

Tips for Having a Good Day #13

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, accept your worthiness;

Think about these truths ; Your very existence proves your worth and importance; no person in the entire world is any more or less worthy, more or less important, than anyone else. & Your worthiness cannot be justified by comparing yourself with others. & Your personal worthiness cannot be proved or disproved by your status level, or title, or wealth, or power, or any prestige.

As you do this you will discover how using higher wisdom show how negative unworthy self images are false. You are in charge and you can use your wisdom to support yourself. You always have this choice. Realise that no matter what anyone says or does to you, you have the authority to use your inner wisdom to decide your core beliefs yourself, because how you think about yourself will form your destiny. Remember, what others say or think of you most often are self reflections from the mirror of life. Let go of false self judgements for having more good days.

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Tips for Having a Good Day #14

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*. Today, try deciding to believe in yourself:

Think about these facts; Your so called mistakes, defeats or failures do not make you less than other people. & You always do the best you can with what you know in the circumstances you find yourself in at any time. & With all your events past, if you could have done better, you would have done better. & You have the power to choose your attitudes towards yourself.

As you do this you will discover how using hindsight wisdom can dissolve most all negative false self images. You are in charge and you can use your wisdom to support yourself. You always have this choice. Notice no matter what anyone says or does to you, how you have the authority to use your inner wisdom to rewrite your own history for yourself, because how you think about yourself reflects in your life. Remember, what others say or think of you most often are self reflections from the mirror of life. Let go of past judgements for having more good days.

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Tips for Having a Good Day #15

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Consider ; Problems, turmoil and hurting are the motivations for expansion, learning and growth. & Every person has the right and freedom to make mistakes, to be defeated, to fail, and in all be free of self criticism, shame, guilt or remorse. & When a person unconditionally accepts, loves and respects who they are, as they are, they have optimal psychological health.

As you do this you will discover how using hindsight wisdom can dissolve negative false self images. You are in charge and you can use your wisdom to support yourself. You always have this choice. Realise that no matter what anyone says or does to you, you have the authority to use your inner wisdom to rewrite the story you believe about yourself, because how you think about yourself will determine your destiny. Remember, what others say or think of you most often is their self reflection from the mirror of life. Let go of past judgements for more good days.

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Tips for Having a Good Day #16

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*. Put worries into perspective to feel better.

Say goodbye to worries; Feeling 'Good ' or ' Bad ' depends on your attitude and whether you accept or resist what is present, not caused by what happens outside of you..... your inner peace and harmony is in direct alignment with the degree to which you accept the reality of what is so as life's events unfold.....any resisting of your situation brings emotional turmoil and stress.

To uplift your feelings simply use you higher wisdom to gain a positive point of view. As you do this you will discover how looking through the eyes of your higher nature allows the positives to be seen. Do this simple method to discover possibilities that can have you feeling good. This is a way of giving caring compassion towards your own self to make life easier. Can you look back at a past problem and see how over time what first looked so bad may have now turned out to be like a blessing in disguise....hold such possibilities in mind for attracting positive outcomes.

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