



Tools for Thought

May, 2010



TOOLBOX JOURNEYS "A SOURCE OF TOOLS FOR YOUR JOURNEY"
WWW.TOOLBOXJOURNEYS.COM



MEDITATION

Mediation is considered an essential practice for those who seek self-discovery. Meditation brings awareness of how are minds work. Over time we become watchers able to detach from our thoughts and emotions that play out in our minds. "Meditation brings wisdom: lack of meditation leaves ignorance. Know well what leads you forward and what holds you back, and choose the path that leads to wisdom."...Buddha

Thursday, May 20th, Kasey Claytor will teach an "Introduction to Meditation"

Remember What is Most Important..

It's not having everything go right, it's facing whatever was wrong.

It's not being without fear, it's having the determination to go on in spite of it.

Remember that every day ends and brings a new tomorrow. Love what you do, do the best that you can, and always remember how much you are loved!



Bear

Bear represents a time of reflection and stillness—a time of entering the inner cave of Self to contemplate life's challenges. Bear often appears during times of confusion and unrest—those unsettling moments when you turn to everyone you know for answers—everyone except yourself. Go within, ask the hard questions—then listen.

INTUITION

You could say that intuition is a kind of knowing, but you don't know how you got there....

It's vital for every human being to contact that place within, where intuition arises, because otherwise you are confined to the limitations of your conceptual mind. Otherwise, your life is just repetitive and no new ideas can come. If it's a fresh and new idea, it comes from a place where all creativity arises, which, ultimately, is the stillness within. That's where intuition arises. The easiest way to develop intuition is to develop the ability to be still at times. Rather than "trying" to develop intuition, go to the place where all intuition arises. You don't need to worry about becoming more intuitive if you focus more on being still. Not necessarily for long periods of time, but have moments of stillness interspersed in your life every day. Seek out these moments of stillness for it is vital to your potential intuitive faculty.

Eckhart Tolle

Book Review

The Power is Within You....Louise Hay

A very empowering book. Lovingly accepting ourselves and making ourselves whole. It's the most important quality we possess. It includes the silly, stupid and not so good sides. Learning to listen to your inner voice, the loving child within, letting your true feelings out. She has included many ways to love ourselves. My favorite is looking in the mirror at the end of a not so good day and saying "I love you anyway".

Coming Events

Thursday, May 20th, from 7-9pm

"Introduction to Meditation" with Kasey Claytor

Thursday, June 17th, from 7-9pm

"The Truth About Hypnosis" with Terry Gurley