

**DELTA DIALOG FOR RECOVERY FOR AUGUST 2009****Date:** Saturday, August 08 @ 18:20:33 EDT**Topic:** Posts from Jill

**Saturday August 1, 2009...***This month let's feature "10 Secrets for success and Inner Peace" by Dr. Wayne Dyer.*

*Rumi quote - "Take sips of this pure wine being poured. Don't mind that you've been given a dirty cup." Where ever you are right now is where you are supposed to be - honor the positive - listen - learn.*

**Sunday August 2, 2009...**"Have a mind that is open to everything and attached to nothing." Continue to question why you believe something more than what you believe.

**Monday August 3, 2009...**To listen does not mean that you accept the messenger, but consider the message and re affirm your beliefs.

**Tuesday August 4, 2009...**Contrast is good; in thoughts and colors of our world.

**Wednesday August 5, 2009...**We usually deny or black out what we know little about. We are fearful of what we do not know.

**Thursday August 6, 2009...**"Don't die with your music still in you". You were born to make a difference - it is no time to be shy.

**Friday August 7, 2009...**Listen to your heart - your passion; and act on your love in this life. It may not always be rational.

**Saturday August 8, 2009...**Do not expect to know every answer at once - one experience will lead to another as you trust your personal inspiration.

**Sunday August 9, 2009...**There is no failure in life - we only have multiple learning experiences - tell me by example if you feel otherwise.

**Monday August 10, 2009...**"you can't give away what you don't have". Think of this with positive examples as well as negative. Which type of energy flows through you?

**Tuesday August 11, 2009...**If you find yourself "in a mess" - consider the energy you are contributing to it.

**Wednesday August 12, 2009...**"Embrace Silence" - when we are talking we are only repeating what we already know.

**Thursday August 13, 2009...**The psychiatrist in me has learned to listen to what people choose not to say. Listen between the words.

**Friday August 14, 2009...**I believe you can access a higher understanding of your life by being quiet at times of confusion - this is a skill to practice.

**Saturday August 15, 2009...**Consider how your "habits" in your daily routine pollute your world. Turn off what you do not really need. Hold the quiet.

**Sunday August 16, 2009...**Like our hearts - the time in between the beats is so important for cells to recover - perhaps we will understand our brain in the same way soon.

**Monday August 17, 2009...**"Give up your personal history" - it is only important and to be honored as stepping stone which got you to this now.

**Tuesday August 18, 2009...**Rumination and justification of our current situation by past problems serves no purpose but to pull good energy away.

**Wednesday August 19, 2009...**Remember your parents saying "when I was a child" - how helpful was that? Most of times it causes resentment because the then is not the now and never will be.

**Thursday August 20, 2009...**"You can't solve a problem with the same mind that created it." We often create our own situation by self talk.

**Friday August 21, 2009...**Again, The consideration of others points of view will often help to refine our thought process - it is not weak to do this.

**Saturday August 22, 2009...**"There are no justified resentments" - yes we get hurt - shocked - surprised, but continued anger about this only keeps us stuck.

**Sunday August 23, 2009...**If we compare our negative selves with others' negative selves - who is the "winner of the negative"? I saw you smile.

**Monday August 24, 2009...**"Treat yourself as if you already are what you'd like to be. - this is not egotistical.

**Tuesday August 25, 2009...**Bring the future to the now and it will no longer be the future.

**Wednesday August 26, 2009...**"Treasure your divinity" Albert Einstein said "There are only two ways to live you life. One is as though nothing is a miracle. The other is as though everything is a miracle".

**Thursday August 27, 2009...**"There is no place that God is not". All religions believe this. Let's begin with what we all have in common.

**Friday August 28, 2009...**Begin with thankfulness and all else positive will follow. You will feel less pain and listen better.

**Saturday August 29, 2009...**"Wisdom is avoiding all thoughts that weaken you". You must

protect your divine self - think and do good.

**Sunday August 30, 2009**...If you sense negative energy - remove yourself from the perceived source.

**Monday August 31, 2009**...You can only change yourself - but what a blessing; because in that - you will change a part of the world.

This article comes from Delta Health Foundation  
<http://www.deltahealthfoundation.com>

The URL for this story is:  
<http://www.deltahealthfoundation.com/article16.html>