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# Soul Days

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Living Your Life  
Consciously

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Melody R. Green

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**Soul Days**  
**Living Your Life Consciously**  
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The aim of this book is to share  
information for the spiritual growth of individuals.

It is written with the intention of creating peace within  
and to benefit the expression of peace in our world through the charity  
Peace X Peace.

This organisation connects women around the globe to come together in  
peace.

50% of all proceeds are donated to [www.peacexpeace.org](http://www.peacexpeace.org)

***Without inner peace it is impossible to have world peace.***

Dalai Lama

***If there is to be peace in the world there must be peace in the nations.  
If there is to be peace in the nations there must be peace in the cities.***

***If there is to be peace in the cities there must be peace between  
neighbours.***

***If there is to be peace between neighbours there must be peace in the  
home.***

***If there is to be peace in the home there must be peace in the heart.***

Lao Tzu (570-490BC)

## *Dedication*

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To each and every human being I wish peace.  
This is your birthright. Embrace it. Enjoy it. Share it.

## *Dear Readers*

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In each and every day peace is a commitment to open our hearts, share our joys, offer our compassion and give appreciation and respect to ourselves and others.

Most of us have no problem in aspiring to this. In fact it could be said we are wired to desire peace even if our attempts to create it in ourselves and our world often seems limited. Some of us might even achieve it in rare moments between living the fabric of our lives.

The question is how do we stay in a heart centred peace day in, day out so that our world may experience peace as well?

I don't have the answers, but I am practising a way of living that brings me closer to this ideal. I am practising conscious living. I am in the state of becoming peaceful within myself and in my world and I wanted to share with you what I have learned.

This is the guide I use to live consciously and with more peace in me.

Like all study programs it is also in a state of becoming. As I work with this I learn more about me and living consciously, which ultimately changes how the guide looks. So expect that over time this will be reviewed and developed. For this reason I am publishing this as an e-book, so that upgrades are possible.

I wish to make it clear here that I do not insist this is the one and only way to peace. For as peace means different things to different people so too are the journeys to our home of peace.

We have chosen to take our own path. The ideas here expressed are to help you find yours. Sometimes that means agreeing with what I have written and at other times it means disagreeing strongly and choosing a pathway that fits more easily with your unique being.

At no time do I wish to convert you to my way of thinking, rather I am asking that you keep an open mind so that you may find your own direction to peace. When you find it, you will know. Your whole being will feel alive with this overwhelming deep joy that once tapped into never ever really leaves us.

And this is what I wish for you.....

Peace within you, within your heart, within your home, within your neighbourhood, within your city, within your nation, within our world.

Peaceful Bless-sings

## *Melody*

## *Introduction*

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Every day is sacred. Yet we let them roll one into another without awareness of the great abundance we live in every day.

This study diary is for just this - a diary of awareness of all that your life can bring to you.

When we are living consciously we are present in our lives, Presence enables us to create more opportunities in our life to be fulfilled, content and at peace.

I suggest you use this study diary as a prompt for more presence and peace. You will be surprised at

- how your life displays itself to you
- how your thoughts and moods colour your day
- how you act and react
- how others react to you

Things will not always go according to plan. ALWAYS this is an opportunity for you to review, to check what is happening.

- How were you feeling?
- What emotions were present around the incident or person or you?
- Did you sabotage your own good?
- Is there something better for you that you have been refusing to see?

If you are unsure or negative or feel resentful, angry or frustrated in your responses know that it is time to go back to the drawing board and try again.

There is absolutely no shame in failure, only in not trying!

Above all, and I cannot stress this strongly enough

### *Be gentle with yourself.*

Stop all judgment and self-bullying. Cut the Inner Critic's constant barrage of complaints. Remove yourself from others who would act as your Outer Critics for when you are vulnerable they are like salt to your wounds.

### *Remember you are love.*

You are perfect in each moment and you are always doing the best you can in light of your current understanding.

In time you will see these actions that are less than conscious, less than peace for what they are, acts of self sabotage, but for the moment you seem unable to

act differently and so be it. Beating your-self up won't help. Blaming others won't help, but taking responsibility will free you to another level of understanding.

If you can say:

'Yes I blew it. I made a mistake and I forgive myself and I learn something valuable from this.'

Then you are truly already where you need to be!

May you be blessed with a peaceful year

May you recognize how wonderfully you contribute to our world and with gratitude for all you are.

Let's begin.

## How to use this study diary

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This study guide is designed to be used daily. There are 31 days listed to ensure you have enough days for the longest months.

How you use it totally up to you, however the following way will keep you deepening your sense of living consciously and this will consequently create deeper peace and joy.

- 1) Create a yearly calendar that notes birthdays, anniversaries, and important days of celebration, vacation times and public holidays. On these days you may wish to relax and let your diary rest or you may wish to focus more strongly on it. It is totally up to you.
- 2) Your yearly cycle begins with the date of your birth, therefore the month BEFORE your birthday is significant because it offers you an opportunity to review the year that has passed and also put out your intentions for the coming year. You will find a special section dedicated to this period late in the guide.
- 3) I have also found it beneficial to mark the beginning of each season and there are gear changes possible at these times and it helps us concentrate on our intentions when the world is going through those changes. Being present is about being aware of all the beauty around you and nature is always beautiful.

### ***Using the study diary***

You will need to write your ideas, thoughts and feelings down so get yourself an exercise book or journal.

**Month 1** – Follow the study diary consecutively

**Month 2** – Follow the study diary consecutively (starting at Day 1 again)

**Month 3** – Follow the study diary consecutively (starting at Day 1 again)

(In the first three months you are getting used to thinking and living consciously. If you miss a day, you have a choice, continue where you left off, or leave that day and move on to the next)

**Month 4 - 6** Use days 1- 7 of week - repeat every week until the month is over. In this quarter you are deepening your understanding because you are repeating the same skills. (You will be surprised how you change week to week)

**Month 7-9** Follow the study diary as you did for Months 1-3

**Month 10 -12** Follow Months 4-6 but chose another week to focus on.

***Day 1 – I am Me***

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***Today I am grateful I am me.***

In your journal or exercise book, write, draw or mind map just who you are.

***Day 2 -To be in the World***

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***Today I am grateful to be in the world.***

List all the things you can think of that make you feel grateful for being in the world.

***Day 3 - To be alive***

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***Today I am grateful to be alive.***

What does being alive mean to you?

## *Day 4 – Family*

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*Today I give thanks for the family I have.*

Who are the members of your family?

(They may not be blood relatives, but they are people you care for equally or more than yourself and who show you affection, attention and love)

If you cannot answer this question, put what you would like to create or have as a family.

## ***Day 5 – Talents***

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***Today I am grateful for my talents. I allow myself to express them all.***

Make a list of all your talents, attributes and gifts.

Do you use them? How?

Are there some talents that people say you have but you have not yet developed?

Agree to allow yourself a chance to develop a new talent over the next three months.

Keep notes in your journal to see what's developed over time.

## ***Day 6 – Flaws***

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***Today I am grateful for my flaws. I allow all of them to flourish, for in flourishing I find more compassion for others flaws and for me.***

Make a list of your flaws and agree to accept them. Thank them for teaching you compassion for others. Thank them for teaching you compassion for yourself.

Be glad. Each flaw ensures your humanity and saves you from being a false icon,

## ***Day 7 – Rest***

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***Today I am thankful that I may rest.***

I agree to take time today to rest 10 minutes every 2 hours. I am fully committed to whatever action I undertake, work, chores or games with the children.

In the 10 minutes you are in – time out! Stop everything. Look around you and see what is happening in your world. Once you have seen it, close your eyes for a few moments – you may snooze or meditate. You do not have to do anything. You simply have to rest from living.

- How do you feel at the end of the day?
- What are your energy levels like?
- Did you receive new insights in these moments?
- How did others react to you?

***Every 7th day we will come to the day of rest. You may wish to put this in alignment with your religious calendar, or you might like to make your day of rest the day you do not work. It does not matter which day you use providing you give yourself a rest day every week.***

***Every week try to increase the time you spend in rest. By the end of the year you will have close to four hours of real rest for your body, mind, heart and soul.***

***Imagine how overjoyed you will feel to have such a respite!***

## *Day 8 - Work*

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*Today I am grateful for the work I have that enables me to be productive in the world, gain an income and use my talents.*

If you cannot see your work doing such a thing then use this opportunity to write what you would like to see.

It might look like this:

I am grateful for the work I have that provides the means for me to find the work that utilises my talents.

- What talents are you using in your work?
- What talents would you like to use?
- What talents would you like to put to rest?

***Day 9 – Breathe in Peace***

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***Today I am grateful to breathe in life. I become conscious of my breath.***

***Breathe in. Breathe out.***

In the pause between the breaths add 'peace'

Breath in – Peace

Breath out – Peace

Breath in – Peace

Breath out – Peace

At the end of you day, note your feelings and thoughts and see what the day has brought you to be thankful for.

## *Day 10 – Food*

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*Today I am grateful for the food I eat.*

Become conscious of what you are eating.

For this day choose to eat what you think you want. Watch what happens.

- Is what you think you want - what you **really** want?
- Do you feel energised by your food today?
- Do you feel alive?
- Do you feel heavy and unnourished?
- Deadened by the taste of the food?

See if for 1 meal you can stop commenting internally and externally about the goodness or rightness of the food. No berating yourself because you haven't chosen low fat, low GI, 99% sugar version of whatever you are eating.

- Just for this once see how it feels to
- Sit quietly and bless your food before eating each mouthful
- Eat without TV, music or distractions
- Eat slowly and consciously every mouthful
- Wait until your mouth is empty before taking your next bite
- Put your cutlery down between each mouthful
  
- At what point did you feel you had had enough?
- Did you eat even though you felt full?
- What emotions came up?
- Are you calmer than when you sat down or are you feeling worse?

*Remember there is no judgment in this exercise only awareness.*

Write your observations down in your journal.

Bless you and the food for whatever you have learned today.

## Day 11 – Enjoying a food that’s ‘bad’ for you

*I give thanks for my ability to choose in each moment how I behave.*

Try a mouthful of something you consider wrong to eat like chocolate – but it could be anything you have labelled as bad or wrong but that you like.

- Look at the food
- Feel the food in your hands
- Smell the food
- Lick the food
- Place the food in your mouth. Let it sit for a few moments without chewing. When you are ready begin chewing thoroughly or dissolve slowly in your mouth. Swallow until your mouth has none left.
  
- What did it taste like?
- Do you want more?

Do nothing more than eat the piece of food or chocolate. Watch and note your responses.

## Day 12 – Eating what I'm supposed to!

*I give thanks for my ability to choose in each moment how I behave.*

Try a mouthful of something you are supposed to eat because it's good for you.

- Look at the food
- Feel the food in your hands
- Smell the food
- Lick the food
- Place the food in your mouth. Let it sit for a few moments without chewing. When you are ready begin chewing thoroughly or dissolve slowly in your mouth. Swallow until your mouth has none left.
  
- What did it taste like?
- Do you want more?

Do nothing more than eat the piece of food. Watch and note your responses.

Now compare with your responses from yesterday.

What is your body telling you about food?

Maybe the answer is that all food is equal, none is very bad or very good – all is ok when it is consumed in moderation?

What changes do you need to make to come to peace with food?

If you have no issues with food, give thanks and ask that you continue to have a healthy, joyous and peaceful relationship with your body and food.

## ***Day 13 – Obligation***

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***Today I give thanks for my many obligations.***

Where are you obliged to do something, be something or act on something?

Take one of those obligations and look at your feelings around it.

What happens when you feel obligated?

Are you feeling free, happy and light or are you feeling tired, tied down, heavy, resentful and unhappy?

Jot down in your journal your responses.

It is interesting to see what kind of emotions an obligation brings up in us, isn't it?

***So when you release all these parts of you that think you should because..., you are left with the freedom to choose.***

Now do you want to make that choice of spending time with that person, or helping someone?

Who says the obligation is yours? And at what point did you agree to it?

Today is a day free from obligation.

How much more have you achieved today because you are doing what you want to?

How much more energy do you have?

***Be mindful. Watch your responses. Choose your actions.***

## ***Day 14 – Rest***

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***Today I am thankful that I may rest.***

I agree to take time today to rest 10 minutes every 2 hours. I am fully committed to whatever action I undertake, work, chores or games with the children.

In the 10 minutes you are in – time out! Stop everything. Look around you and see what is happening in your world. Once you have seen it, close your eyes for a few moments – you may snooze or meditate. You do not have to do anything. You simply have to rest from living.

- How do you feel at the end of the day?
- What are your energy levels like?
- Did you receive new insights in these moments?
- How did others react to you?

***Every week try to increase the time you spend in rest. By the end of the year you will have close to four hours of real rest for your body, mind, heart and soul.***

***Imagine how overjoyed you will feel to have such a respite!***

## *Day 15 - Movement*

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*Today I am grateful for the natural ease of movement through my body.*

Regardless of whether you are an exercise junkie or a sloth, our bodies need to be exercised. Our limbs enjoy movement.

If you suffer with movement issues begin by moving one small part of you.

Today is about becoming conscious around your body's movement.

Watch how you move.

- Where does your body feel tight or heavy or light?
- How flexible do you feel?
- How willing are you to extend yourself?
- How is your breathing?
- Your heart rate?
- Your muscles, mind and level of alertness?
- Are you in easy and grace?

Do some simple stretching to get your body in the mood for exercise and see how it responds.

Journal your responses.

## ***Day 16 – Daily Ablutions***

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***Today I give thanks for being washed and clean.***

This is an exercise for the end of the day.

Whether you shower or bathe be fully conscious. Prepare the space. Allow yourself time to have a scented candle, beautiful soaps, clean towels, soft lights. Pamper your body with oils, moisture creams and a manicure and pedicure.

***This is a ritual of loving yourself.***

If you do this to the accompanying sounds of your inner critic pulling your naked form apart in the mirror, then cover the mirror before you begin.

With each cleanse of the soap, rub of the towel or massage of the cream into your skin, thank each part of your body for being you.

***Your body has offered you selfless service, be grateful.***

The body you have is the one you chose to be the 'you' you are so that you could learn to grow.

When you have completed your ablutions and are nicely warm and clean, sit with your journal and write down what it felt like to shower or bathe like that.

What are you feeling now?

When you have finished thank your body for all that it has done for you today.

Now get some rest.

## ***Day 17 - Sleep***

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***Today I give thanks as I prepare to sleep.***

Choose to allow your body the opportunity to have a deep peaceful sleep.

Make preparations for this.

- 1) Decide to go to bed earlier than normal by about thirty (30) minutes
- 2) As you complete your evening ablutions and night time rituals become aware of your breath.
- 3) With each breath out let go of any worries for the day. Say to yourself  
***'I let go, I give thanks.'***
- 4) Make sure your bed is comfortable for sleep. Remove or cover television and put books away.
- 5) If you must drink try water only, before you sleep.
- 6) Switch off the light and lie in bed. Breathe in and out. Feel your body's muscles, nerve endings, tendons and organs relax deeply.

***I allow myself a rejuvenating sleep and  
I awake in the morning refreshed and alert.***

## ***Day 18 Meditation***

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***Today I give thanks and I prepare to meditate.  
I choose to allow my mind to become quiet and still.***

Meditation is an excellent practise for the mind and body.

It gives quietness and clarity to the mind's constant thoughts, and the 'personalities' we all hold, such as the nagging parent or the inner critic.

These 'personalities' are destructive to your development and growth. Meditation assists in releasing the impact of these.

It also enables the emotions to rest and the spirit to come in enabling Flow with the great universe so that your life is more fulfilled and you Become more at peace with yourself and your world.

Today take time out to practise meditation. There are many methods but the simplest is to become aware of the breath.

***I breathe in, I breathe out.***

And as the observer watch to see what else comes up. Do not follow the The thoughts or feelings or comment on them, simply let it go and again go back to

***I breathe in, I breathe out.***

Try meditation. 10 minutes a day is all you need to make a world of difference to your wellbeing.

Start now, today.

## *Day 19 – Exercise*

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*Today I give thanks for my daily exercise.*

Exercise may be as simple as a walk, an hour in the garden weeding, a household chore, or a full gym workout or sport.

It can involve groups of people or be a solitary moment.

Decide which one you like best and use this as your 'love exercise' model.

What is a 'love exercise' model?

For me 'love exercise' is the exercise that loves all parts of you, your body, mind, heart and soul. All other aspects of exercise are there to support your 'love exercise.'

For me the 'love exercise' I enjoy the most is what I call my 'Creativity Walk'. I do this daily. It is not strenuous, it is comfortable and very Present. I make sure I walk with all my body fully present in the moment. I take in the wonderful colours, sights, smells and sounds of my walk.

It allows my mind to clear, oxygen to be pumped to all parts of my body and the muscles to be cleansed and relaxed.

Take 30 minutes of your day to exercise your 'love muscles' and just see what love you life offers you!

## ***Day 20 – A New Day***

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### ***I give thanks for today!***

Get up half an hour early, so that you have time for this exercise.

Take a few moments to stand in front of a window, on a balcony, porch first thing on waking.

### ***Breathe in the day.***

Become aware of the smells, sounds and life around you. Birds singing, Doors opening, cars and traffic noise etc

Keep breathing rhythmically and easily.

When you are filled with the miracle of hope that a new day brings you are ready for your new day.

Enjoy it!

## ***Day 21 – Rest***

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***Today I am thankful that I may rest.***

I agree to take time today to rest 10 minutes every 2 hours. I am fully committed to whatever action I undertake, work, chores or games with the children.

In the 10 minutes you are in – time out! Stop everything. Look around you and see what is happening in your world. Once you have seen it, close your eyes for a few moments – you may snooze or meditate. You do not have to do anything. You simply have to rest from living.

- How do you feel at the end of the day?
- What are your energy levels like?
- Did you receive new insights in these moments?
- How did others react to you?

***Every week try to increase the time you spend in rest. By the end of the year you will have close to four hours of real rest for your body, mind, heart and soul.***

***Imagine how overjoyed you will feel to have such a respite!***

## *Day 22 - Dancing*

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### *I give thanks for music and movement.*

It doesn't matter if you can dance or not. This is about allowing music to move through you.

Music is such an important connection to the flow of life.

If you have never danced before and think that you can't do it, try this! Begin by tapping your foot to the piece of music, clapping or clicking your fingers.

Each time you try this exercise, add more of your body until all of your body is involved.

Dancing for enjoyment and awareness is not about looking like a dancer, it's about connecting into the universal power and flow.

When you do it is absolutely exhilarating and joyful!

Try and dance every day, your body will love you for it.

## *Day 23 – Friends*

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*Today I give thanks and gratitude for my wonderful friends.*

Take some time today to write thank you notes to your friends. You may or may not wish to send them the notes you've written.

It is not important, although it is a very loving gesture to honour your friends when they don't expect it.

What is more important is that you have spent this day thinking of them and all they mean to you.

Think about

Why they are such a blessing  
What joy they bring to you  
How knowing them has enriched your life

You will feel happy to know so many wonderful people in your life.

You see – you are not alone after all!

## *Day 24 – My God*

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*Be with 'your God' today.*

Today is time to recognise a 'Being-ness' greater than your own. If you do not believe in a God, Allah, Buddha or Shiva or any other avatar then focus your energy on nature.

Find a place that is majestic and wonderful and spend some time in this glory.

Fill yourself with the magnificence of beauty and recognise you are part of this whole.

Allow your emotions to come up and release until you are able to be still.

A sense of peace will fall upon you. Know that in this peace you are with your God.

Be blessed.

## *Day 25 - Music*

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*Today I give thanks for wonderful and beautiful music.*

Look through your music collection and choose all your favourite music. Put that aside, you won't be using that today.

Now look at your music collection. Choose something from your collection you have not listened to for at least six (6) months. Become re-acquainted with it and the emotions it makes you feel.

For the whole day immerse yourself with music alternately choosing one piece you love and one you have not heard for a while,

At the end of the day sit quietly and write down how the music affected you. Look at the familiar pieces you so love – did you hear them differently today or did you switch off and become less present? And what of the other music, the less familiar – have any of those been move to your 'hit' list?

Give thanks to the music you love and be willing to be enriched by what you do not know.

Music - can you live without it?

## *Day 26 – Silence*

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*Today I give thanks for the silence - the counter point to the noise of living.*

Today you will be in silence. Do not put on the radio, TV, mobile phone or internet.

Disconnect all technology.

Spend time in contemplation, reading something uplifting that brings joy - your favourite book or poetry.

Eat only when hungry. At meal times do nothing other than eat.

Keep all activities to a minimum.

If it is possible try to be silent yourself for the whole day.

If you need to be expressive do gentle exercise, such as stretching or write in your journal.

At the end of the day write down all that you have understood about being silent.

## ***Day 27 – Spring Clean***

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***I am grateful for all I have accumulated, created and manifested.***

Today you are going to spring clean a drawer, or cupboard, wardrobe or bookcase.

This one space by the end of the today will be released of the old and be ready to receive the new because you have created more space for it.

If you wish to be symbolic is there a place in your life that seems stuck? If so work in that space, clearing and cleaning it until it shines with freshness!

At the end of the day, journal. How do you feel? Do you feel lighter and more ready for new things? Do you feel better about yourself as though you have taken affirmative action?

Write all your feelings down and honour them. Over the coming weeks see how your life changes.

List the changes here in your journal.

## ***Day 28 – Rest***

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***Today I am thankful that I may rest.***

I agree to take time today to rest 10 minutes every 2 hours. I am fully committed to whatever action I undertake, work, chores or games with the children.

In the 10 minutes you are in – time out! Stop everything. Look around you and see what is happening in your world. Once you have seen it, close your eyes for a few moments – you may snooze or meditate. You do not have to do anything. You simply have to rest from living.

- How do you feel at the end of the day?
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***Imagine how overjoyed you will feel to have such a respite!***

## *Day 29 – Creative Hobby*

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*Today I give thanks for the ability of creative expression.*

Today you are going to paint, draw or make pictures with crayons, pencils, paints or fabric bits and pieces.

Get some paper suitable for the medium.

Put on your favourite music and begin.

If you have never done this before it will be hard. Maybe you have been told that you are not artistic and your inner critic is not allowing you to enjoy the experience.

But this exercise is not about being a wonderful artist, this is about self expression. It is something that needs to be released from within.

When you do this you will find you release creativity on many different levels, in places you didn't expect.

You may even enjoy the experience.

Whatever piece of creativity you come up with today I want you to put it on your fridge in the same way you would your child's.

You honour every effort your child makes even though you sometimes wonder how three spots can equal three koalas sitting under a tree! You must do this with yourself. The more the creative side of you is acknowledged the more creative you will become.

As always at the end of the day reflect on what being creative today has meant to you.

## ***Day 30 – Roadblocks and disappointments***

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***Today I give thanks for all the roadblocks and disappointments I have had in my life.***

Can you feel yourself refusing to accept this affirmation? This one is hard but often the disappointments come because the direction we are going in is not in our best interests.

It is though we are being stopped from moving forward because we cannot see around the corner.

If we were to move forward we would miss something important in our soul's direction. It's at times like these we need the perspective of distance.

Try visualising your life from a more distant perspective. Imagine you are in a house and you are looking out the window at you in your current situation.

What can you see?

How does this perspective differ from the up close view?

What emotions are you experiencing that are blocking your view?

Name your emotions and then as if they were curtains closing out the view, open them so that you can see more clearly.

Jot down in your journal any insights you may have. Write everything with censorship. Our subconscious mind works in subtle and mysterious ways that our logical reasoning mind does not always like to recognise.

Once you have moved through your current state and your progress has changed, go back to your journal and review your notes.

Do they make sense now?

Can you see the connections?

Sometimes it is clear with hindsight that which we cannot see with first sight.

***Remember all parts of you are working to make your life better and safer.***

***Day 31 – Re-evaluation.***

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***Today I am grateful for the time and opportunity to re-evaluate the situation and me.***

Get into the habit of stopping long enough to see how far you have come and yourself thanks for all you have achieved.

Often our dissatisfaction with our lives comes not from under achieving, but rather from lack of acknowledgement for our achievements.

So today it is time to check your progress.

What has happened over the last period of time? (weeks, months or years)

What was good? What did you learn? What do you need to let go of?

What do you need you need to re-do or re-evaluate because it is not working?

What do you need to use again for a better future?

Give thanks for the learning and pat yourself on the back – you are so much further ahead in your live learning than you think.

***Be proud of yourself and your accomplishments.***

***Day 32 – Smiling through your day.***

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***Today I give thanks because I can smile through my day.***

Tell yourself the following:

***Today I am going to smile more.***

I am going to be consciously aware of smiling especially when I am on my own with my own thoughts.

I allow a smile to play my lips.

If I find, hear or think of something funny, I agree to laugh.

I become conscious of laughter in my life.

Do I laugh often, long, how many times a day?

***Accept the wisdom of the laughing Buddha. Life is meant to be enjoyed and celebrated.***

I do this today.

Review your day.

Did you laugh today more than any other day?

What did you laugh about? What did you smile about?

Did you feel happier at the end of the day than when you started it?

Did you 'end' your day peacefully?

Yes, peace can be a by-product of smiling and laughter as well as satisfaction at how well you and life interact.

***Enjoy laughing and smiling – you and the world will be better for this simple step.***

*Dear Readers*

*We are at the end for the moment of this study guide.*

*I sincerely hope you find it useful.*

*May your lives be filled with laughter, joy and love because in truth that is exactly what you are:-*

*Love & Joy.....*

*Blessings to you*

*Melody*