

Blessing for the month of

January



New beginnings

*Open your heart to new beginnings!
Step out of the way and allow God to bless you
abundantly this coming year!*

*May all the riches of the universe be
bestowed upon you!*

*May peace enter your troubled heart!
May serenity enter your troubled mind!*

And above all...

*May you be able to perceive God
in everyone and everything!*

January 15

Inner guidance

Trust your inner guidance on your spiritual path!
Reading books and attending workshops are just facilitating
your self-development: they serve as markers
and stimulate your spiritual appetite.

The most direct route to your self-illumination is found within.

This is the "fast" route; all it needs is for you
to make an effort to look within!

Once this supreme effort has been made,
you will be astonished beyond your fondest dreams
of the wellspring of knowledge you have come upon!



Meditation:

See yourself in a vast library.

It is a beautiful, airy space with light coming in from
a domed, glassed ceiling above.

The bookshelves are made from ornately carved wood
and the floors are inlaid with semi-precious stones.

This truly is a special place.

As you walk along the aisles of books, one suddenly
falls off the shelf on to the floor right in front of you.

As you pick it up you see that it has your name written on it.

You go and sit down in the study area of the library.

Now you open the book and find that it is titled
The Book of Inner Guidance for.....(your name).

You read the book from cover to cover and to your surprise find out
that the author of the book is YOU!

Visit the library as often as you like to re-read
passages from this important book.

Remember to ground, attune and protect yourself.



Affirmations:

All the knowledge I need to access lies within me!

I am one with the power and the knowledge of God and the universe!

I am guided by my higher power of knowing, every step of the way!

March 16

Realise your dreams

What is in your heart?

What can you see, what can you feel, an empty space?

Now, at this very moment, give yourself permission to dream!

You will feel your heart filling with joy at this thought.

This is your divine birthright!

When you are fulfilling your dreams,
you are fulfilling God's divine plan for you.

And only when you are connected with your highest joy,
your fondest dreams, do you raise yourself to the level of God's plan.

Now go out into the world and fulfil your dreams!



Meditation:

Prepare pen and paper.

See yourself surrounded by a bright yellow light.

Allow this light to enter the top of your head
and flow through all your chakras.

Now take pen and paper and write "My Dreams"
on the top of the page.

Then start to write without thinking or hesitating.

Write down all you have ever dreamt of from the age of childhood.

Let it all flow onto the page.

When you have finished, ask God, the angels
and all the beings of light to help you fulfil your dreams.

Now read through your list out loud three times.

When you have done that, write at the end of your document,
in large letters, with a golden pen if possible,

So be it, So be it, So be it.

Repeat this same procedure until all your dreams have come true!

Give thanks to God, the angels and all the beings of light for their help!

Make sure that you have grounded, attuned and protected yourself.



Affirmations:

My dreams and God's divine plan are one!

I have the power to make all my dreams come true!

By realising my dreams I am realising my full potential!

May 25

Creating Eden within

How many of you are searching for the Garden of Eden?
To no avail – the Garden of Eden seems to be forever elusive.

You will not find it outside of yourself.

This garden must be created within.

A crop of love, compassion and understanding
must be sown in the fertile soil of love in your heart.

This is the true Garden of Eden!

The fruits of your loving efforts will go out into the world feeding
and sustaining your brothers and sisters!

Thus the true Garden of Eden has been created
and serves its divine purpose!



Meditation:

Visualise the chamber of your heart as a garden.

Are there any fruit trees or berries growing in it?

Whether there are or not you now decide
to make your heart a special place.

You work the ground and put plenty of compost down
and then plant your favourite fruits, trees and shrubs.

Water them regularly and prune them if necessary.

Visit this garden often and watch the fruits growing and maturing.

When the fruits have ripened, harvest them and see yourself
freely offering those fruits of love, compassion
and understanding to anyone who would like a share of them.

You are now a gardener and co-creator with God!

Make sure that you are grounded, attuned and protected.



Affirmations:

I have the Garden of Eden within me!

I am growing the fruits of love, compassion and understanding
within my own heart!

I give freely of the fruits of love!

August 4

Sacred yearning

Do you feel an inner yearning, a longing to belong?
Are you not satisfied anymore with material pursuits
and has your interest in worldly matters somehow faded?

Then the time is right to follow your inner calling
and allow God and the angels to show you different realities.
Go within and allow yourself to travel to the realms of the spirit,
to your true home, from where you have originated
and where you still belong.
All will be revealed to you!



Meditation:

Make sure that you are undisturbed for at least 30 minutes.

Make sure that your golden roots are in deeply.

See yourself and your guardian angel standing
by the entrance to an elevator in a vast skyscraper.

The building is so tall that you are not even able
to make out the top floor, as it is covered by clouds!
Your guardian angel tells you that the skyscraper
reaches all the way up to heaven!

The elevator door opens and you step in.

Your angel presses the button marked heaven
and you go up and up until you reach the top floor.

The door opens and your angel accompanies you
on your first tour of your spiritual home!

Enjoy the heavenly delights...

Then come back down again in the elevator.

Leave your golden roots in the ground for a while
and thank your guardian angel "for the lift"!

Make sure that you are grounded, attuned and protected.



Affirmations:

I listen and follow my inner callings!

My true home lies in the realms of spirit!

I am able to visit my true home whenever I like!

September 20

Soul-food

As much as you take care to feed your body,
so you must make an effort to feed your soul!
At times your soul suffers from serious under nourishment,
as all you think about and care for in your life seems
to be duty-bound and work – or family – related.

This will not do, my child!

You need time alone, time to recharge and feed your soul!
In doing what makes your heart sing, you will achieve just that!
Go out and take the opportunity to gladden and recharge yourself!



Meditation:

What is it that makes your soul sing?
Is it listening to music, dancing, reading or being in nature?
Is it, maybe, sitting in quiet meditation or contemplation?
Whatever it is, follow the calling of your soul!
Your well-being will increase a thousandfold!



Affirmations:

I nurture and cherish my soul!
I give my soul the food it craves!
I allow my soul to sing!