Acceptance leads us to a rejection of what is not good in our life, which leads to an injection of what is very good for our life.

- Accountability is believing that the greatest homage we can pay to the truth is to use it.
- Affection is a sacredness which springs forth from a loving and guileless heart.
- Apologies are a necessity for our soul; however, over apologizing is a nuisance to our spirit.
- Awakening out-rageously in-spires an in-novative search to something outstanding.
- Authenticity is our personal signature that we came in with and the ONLY thing that we will want to leave with.
- Balance comes from the awareness that though we live with our four senses, we leave with only one our spirit.
- Beauty is a rapture that no picture can capture.
- Blamelessness means we do not ride over our purity by overriding our mistake.
- Boldness eliminates the worst statements of "it might have been" or "it should have been" or "it could have been."
- Caring is heaven designed, keeping our hearts aligned and our minds refined.
- Change comes from knowing that we must empty before we can be refilled and therefore ful-filled.
- Commitment is to an abundant life what yeast is to bread nothing can rise without it.

Compassion is a mightiness in itself because it leads to a giving beyond reason.

- Connection with a higher power is like electricity, ever present, but we have to plug in to receive its benefits.
- Consciousness is an awareness that if we are not even a small part of the solution we are indeed a large part of the problem.
- Cooperation is the operation to develop a world void of separation.
- Courage is not blindly overlooking that which is dangerous, but in studying and conquering it.
- Creativity is a platform for an art form to inform and transform.
- Decisions turn an illusion into an intention and a delusion into a direction.
- Destiny is fate foreordained.
- Enlightenment is a sacredness that goes beyond an action it is a sacredness that IS the action.
- Faith establishes a sacred shield of positive forces that negative forces simply cannot destroy.
- Focus transforms our limited thought forms into our unlimited potential.
- Forgiveness should not be rushed....on the other hand, it should not be hushed.
- Freedom is the feeling birthed from our internal independence.
- Generosity is the needed seed that transforms greed.
- Genuineness in ourselves is always connected to the genius in ourselves.

- Goodwill is the eternal bright light that diminishes all forces of darkness.
- Grace is a quiet force of dignified richness that repairs, replenishes and revitalizes.
- Gratitude is an attitude of high altitude.
- Happiness is usually the result of circumstances, but true happiness endures in spite of circumstances.
- Heart defeats our ego and demands our empathy.
- Humility comes from hosting what we have internally, not boasting what we have externally.
- Humor is a way of not losing our joy to something not of our choosing
- Intention should never be formed in tension.
- Intuition is our psychic intelligence paving the way for our protection and prosperity.
- Kindness in action always oversees the blindness in non-action.
- Leadership is not exemplified by what we say but in how we act and in who we are.
- Learning is intelligently knowing that there is much to learn and there is more to unlearn.
- Love for the sake of being loved is human; love for the sake of loving is enlightenment.
- Mastery is the adherence of the laws of the light to the laws of our life.
- Messages from above consistently reveal the higher order for the human experience.
- Miracles are birthed from expanded feelings that externalize faith.

- Mission is our purpose and destiny graduating into its rightful place.
- Money has little value to the one who has it unless it also has value to all.
- Peace is rarely denied to the peaceful.
- Perseverance is triumph giving umph to trying!
- Principles are not negotiable.
- Purity is the only pathway back to the promised land.
- Purpose is vision made visible and viable.
- Respect is the only ingredient that can eradicate all shameful events.
- Sensitivity confirms an acuteness of consciousness.
- Sharing is preparing to be daring in mending the world through our caring.
- Strength in muscle is nice but strength in mind.... there is no price.
- Success, in its truest essence is that at the end of our lifetime, we know we have loved well.
- True power is developed through the constant yearning to serve.
- Truth is the lifeline for love for love cannot survive without it.
- Values are truly the most valuable possessions we can have.
- Vulnerability is our ability to make claim to where the world has left us lame.
- Willpower will to will THY will not MY will....nothing else is required.
- Wisdom is a very extraordinary thing and happy are those who have it.