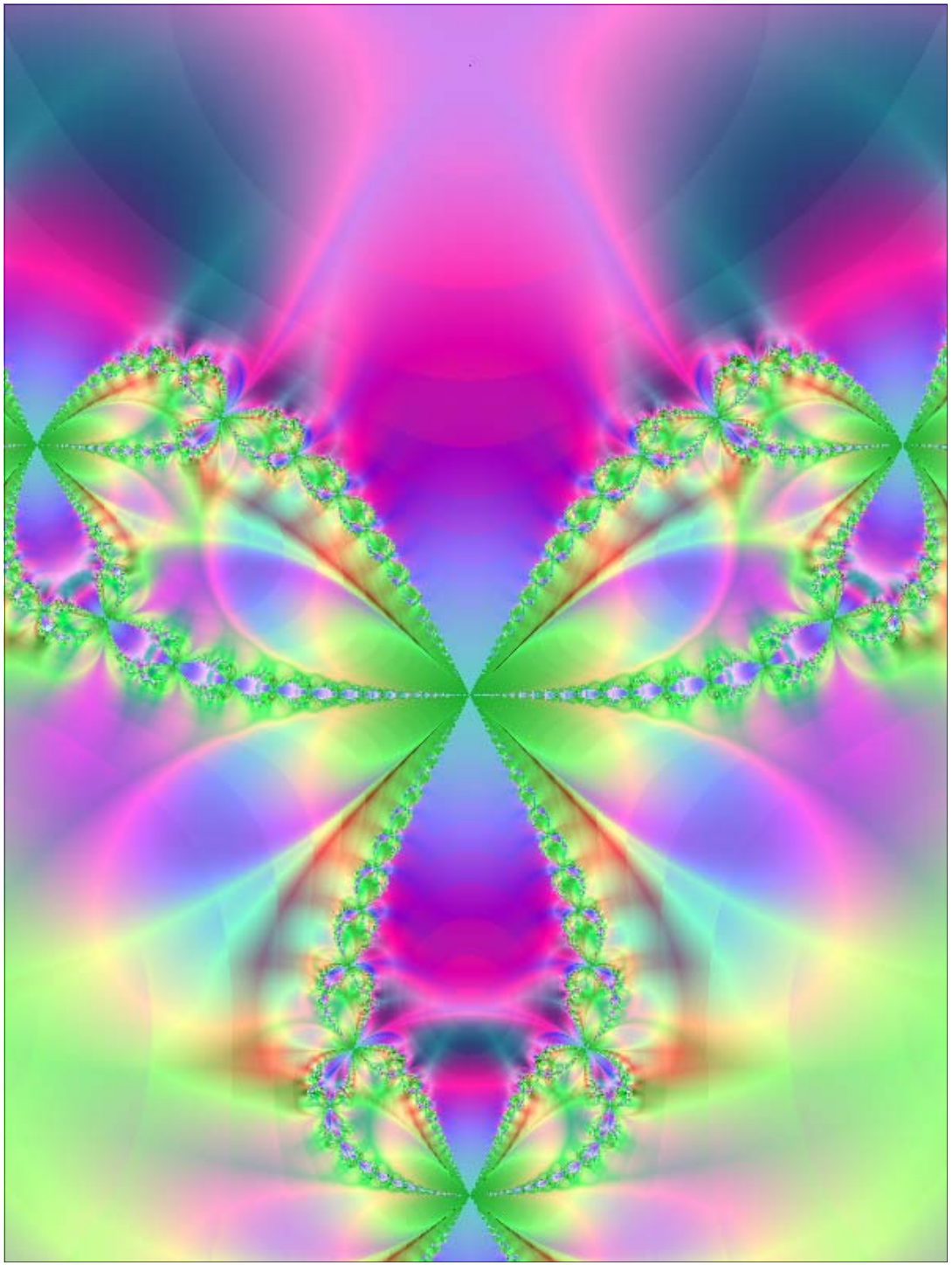

2009 Calendar

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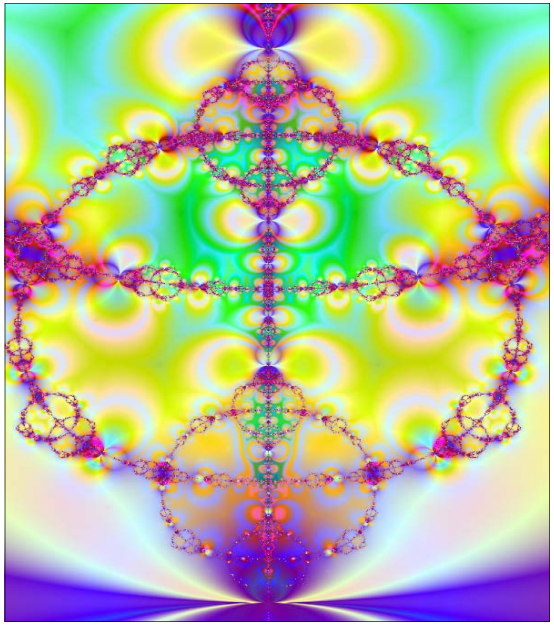


Just for today…
I will not anger

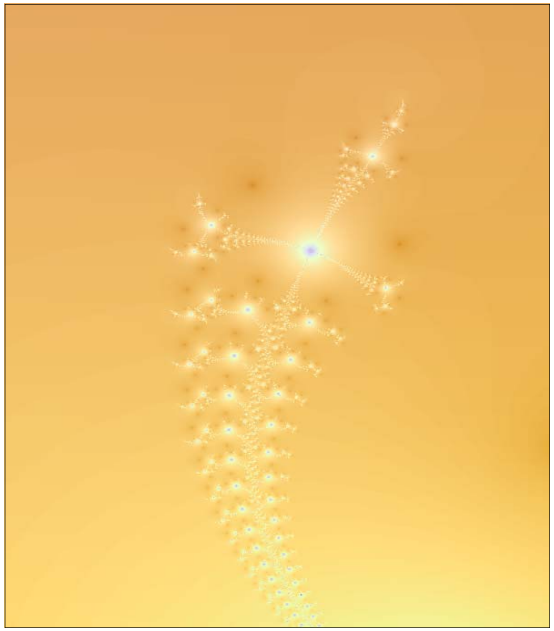
NOTES:

January 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 New Year's Day	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Look for the underlying cause of our anger. This is usually fear. We are afraid we are going to lose something we have, or won't get something we need/want. What is our deepest fear? How can we turn this around? What is being activated by the thing that is making us angry? Where are we feeling that in our body? Which chakra is being activated and how can we balance it? How can we use the energy of anger to change ourselves to fit the situation as it truly is? For, it's only when we accept the facts in front of us that we can do something to change our experience of reality. And, if we say-oh, I never get angry, then look at how often you get irritated, annoyed, ticked off, pouty, sullen, scornful, and so on.



Just for today…
I will not worry

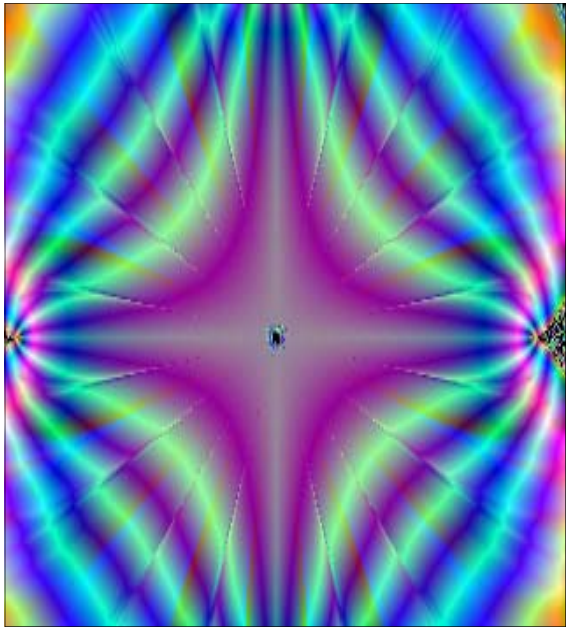
NOTES:

February 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Valentine's
15	16	17	18	19	20	21
22	23	24	25	26	27	28

This is a lack of trust – in ourselves, in our Higher Power, or in the simple goodness of the Universe. What are some ways we can encourage trust to grow in us? How can we incorporate this trust into our daily lives? Can we look at the past and realize our good fortune? Can we ask ourselves-when was the last time we went without a meal, a roof over our heads, a smoke, a drink, a few bucks to buy a gift? When was the last time we were robbed, raped, murdered, had to face our kid being kidnapped? When was the last time we were carted off to war, that war came to our neighborhood? And, if all of these things have happened to us, are we not here now to tell the tale? So, it worked out okay? Hmmm… Ask yourself this-what was I worried about this time last year? Can you even remember? If so, how did it all work out? Worry robs us of our life? Worry is the thing you should be most worried about! (big smile)



Just for today…

I will be grateful

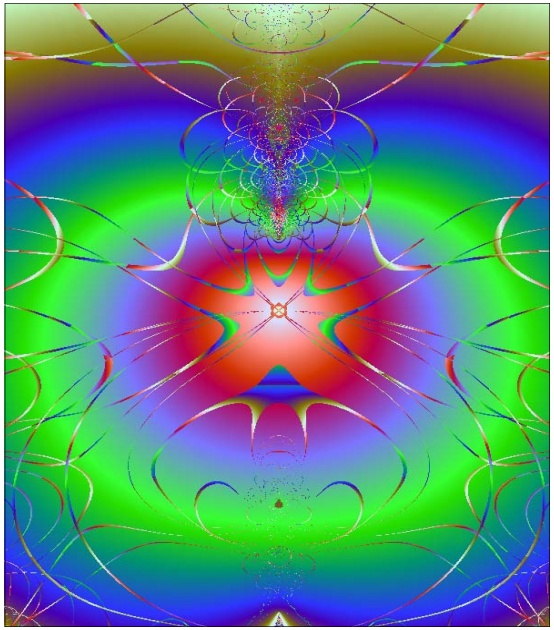
NOTES:

March 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

It is impossible to be angry, resentful, and worried when we are feeling grateful. Look around you at your loved ones, your living conditions, your garden, your art, and your creations. Let these people and things fill you with love. Feel that love deep in your core. And, even if you have none of these things, take a deep breath, expand your lungs and be grateful you can do it. Stretch out your fingers and toes and be grateful that you have them. Count your blessings by making a list of them and posting them on the fridge as a reminder that life is good. Smile often.



Just for today…

I will work hard on myself

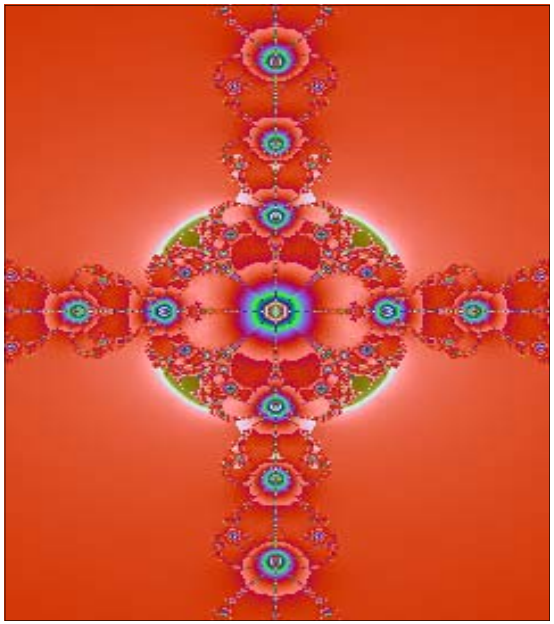
NOTES:

April 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10 Good Friday	11
12 Easter	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

We are the only ones we can change. There is no one else we can change. Learn the serenity prayer 'Please, grant me the serenity, to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thank you.' and incorporate it into your life. Monitor your thought-life and emotions and when you see something in yourself that you don't like, use one of your spiritual tools to deal with it. Create a life for yourself that is so interesting and soul-consuming that you have no time or inclination to meddle and interfere with another's path. Keep yourself full to the smile-line. Make a choice to learn your life-lessons through joy.



Just for today…
I will be kind to others

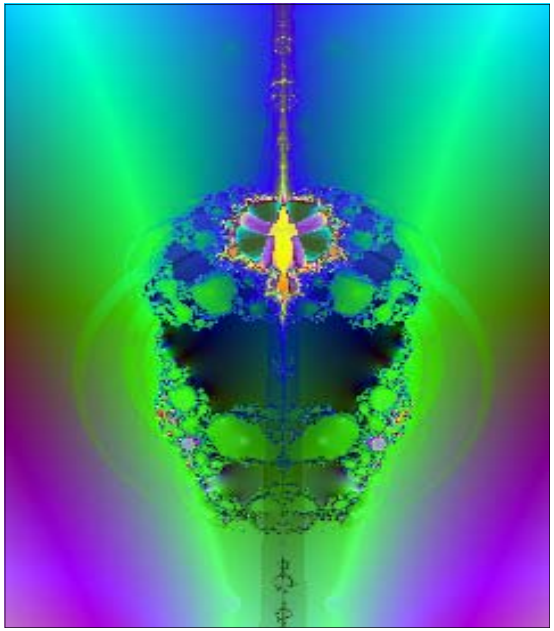
NOTES:

May 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 Victoria Day	19	20	21	22	23
24	25	26	27	28	29	30
31						

Showing others simple kindness can mean the difference between a good day and a bad day. Do the ultimate experiment by sharing yourself and your goodness with everyone you meet today. Look them in the eye and smile. Hold the door open for them or allow them to hold the door for you and then say thank you. Do something for someone and don't get found out. Become the neighborhood anonymous angel. There are lots of ways to be kind to others. It doesn't take a lot of time and it takes no money at all. We can always be available to be a listening ear or for 'hugs and hearts'.



The world
is what we think it is

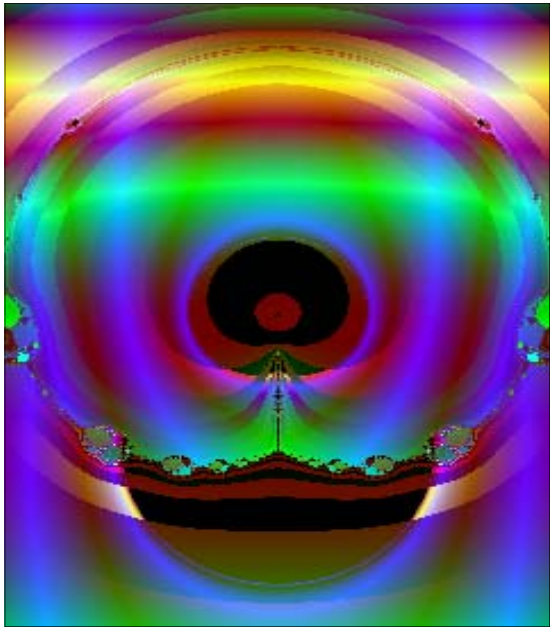
NOTES:

June 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

The world *is* what we think it is and as we've matured and deepened our faith in the underlying goodness and faithfulness of the Universe, the world changed accordingly. It is no longer a frightening place with evil around every corner. We no longer have to fight and win and triumph. We can harmonize and balance instead. We are often conscious and aware of our thoughts and feelings and more easily shift into a higher vibrational pattern by simply changing our minds. We know our thoughts create our own version of reality so we choose them carefully.



There are
no limits

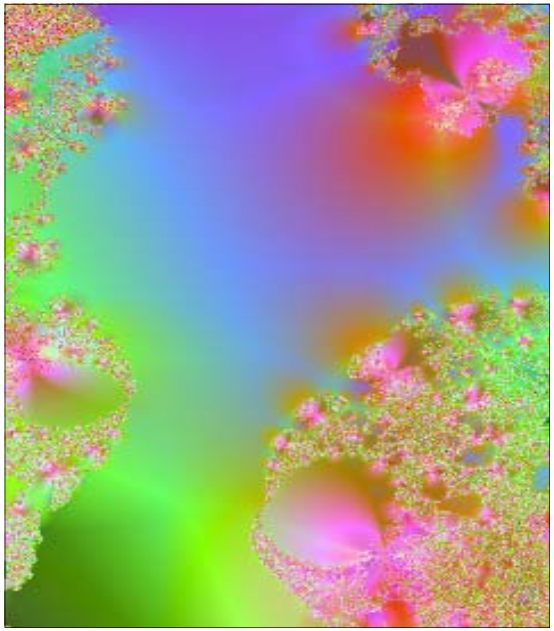
NOTES:

July 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Canada Day	2	3	4 Independence Day
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

There are no limits. We just need to adjust our thinking and, voila, everything we want comes to us, in some form or another. From childhood, we all have hopes and dreams for our lives. Many of us have achieved them and then some. There are no limits, so we don't need to qualify or quantify. We just need to keep going and striving and it will happen. If you don't like your life, dream another dream.



Energy flows
where attention goes

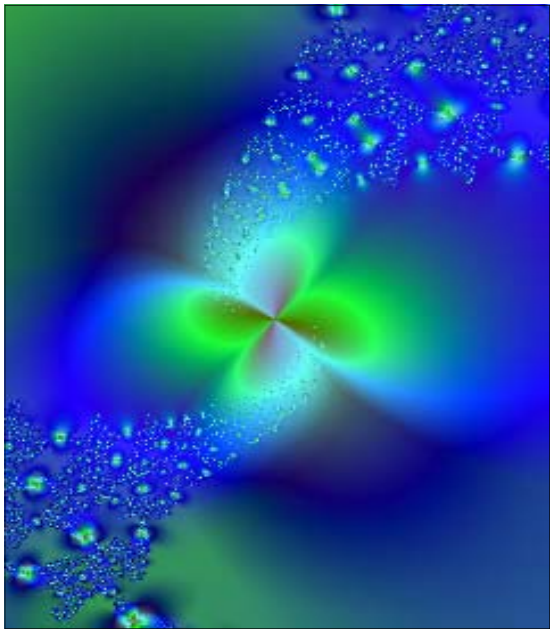
NOTES:

August 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 BC Day	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Energy does go to where our attention flows and this has been proven a thousand times in millions of lives. If we are consumed by being fat, we will get more fat; if we are plagued by illness and complain about it, we will get more of that. It was Henry Ford who said, “If you think you can or if you think you can’t you’re right.” When our thoughts are in line with Source Energy, things come easily; they just fall into place, and it all has to do with our ability to shift and allow. If we can purposefully place our attention on that which we want, rather than on what we don’t want, it will come to us.



NOW

is my moment of power

NOTES:

September 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7 Labor Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21 World Peace Day	22	23	24	25	26
27	28	29	30			

Now is my moment of power. Some of you may be thinking, 'ya, right, if you'd had the kind of life I'd had, you'd be a little short on power, too!' Many things, that were far from pleasant, happened to many people. But dragging all that around with us and allowing it to color our present moment makes for a very unhappy life today. We will have no power for this present, this gift of NOW, and will be missing out on our lives. If we can use the energy of this moment to propel us into the next moment, our lives become simple and elegant.

To love
is to be happy with

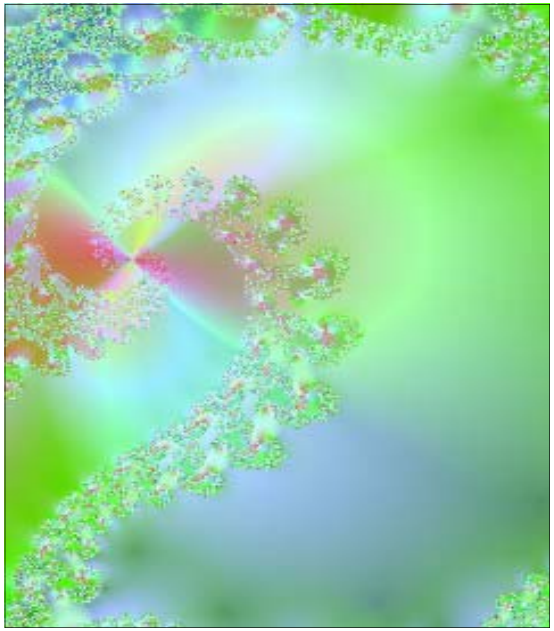
NOTES:

October 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12 Thanksgiving Day in Canada	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

To love is to be happy with. We can open our hearts, bless, and allow all that love within and around us. This way, we can be really happy with all that is happening in the world. Energy is flowing, people are learning lessons, some are transitioning while others are just coming in. All is as it should be for now. We can just harmonize and balance any dense energies that are not for the highest good of all.



All power
comes from within

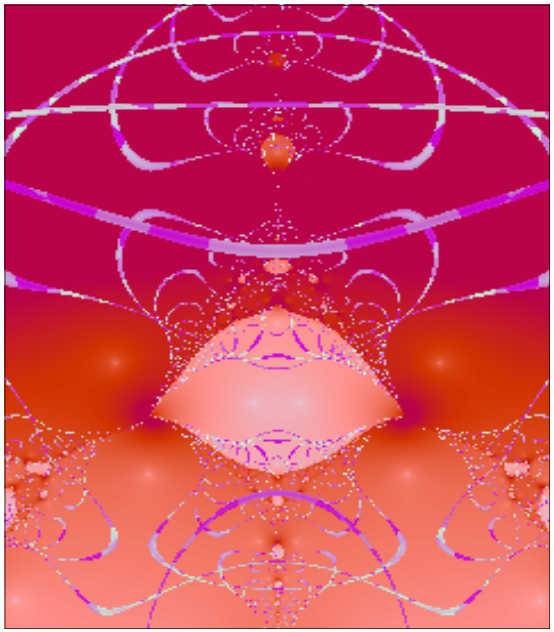
NOTES:

November 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 Remem-brance Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

All power comes from within when I believe in my self. I love what Nelson Mandela says, “Our worst fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us.” I agree with this insight, and we can choose to stand in our Light and Power, just for today. It is written to not hide our light under a bush. It sometimes takes a while to realize that it is okay to be powerful and that it has nothing to do with flaunting our ego or lording it over others.



Effectiveness
is the measure of truth

NOTES:

December 2009

Aura Wellness Centre~ a place of energy healing … 604-524-8565

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Christmas	26 Boxing Day
27	28	29	30	31 New Year's Eve		

As we go through life, we pick up tools to help us live in the world. Then, we forget, go back to sleep, and don't use what we have earned and learned. "I am willing to develop and use the tools I need to be of service to others." When we do remember, life goes smoothly and we know we are in the flow of goodness in the Universe. It is a state of bliss. A simple tool to use is the following as a mantra: "I am love, I am light, I am peace, I am joy." This can take the worst state of emotional and mental confusion and transform it into peace and mental clarity.