

Pay attention to what you
pay attention to...

Where is my focus?

Where Are You Right NOW?

“When you condemn another,
you imprison yourself.”

A Course In Miracles

Denial means I don't know
I'm lying to myself.

What am I denying today?

What you resist persists, what
you fight, you strengthen.

Find what I am resisting in this moment.

Speak your truth,
Not your mind™

What truth am I not speaking?

**“Ninety percent accuracy is
not as good as silence”**

Zen proverb

*Find one thing I said today as if I “knew”
it for sure and really did not.*