

Be Here NOW



2011

A Daily Mindfulness Journal

The Lightbearer Center
www.scienceofbeing.net

This week, take a few minutes each day to be mindful of *Life*. Focus on Energy, Activity, Growth, and Manifesting. Write down your insights.

27 November 2011 _____

28 November 2011 _____

The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature. ~Joseph Campbell

29 November 2011 _____

Life is the fire that burns and the sun that gives light. Life is the wind and the rain and the thunder in the sky. Life is matter and is earth, what is and what is not, and what beyond is in Eternity. ~Seneca

30 November 2011 _____

1 December 2011 _____

Each day of human life contains joy and anger, pain and pleasure, darkness and light, growth and decay. Each moment is etched with nature's grand design - do not try to deny or oppose the cosmic order of things. ~Morihei Ueshiba

2 December 2011 _____

3 December 2011 _____

This week, take a few minutes each day to be mindful of *Mínd*. Focus on Intelligence, Understanding, Awareness, and Discrimination. Write down your insights.

4 December 2011 _____

Sometimes it's harder to attain inner silence than outer silence. The dog stopped barking and the kids have gone to bed, but your mind has a lot to talk about and it knows you can't pretend you're not at home. ~Linda Solegato

5 December 2011 _____

6 December 2011 _____

7 December 2011 _____

To a mind that is still, the whole universe surrenders. ~Chuang Tzu

8 December 2011 _____

When the mind is mature it begins to see things which before it could not reasonably accept. ~Eugene Fersen

9 December 2011 _____

10 December 2011 _____

This week, take a few minutes each day to be mindful of Truth. Focus on Law, Sincerity, Freedom, and Justice. Write down your insights.

11 December 2011 _____

*If you cannot find the truth right where you are, where else do you expect to find it?
~Dogen*

12 December 2011 _____

13 December 2011 _____

*If a thousand old beliefs were ruined in our march to truth we must still march on.
~Stopford Brooke*

14 December 2011 _____

15 December 2011 _____

Truth, like gold, is to be obtained not by its growth, but by washing away from it all that is not gold. ~Leo Tolstoy

16 December 2011 _____

17 December 2011 _____

This week, take a few minutes each day to be mindful of *Love*. Focus on Attraction, Harmony, Respect, and Beauty. Write down your insights.

18 December 2011 _____

Love one another and you will be happy. It's as simple and as difficult as that.
~Michael Leunig

19 December 2011 _____

20 December 2011 _____

Do everything with so much love in your heart that you would never want to do it any other way. ~Amrit Desai

21 December 2011 _____

22 December 2011 _____

You can give without loving, but you can never love without giving. ~Unknown

23 December 2011 _____

24 December 2011 _____

The greatest security is in Love, not in Mind. ~ Eugene Fersen

This week, take a few minutes each day to be mindful of *Spírit*. Focus on Enlightenment, Unity, the FourSquare, and Independence. Write down your insights.

25 December 2011 _____

Refinement is Spiritualization. ~ Eugene Fersen

26 December 2011 _____

27 December 2011 _____

There is within us an Eternal Phoenix which cannot be destroyed. ~ Eugene Fersen

28 December 2011 _____

29 December 2011 _____

There is nothing more important than enlightenment. More light means more joy and more Harmony, more Life. ~ Eugene Fersen

30 December 2011 _____

31 December 2011 _____

Happy New Year friends!