September 27

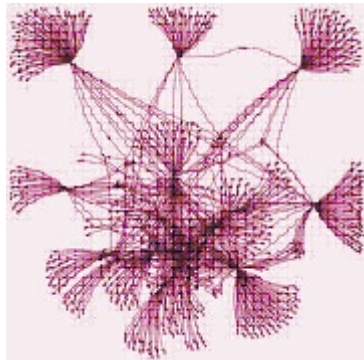
271. We suffer when we proceed as if we were separate from everything else.



sunset.com separate egg x.jpg

September 28

272. We suffer because we live as if we were a fixed identity, when our true situation is egoless.



flickr.com

2048034334_22b098c829.jpg

September 29

273. We do not obtain security by defining ourselves as worthy/unworthy, superior/inferior.



ieee-security.org

HORSE nosky red trans2.gif



September 30

274. Teach it and you shall become it.

cogdogblog.com
teach fish.jpg

October 1

275. We think we live in a real world when in truth we live in illusion.



goodlightscraps.com illusion 23.jpg

October 2

276. Self-denigration leads to sadness.
Self-advocacy leads to joy.



entertherainbow.blogspot.com rainbow joy.jpg

October 3



277. Knowing that **you** are the source of wisdom and compassion in your life leads to happiness.

ascensionnow.posterous.com

[sunsetmandala.jpg.scaled500.jp](#)

October 4

278. Noxious practices are defeated when we affiliate ourselves with appreciation, honesty and courtesy.



moogancreations.blogspot.com

gasmask.JPG

October 5

279. Be loyal to yourself – stay with yourself.



warmlyyours.com Loyalty_Level 1.jpg



October 6

280. Be ever less self-deceptive.

flickr.com

3775319827_3e3ddb5fd6

October 7

281. Move toward your emotional distress without condemning or justifying your experience.



fashionstyleblog.com
how to distress jeans1.jpg

October 8

282. When you approach your distress without condemnation/justification, you more easily conquer it.



kaleidoscope.cultural-china.com
ways_to_protect_beautiful_teeth_an

October 9

283. Pay attention to the present moment.



authenticityassociates.com Dandelion3.jpg

October 10

284. Acknowledge your neurosis as neurosis.



orangejuiceblog.com

guinea pig.bmp

October 11

285. Do something difficult and aspire to continue to practice this way.



aspireinfo.com.au Aspire spiral.jpg



October 12

286. Overcoming your destructive ways and awakening your consciousness is the work of a lifetime. Begin now. Right now.

squidoo.com
lens1765223_123360171

October 13

287. Face the truth that when you want awakening, you have to face what you don't want to.



wallpapers-free.org Rock_Face.jpg

October 14

288. Enlightenment wanted? Then face the truth even when you don't want to.



jpgmag.com 37393_23160_fa46b40017_p.jpg

October 15

289. Self-warfare may be defined as staying with self-pain without self-compassion.



Margarethall.wordpress.com

self esteem 1 .jpg

October 16

290. Our self-designs are deeply rooted, beguiling and soothing.
Sometimes you need to look for new ones.



mainlyprinting.com
Upload.jpg

October 17

291. There is real self-power in knowing what is going on around you.



gizmodo.com powercord_glow.jpg

Look.
Listen.
Feel.

October 18

292. We believe that if we could just get it right, we would be home in security for the rest of our lives.



pbase.com

82633526.kFq6zw1b.jpg

October 19

293. No one suffers alone – all have felt the same at one time or another.



davisepic.com image.png

October 20



wallstreetgreek.blogspot.com

consumer+confidence+sentime

294. Affirmations are sometimes used to hide from the fear. Aspirations express our actual sentiments. Do not use affirmations to hide from fear, use them to express your actual sentiments.

October 21

295. Aspirations help us open our emotions that we may move closer to our fears.



cupocofi.blogspot.com 2715451264_a74c7e0db9_b.jpg

October 22

296. An open mind does not force itself to repent but does work hard at keeping open and aware.



gnr8.biz blue_lock main.jpg

October 23

297. Increasingly develop self-awareness and kindness and you will successfully bless others.



flickr.com 408532292_6d8a661d34.jpg



Bonus

"No matter how you feel you aspire to happiness." Pema Chodron

sodahead.com

Aint It cute 309236274

October 24

298. Sow the seeds of your future well-being beginning today.



cep.shrineofpadrepio.com SowSeeds.jpg

October 25

299. You have an inborn ability to love without agenda.



spacewithapurpose.wikispaces.com
agenda.jpg

October 26

300. Only equals can demonstrate true and actual benevolence.



dummies.com 73868.image0.jpg

October 27

301. We will be fearless when we commit to standing toe to toe with our fears.



ibelieveinparadise.blogspot.com

fear.gif

October 28



302. Relaxed minds allow negatives to run through like water through a sieve.

georgehutton.net
subconscious.jpg

October 29

303. Trust, when well placed, brings unlimited joy.

you



norfolkwindmills.co.uk
splash.jpg

October 30

304. Happiness is
complete when you no
longer clutch and covet.



taichicloumel.com taichicloumel.com

October 31

305. Your best experience of joy will be in ordinary life.



iheartluxe.com
sprinkles cupcakes joy.jpg

November 1

306. To be connected fully you need to be conscious and grateful.



flickr.com 562918256_bf8832bfc9.jpg

November 2

307. Life's challenges, fears, emotions – meet them, greet them, obsolete them.



allwomenstalk.com Home phone lines aka land lines and

November 3

308. If you had every confidence that you could always work in your own best interests, what good would you do today?



fortroadanimalclinic.com Shar Pei 1 picture.jpg

November 4

309. We do not yet know the reach of human spiritual reach and power.



infolink.com.au EcoSol solar power system

November 5

310. The 9/10s of our brain that is said we do not use may be our connection to the Universe.



picasaweb.google.com
I...Universe_by_Teka_Lut

November 6

311. Eastern spirituality & western quantum science say we have always been in touch with God.



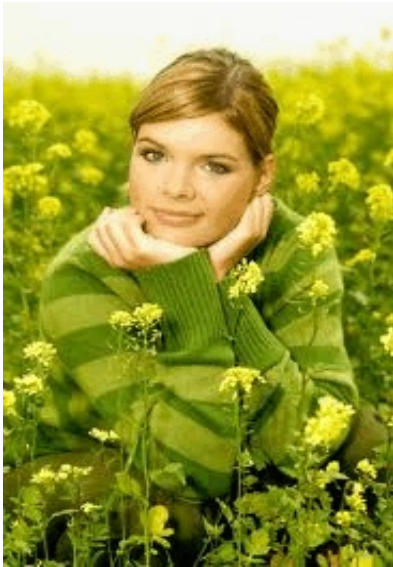
religiousintelligence.org ss.jpg

November 7

312. God did not create out of nothing – God created out of Everything.



dropline.net invisible everything.jpg



November 8

313. What we thought was chaos may turn out to be Eternal Harmonics.

akvis.com

harmony original big.jpg

November 9

314. It is our minds that make the measure of a man, not the measurement itself.



pottery.about.com gallery_inset_measure.jpg

November 10

315. A pound of cheese is worth than a pound of gold to a starving man.



post-gazette.com as_071009_cheese1_500.jpg

November 11

316. Riches are found in spirit, not in coin.



24hourhiphop.com Filthy Riches Couture 1.JPG

November 12

317. You attract the best to yourself by being the best for yourself.



nj.com large_oscars best picture nominees

November 13

318. Relaxed minds allow negatives to run through them like waste through a sieve.



carnivorousplants.org CleaningSieve.jpg

Bonus

Rudeness is the weak man's
imitation of strength. - Eric Hoffer



flickr.com 49405405_5e2de8995e.jpg

November 14

319. Trust, when well placed, brings you unlimited joy.



bengarvey.com trustfall.jpg

November 15

320. Your best experience of joy will be in ordinary life.



flickr.com
175972309_83ff2d25ca.jp

November 16

321. You are the one and only self-limit maker.



loupote.com 579497493 vaults catacombes de p

November 17

322. Light a single candle and you illumine the Universe.



photos8.com love_heart_with_candle other.jpg

November 18

323. Lean into the abyss but do not allow yourself to be swallowed by it.



telegraph.co.uk grand canyon leap4_673094c.jpg

November 19

324. Have you hugged your ignorance and fear today?



adam-eason.com hypnosis ignorance.jpg



November 20

325. When does magic become religion? When does religion become magic?

ringrada.ee
Maat_1265.jpg

November 21

326. Mind and Matter emerge from the Same.



break.com 36 Apes and Kids are the Same.jpg

November 22

327. Our minds, everyone's, are entangled – experimental fact.



flickr.com 210791683_bbb5b2efe0.jpg

November 23

328. Think of something impossible – everyday – before breakfast.



worth1000.com 709994_fccb_625x1000.jpg

November 24

329. Do not grow weary of well-doing.



mashable.com globehand.jpg



November 25

330. Never grow fatigued of giving
and receiving.

thetravelersgiftvacations.blogspot.com
DSC_0805+(2).JPG

November 26

331. Remain ever remain loyal to the universe and what you find there.



madtomatoe.com across the universe.jpg

November 27

332. Do not be afraid of your beliefs but test them often.



cattlerange.com i stress test.gif

November 28

333. Fear not your beliefs – after examining them true.



news.nationalgeographic.com examine.jpg

November 29

334. Be not stubborn in the face of facts contrary to your first thoughts.



mylot.com 2027577.gif

November 30

335. Moods are naturally within humans.



allbestpictures.com a_dark_mood,_black_panther.jpg

December 1

336. We believe science to be completely rational – it is not.



buzzle.com 289420 37424 39.jpg

December 2

337. Blind not yourself with your beliefs – for they will be challenged by other beliefs.



news.upickreviews.com
nm_gorilla_080411_ssh.jpg

December 3

338. Sift out the chaff – what remains will be your truth.



travelpod.com the_world_07.08.1209811440.children

December 4

339. Emotion casts decision.



neuronarrative.wordpress.com emotion.jpg

December 5

340. Guard against fraud when someone claims righteousness.



quezi.com takeover fraud on the internet.jpg

December 6

341. I do because I am.



law-of-attraction-guide.com
i am so happy and appreciative t

December 7

342. Some do and expect reward; others do with no expectation. Choose.



allfamousquotes.net expectations.jpg

December 8

343. Though we may claim
otherwise, we are still animals
capable of violence.



blogs.wvgazette.com purple_ribbon_300.jpg

December 9

344. Temper can naturally burst forth from any one of us at any time.



octopusmom.com stockxpertcom_id12410581_jpg_dc4b

December 10

345. Difficult to see, but true: Humans have risen above a violent heritage.



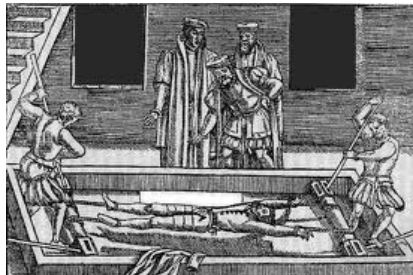
blessedveganlife.blogspot.com
baked+white+bread.JPG

December 11

346. Benevolence would not be without barbarism.



ibiblio.org AH 13_Benevolence rgb.jpg



buzzle.com 161618 36.jpg

December 12

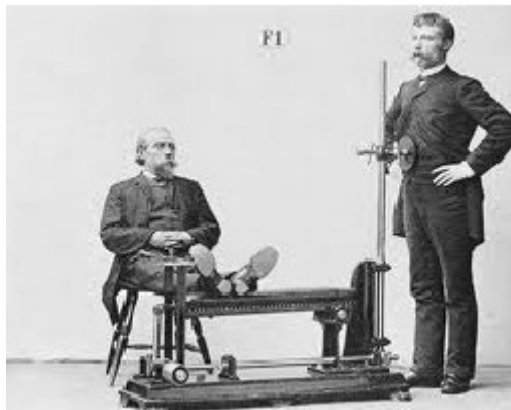
347. Thoughts leap into mind without thought.



psyl.clarion.edu Thought_Bubble_1.GIF

December 13

348. You are self-generated.



gajitz.com exercise machines 6.jpg

December 14

349. To rise above your own pain - reach out to others with compassion.



REACH OUT!

Reach out symbol.JPG

lasonicofchrist.org

December 15

350. A mountain is moved one basket-full at a time



mountain_pass.jpg caravanofdreams.wordpress.com

December 16

351. Nothing can destroy you because you can break it down to small pieces and carry it away.



broken-pieces-of-chocolate-isolated-t
dreamstime.com

December 17

352. Make life flow through you - don't you flow through life.



Digital-flow-1440x900.jpg computerfreewallpapers.com

December 18

353. World too heavy on your shoulders? Live in the world but do not be of the world. (Originator of this Life Phrase: Jesus of Nazareth)



weight-world-shoulders--large-msg
morphineexxx.buzznet.com

December 19

354. As difficult it may be - accept all things.



IWH.jpg causes.com

December 20

355. Happiness within frees up internal energy for effectively responding to external situations.



ailey-ii-in-troy-powells-the
tonyaplank.com

December 21

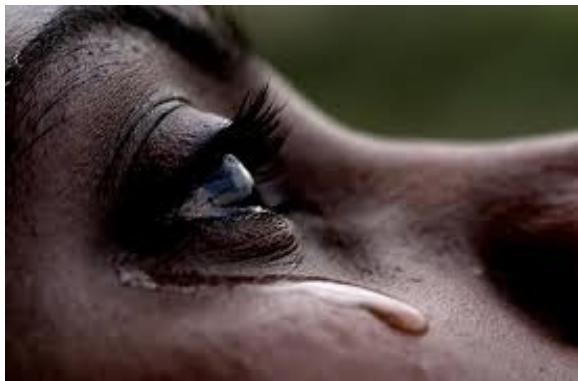
356. You need a sense of happiness that is independent of your circumstances.



happiness.jpg thehappyself.com

December 22

357. Suffering is a self-judgment about your pain.



Tears.jpg avani-mehta.com

December 23

358. Acceptance is not indifference.



indifference_framed.jpg worldofperrin.blogspot.com

December 24

359. The lower your self-conflict, the lower your suffering.



rjl9nbh-do.jpg vancityguy.com

December 25

360. Transcend and flourish.



becoming3.jpg
findfulfillflourish.wordpress.com

December 26

361. You can see the mountains move when you watch closely enough.



mountain-watch-lg.jpg
thedailygreen.com

December 27

362. Reality is elastic



Fantastic_Elastic__13.jpg
amazingonly.com

December 28

363. You need to "friend" your pain.



friends.jpg epik.com

December 29

364. Engage your pain until you realize
it is a vocation.



garden.jpg artofmanliness.com

December 30

365. Engaging and transcending your pain is helpful to ALL humankind.



humankind2.jpg vpr.net

December 31

366. Hilary and Norgay summited Everest, look how many have followed.



everest.jpg angelnepal.com