

I decided it wasn't. Building a career never kept my bed warm at night and it never gave me someone to lean on when I was overwhelmed. It never gave me a hug or offered love. It did tap into my intellect, which I was comfortable showing to the world. Relationships, on the other hand, tapped into my heart, which I was ill at ease showing to myself or other people. That was five years ago. Today, I have many dear friends, I am close and connected to my family, and my life is filled with love and joy. Now when I ask myself: "Is this it? Is this enough?" The answer is, "Yes."

Be aware of where you focus your life today, and
shift the focus if you are not happy with it.



JUNE 6

*Each contact with a human being is so rare,
and so precious. One should preserve it.*

—Anais Nin

Seeing the God in All of Us

Every life is precious. There isn't a person or creature that is here by mistake. Something greater than all life combined has determined our place on Earth. Simply put your energy where you feel the most joy, and know that the Universe will take care of the rest. Do this without judging other people and you will take one step toward world peace.

Be aware of your worth and your place on earth today.