

*Meditations*  
*in Daily Living*  
*.... A Search For*  
*Self~Truth*

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*Randi and Rhoda have been friends and neighbours for twenty years.*

*Together, through Spiritual Guidance, they have explored and questioned the meaning of many of life's experiences.*

*They co-facilitate two groups that gather together to support each other as they search for their individual truths.*

*This book is offered as a gift  
through Divine Guidance.*

*We want to thank our  
friends and family  
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possible.*

*Rhoda Allen  
and  
Randi Petersen*

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# ***Introduction***

*These meditations are meant to be read daily  
over a month period.*

*You will find that they will remain true over any period and bear reading and  
studying again and again.*

*(i)*

# *Giving In Love*

*A good thing to do as you start each day is to give thanks for what is yours. What is yours is what you perceive as yours. Know that what you need is already yours. When you have given in love, it follows that the love you have given is yours. The person has been touched by you. Be assured that this has been returned to you. We all reap what we sow. These are truths about love. The only variable is the choice made by someone other than you. Know that love works for good. If the choice made by another does not make you happy, be at peace - the love in you will bring love again. Know you have much to give. Spend it wisely. It is readily taken because so many are in need of it. Love should be given - and received. Not all can give in return. Remember the power of love and use it wisely.*

*Day 1*

## *Achieving Awareness*

*Know you are achieving new heights of awareness. The more work you do in this area of meditation, the clearer the messages will be. You can learn to affect the changes you desire. Know your strengths will have an impact on those with whom you come in contact. It has always been this way for you. The only new power is the achievement of this awareness. It is only that which we are aware of, that we can utilize. All lies dormant, but has potential. You have heard that we humans use only a small part of our potential. The heights to which you can move are infinite. Use your power for good, but use it often and with joyous abandonment. You are fortunate to have this knowledge and to realize that you have the protection to do so. Enjoy this day God has given. Love well in it.*

Day 2

## *Growing In Grace*

*Know we will be with you as you go to work this morning. You are wishing to stay home. Your presence this morning will be a blessing. You will be of special service to someone.*

*Know that there are those times when what we have to do is not what we want to do. It is in these situations that we grow in grace.*

*It starts with the feeling of having done right. We feel kindly towards ourselves. We know we have grown beyond what we knew and now totally understand a new truth.*

*We are blessed in the knowledge. The blessing is the grace. Know understanding will come to you.*

*Day 3*

# *Love And Positivity*

*Today we will talk about the white light of safety. Why do you ask for this? We surround you with safety and protection because you ask for it and we love you.*

*The light keeps you safe from negative thinking. Remember this when you are in the midst of those who would like to frighten you. People do not always realize the effect they have. They are simply unable to be anything but negative. This comes from years and generations of learning.*

*It would be just as easy to learn positivity. Love brings about good feelings. Good is positive. Can you see how love and positivity fit together? This is the basis of our teaching. Again, remember that the white light protects you - body, mind and soul. Think on this light.*

*Day 4*

## *Daring To Face Fear*

*When you feel fear, stop and listen to what it is saying. Who is talking? It is sometimes the voices of our past that we are hearing. They can have an effect on us. What we must realize is that they can only affect us if we allow them to. Nothing can invade our positive armour unless we give it our permission. Why would anyone give it permission?*

*If you dare look at this, you will see how useless and unreasonable it is to be anything but positive. I say “dare” because if you see it, you will never have an excuse to go back to the old way of thinking, no matter how comfortable it is. That is how we die in comfort. Comfort can be ignorance.*

*We need to be alive and constantly challenged. Give thanks for the challenges and setbacks. These are your vehicles of growth. Bless you in your struggle.*

*Day 5*



## *Nurturing The Spirit*

*Never think of the rain as a negative thing. Rain refills the cups of nature. Without it, there is no growth. Rain comes when the earth requires it. Nature works in a natural manner. See the similarity between the words?*

*People also need to be refilled to work best. Unfortunately, they do not always realize that this is natural to them, too. People do not see it until they become aware of their spiritual deprivation. Once aware, people must be refilled on a natural timetable ~ like the rain.*

*As humans, we find we do not operate well with empty cups of spirit. The spirit must be continuously nurtured. The earth can hold in the ground what it requires to provide for continuous life-giving.*

*We are also capable of this, but it is our responsibility to nourish ourselves. If we do this, we will have a continuous supply of spiritual food.*

*Day 6*

## *The Strength Of Love*

*Love takes many things into account. It includes loving beyond hurt feelings, changes in fortune, and betrayal. Love can survive these setbacks. Any relationship can be resurrected if love is present.*

*Over the last few years, we have seen a tendency for people to give up too easily. The harm in this is that they never learn to work out problems. They take their problems from person to person leaving a trail of misery in their wake. They do not realize what a big word love is. Picture love as a mighty fortress with thick walls. It has a strong foundation that will weather the roughest storms.*

*Is there any reason your problems cannot be worked out in a place that will last your lifetime and beyond that?*

*Think how protected we would feel if love was with us ~ its strong arms around us, its foundations unshakeable. The love has to be there and felt by both souls if it will be that strong. It takes the mutuality of stone and mortar.*

*Day 7*

## *Miracles In Silence*

*Love knows when to be still. Sometimes it is necessary for love to work its miracles in silence. When this occurs, there are many activities going on under the surface. It is at this point we frail unbelievers think that love has deserted us. If we can't see, we don't believe. Where is our faith? Is faith visible to the eye? We know it is not.*

*We believe many things we cannot see. We expect electricity to work even though we understand not how. We expect planes to fly. Why is it that we lose our faith so quickly - especially our faith in love? This is strange since we have seen the proof of love working in our lives. We forget that love is in us. We forget its power. When we see no action, we believe there is no action.*

*If we believe in God, we know God is in us. If God is love, it follows that we are love. Is God not powerful? It follows that we are infinite power and love. We are powerful in stillness and action.*

*Day 8*

## *Appreciate Each Day*

*Each day is precious unto itself. To fully appreciate each day, you must think of it as the very last time this day will be here to be used and lived in.*

*No matter how similar the days, this one will never again be repeated. How do you want to spend this last day? In appreciation of its gifts? In excitement of its possibilities?*

*Will you instead, not pay it any particular attention ~ as another one will be by tomorrow?*

*The choice is clearly only yours to make.*

*Day 9*

## *True Peace And Happiness*

*Know the direction to true peace and happiness is in this: Each day do what makes you happy and do what you can do to make someone else happy.*

*Two simple rules to live by. These two things should coincide.*

*Be sure when you make someone else happy, that it is a genuine act of love. When you do this, you make each day a blessing. You will find the days peaceful.*

*In times of adversity, you will find this is still true. I can think of no circumstance where it is not right to be true to yourself.*

*The true and loving part of you is God within you. It follows then that you are being true to God. It is the most and the best anyone can do. It also follows that the least of us is the most of us.*

*Day 10*

## *Many Roads To Happiness*

*Know that life can have many different roads to happiness. There are many ways in which we are needed. The paths to any of these can lead to an exciting and fulfilling life.*

*The fork in the road we choose does not have to be right or wrong. You can often choose between the things that would provide happiness in different areas. When we think there is only one thing or person that can make us happy, we are putting limits on the God force within us. We are limitless, but by our own choosing, we can stay limited and powerless. This is usually done in ignorance of any other knowledge.*

*The knowledge is available ~ we have only to open our eyes and ears. The spirit within us that wants happiness is the force that makes us see and hear. The lessons get deeper as our understanding progresses. Think hard on this lesson. It is a timely one.*

*Day 11*

## *Getting The Job Done*

*Aliveness ensures that all tasks will be completed. You do not have to start the day feeling bogged down by an impossible schedule you have set for yourself. The number of tasks may not be too many, but you hinder your efforts by becoming tired just by looking at the list.*

*Making a list is useful only as a reminder. It does not stand over you with a whip. Use it as a guide. You will find that taking the pressure off allows the tasks to flow more freely.*

*Let the day take over. Free yourself. Tasks are only objectives. They are not you. You can pace yourself and complete your work. There are, and always have been, twenty-four hours in a day. There will be twenty-four tomorrow and your list may not be as long. To summarize, chop down one tree at a time. Worry only about that tree. You can't chop down the whole forest at once.*

*Day 12*

# *The Power of Thought*

*Clearing the mind of unproductive thoughts is something that takes practice, work and endurance. The mind is a powerful tool that can work for us or against us. The interesting thing about this tool is that we are the writers of how it will be used. We can direct our thoughts in the manner that will help or harm us. It is interesting to think about why we deliberately fill our minds with thoughts that hurt us, when we clearly have the option of doing just the opposite.*

*The opposite is peace. Is it such a difficult thing to live with? This is not a frivolous question. There are times when accepting peace for ourselves does not feel right because that means we are giving up another thought we are hanging on to no matter how much it hurts us. The reality is that no matter how long we hang on to the old hurts, we are going to have to let go in order to live freely. We might as well do it sooner than later. We could escape damages inflicted on ourselves, by ourselves, that much earlier. We need to think very hard about the direction we give our power. I could say “directives” because we are the directors, and the outcome comes directly from our will.*

**Day 13**

## *The Peace in Positivity*

*It is a blessing to have a peaceful mind. The world is often a place of chaos and confusion. It is very easy for us as humans to get caught up in the flow of negativity. This can manifest itself in several ways. We can become over tired. This prevents positive energy from flowing through us freely. We set up our own road blocks. Just as an automobile cannot drive through cement blockades, our thoughts cannot permeate thick walls of negativity. It is important to rest our bodies so we can operate them at full capacity.*

*We also let the outside world take over when we surround ourselves with vexing persons. It is amazing how negative persons have the power to bring us to their level. It demonstrates the power of thought, either for positivity or negativity. That is why we have to continuously strive for a positive outlook. This is where peace of mind originates. It is constant practice that keeps it with us. It will then become habit or internalized as part of us. What a blessing that is. So, rest yourselves, love yourselves and go into each new day in peace with the knowledge that you will know only good.*

**Day 14**

## *Facing Our Pain*

*Wherever we go, we have the opportunity to learn and teach. What we learn is sometimes not as important as how we learn it. The method of learning can have a different impact on us. If the lesson is: "Do not trust strangers," for example, how we learn can have dual impact. If we are hurt physically because of our trust, we experience the pain twofold. We learn that we cannot trust strangers and that anyone can become a stranger and hurt us. What we do is transfer our hurt to an unsuspecting person. We mantle them with the cloak of preconceived wrongs which they have not inflicted. This is most unfair to both involved. This is the pain from the original hurt that has the longest lasting consequences. If we do not face our pain to see from where it is coming, it will stay with us and not let go. It goes with us everywhere, affecting our actions and reactions to people and circumstances. And so, it cripples us. We have to learn that not letting go of the pain keeps it with us and we hug it close to us as if it were a security blanket ~ and indeed it is. It keeps us in the secure position of not having to face ourselves and taking the responsibility of making us whole.*

*It is a challenge every day to keep a realistic view of ourselves and your motives. We can only persevere in our search for self truth.*

**Day 15**

## ***Struggle Towards Truth***

*Have you any idea what you have started when you set the wheels in motion to start learning? Unfortunately, there is no place where you can stop. You can take short rests along the way, but only long enough to refuel. Be prepared to stretch your mind. You will learn in the process of learning. By that I mean the method of learning teaches, as well as the lesson itself. The more contact you have with us, the easier the understanding becomes. You will find yourself in touch with many more souls. Never would you have expected this at this point in your lives. It was precisely at this point where you were ready. You were struggling with both loss and disappointment and honestly seeking right answers.*

*The struggle did not cease. It kept you questioning and searching. Do you see how the learning is in the method? The struggle is the method. We never, as humans, arrive at a point where we have learned it all. That is what makes the struggle so exciting. Struggle means only the work towards truth. It is not a negative thing.*

*Welcome each new day. Welcome the struggles. Welcome the new souls brought into your awareness. These all are your teachers. We bless the learning to your use. We are with you to guide and protect you.*

**Day 16**

## ***Reducing Life To Its Simplest Terms***

*Today we will have a lesson in mathematics ~ in particular, fractions. Reducing life to its simplest terms. Too often we see life as a series of mind-boggling problems. We become overwhelmed, and so unable to cope with not only the problems but with the whole subject of life. What is needed at this time is a visit to the classroom for a lesson on fractions. We simply need to learn to reduce life to its simplest terms. The classroom is the appropriate place for questions. What is the most important thing in life? What do you need to make you happy? What things could you live without?*

*When you sift through your mind for the truth, subtract all the shallow surface answers until you are left with the truth in the lowest terms. You will no doubt come to these conclusions. Love is the most important thing in life. You simply and absolutely have to love yourself first, before you are able to love others. Secondly, you need what is truth for you, to make you happy. Thirdly, you could subtract from your life anything that stands in the way of you being able to love yourself and being true to yourself. Do you see the common denominator? It is, without question, love for yourself. All else that is right flows from this. To love yourself, is to be true to yourself. To love yourself is to be able to love others. We must not lose sight of this truth. It is easy to do so because we do not live in a vacuum. Take the time each day to reaffirm yourself love. Be as kind to yourself as you are to others. Do each day what is right for you. Do not be bogged down with what others see as right for you. Life is, after all, a simply beautiful place to be!*

**Day 17**

## ***The Destructive Forces Of Guilt***

*A love that produces guilt is not a productive love. Love should produce security, trust, loyalty and fearlessness. When love produces guilt, it is not an act of love. It is usually a reaction to an old pattern. Guilt stifles the creative love in us. It cripples us in that we are unable to walk away from it. The most dangerous and saddest of all is that one person's guilt destroys both people or persons involved. You may believe with all the goodness in your heart that you are doing what is best for the other person. You also need to examine your own motives. You are always responsible for your own actions. Are you receiving something you need from this relationship? Perhaps you are in a safe position and don't want to move. It keeps you from having to take responsibility for your own happiness. It is a way of keeping you secure and not alone. We usually see staying in a relationship out of guilt as a selfless thing, when in reality it is a selfish act that holds two or more people imprisoned by a confused set of ideas. They will always be confusing because guilt is non-productive. You cannot take a mixture of faulty ideas and produce a sensible conclusion from them. When something is amiss between people, the time to start fixing is immediately, before the guilt has time to grow. Ponder on this.*

*Day 18*

## *Ignoring The Fault Lines*

*Love is sometimes not where we expect to find it. When the negative in a relationship outweighs the positive, it is time to view it in a different way. If the relationship brings anguish more often than happiness, there is a basic fault - not fault in the sense that one person is at fault, but rather that there is a difference in the basic way in which two people believe a relationship should be. Everyone enters a relationship with their own history behind them, so we are all different. There are many common threads that fool us into thinking the union is perfect. We choose to ignore the fault lines. This is very human because we have a great need to love and be loved. When the fault line quakes, we are shaken and confused. That is the time for a realistic look at how things truly are. It is the time for honesty to yourselves. This is the point where you choose to resurrect or let it go. Letting go is not a negative response at this time. It is a choice to stop the pain and anguish. The only people involved are the two who carried out the relationship. They are the ones who made the initial choice to be together. Let me repeat: their choice!*

*Letting go implies a new beginning. Be gentle with yourselves. New shoots are very fragile. They need to be nurtured with love and caring in order to become strong. So it is with us. Do not forget you are one with God and full of his strength. Bless you. You will make good choices. You have the ability and the knowledge. Your struggle confirms this.*

**Day 19**

## *Self Esteem ..A Healthy Response To Life*

*Self-esteem is a response to life. We all have the same chance at a healthy view of ourselves at the moment of conception. From there on in, it can be altered. The environment in which we are nurtured alters our circumstances.*

*The big question is: How can we attain self-esteem when it has not been in our awareness? Self-esteem is not only a response to life, it is a learned response to life. It follows that if it is learned, it can be unlearned. A lesson is unlearned and a new one can take its place. Self-esteem for yourself cannot be handed over like a gift. It would rob the person in need of it at the very chance of attaining it. It is in the doing of kind acts for ourselves that self-esteem is built. There is no easy path.*

*We have to start with a premise. The premise is that we are made in the likeness of good. This is what we must relearn. The kind acts I speak of are those that keep you feeling joy and rightness about those things you allow into your being. If you do not allow negative people and situations to alter your self-perception, it is much easier to remain positive and kind to yourself. This kindness towards yourself has nothing to do with selfishness. It is a gentle loving kindness towards someone you love and would keep from harm. A thing learned becomes habit. To develop a habit we must practice it. Surround yourself with loving people and ideas. Be as kind to yourself as to a friend. Think of yourself as your own best friend. That is where your greatest potential for healthy self love lies.*

*Day 20*

## *Learning By Loving*

*Know that you are learning by loving. We are guiding you to new heights of awareness. Loving is infinite. It follows that learning is infinite. There is something to be learned from every experience. You are becoming aware of this at a new and deeper level. It is a new tool for you to use to teach love.*

*There is such a great need for love. You have been shown that loving yourself comes first. This is God in you. This is the best and so it follows that you deserve the best. It follows then that you deserve the best of another's love.*

*Be true to yourself and you allow others the freedom to love freely without burden. Burdens of the past are old ways of thinking. You have learned that thought changes feeling. Do not hesitate to share what you have learned ~ but do it gently and lovingly as you have been taught.*

*Bless you in your struggle to attain peace and love. We surround you with love, safety, peace, and the healing of God's love.*

*Day 21*

## *Talents ... Precious Gifts*

*We cannot tell you too many times to be true to yourself. You must be aware that it is the only thing that will complete your life. This is why what is true for you is God's wishes for you. It is wrong not to make use of your God-given talents. You have been given them to represent the God in you. It is your way to relate the love God has for you to others in need. You cannot do this when you are untrue because that which is true is that which lies in your heart.*

*Be not afraid to honour God's love in you by using your talents. A beautiful painting honours the creation of His world. The written word can bring comfort and freedom to thousands. The spoken word can enhance the lives of those who need to hear. Magnificent music can send the soul to heights of ecstasy. If the souls who are gifted with these talents were not true to themselves, what an impoverished universe it would be.*

*All of us have talents. A smile is a talent. It has the ability to change a life just as surely as the most prolific orator. There is never - I repeat, never, talent so small that it is not a precious gift. Bless you in your learning.*

*Day 22*

# *Letting Go*

*Sometimes the act of letting go is the best we can do for ourselves. Whether we are giving up a job, a relationship or a dream, it has to be done when the thing we desire has lost its purpose or circumstances have changed so that the energy we put into it does not come back to us and refill our needs.*

*This does not mean that we have permission to give up too easily. We need to feel that we have tried all we can, as honestly as we know how. When the time comes that we are getting nothing in return, we must consider letting go. When I say "getting nothing in return" I mean nothing positive or fulfilling. This is a negative situation. Letting go is a positive situation. By letting the negative go, you are embracing the positive - that which is true to you. It is not a simple thing to ask of yourself, but it simply has to be done in order to live in a peaceful state of mind. When our daily lives are in a state of negativity and upheaval, we are not productive. We are at a standstill. What happens in our daily life is what we are living because we only have today. What do you choose for today? Think about it.*

*Day 23*

## *Struggle For Self Truth*

*Know it takes a large amount of fortitude to survive the struggle for self truth. If your pattern has always been to put another's needs before your own, it puts an even greater block in the road.*

*It is easy to return to old patterns of negative thinking. What makes that so easy is that we do not see it as negative. If it caused us to be untrue to our inherent nature, it was negative.*

*We want to see it as a familiar, therefore a good thing. We would like to convince ourselves that we are helping someone as we put them always before ourselves. The only thing we are helping is our fear of taking responsibility for our own happiness.*

*The future starts with one step. Take it now. This lesson is short because you need to spend the rest of the day learning it.*

*Day 24*

## *Seeing Beneath The Anger*

*Anger has to be dealt with in a way that will set us free from keeping it stored inside. Anger HAS to be dealt with.*

*We need to look at why we are angry. What is behind the anger?*

*Usually we will find that the emotion behind the anger is what we are upset about. Hurt, jealousy and fear manifest themselves as anger. When we recognize the causes, we will be better equipped to cope with the anger.*

*The real job, of course, is to deal with the cause. This is the point at which the struggle begins. It is a hard job to come to terms with the cause. Often we don't want to admit it. Hurt, jealousy, and fear are not "nice" emotions. Anger is more acceptable.*

*This demonstrates that the only way to cope with anger is to see beneath it. When I say it is a hard job, I mean just that. It is work ~ work and struggle.*

*Day 25*

## *Love Can Heal Anger*

*Anger can be a destructive emotion. It can destroy the person who is angry as well as the one at whom the anger is directed. Of the two, the one holding on to the anger incurs the most damage.*

*When we hang on to anger, we take it into our whole body. The harmonious way in which our body works is severely interrupted.*

*It has the same effect on our minds. The natural flow of good and positivity is blocked. The body continues to function, but as a machine that is not operating well. The point is that anger affects the whole person. How do we get rid of the anger before it does permanent damage? First, we have to learn to love ourselves.*

*We have to love ourselves enough to let it go. There is no room for anger when love takes over. Love can heal anger. If we cannot love the one at whom we are angry, we have to love ourselves. That is how we begin to rid our body of the anger.*

Day 26

## *You Only Have The Answers For You*

*Know there is a time to let others indicate for themselves what they need and you must know the forces that indicate your own needs.*

*You need to be true to yourself to understand this. You must be able to understand what directs your manner of thinking. This has to be a true and straight line. You cannot, at this point, bring in the variables which are often another person's perspective. The time you need to identify what is right for you, is the time to listen to your inner voice. Have the patience to allow yourself to be responsible for only you. Other people have the equal right. Do not take it away from them by presuming that you have their answers. You only have answers for you. We all must be true to ourselves and responsible for and to ourselves. We must allow others that come into our lives the same privilege. Think on this.*

*Day 27*

# *Peace Of Mind*

*Know that the way to freedom is through peace of mind. A cluttered mind does not generate peacefulness.*

*How do we cultivate the road to allow peace to grow? Learning what is true for ourselves brings peace of mind.*

*Peace, in turn, allows us to be free of negative interference in our thoughts. Do you see how simple life is becoming? Practice this today. Practice becomes habit. Habit is how we live each day. Choose.*

*Day 28*

## *Tapping Into The Truth*

*The way to perfect peace is to let go of those things that worry you. You can do this because you know that they are already taken care of. The knowledge that the Spirit of God is in us and fills us with infinite power erases all need for fretting and worrying. This power is at our disposal. What wealth we have tapped into!*

*Does it seem amazing to you that you are filled with a power and strength that continuously flows through you, renewing and restoring your body and mind to perfect wholeness? It is amazing, but it is the simple truth.*

*\* The first lesson is that God is in you and therefore you are love.*

*\* The second lesson is that you must be true to the love in yourself. You are honouring that self.*

*\* The third lesson is to be aware that the power you hold is infinite and eternal.*

*You must be loving in all you do. The love will be there, and you will be guided in its practical use.*

*Day 29*