

Tips for Having a Good Day #9

Greetings.....I am one of many circulating tips with simple things anyone can do for having a good day. Maybe this tip is for you and maybe not. I do hope you at least experiment to see if this shifts you to feeling good, even just a little, for then we all benefitbecause your energy is one with all of life....then pass me on to friend or stranger....because the atmosphere we all breathe is a more uplifting influence as more people attune with their inner goodness. I say inner goodness as a reference to the higher nature of humans, our higher dimension spiritual bodies our attention shifts into when we are feeling good. When someone wishes you a good day, they are wishing you the blessings of your higher nature, the human spirit, the heartwe call this presence *love*, our *Treasure of Treasures*. To have a good day, give this a sincere try;

Decide that (1) You are the most important person in your world and (2) That just as you are, you are totally worthy of random acts of kindness being shown to you, and (3) Why wait for others when you can show kindness to yourself (often), and (4) find new ways to show endless kindness to yourself. As you show loving kindness to your own self, others will treat you likewise.

Learn to distinguish between kindness and indulgence so you will discover how doing even the smallest act of loving kindness can shift feelings to your higher nature where love glows as an inner smile. Simply because you are a human being means that you are totally worthy of being loved, yet few understand the secret that one attracts love to the level one is loving towards themselves. As you love yourself the world will love you in return. It is true that to love yourself is the greatest love of all. Do this with random acts of kindness to have good days.

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Tips for Having a Good Day #10

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Slowly read this at least three times over, its from Hamlet, Act 2 ; "What a piece of work is man....How noble in reason....How infinite in faculty...In form and moving how express and admirable....In action how like an angel....In apprehension how like a God....The beauty of the world....The paragon of animals " Can you fully accept Shakespeare's description of you ?

If just for today you would let go of any limiting, belittling or negative self images (dissolve big handicaps), so as to allow yourself to imagine or more fully appreciate the grandeur and majesty of what you as a human being is in essence, you could be so enraptured that from this day onwards you would take care of yourself in majestic ways. As you show more heartfelt caring towards yourself, this same attitude will shine upon others as loving goodwill. The bonus is in how others will tend to treat you as you treat yourself. This is the way to have a good day.

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Tips for Having a Good Day #11

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Look around and from your heart, silently say "I love you " to every life form you see. This includes plants, animals, humans and our living planet. Say these 3 magic words over and over and overafter a while you will get the sense that some part of you feels a connection and does really mean it. As you send out heartfelt love, you open doors to the ocean of divine love within.

Doing this can be like a silent prayer that you can keep going for as long as you care to. This is a simple way for anyone to uplift themselves to their higher nature where all the worldly problems lose their heaviness. You might discover how this is also a way of surrender for being open for the higher guidance that is always available for supporting you. An added blessing for yourself from creating a loving atmosphere in your aura is that others will be influenced by these higher vibrations of love and show more loving expressions towards you...and more good days for you.

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Tips for Having a Good Day #12

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Think about these words; Feeling 'Good' or 'Bad' has nothing to do with what happens outside of you; rather, it depends on your attitudes and whether you accept or resist whatever is present... & Your inner peace and harmony is in direct alignment with the degree to which you accept the reality of what is so... & Resisting your reality brings stress and emotional hurting.

These statements may at first seem too much to go along with because it is very popular to assign blame for ones hurt feelings. Yet some have realised that they always have a choice as to how they will interpret their perceptionsand use this higher wisdom to avoid the pain of having hurt feelings. You can too, you can stop and remind yourself that you actually can choose the attitude that results in you feeling good and avoid being harmed by what others say or do. Try making this a game with little rewards after choosing to have good feelings inside.

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