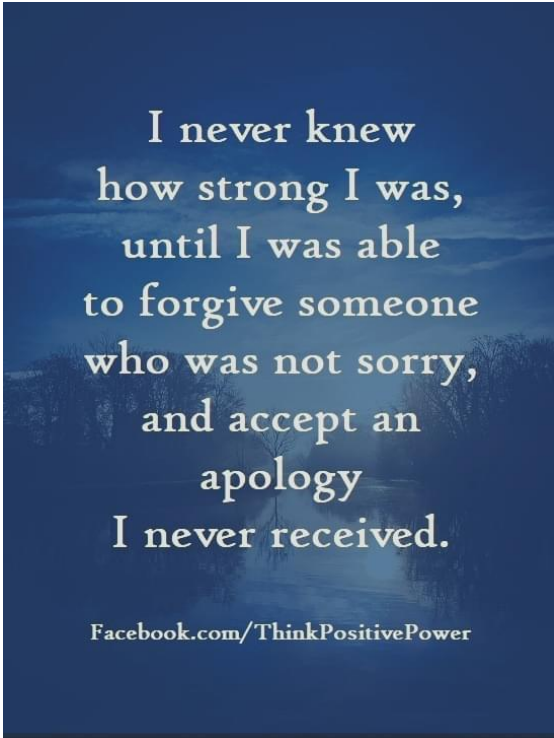


*Thoughts and Smiles – June 14, 2021*

## START WITH YOURSELF

*The following words were written on the tomb of an English bishop  
(Circa 1100 AD) in the Crypt of Westminster Abbey:*

When I was young and free, and my imagination had no limits,  
I dreamed of changing the world.  
As I grew older and wiser, I discovered the world would not change,  
so I shortened my sights somewhat and decided to change only my country.  
But it too seemed immovable.  
As I entered my twilight years, in one last desperate attempt,  
I settled for changing only my family, those closest to me.  
But, alas, they would have none of it.  
And now, as I lie on my death bed, I suddenly realize that if only I had changed myself  
first,  
then by example, I would have changed my family.  
With their inspiration and encouragement,  
I would then have been able to better my country and, who knows,  
I may have even changed the world.



I never knew  
how strong I was,  
until I was able  
to forgive someone  
who was not sorry,  
and accept an  
apology  
I never received.

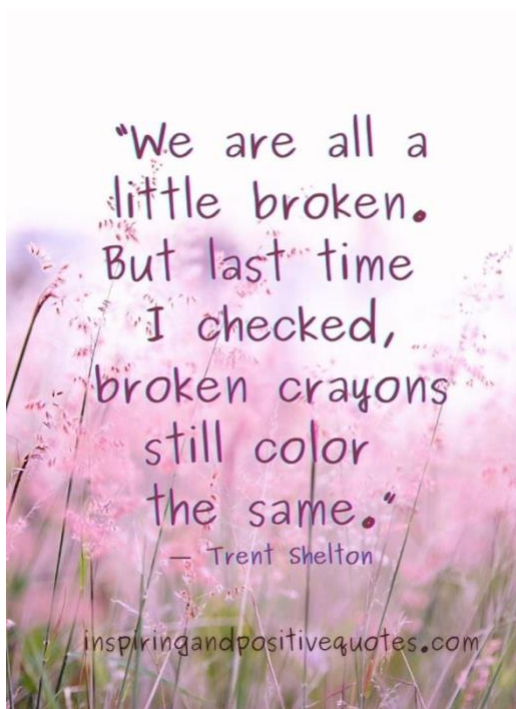
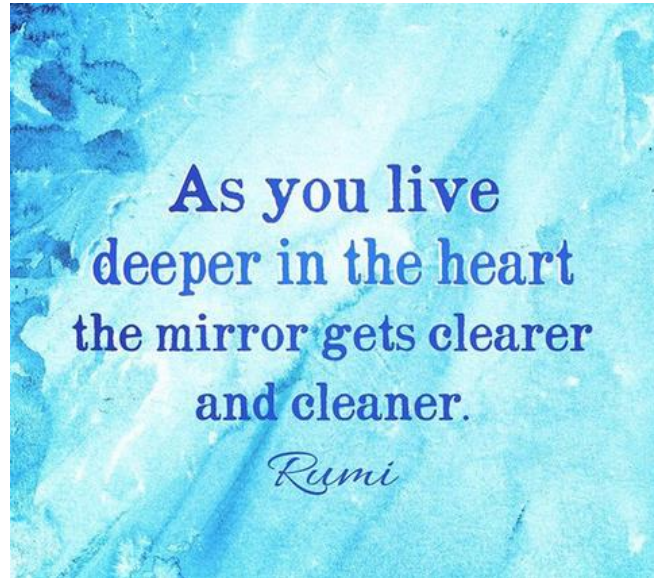
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The first organ to be developed in the body is the human heart. It beats long before the brain is ever formed. It is the heart, not the brain that guides the embryo's development to create the full human vessel of the body. It has been your guidance system from the very beginning. Let it lead as it is naturally designed.

An affirmation:

*Today I lead from my heart, as I recognize it to be the first and most important source of intelligence with which to lead my*

*life. My heart is a conscious center of awareness, and I trust it to guide me in every way. I listen to my heart over the thoughts and opinions of others and over all outside sources of influence. I pay attention to all I learn today and turn it over*



*to my heart for the final affirmation of my best course on this day. My soul and ego are students of my heart. They follow its guidance and willingly trust the direction my heart points to, letting go of all defensive, judgmental perceptions of myself and others and replacing these limiting and pain-inducing perceptions with love.*

*My heart guides me to my authentic Spirit and assists me in letting go of my past definitions of who I am, allowing me to freely and fully live as the holy light that I truly am. My heart is in direct communication with the most loving forces of the Universe, who assist me in every way to co-create a more loving personal experience on earth and spread more love and*

*peace to those around me. I am not afraid, for my heart guides me to live, learn, and let go of all unhealthy attachments and live in the Spirit. My soul is enlightened by the wisdom pouring through my heart, coming from the Holy Spirit that guides me. I am in perfect harmony with life as I flow from the Spirit in my heart.*

From: Grace, Guidance, and Gifts – by Sonia Choquette

Your Monday Smiles...



Have a terrific week!

Blessings to you all!



David

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*Check out "David's Blog" on the Sauble Beach United Church website.*

<https://saubleunitedchurch.ca/category/davids-blog/>