

Blessings

The blessings in our lives sustain us, even when we or someone close to us is in pain or having difficult times. Move deeper inside. Rediscover spirit. Awaken more and more to living in a meaningful relationship with Source. There are many blessings every day. Open to this inner core.

Take a look around. There are so many things to be grateful for. Appreciate the good things, the love and joy. Having a thankful heart lifts our spirit and supports our journey.

Mantra:

L	I	F	E	R	A	W	A	K	E	N	J	I
E	M	B	R	E	R	A	O	D	H	C	O	E
M	Y	I	M	L	E	A	P	E	E	T	U	M
N	Y	N	B	A	D	B	E	E	A	H	R	E
S	L	N	E	T	I	L	N	P	R	A	N	A
U	S	E	B	I	S	E	S	E	T	N	E	N
S	S	R	R	O	C	S	U	R	S	K	Y	I
T	P	I	I	N	O	S	P	N	G	F	S	N
A	I	L	N	S	V	I	P	W	I	U	T	G
I	R	I	G	H	E	N	O	H	G	L	R	F
N	I	F	A	I	R	G	R	C	O	R	E	U
T	T	T	I	P	T	S	T	G	O	O	D	L
U	D	A	P	P	R	E	C	I	A	T	E	E

Appreciate

Awaken

Blessings

Bring

Core

Deeper

Good

Heart

Inner

Journey

Life

Lift

Meaningful

Open

Rediscover

Relationship

Spirit

Support

Sustain

Thankful