

Your Daily Walk with The Great Minds

Wisdom and Enlightenment
of the Past and Present

Pocket Edition

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THE SPIRITUAL DIMENSIONS SERIES

*Your Daily Walk in
February*

Suggested Book of the Month:

Power of Intention

Dr. Wayne Dyer

February 1

"It is not the length of life, but depth of life." —Ralph Waldo Emerson

Meditation

Forget about the past and don't worry about the future, just live deeply today. Today and right now is all that life truly consists of. If you are not experiencing the present moment, you are allowing life to pass you by. Envelope yourself in the now and experience the peace and serenity of living mindfully. Stop allowing life to pass you by and rejoice in it today. I believe this is where we will find genuine happiness, the secret of life; living in the moment is the key to your success and tranquility that you have been searching external sources for way too long.

Personal Journaling

What do you get out of living in the past and future?

Today, I will fully live in the now and embrace the gift of life at this very moment.

February 2

"Don't be discouraged, it's often the last key in the bunch that opens the lock." — Author Unknown

Meditation

Our life in this Universe consists of constant challenges, but that's simply all they are, challenges. Not failures, not mistakes, not errors, simply challenges to grow from spiritually. Accept the challenges, grow from them, and advance forward on your journey. The secret is not to give up before the miraculous manifests in your life. With persistence and undying determination, the miracle of success will appear when you are least expecting it.

Personal Journaling

How will you reconsider discouragement today and utilize these times for spiritual growth?

Today, I will see challenges in a new light and search for the growing experience in every situation.

February 3

"When angry, count to ten before you speak, if very angry, one hundred."

—Thomas Jefferson

Meditation

Immense guilt, shame, and regret are often produced when we resort to acting out our anger in an impulsive fashion. Make it a point and a goal today to count to ten or a hundred or even a thousand when feeling angry. This little exercise will save you a lot of time and emotional energy in the long run. Anger will pass if dealt with effectively and you can remain guilt, shame, and regret free. It is not bad to feel angry. What can result in bad consequences is how you handle your anger. Keep in mind that holding on to anger or acting out inappropriately only harms you and does nothing to change the person, situation, or institution that you have anger towards.

Personal Journaling

Can you make a commitment today to deal with anger as discussed by Mr. Jefferson? Do you think it will help you in your daily living? Does anger help you live effectively and serenely? Does anger have any helpful attributes in obtaining your goals?

*Today, I will not allow anger to ruin my day;
if I feel angry I will deal with it in a healthy manner.*

February 4

"I have a dream..." —Dr. Martin Luther King, Jr.

Meditation

There is no difference between you and this remarkable man. He courageously took a risk to express his beliefs. This one man had a dream, was able to articulate it, and began making it happen. This proves how much one person can do in life if they are strong, courageous, and persistent. This man acknowledged his true purpose in life and lived it. What a risk! This will produce genuine success and true happiness if modeled in your own life.

Personal Journaling

What is your dream and how can you initiate its manifestation in the world?

*Today, I will live according to my heart and be the
human being that I know I can be.*

February 5

“Advice is seldom welcome, and those who need it the most, like it the least.” —Lord Chesterfield

Meditation

If success is what you desire, it is imperative to keep an open mind and be willing to listen to those attempting to impart information to you. We often desire to quickly reject information; however, growth is stunted when we take this route. Listen to what is being said, contemplate it, internalize it, then, if it doesn't fit, you may simply let it go. Never take the chance of prematurely discarding knowledge and wisdom that may guide you on your path to success in life. Always refrain from thinking that you know everything and that what you believe is the absolute truth.

Personal Journaling

Can you be open to new information today? Can you ask someone for help?

Today, I will seek novel learning experiences and listen to the silent wisdom of the universal consciousness.

February 6

“Success is not measured by what a man accomplishes, but by the opposition he has encountered, and the courage with which he has maintained the struggle against overwhelming odds.” —Charles Lindbergh

Meditation

Anything worthwhile in life will always present you with struggles and challenges. Your job is to face these times with courage and persistence and continue traveling your path with zealous determination. Remember that your spirit will take over when your mind has had enough. Greatness occurs beyond the mind and in the presence of your soul. Use adversities as the critical building blocks to your success. These blocks will provide you with an infallible foundation to build your life upon.

Personal Journaling

Can you allow your spirit to guide you today and get you through the struggles present in your life? Do you trust your spirit in these times of need?

Today, I will tap into the strength of my spirit and allow it to lead me in my daily journey.

February 7

"A year from now you may wish you started from today." —Karen Lamb

Meditation

We often reminisce about our past and regret the things we did not accomplish that were passions and dreams belonging to us. We answer this regret with, "Well, it is too late now; I'll just get over it." Nevertheless, do you ever get over not fulfilling your innate desires and purpose? It is never too late to accomplish your dreams and fantasies. They need to be initiated right now without turning back. You owe this to yourself and the world. Get to work and begin creating what you truly desire. This is what life is all about; don't let it slip away because you may not have the opportunity to pursue your dreams again in the future.

Personal Journaling

What life-long dream or goal will you take the first step toward fulfilling today?

Today, I will act upon one of my burning desires.

February 8

"Let every man be respected as an individual and no man idolized."

—Albert Einstein

Meditation

The idea of inferiority and superiority is the great delusion of the world. We think of ourselves as either better or worse than all other human beings. This is probably one of the most destructive ideas that man has created. Is it possible to worship another human being just like ourselves? In addition, is it right to degrade another human being just like ourselves? When we begin to grasp reality and the absolute truth of humanity, we will begin to succeed in manifesting peace and unity in the world.

Personal Journaling

Why is the concept of human equality so hard to understand? Do you entertain and often believe that you are better or worse than other human beings? What is this based on?

Today, I will look closely at the truth of humanity and attempt to see myself in all human beings.

February 9

“Our lives begin to end the day we become silent about things that matter.” —Dr. Martin Luther King, Jr.

Meditation

Our spirit pulls us toward genuine truth and empowering beliefs. If you believe in something with all your heart and soul, do not allow society to drag you into its illusion. Remain spiritually alive and always seek truth within your higher-self, not your ego. Live this truth and fight for your beliefs. This is what we were brought here to do. Hang on, live your beliefs in the face of adversity, and never back down. The majority or the popular opinion does not define truth; it is defined within your heart and soul.

Personal Journaling

What do you personally believe in that society attempts to oppose?

Today, I will not allow society's opinions to interfere with my true heart-felt beliefs.

February 10

“The secret of success is constancy to purpose.” —Benjamin Disraeli

Meditation

Be diligent in your pursuit of excellence; be assured that if you are aligned with your ultimate purpose, you will be rewarded with everlasting success in all arenas of your life. The success of the soul is beyond any experience you have had or will ever have in your life. Be prepared for a life beyond your imagination if you diligently and persistently pursue your passions. Do not allow any obstacles or challenges to slow you down; continue to learn and grow from each situation and remain on your path to personal and spiritual victory.

Personal Journaling

Are you aligned with your ultimate purpose today and are you committed to fulfilling this purpose no matter what stands in your way?

Today, I will strive to live my purpose with vibrancy and undying enthusiasm.

February 11

"The good and the wise lead quiet lives." — Euripides

Meditation

You will know when you are on the correct path in your life when you no longer join in with the chaos and noise of society and are able to follow your inner guidance without doubts and fears. The demands of your ego will become softer and eventually silent. Your true self will take over and you will come to see through the illusion of worldly demands, resulting in the ability to live with meaning and purpose on a daily basis. Lead a life of strength, purpose, meaning, and silent passion today. This is the genuine passageway to a successful and peace filled life.

Personal Journaling

How will you silence your mind today in order to live according to your soul?

*Today, I will listen intently to the whispers of my soul
and gently escape the negativity of my ego.*

February 12

"Know your limits but never stop trying to exceed them."

— Author Unknown

Meditation

Limits and self-imposed restrictions come from a place of fear. As a genuine spiritual being, there are truly only the limits your ego creates. Destroy those limits and exceed them. Open your mind and delve into your imagination in order to break through the walls of your ego and the boundaries of society. Limits are self-created and can always be redefined. Face the fear of the unknown and continue to overthrow the restrictions that surround you. This will allow you to reach your innate potential and discover the endless possibilities that avail themselves in the Universe.

Personal Journaling

How will you demonstrate to your ego today that your spirit will set the limits rather than your mind?

*Today, I will explore my inner world and allow
my spiritual being to define what my limits are.*

February 13

“Reading is to the mind what exercise is to the body.” — Joseph Addison

Meditation

Reading is our link to the combined wisdom and knowledge of the universal consciousness. We can amazingly have a dialogue with Einstein, Freud, Jung, Emerson, Thoreau, and countless other great minds of the past and present. Read, and discover the world like never before. To continuously seek knowledge and truth through books is an act that all should pursue.

Personal Journaling

Are you keeping up on the suggested monthly readings? Is it guiding you to your higher purpose and potential?

Today, I will make a commitment to begin seeking knowledge from the wisdom contained in great works of written expression.

February 14

“Make a personal decision to be in love with the most beautiful, exciting, worthy person ever —you.” —Dr. Wayne Dyer

Meditation

Love is a precious gift that you must first give yourself. Embrace the uniqueness of your being and begin to engage passionately in the admiration of your whole self. You have a specific meaning and purpose for being alive, thus it is your responsibility to honor your life. Before you can engage in any other intimate relationship in your life, you must devote love and respect for every aspect of your being.

Personal Journaling

How will you express your personal love today?

Today, I will treat myself with loving kindness and appreciate each unique characteristic that makes me, me.