

peace. How abundant is that? If I'd stayed home, I would have met my television. Hmmm. Where's the choice?

Be aware of opportunities today to say yes
to enhance your personal growth.



APRIL 26

To me, every hour of the light and dark is a miracle.

Every cubic inch of space is a miracle.

—Walt Whitman

Celebrate Your Progress!

Do you ever find yourself feeling overwhelmed with all that you want to do, rather than celebrating what you've already done? I started jogging recently. The first day I jogged for two minutes and walked for four minutes, and then repeated this cycle four times. To keep my heart rate at a safe level, I had to jog at a slower pace than I walked! Within three days, I was jogging faster than I walked. I could see quantifiable change in only three days. Wouldn't it be great if we could see our progress this easily when we're trying to shift our consciousness or change a behavior we have exhibited since we were five years old? Here is my suggestion. Take a moment to ponder what you are working to change. Notice whether it's a behavior or a consciousness. Consider where you were with this issue when you first decided to create change. Now where are you? I wanted to stop judging other people and connect with them instead, so I focused on shifting that one

area of my consciousness. In the beginning, it didn't seem like much was happening, but I kept up with the process. Three months went by and I noticed that I made fewer judgments than before. Each week's change didn't seem that noticeable, but it was huge compared to where I started. Four months after that, I noticed the change in my consciousness even more. Celebrate your progress because it will encourage you to keep trying. You wouldn't expect to jump on a treadmill and jog three miles the first time. Try not to have the same expectations for your emotional fitness either!

Celebrate your progress today because it
will encourage you to keep trying.



APRIL 27

*One doesn't discover new lands without consenting
to lose sight of the shore for a very long time.*

—André Gide

Moving Out of the Hallway

When I first started to think about moving out of my hometown, I felt excited and raring to go. I wanted a change and I was convinced that I would “find myself” in a new town where no one had expectations of who I was. All my energy was about moving. I had already moved emotionally even though I still didn't know where to go. This is what I call being in the hallway of life. I had let go of my old life because I wanted adventure, but I hadn't built my new life. Or, put