DAILY TEACHING – DAY 21

“Never try to compel others to change; leave them free to change naturally and orderly because they want to; and they will want to when they find your change was worthwhile.

To inspire others a desire to change for the better is truly noble; but this you can do only by leaving them alone, and becoming more noble yourself.” (Christian D Larson)

Gratitude and Love,

Adina x

DAILY TEACHING – DAY22

“ Good is underneath every single thing that appears to be negative. If we can know that good is all there is, including in a negative situation transform into all good. Most people keep the good away from themselves because they label something as bad , and then, of course, that becomes their reality. But there is no bad in the Universe; it is just our inability to see things clearly from the bigger perspective. Peace comes from knowing that good is all that exists.”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY 23

“You are in a partnership with the law pf attraction, and It is through this partnership between the two of you that you are creating your life. Each person has their own personal partnership with the law of attraction. You use the law for yourself; everyone else uses the law for themselves. You cannot use the law of attraction on someone else, *against their free will*. And when you think about it, thank goodness the law operates this way. If it did not, then anybody else could create something in your life that you did not want.

You create through your thoughts and feelings, and no-one but you can think your thoughts or feel your feelings.”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY 24

“If you have a friend who is going through any kind of a difficult time, help them by making sure you maintain *your* joy. Your good feelings will help lift them. You can also help them by directing their conversations so that they speak about what they want. As they fall into speaking about what they don’t want, just keep gently leading them back to speaking about what they want. You can also speak to them as though their difficult time is over, and suggest they imagine that it had all passed and worked out beautifully.

Be the conductor when you speak with them, and help them stay in tune with the Universe.”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY25

“You can change the path of your life from dark to light or from negative to positive. Every single time you focus on the positive you are bringing more light into your life, and you know that light removes all darkness. Gratitude, love, kind thoughts, words, and actions bring light and eliminate the darkness.”

Gratitude and Love,

Adina x

DAILY TEACHING -DAY26

“When you are just beginning to deliberately manage the frequency of your being (through your thoughts and feelings), you may find there are some ups and downs, and that you are jumping from one frequency to another. This stage is so short, and in no time at all you will begin to stabilize on a higher frequency, forever climbing higher and higher.

It took some practice to walk, didn’t it? But with determination you did it. There is no difference.”

Gratitude and Love,

Adina x

DAILY TEACHING -DAY27

“To create your tomorrow, go over your day tonight when you are in bed just before you fall asleep, and feel gratitude for the good moments. If there was something you wanted to happen differently replay it in your mind the way you wanted it to go. As you fall asleep say, “I will sleep deeply and wake up full of energy. Tomorrow is going to be the most beautiful day of my life.”

Gratitude and Love,

Adina x

DAILY TEACHING -DAY28

“A feeling that greater possessions, no matter of what kind they may be, will of themselves bring contentment or happiness, is a misunderstanding. No person, place, or thing can give you happiness. They may give you cause for happiness and a feeling of contentment, but the Joy of Living comes from within.” (Genevieve Behrend)

Gratitude and Love,

Adina x

DAILY TEACHING –DAY29

“ When it comes to love relationships, often people think that they want a particular person. But if you think about it deeply, it not really the particular person that they want. What they really want is to be blissfully happy with the perfect person. Yet still they try and tell the Universe WHO that person is. If the Universe isn’t delivering, the the message from the Universe is loud and clear: “I just checked twenty years ahead, and the bliss ans happiness you deserve will not happen in this relationship.” Why is it that we think we know more than the one who can see everything?”

Gratitude and Love,

Adina x

DAILY TEACHING –DAY30

“Planet Earth and humanity need you. They need you, and that is why you are here”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY 31

“You have the ability to command anything. Here is something you can say to command that negative thoughts leave you:

“Be gone! You have no part in me. I am Spirit. I harbour only the good and perfect thoughts of Spirit.”

Never were truer words spoken.”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY32

“ From the moment you are born, you have a cosmic partner who never leaves your side throughout your whole life. This cosmic partner has unbelievable contacts, and unlimited means and ways of doing anything you want. Time is no obstacle, size is no problem, and space doesn’t exist for your cosmic partner. There isn’t anything your partner cannot do for you.

And all you have to do is follow the cosmic rules. Ask, and then really believe that in the moment you ask, what you desire is already yours. Imagine it – the entire Cosmic Universe batting for you!”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY33

“ Did you know that if your life wasn’t changing, you would not exist? Our Universe and everything in it is continually changing, because our Universe is made of energy. Energy can exist only if it is in motion and changing. If energy stopped being in motion, our entire Universe and all Life would vanish.

Our lives are also energy, and therefore they too must always be in motion and continue to change. You cannot stop the motion and change your life, and nor would you want to. The changing nature of energy gives us Life. It causes Life to grow and causes us to grow.”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY34

“ Think good thoughts.

Speak good words.

Take good actions.

Three steps that will bring more to you than you can ever imagine.”

Gratitude and Love,

Adina x

DAILY TEACHING – DAY 35

“The thought manifests as the word. The word manifests as the deed. The deed develops into habit. And the habit hardens into character. So watch the thought and its ways with care. And let it spring from love, born out of concern for all beings.” (Buddha)

Gratitude and Love,

Adina x