

Day 4 Evening



Freedom from upset is such a gift. And it's available to all of us when we remember to limit our focus to our efforts and not God's outcomes. That, coupled with my willingness to see as God would have me see will make every situation easier to handle.

I have all that I need to live a peaceful, joyful life. As I close my eyes tonight, I will gladly remember this.



Day 5 Morning

Including God in every moment of our day changes how every experience appears.

We either believe in the presence of God or we don't. There is no in between. And making the choice to believe in God's presence, *right now*, makes every circumstance easier to walk through. For instance, if we get a pink slip at work, we may more easily believe that God is closing one door so another one can open. Or if our relationship partner chooses to leave us, we can remember that God never takes from us whatever or whomever is right for us.

Acknowledging God throughout the day changes how we see every situation. It softens our perspective. It makes us want to express love. And it removes all fear from our minds and hearts.

If my day isn't joyful, I can stop what I am doing and remember that God wants to be acknowledged in this moment, now. I will note the many times I become willing to remember as the day proceeds.

Week 12
Choose the Quiet Voice
of Loving-Kindness



Two voices are vying for our attention, always. One voice is always loud, argumentative, and bent on controlling others, a stance that usually creates disharmony. The other voice is soft and compels us to express only loving-kindness to all of the people we meet throughout the day. We live in a state of peace and harmony when we listen to this voice. But to hear it, we must listen closely.

We are constantly making the choice of which one to hear. Why we would ever choose the one that makes us uneasy and ready to attack others is mysterious, but that's the power of the ego. It wants us to think we are always right, at any cost. When we listen to it, we will never know peace. And when we listen to the other, softer voice, we will never know disharmony. I have the freedom to choose what to hear. How hard can it really be to make the wiser choice? Week 12 will emphasize this principle.



Day 1
Morning

One voice is our friend. The other one is not. Both will call to us today.

Our vulnerability often determines which voice we succumb to. If we are not feeling confident and connected to God and the other people sharing our path, we are prone to listen to the ego, which then exaggerates our feelings of separation, making our fellow travelers seem like enemies to be feared. Listening to the quieter voice is nearly impossible now.

There is a way out of this conundrum, though. We can sit quietly for a moment. Take a few deep breaths. And envision God's Spirit waiting quietly for our attention. The minute we give it to God rather than the ego, a shift in our experience happens. How lucky we are to have this gift of being able to change our perspective.

I may need to shift my perspective in some situation today. But I can do it. It takes only a moment.

Day 2 Evening



As I reflect on the day, do I feel good about letting go of what others were doing? It's not easy. But it is possible. Every time I let a friend or stranger do something his way, I was relieved of a burden. His success or failure wasn't tied to me in any way.

How many burdens did I let go of today? Can I name them? Every time I let go, my life was made more peaceful.

As I turn in for the night, I will thank my Higher Power for helping me let others be themselves today.



Day 3 Morning

Everyone we meet is revealing something about ourselves.

Everyone on our path is divinely appointed. No one is present by accident. And how we choose to see each person is determined by the level of fear or love we are feeling, in the moment. Our perception reveals our strengths but also those traits that need correcting in ourselves.

Each person is a mirror of who I am. Making the decision to see as God would have me see is the assignment. Today will present many opportunities to see people as God would have me see them. I will savor and remember those times I fulfilled God's will by writing them down.

Week 2 Seek Solutions



Week 2 will help you remember that obsessing about any problem exaggerates it. It doesn't resolve it. Resolution generally comes when we put our attention elsewhere, on helping others perhaps, and give our Higher Power time to nudge us in the direction we need to go.



Day 1 Morning

Others watch how we behave. Does our behavior match what we say? Or are we making problems bigger than they are?

Alcoholics Anonymous suggests that attraction to its program is more effective than promotion of it. The same holds true for behavior in relationships, doesn't it? Telling others what they should do in regard to a problem will never be as effective as saying what has worked for us, or showing by our actions what is working now.

To repeat what has been said before, we can't change others. We can't control opinions, behaviors, how others see their problems or their dreams. We can only live our lives honestly, lovingly, openly, and hope that stands for something.

I will allow the principles that guide my better self to reveal themselves today. And I will write out how the day went.

Day 6
Evening



Taking care of myself never means discounting the desires of my partner. However, how I express my needs is important to the healthy, peaceful flow of any relationship.

Was I loving and kind today in all encounters? Do I need to make any adjustments in my behavior tomorrow? If I do, perhaps I can get some guidance from God as I prepare myself for sleep.



Day 7
Morning

Our own well-being is always the result of healthy decisions for ourselves coupled with disengagement from the choices of others.

Every one of us is responsible for our individual choices. Relying on God as the source for personal guidance has to be done by each of us too. For many, it's a major shift in perspective to claim responsibility for our choices, but it's empowering. Our lives will never be the same when we truly appreciate the depth of this responsibility and the freedom from chaos it offers.

My life is all I am in charge of, ever. How well will I do today?

Week 1 Tend Your Own Garden



The first week of meditations, coupled with assignments, are written to help you keep your focus where it belongs: on *yourself*! We are not privy to anyone else's divine plan. We generally see our own only in hindsight. But we can cultivate the willingness to trust that we are in God's care and that our work is very specific. And so is everyone else's.



Day 1 Morning

Having anyone else as the focus of our attention will prevent us from doing the work that is ours to do.

It's so easy to sit in judgment of others, silently or sometimes even audibly criticizing them for their actions. Remembering that every person alive has a specific journey that includes a legion of activities has a way of eluding us. It's only *our* activities that deserve our attention.

We can learn from others, and that's why we share the path with so many. But we are not here to serve as judges; rather, we are here to be expressions of love.

I will literally count the number of times I reach out with love today and will write them down at the end of the day.

Closing Thoughts

The twelve-week program has come to a close. Do you think it has moved you along the path to a more peaceful life? I hope you can answer “Yes” to that question.

I also hope you increased your understanding that every experience along the way is intentional and full of promise for your purpose in this life. I hope you grew accustomed to recognizing that anyone’s attack on you was actually that person’s call for healing and help, and thus your opportunity to express only love.

Coming to appreciate that every experience with any one of the many companions on your journey, those you see daily and those who simply, almost imperceptibly pass through your life, is expressing either love or fear clears away the confusion you so frequently feel, doesn’t it?

If there are some principles that continue to be difficult, you can always return to them for another week of practice. This is a lifelong journey. That’s the good news. It’s progress we’re after, not perfection. And you made progress. I am sure of that. No one who applies themselves to this simple program will escape some growth.

I know you learned the value of shifting your perspective, that is, seeking to see a situation from another angle. Perhaps you don’t do it successfully at every opportunity, but even once a day offers a payoff. I know it feels better to give up the judgments that are so easily made against others. Learning that your judgments actually reveal how you feel about yourself is valuable information. Being reminded to let go of outcomes is a simple suggestion and it offers such relief. Not doing for others what they need to do for themselves gives you the freedom you need to attend to your own journey while allowing your contemporaries the freedom they need to live their own lives too. No one benefits when you mind someone else’s business.

Being able to celebrate that you aren’t in control of anything but yourself, your own attitude, your own opinions and behavior, takes willingness, but once you have experienced the freedom that comes with giving up control of the uncontrollable, you’ll never want to return to your former obsession as a daily way of life.

Perhaps best of all, coming to appreciate that you are constantly choosing which voice to listen to means you can always choose the quieter, more loving peaceful voice. This ensures that you will not harm others. Ever. You will recognize the holiness of the many people who travel with you. Listening intently to that voice