



## JANUARY

- 4 Harnessing Divine Will • Co-creating with Spirit**  
*Sit still and let your imagination go into the realm of your cherished dreams and goals. Hold your mind to one-pointed concentration on the image; it will be shown to you in a true-to-life vision. – Paramahansa Yogananda*
- 11 Cultivating Your Divine Connection**  
*Meditate until you are calm. Then ask God to direct your intuition so that you may know what you should do. – Paramahansa Yogananda*
- 18 Feeling Calm in Uncertain Times**  
*Choose calm; let go of what you cannot control. Slow your breath and find gratitude. – Anonymous*
- 25 Practicing Nonattachment • Contentment**  
*Your commitment is to action alone, not the results. – Anonymous*

## FEBRUARY

- 1 Charity: The Spiritual Nature of Giving and Receiving**  
*Give your hands to serve and your heart to love. – Mother Teresa*
- 8 Intuition: Recognizing Soul Guidance**  
*Intuition is your soul whispering the truth to your heart and hoping that you hear. – Kate Spenser*
- 15 The Joy of Divine Friendship**  
*God can and will become our best friend, our cosmic playmate when we offer our love and devotion, and set our feet firmly on the path homeward. – Norman Paulsen*
- 22 Faith: Inner Knowing**  
*Faith is realization itself. Belief can be swayed by contrary evidence and doubt; but faith is ever secure, because it is direct perception of truth. – Paramahansa Yogananda*

## MARCH

- 1 Fan the Fire of Devotion**  
*Love is the fuel that ignites the fire of devotion, propelling us towards spiritual growth. – Bhagavad Gita*
- 8 Practicing Kindness in a Chaotic World**  
*Kindness is the light that dissolves all walls between souls, families and nations. – Paramahansa Yogananda*
- 15 The Blessing of Hope**  
*Hope is the anchor for the soul, providing stability, courage, and inner peace. – Anonymous*
- 22 Loyalty to the Eternal Quest of Self-Realization**  
*Loyalty is the unfailing devotion to the pure Self, the image of God within you. – Norman Paulsen*
- 29 Unconditional Love: The Foundation of Forgiveness**  
*To forgive is the highest, most beautiful form of love. In return, you will receive untold peace and happiness. – Robert Muller*

## APRIL

- 5 Resurrection and Rebirth**  
*This is what Easter brings to us: hope, liberation, freedom to move into our true Self. This is where we bring heaven onto earth, and we can be love. – Patricia Paulsen*
- 12 The Sacred Art of Listening**  
*Deep listening is miraculous for both listener and speaker. – Sue Patton Thoele*
- 19 Earth As Teacher**  
*Nature is the supreme teacher. Study her for she springs forth from the imagination of our Creator. More time should be spent deeply studying, observing, and meditating on Nature. – Norman Paulsen*
- 26 Finding Serenity In the Storm**  
*Life isn't about waiting for the storm to pass; it's about learning to dance in the rain. – Vivian Greene*

## MAY

- 3 Healing Body, Mind and Spirit**  
*Open your body, mind, and spirit to receive that great force, that Light into you. – Norman Paulsen*
- 10 Honoring the Qualities of the Mother**  
*Even as a mother protects her child with her life, so with a boundless heart should one cherish all living beings, radiating kindness over the entire world. – Buddha*
- 17 Cultivating Patience: Trusting in the Divine Mystery**  
*Patience is not simply the ability to wait. It's how we behave while we're waiting. – Joyce Meyer*
- 24 Honoring Saints, Sages, and Messengers of Truth**  
*Do not seek to follow in the footsteps of the wise; seek what they sought. – Matsuo Basho*
- 31 Compassionate Communication**  
*Before you speak, attempt to focus your consciousness upon the divine center of your soul. Make a choice of words that are kind and truthful. – Norman Paulsen*

## JUNE

- 7 Spiritual Integrity: Embracing Your Inner Wisdom**  
*Integrity is doing the right thing, even when no one is watching. – C.S. Lewis*
- 14 Developing Your Spiritual Practice**  
*Everything in the future will improve if you are making a spiritual effort now. – Sri Yukteswar*
- 21 Honoring the Qualities of the Father**  
*A father's love mirrors the Divine—patient, forgiving, and endlessly giving. – Anonymous*
- 28 Perseverance: Embodying the Practice of Virtue**  
*The will to never give up seeking Self-realization, no matter how difficult the path, must be your soulful resolve in this life. – Norman Paulsen*



## JULY

- 5 Awakening Your Soul Freedom**  
*Who looks outside, dreams; who looks inside, awakens.*  
– Carl Jung
- 12 Manifesting with Divine Intention**  
*Plant the seeds of illumination in your life. This is your inheritance!* – Norman Paulsen
- 19 Nourish Your Temple: Body, Mind, and Spirit**  
*Your first steps on the spiritual path may be taken when you become more aware of what you are eating and drinking. You begin to recognize that your own body is a temple for Divine Spirit.* – Norman Paulsen
- 26 The Gift of Compassion**  
*Born in the heart of the pure Self, compassion is motivated by unconditional love.* – Norman Paulsen

## AUGUST

- 2 Recreation as Re-Creation**  
*God's children are happy; bestowed with the gift of imagination, they are smiling, laughing and playing.*  
– Norman Paulsen
- 9 Choosing Happiness**  
*Through spiritual practice and meditation, the transmutation of life force begins. The outer senses reverse their course and begin their journey inward to expanded states of consciousness.* – Norman Paulsen
- 16 New Beginnings: The Journey of Letting Go**  
*Letting go gives us freedom, and freedom is the only condition for happiness.* – Thich Nhat Hanh
- 23 Awakening Spiritual Hunger**  
*Freedom means the power to act by soul guidance, not by the compulsions of desires and habits. Obeying the ego leads to bondage; obeying the soul brings liberation.* – P. Yogananda
- 30 Directing the Gift of Life Force**  
*There is a life force within your soul; seek that life. There is a gem in the mountain of your body.* – Rumi

## SEPTEMBER

- 6 Your Divine Purpose Through Daily Work**  
*Become an instrument through which God can work! Work with your body, mind, and spirit, creating that which perpetuates virtue.* – Norman Paulsen
- 13 Affirmations: The Soul's Tuning Forks**  
*Affirmations uttered with soul-force will shatter the rocks of difficulties and bring the change desired.* – P. Yogananda
- 20 Creating Heaven on Earth**  
*Living as Spirit intended humankind to live, God fully conscious in humanity, brings heaven here again!*  
– Norman Paulsen
- 27 Navigating Balance Throughout Life's Journey**  
*To find balance in life, you need the courage to look inward, the attention to stay present, and the action to make changes.* – Tara Stiles

## OCTOBER

- 4 Aligning Intentions With Divine Will**  
*When our will is strong and aligned with Divine intent, there is nothing we cannot do or be.* – Peter Santos
- 11 Conscious Conduct: Mindfulness**  
*Through meditation and right conduct, the ego (the false self) draws nearer to the true Self. Virtue begins to arrive on the surface of your outward expressions.*– Norman Paulsen
- 18 Whispers of the Soul: Connecting with the Divine**  
*You are here to enable the divine purpose of the Universe to unfold; that is how important you are.* – Eckhart Tolle
- 25 Courage: Faith Over Fear**  
*Courage calls all of the knights of virtue to battle. When all the knights of virtue are present, such a force cannot be conquered; the ego is dethroned.* – Norman Paulsen

## NOVEMBER

- 1 Honoring Life and Transformation**  
*A great soul never dies. It brings us together again and again.*  
– Maya Angelou
- 8 Weaving the Fabric of Your Life**  
*Sow in the fresh soil of each new day those valiant seeds; water and tend them until your life is fragrant with rare flowering qualities.* – Paramahansa Yogananda
- 15 Self-Inquiry: Who Am I?**  
*The spark of Life within you, the Pure Self, can be illuminated through self inquiry.* – Paul C.
- 22 Transcending the Ego: Selfless Service & Meditation**  
*The best way to find yourself is to lose yourself in the service of others.* – Mahatma Gandhi
- 29 Living in Gratitude**  
*Gratitude opens the door to the power, the wisdom, and the creativity of the Universe.* – Deepak Chopra

## DECEMBER

- 6 Elevating Consciousness Through Association**  
*Spiritual athletes traveling on the rainbow path homeward should choose supportive environments in which to live and work.* – Norman Paulsen
- 13 Developing Dynamic Willpower**  
*The greater the will, the greater the flow of energy.*  
– Paramahansa Yogananda
- 20 The Light that Shines Behind the Darkness**  
*Darkness cannot drive out darkness; only Light can do that. Hate cannot drive out hate; only Love can do that.*  
– Martin Luther King Jr.
- 27 The Birth of Christ Within**  
*Every day, let me be reminded of the twelve cosmic virtues, That I diligently apply them to my life. Through you, my Creator, Mother and Father, I shall truly become a son, a daughter, In the body of Christ, the eternal Light.* – Norman Paulsen