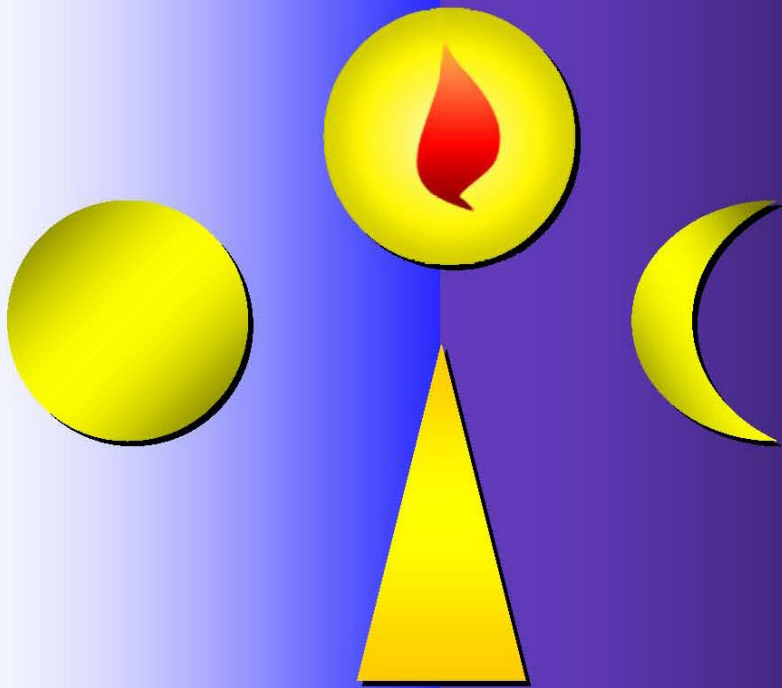


A CANDLE AT BOTH ENDS

THOUGHTS OF INSPIRATION FOR THE
BEGINNING AND END OF THE DAY



BY
TIFFANY PROCHERA

Upon Waking



Be Inspired

May you be inspired today.

May you be encouraged to travel your path with sure feet, confident in your direction.

May you be spurred on to explore, to face the challenge, to go to the next level.

May you experience many moments when you want to stand up and shout, "Huzzah! How grand this life is and I want more of it!"

May you fall asleep exhausted but giddy with anticipation for what is to come, as though you cannot wait until the morning to continue the adventure, to see what glorious miracles are going to occur.

And finally, may you realize your power to create such a day and such a life for yourself for you truly do possess it.

Have an exciting day!

Sunflower

Be a sunflower today
Follow the joy wherever it leads you
Take in all the beauty that life has to offer
Display your bold vibrant colours for all to see
Turn your face to the light, little sunflower
and shy not away from the sun

Carpe lumen

Redefining Human

How often do you say or hear other people say “Well, we’re human.” or “That’s just what people do.” as justification for certain behaviours? Do you ever question such comments?

Today is a day to evaluate and, perhaps, readjust your personal definition of being human.

You are an amazing creature. You can be whatever you want to be. The only things that can stop you are your own beliefs about yourself and that is not intended in a corny, self-help sort of way. For example, you may have heard the claim that we are not meant to be with one person for our entire lives and it’s not logical to expect someone to be faithful forever. That is their belief and their choice. And yet, there are those who do fall in love once and make it last a lifetime. That is their belief and their choice. You may have heard someone justify another’s violent outburst by claiming, “They’re human. Anyone would be angry in that situation.” And yet, there are those who are able to remain peaceful and in control of themselves at all times.

Are those people not human? Of course they are! But they have a different perception of what it means to be human.

Challenge your definition of humanity today. Does this definition allow you to become the greatest version of

yourself? Does it make you proud to be a member of this species? Before you go to sleep tonight, create a new definition of yourself, what you want to be and believe, however grand it may seem.

Have a human day!

This Moment Is Yours

Good morning, sleepy one. I hope you had a good night's rest.

As you open your eyes, feel the gentle kiss of the dawn on your forehead, beckoning you to a waking world.

But do not get out of bed just yet.

Take some time to be, for, once your day begins, anything is possible and you may get lost in all the activity around you.

But right now, in this particular moment, there is no phone or doorbell ringing, no one making demands on your time or energy.

There are no expectations. This moment is yours.

Breathe. Dream.

Let the thoughts of the day's potential slowly fill you with anticipation, like helium in a balloon, until you are truly ready to rise and continue your life's journey with a peaceful mind and an open heart.

Have a wonderful day!

Life's "Coincidences"

Rise! Rise to meet the day!
Rejoice in its arrival knowing that there never has been,
and never will be, another one like it.
So many adventures await you so prepare
yourself to be amazed!
Do not hold any expectations, for the unexpected is so
much more exciting.
Keep your mind open to the possibilities that lie
within each moment.
Each person you meet, each task you undertake is a
blessing that may alter your life in ways you may
never know or understand.
Learn to love life's little "coincidences".

Have a magical day!

The Search for Beauty Part II

There are many things that go by the name of beauty.
There are beauties everywhere, in every space, in every
time.

Still we sometimes ask, "Where is beauty here?"
But a beauty does not hide.

A beauty does not camouflage itself, desiring to be kept
from view.

A beauty is bold and proud and wants to be noticed.

But, because of the diversity of the species, a beauty does
not always share a familiar tongue.

It may speak the language of sadness, tragedy or
struggle, hoping urgently that we will learn to
communicate with it and, thus, learn its name.

For, once we know it is there, we can be comforted and
find peace.

Try to learn the many languages of beauty today.

A Morning Cheer

Morning, morning, here I go!
Time to learn and time to grow.
Fearlessly I face the day,
ready for the come what may.
If it rains or if it shines,
I will keep a sunny mind.
Nothing's gonna get me down.
I'm itching for another round.
Yay morning!

Breathe

Breathe

Take in the light of the universe.

Let its energy course through your body like an
infectious joy disease.

Breathe

You are connected to the source from which all is
created and conceived.

Possibility is unavoidable, limit a trivial point of ill logic.

Breathe

Know that everything that happens today is for your
betterment and for the betterment of everything and
everyone around you, thus, everything is wonderful.

Breathe

Contemplate and marvel at life's perfection, the mystery
that is this infinity of which you are a vital part.

Realize that we are all particles in a singular entity and
every day grants us the opportunity to contribute to the
health and well-being of that entity.

Breathe. Love. Be.

Embrace the Day.

Dance through the Day

Fluid in motion, light on your feet
Glide o'er the earth with an angel's grace
Delicate treading, sure but aware
Of all creatures great and small in their place

Hear from within you the songs of all time
Words of the ancients and music they play
Feel the power that pulls like string
Let your soul be lifted and dance through the day

The pulse of the universe, steady and strong
Runs through your veins like a runaway train
Carrying you forward and driving you on
To a glorious destiny you've yet to claim.

Hear from within you the songs of the earth
As your heart beats in time with the drums as they play
Feel the power that pulls like string
Let your soul be lifted and dance through the day

Awaken Your Senses Sound

Awaken your senses today.

Listen to the songs of the earth, the rhythms of life –

the playful chirping of birds

the cheerful laughter of your fellow beings

wind tickling the leaves on trees

footsteps on gravel or city pavement

the roar of thunder, the patter of rain

water rushing into a sewer grate or

crashing against the shore

the rustle of a squirrel running through the grass

the croaking of frogs, the chirping of crickets

the beating of your own heart or that of the one you love

the whisper of your own voice

the tinkling of the bells on an ice cream truck

the confident whistle of a train

the rhythmic groove of a photocopier

the gentle hum of florescent lighting

Be aware.

Let these magnificent sounds become the

soundtrack to your day.

Hear the music they make in glorious harmony.

Awareness of our surroundings helps us to appreciate life

in a much more meaningful way.

Enjoy your discoveries and have a great day!

The Hero Within

Who are your heroes? Who do you admire?
 Who do you aspire to be like? Who do you look at and
 say, "Now that's one cool cat!"
 Are they television characters, great historical figures or
 people in your everyday world?
 Think about this today. Think about what really
 attracts you to them.
 Is it their interpersonal abilities, their business savvy,
 their fashion sense, their generosity?
 Look at these people and try to see them in yourself.
 True, we are all unique individuals but there is nothing to
 say we can't take on some of the more admirable
 attributes of another person.
 Don't be ashamed to look at actual superheroes who fly
 through the air and leap over tall buildings
 on a regular basis.
 Sure, most of us may not be able to perform these
 supernatural feats but there is nothing stopping us from
 learning to fly a helicopter or getting into
 top physical shape.
 Heroes are meant to inspire, to show us that
 we can be more.
 Maybe in our darker moments we can look to these
 people and ask ourselves, "Now, what would my heroes
 do in this situation?"
 Then, over time, perhaps we can bring that courage, that
 strength, that generosity into ourselves and
 become our own heroes.
 Not a bad idea, is it?

Have a heroic day!

Morning Haiku

the light returns
another movement begins
in earth's symphony

Special Days



Thoughts on the Day of Your Wedding

The day you have been anticipating and planning for so long has finally arrived!

You are now ready to engage in a glorious union with the one to whom you have surrendered your heart.

But there is still much to do and think about before the day is over and you can finally rest.

Don't forget to savour each moment as it approaches. It is so easy to get ahead of yourself and dismiss the present.

Notice all the smiling faces of those who have come to share this occasion with you. Enjoy and appreciate their presence.

Chances are, things will not go quite as you planned. Despite your greatest efforts, there may be flowers that wilt, beverages that are spilt, embarrassing tales you'd rather forget told at the reception, and the ever-unpredictable weather may not agree with your original design. But there is beauty and, if nothing else, humour to be found in the unexpected.

Try to laugh at all the little mishaps when they occur.

As you say your vows, truly contemplate their meaning and echo their sentiments with every fibre of your being.

This is the person whom you have chosen as your partner in life and the promises you make to each other deserve your full attention.

It is, after all, those promises that have brought you to this moment and, in the end, it is those promises that will sustain you through many more.

Have a wonderful day!

Thoughts on the Arrival of Your First Child

Nine months of anticipation have finally come to an end. This precious gift, granting you an opportunity to learn and grow in ways you never thought possible, has now arrived. This small, unknowing source of hope has now been released into the world.

Be gentle with yourself. Realize that no amount of reading or pre-natal counselling can truly prepare you for what you are about to experience so don't be surprised if you go through an incredible learning curve.

Do not be afraid or ashamed to ask for support. This child belongs not only to you but also to the world and its well-being is everyone's responsibility.

Be aware that, while it may be inexpressible for a time, this little life holds more wisdom than you will ever know. Never assume that children are not paying attention or that they do not understand. Despite the language barrier, there is much more information conveyed without words.

Be careful not to overburden this new soul with your expectations for it has come here to embark on its own journey. Act as a gentle guide and try not to take the reins.

And most importantly, through all the happiness and sorrow and frustration you will feel, this child needs, above all else – more than any video game, more than any pair of sneakers, more than any vacation - to be loved and nurtured. And, in reality, this is what we all require.

Congratulations!

Preparing for Sleep



Magical Dreams

As you lay down to sleep, may you
dream of wondrous things.
May you embark upon magical adventures to lands you
can not imagine in the waking world
where fairies frolic and unicorns lie peacefully in
grassy meadows,
where teardrops become diamonds and glorious rainbows
stream across a cloudless sky.
May you be everything you have ever wanted to be -
strong and fearless, compassionate and wise.
May you soar above the tops of mountains and dive to
the greatest depths of the oceans.
May the multitudes sing your praises and
shower affection upon you,
cushioning your every step with rose petals.
And when you awake, hold tight to these feelings
for there is still much magic in this waking realm
and you truly can be whatever you want to be.

Pleasant dreams.

Try, Try Again

Okay, so today sucked.

Circumstances arose that I neither expected nor desired.

I was irritable and nasty, even more than usual,
and was just in a crappy state of mind most of the time.

But, you know, it's alright. It's alright because
the day is over!

I did my best and accomplished what I was able to and,
some would say, meant to accomplish.

And tomorrow may be better, it may be worse, or it may
be pretty much the same thing but, at least,
it's a fresh start and, with what I have learned today,
any obstacles or complications will hopefully seem a little
less daunting and a little more manageable.

But right now, it is time to rest and get ready to try, try
again.

Dreams

Peace

Restoration

Healing of the body and the mind

Revelation of hope

Resolution of conflict internal

In color, in black and white

Listen to their messages

for dreams are the language

of the soul.

A Prayer for a Single Person Who Doesn't Want
to Be

As I lay me down to sleep, I make this request of the
universe –

Let me find love,
love that teaches,
love that heals,
love that soothes the restless spirit and stills the
wandering heart.

Bring me love that rejoices in all that I am
and would not wish for me to be anything else.
Bring me love that I admire and respect, that I would be
proud to claim as my own.

And as this love is made manifest, allow me to become
the person I am meant to be so that I may
reside in this love peacefully and completely,
without fear or reservation.

I ask this in the name of my soul.

AMEN

A Prayer for Loved Ones

As I lay me down to sleep, I make this request of the universe –

Please take care of my family.
Keep them safe from harm.
Grant them many joyful moments that they
will always remember.
Let them be powerful in their lives.
Let them see their dreams become reality.
In times of sorrow and doubt do not
allow them to lose faith.
Protect them and remind them that life is still beautiful.
Help us support one another in all of our
challenges and victories.
Let the bond between us as a family grow stronger
with each passing day
and, even when we are not together, let us be comforted
by the warmth of each other's love.

I ask this in the name of my soul.

AMEN

An Insomniac's Prayer

Now I lay me down to sleep
I pray I'll need no counting sheep.
Let my head on pillow rest
And with eight hours of slumber be blessed.
Let nothing awaken me
Save for an emergency.
And if I fall under Sandman's charm
I pray I don't sleep through my alarm.

AREM

Released From Duty

Though we are certain you would deny it if we told you that you believed the universe would crumble if you were not holding it up, we, the inhabitants of the earth, your family and friends, are ordering you to give up the charade, the delusion of power.

You have been running around all day with the understanding that if you don't do it it will not get done and, yes, your efforts are greatly appreciated, but you may close your eyes now and rest without fear that when you wake we will not be here.

Everything is fine.

We and the world can manage without you for eight hours.

You are hereby released from your duties.

Please go to sleep.

Calm Your Spirit

It is time to sleep, to rest.
Let go all thoughts of the day.

Breathe. Relax.

Let your mind be at peace.

Let sleep overcome you.

Breathe. Relax.

Feel your body sinking deeper and deeper into your bed.

Let your heavy eyes close with no worries or concerns.

See the dreams starting to take hold, preparing you for
an evening of enlightenment.

Breathe. Relax.

Let the sound of your breath soothe you and bring you to
a state of rest.

Welcome this time to calm your spirit.

Breathe. Relax.

A Sonnet for Slumber

Oh, slumber, great restorer of the soul
I now would lend myself into thy care.
So that body and mind may be made whole
And that all troubles thus should be repaired.
Grant me many scenes of revelry
And joys I've yet to know or never will.
As consciousness give way to reverie
Of love and passion let me have my fill.
Show me sights too grand to contemplate
Of beauty almost hazardous to view
And, on the opening of Psyche's gate
Reveal to me that which I always knew.

And I shall wake, refreshèd, in the morn
As though a brand new person had been born.

A Haiku For Sleep

sleep closes the eyes
restoration now begins
on body and mind

A Wish Story

There once was a girl who wished on a star.
She wanted to ride it and travel so far
fly off to Mars, meet the Man in the Moon,
sip the Milky Way from the Big Dipper's spoon,
see this big earth through an astronaut's eyes
and wander through all the diamond-filled skies.
So excited she grew, her mind racing about
that, before she knew it, she was tuckered right out.
She got so tired that, without counting sheep,
she closed her eyes and drifted right to sleep.
Then, like every night, she started to dream
and saw all the places she'd wished she could see.
She flew off to Mars, met the man in the moon,
sipped the Milky Way from the Big Dipper's spoon.
On and on and on through the night
oh, did she witness such wondrous sights!
And when she awoke, sleep still in her eyes
she held on to visions of diamond - filled skies.
Such joy she did have for she finally knew
that, even through dreams, wishes can come true.

Lullaby

Go to sleep my little one. Rest your weary head.
The land of slumber waits for you in your little bed.
You will be protected while you dream away.
You will be watched over until the light of day.
Sleep, sleep, sleep my little one.
In the morning you will see
a new world has begun.

So, go to sleep my little one. Rest your weary head.
The land of slumber waits for you in your little bed.