JOURNAL

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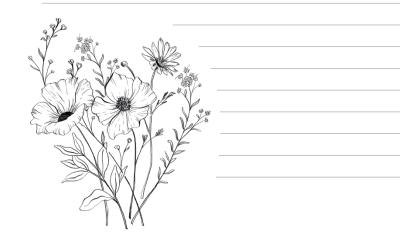


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- and a set and

Enjoy some quiet time before you rush into the world. Fluff a pillow. Pet a pet. Read a poern. Water a plant. Watch the stearn rise from your coffee or tea. All of this chosen peace will serve as a powerful prayer for more peace. It will represent your request to the universe for calm and clarity in your day. KAREN SALMANSOHN





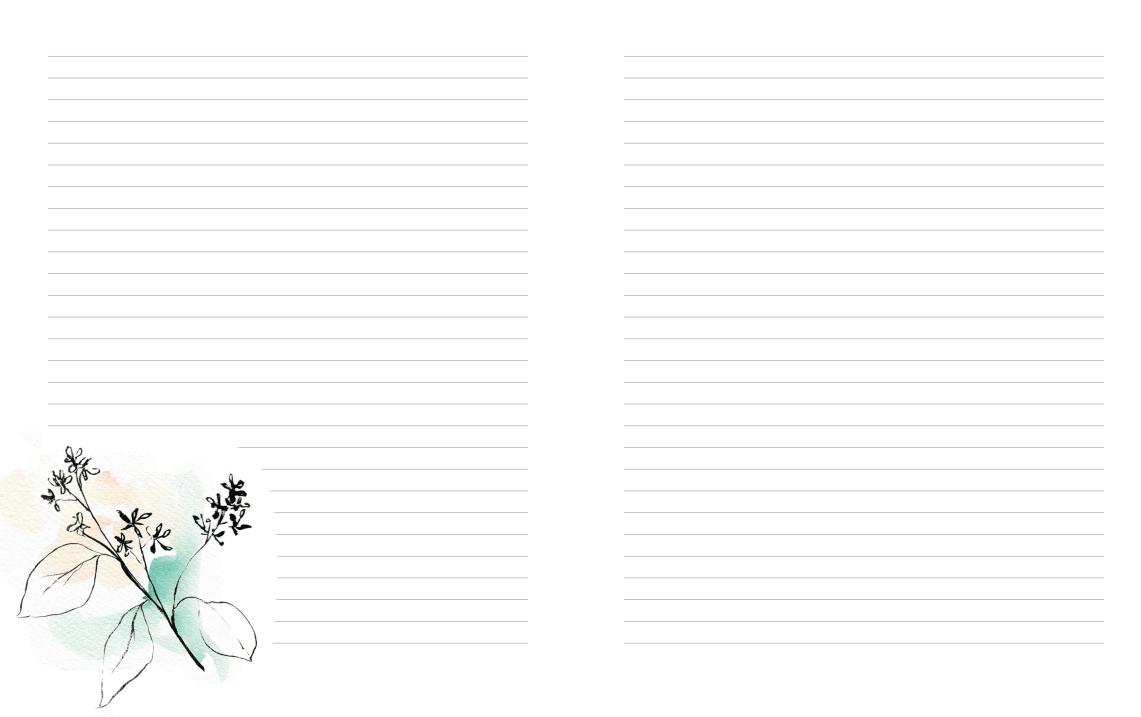




WHAT YOU FEED YOUR MIND,

LEADS YOUR LIFE.

Kerni Sogunle



The privilege of a lifetime is To become who you truly are.

CARL JUNG

The feeling that

any task is a nuisance

will soon disappear

if it is done

in mindfulness.

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HOW WE SPEND OUR DAYS IS OF COURSE HOW WE SPEND OUR LIVES. Annie Dillard, THE WRITING LIFE