

MORNING FOCUS

I awaken in the Knowing that everything I create and experience this day is Love, Appreciation and Perfect Support in motion, no matter what story I could make up about it.

I feel deep and ever expanding appreciation for myself as Creator of those experiences and for the experiences themselves, being the magnificent illusions they are, and I unconditionally accept them exactly as they are.

I feel my Infinite Abundance bestowed expressing Itself in every minute of this day and I joyfully accept all the riches inherent in this day.

I am committed to an ever expanding awareness and direct experience of who I really am.

EVENING FOCUS

How appreciative I am for all the experiences I created during the day that has just ended, and for my Creatorship of them. I express appreciation to myself and all my creations for supporting me so lovingly, perfectly and brilliantly.

I feel deep appreciation for my willingness to accept all the gifts I received today and I feel blessed by each of them. I rejoice in my expanding awareness of my Expanded Self, and in the love and support I receive for this expansion.

I rest confidently and comfortably knowing that my human self is now renewed to play some more.