

Choosing to live a more graceful life

We choose ~ to value time for stillness and reflection.

We make time for daily meditation, prayer or contemplation, to connect with our Source and receive guidance from our Soul.

We choose ~ to watch our thoughts.

We know that every thought vibrates and impacts us on every level.
We choose every conversation with ourselves and others very carefully.
We choose to remember that we are not our thoughts and no longer believe that they are our reality. We often check to see if a stressful thought is really true.

We choose ~ to be aware of the presence of now.

We spend more time in present moment awareness and are vigilant with our practise of self awareness. We have a range of triggers to remind us to return to the present.

We choose ~ to allow the fullness of our emotions.

We know we are not our emotions.
We agree to feel them fully and allow them to carry us into the deep stillness that underlies our lives.
We have stopped using strategies to avoid feeling the pain, such as eating, drinking or watching TV.

We choose ~ to meet praise and criticism with the same non attachment.

We are less inflated by praise and deflated by criticism.
We have given up defending and justifying our position.
We have given up our need to be right.
We speak truthfully from our hearts without blaming or accusing.

We choose ~ to give up our dramas.

We no longer need to create a drama or get caught up in some one else's to feel alive.
We recognise when, as Byron Katie would say, we are in 'Our business, your business or God's business'.

We choose ~ to greet everyone and everything that pushes our buttons with gratitude.

We say thank you for everything and everyone that shows us where we are not yet free.

We choose ~ to live in gratitude for the ordinary in life.

We notice and enjoy the small stuff.
We take time to smell the roses and give thanks.
We notice the seasons, the clouds, the trees, the water flowing from our taps.
We bless and praise everything, we say thank you all day long.

We choose ~ to be quick to forgive.

We remember to give up being right.
We choose to say sorry, please forgive me, while staying centred in our own knowing.

We choose ~ to take care of the body.

We remember to bless and thank our body, even when there is pain or disease.
We appreciate good food, plenty of water, rest and loving touch.

We choose ~ to honour the cycles of life.

We know there are times for endings and time for beginnings, for speeding up and slowing down, for giving and receiving, for resting and for action.
We know that all things shall pass.

We choose ~ to persevere and stay disciplined.

We know the power of practise and commitment.
We know that when the going gets tough, the tough get going.

We choose ~ to trust in God, Grace, the Universal Supply, Source.

We know that Grace will take care of us and those we love, and that everything that is happening to us right now is exactly perfect for the unfolding of our Soul.
We say 'Yes' to this moment and stay wide open to the gifts that are revealed in every situation.

We choose ~ to laugh, often and easily.

Especially at ourselves. We know that everything is an illusion, that our filters are usually lies.
We are constantly amused by our own behaviour.

We choose ~ to give our time, love, money and expertise.

We ask 'And what would love do now?'
We give unconditionally, knowing and trusting that to give is to receive.
We remember to thank and acknowledge those around us often, and we stop taking situations, other people and ourselves for granted.

We choose ~ to receive.

We say 'Yes, thank you!' to everything; compliments, gifts, money, energy, love. Our hearts are wide open.

We choose ~ to know that happiness is an inside job.

We give up expecting others to make us happy.

We choose ~ to find ways of following our bliss.

We commit to do what we love and what makes our heart sing as much as we can.
We find out what our gifts and talents are and we use them fully.

We choose ~ to be ready to change.

We know that our prayers get answered quickly and in unexpected ways.
We are ready for change when it arrives, and respond by taking action from a place of stillness.

We choose ~ to be abundant.

We know we deserve all the prosperity in the world of health, wealth and happiness.
We continuously affirm this to be true for us and trust that Grace will deliver.
We invite God, Grace, the Universal Supply, Source... to be our business partner and co-creator of our lives.
We ask for guidance and illumination on all matters.

And finally...

We choose ~ to stop pretending that we don't know who we are!

We know we are God, perfection, extensions of Source energy, unconditional love, and eternal beings. We see, sense, feel and are consciously aware there is wider picture, and all we have to do is stay in awareness and surf the waves of life with a big grin on our faces.