

**DELTA DIALOG FOR RECOVERY FOR JUNE 09****Date:** Monday, June 01 @ 00:00:00 EDT**Topic:** Posts from Jill**June 1, 2009**

*Let's take this opportunity to review several excellent books over the next 6 months which I have found helpful. The first is "The Power of Now" by Eckhart Tolle. I will selectively provide "nuggets" each day for your contemplation.*

**Tuesday June 2, 2009**

*You are not your mind - the organs that compose us can renew and so can the thoughts which come from them (your brain is not your thoughts).*

**Wednesday June 3, 2009**

*Slowing your thoughts is as practical and possible as slowing your breathing.*

**Thursday June 4, 2009**

*There is space between our thoughts and the extension of that space will slow the brain.*

**Friday June 5, 2009**

*The concept of pain is a personal issue. We create judgment when we avoid or attract a thought.*

**Saturday June 6, 2009**

*How we remember a past event is a matter of choice - it changes over time. The thought can soften or harden as we choose.*

**Sunday June 7, 2009**

*What we fear comes from our drive to survive - are your current fears based in reality?*

**Monday June 8, 2009**

*You cannot know yourself more by being alone - You will know yourself only in reaction/relation to others.*

**Tuesday June 9, 2009**

*What was and will be are concepts based on perceptions. As we change our perception of now - we will change our past and future concepts.*

**Wednesday June 10, 2009**

*Time is an artificial concept. Does an animal "worry" about time except as it applies to meeting their needs such as eating and sleeping?*

**Thursday June 11, 2009**

*All problems are illusions of our minds. We are as we perceive our situations.*

**Friday June 12, 2009**

*Our loss of control of our lives only comes from our perceived loss of our ability to control "our now".*

**Saturday June 13, 2009**

*If we are always in anticipation of tomorrow or contemplation of yesterday we are not able to input what is in our world at this very moment. Were then are we living?*

**Sunday June 14, 2009**

*Do you resent what you are doing? Think about your choice in this moment. What is it that you resent and why?*

**Monday June 15, 2009**

*Monitor your feelings about your reactions and question yourself as to the justification of your reactions.*

**Tuesday June 16, 2009**

*Any negative now issues are based on irrelevant past hurts or future an anxieties.*

**Wednesday June 17, 2009**

*As we think, energy is created. If negative energy is generated, the first person it effects is the creator. Put yourself into the positive.*

**Thursday June 18, 2009**

*Whatever you are doing, be totally present. Otherwise you short change yourself - cheat yourself out of the now of your life.*

**Friday June 19, 2009**

*Give up waiting for good times to come - tomorrow will only be as good as what you make today.*

**Saturday June 20, 2009**

*Your inner purpose for your life will reflect in a noble outer manifestation. Create the proper inner motives.*

**Sunday June 21, 2009**

*Does any of our material world really matter? At our end, we all will be rotting corpses.*

**Monday June 22, 2009**

*If you have a spiritual belief system you will be comforted to know that the temporal body is only a vehicle for the work of the spirit. Again, the material world has little importance.*

**Tuesday June 23, 2009**

*What waste there is in harboring ill will and constantly comparing about non-permanent things.*

**Wednesday June 24, 2009**

*Focus on what rejuvenates your spirit. Quiet, sound sleep, deep breath, healthy food,*

*peaceful thoughts.*

**Thursday June 25, 2009**

*Surround yourself with people who build your sense of peace - thankfulness. They feed you.*

**Friday June 26, 2009**

*Honor the cycles of nature - the day/night, the lunar cycle, the seasons, your life phase - these all have greater wisdom than we mortals can appreciate.*

**Saturday June 27, 2009**

*You can only change yourself and then other will leave or follow.*

**Sunday June 28, 2009**

*Think of your life as a string of beautiful pearls - all now moments.*

**Monday June 29, 2009**

*Make healthy choices each day to shape your present reality.*

**Tuesday June 30, 2009**

*The day your now ends will be peaceful and complete.*

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