

Chapter 1 : Just for Today Meditation

Just for Today: Life is a new frontier for me, and the vehicle I will use to explore it is love. I will give freely the love I have received.

Just for Today by Samuel Frauenstein Just for Today Strongman, life, everything we do, we do with an eye on the future. I managed to get through that by trusting in God and living for today. If I had to worry about being back tomorrow, or the next month, the pressure would have destroyed any fight I had in me. Our entire life is lived for tomorrow. Problem isâ€¦ tomorrow never comes. It is with this attitude of tomorrow were most dreams and goals lie shattered. The stench is so thick you will choke on it if you stay there too long. Today brothers, as always my words will tear through societies values. They will break through the safe place we have become entrenched in. Hopefully, releasing you from the chains of mediocrity. Forget a contingency plan. This is were our true strength lies. Let the skeletons of yesterday and the uncertainty of tomorrow disappear with the morning dew. We cannot control yesterday â€” its done. Bury the dead, they only stink. We cannot imagine what tomorrow holds, but by trying to we enter a realm were we have no power over. Focus ONLY on today. Repeat after meâ€¦ Just for today my diet will be perfect. I will not cheat on a single meal. Repeat after meâ€¦ Just for today, my workout will be flawless. I will push my body harder than I have ever pushed it. Repeat after meâ€¦ Just for today, I will live with strength and Honor. Living Just for today is easy.

Chapter 2 : Just for Today by Samuel Frauenstein - Charging LIFE

Just for today: The friendship of other members of the fellowship is a life-sustaining gift. I will reach out for the friendship that's offered in NA, and accept it. Daily Reflections.

Share There are many things we would probably conclude we could not possibly do, if we had to do them for a lifetime. However, we could do them, just for today. Reiki is a Japanese healing technique which involves transferring energyâ€”Ki , or the life forceâ€”through the palms of the hand. The Reiki ideals are the following: Just for today, I will let go of anger. Just for today, I will let go of worry. Just for today, I will give thanks for my many blessings. Just for today, I will do my work honestly. Just for today, I will be kind to my neighbor and every living thing. You would be amazed at the things you can do, just for today. Just for today, I will be as cheerful as possible. Just for today, I will read something that requires effort and concentration. Just for today, I will pause when someone does something that upsets me, take a breath, and take a moment to decide how to best respond. Just for today, I will plan out my day. Just for today, I will not blame anyone else for my problems. Just for today, I will not make excuses. Just for today, I will take responsibility for everything that happens to me. Just for today, I will take some action that will move me closer to my dreams. Just for today, I will take twenty minutes for meditation, prayer, or reflection. Just for today, I will not speak harshly to anyone or raise my voice. Just for today, I will look for ways to compliment others. Just for today, I will be less critical and more tolerant of other people. Just for today, I will place the best possible interpretation on the actions of others. Just for today, I will act as if success were inevitable. Just for today, I will do at least one activity mindfully, being fully present. Just for today, I will exercise for half an hour. Just for today, I will not put any junk food in my body. Just for today, I will do something for someone else without any expectation of getting something in return. Just for today, I will think of what is noble, right, pure, lovely, admirable, excellent, and praise-worthy. This is a paraphrase of Philippians 4: Just for today, I will be patient. Just for today, I will give someone who is struggling a word of encouragement. Just for today, I will belittle no one. Just for today, I will stop trying to control events and other people. Just for today, I will be kind to myself. Just for today, I will cherish this day as if it were my last. Just for today I will not put off until tomorrow something that I can do today. What do you plan to do, just for today?

Chapter 3 : Wreckage of our past - Alcoholics Anonymous

Just for Today: I will be honest with the newcomers I share with and let them know that, no matter what life brings, we never have to use drugs again.

He is very much the actor. To the outer world he presents his stage character. This is the one he likes his fellows to see. The only way to do this is to look, listen, and imitate those that have already done it. Slowly it becomes real for you, too. I know that I cannot find this new path alone. Let me accept the guidance of those that have gone before me. It is my responsibility to maintain and attend to it. Whatever I do in the world, my serenity comes first. I owe it to no one. I will pay attention today to the myriad of ways in which I am thrown off balance and I will take a moment to center myself, to breathe, to remember that when I can calm my body, mind and spirit, I interact differently the people, places and things of my day. I will work daily to build my serenity muscles so that I stay strong and flexible. I need to nourish it through quiet and reflection and come back to it what I lose it. My serenity is mine to look after. I give myself the gift of my own serenity today and every day. Wayne Dryer, Everyday Wisdom Choice, not chance, determines my day. That is very limiting. If I limit my negative feelings, I limit my positive feelings as well. Today I am opening myself to all my feelings. That gives me great joy.

Chapter 4 : Daily Recovery Quotes "October 6" Just for Today Meditations

October 29 Living In The Now "Living just for today relieves the burden of the past and the fear of the future." Basic Text, pp. Thoughts of how bad it was - or could be - can consume our hopes for recovery.

Our share of night to bear, Our share of morning " Emily Dickinson We pray for one more day. Just until the next marker of time or the next major event occurs. Most of us feel as though we have not completed our role on earth. Time, however, is gradually becoming more of a friend than an enemy. We have today, which is all that anyone " healthy or chronically ill " really ever has. No one has an iron-clad promise of weeks, months, or years. Life is now " today " and I value it by living fully. My mind was cluttered with battle strategies and defense tactics. I tried to predict every conceivable plot to topple me from my self-appointed throne. I sought to control situations in order to dominate the outcomes. Every situation was weighed for the probability of failure. I never took chances. This process took time and vast amounts of energy. My mind was in a constant cacophony. Consequently, there was no room for growth, no space for acquiring new skills and no time to develop old ones. Every day was a constant juggling act between an ever-decreasing energy supply and an escalating demand to feel secure. The more I sought to control, the less I controlled. Working through Step One brought my whole crusade to an end. I learned to let go of what I had laughingly called control. Almost instantly I became aware of a path beneath my feet. I was, for the first time in the longest time, moving forward. The scenery was changing and the outlook was brighter. One Day at a Time. I will accept what I cannot do alone, and let go and let God. It may not be easy, but it can be done. At any moment we choose we can talk to ourselves differently. The fight comes with the emotions that are attached to our thoughts. If we practice this for a while, our thought life will be different. It helps if in the morning we ask God to direct our thinking. God loves to help us. Great Spirit, today, direct my thinking so my choices are chosen by You. All persons are free to have the experiences their souls lead them to. Many of us started our journey by having the experiences others thought we should. Some of us tried to dictate the lessons and adventures of others, too. This caused pain and confusion for all. Learning those lessons, the lessons of setting each other free, became an important part of our journey. Get out your map. Go where your heart leads. Your soul knows the way. It will speak quietly through the voice of your heart, your wisdom, your intuition. You will meet and learn from everyone you need to along the way. Start today to follow your heart. Map out your own journey. Have the adventure of a lifetime. Boundaries emerge from deep within. They are connected to letting go of guilt and shame, and to changing our beliefs about what we deserve. As our thinking about this becomes dearer, so will our boundaries. Boundaries are also connected to a Higher Timing than our own. We know we mean what we say; others take us seriously too. Today, I will trust that I will learn, grow, and set the limits I need in my life at my own pace. This timing need only be right for me.

Chapter 5 : Just In - ABC News (Australian Broadcasting Corporation)

Today I Pray Let me carry only the weight of 24 hours at one time, without the extra bulk of yesterday's regrets or tomorrow's anxieties. Let me breathe the blessings of each new day for itself, by itself, and keep my human burdens contained in daily perspective.

I carry it in my wallet and read it daily. Just for today I will try to live through this day only, and not tackle my whole life problem at once. Just for today I will be happy. This assumes to be true what Abraham Lincoln said, that "most folks are as happy as they make up their minds to be. I will take my "luck" as it comes, and fit myself to it. Just for today I will try to strengthen my mind. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration. Just for today I will exercise my soul in three ways; I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count. I will not show anyone that my feelings are hurt; they may be hurt, but today I will not show it. Just for today I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself. Just for today I will have a programme. I may not follow it exactly, but I will have it. I will save myself from two pests: Just for today I will have a quiet half hour all by myself, and relax. During this half hour, sometime, I will try to get a better perspective of my life. Just for today I will be unafraid. Especially I will not be afraid to enjoy what is beautiful, and to believe that as I give to the world, so the world will give to me.

Chapter 6 : The e-AA Group – View topic - Just For Today

Just for today - @vinyasachick Home Click the weekly schedule tab to see when we will be yoga-ing together! Private Sessions. Ready to deepen your practice and.

Got an issue with someone or something? Want to whine a little? Just for Today, I will try to live through this day only, and not tackle my whole life-problem at once. I can do some things for twelve hours that would appall me if I felt I had to keep them up for a lifetime. Just for Today, I will be Happy. I will take my family, my business, and my luck as they come, and fit myself to them. Just for Today, I will take care of my Body. I will exercise it, care for it, and nourish it, and not abuse it nor neglect it; so that it will be a perfect machine for my will. Just for Today, I will try to strengthen my mind, I will study. I will learn something useful, I will not be a mental loafer all day. I will read something that requires effort, though and concentration. Just for Today, I will exercise my Soul. In three ways, to wit: If anybody knows of it, it will not count. They may be hurt, but Today I will not show it. Just for To-day, I will be agreeable. I will look as well as I can, dress as becomingly as possible, talk low, act courteously, be liberal with flattery, criticize not one bit nor find fault with anything, and not try to regulate nor improve anybody. Just for Today, I will have a Programme. I will write down just what I expect to do every hour. It will save me from the two pests Hurry and Indecision. Just for Today, I will have a quiet half hour, all by myself, and relax. During this half hour, some time, I will think of God, so as to get a little more perspective to my life. Just for Today, I will be Unafraid. Especially I will not be afraid to be Happy, to enjoy what is Beautiful, to love and to believe that those I love love me. The edited version of her poem above was written by newspaper columnist Frank Crane and published in his Boston Globe in The above version was later reprinted by Hazelden and added to a series of wallet size cards that AA people carry with them and hand out to others, especially newcomers. It was very helpful to me to include this poem in my morning mediation when I finally got sober. This is to have succeeded.

Chapter 7 : Daily Recovery Readings " January 2 " Just for Today Meditations

Just for today, I will think of what is noble, right, pure, lovely, admirable, excellent, and praise-worthy. (This is a paraphrase of Philippians It is also in line with what James Allen says in his book, "As a Man Thinketh".).

Had a good day today, ending it with seeing Robert Redford live and in person Taking care of myself with Yoga and Chiropractic to fix the neck. Even writing this makes me feel guilty that I didnt get alot of work done. But I am preparing for my operation this Friday and want my body to be in good shape when I go in. My mind did race some with thoughts repeating. Trying to control I guess, feeling scared of surgery. Trusting life has a plan and turn it over to my HP Made a decision to turn our will and our lives over the care of God as we understood Him. Aldous Huxley once said: HP life has a plan for me despite my nonbelief in a "Him" god 2. My husband and I were at peace today and had a nice time tonight 3. I can have good and easy days 4. Had a wonderful Yoga Class despite the crazy teacher who has good classes 5. Tuesday, April 28, Woke up this morning had a wild dream last night. It involved teaching an older man how to love me, physically. I was not disgusted by his age, he was gentle and humble. This made me feel grateful in my dream world that I could allow him to be who he was despite his inadwqacies. This was a nice feeling, I miss feeling love from my husband. My fathers lecerous nature caused me to shut down and not allow anyone into my sexual world. My friend informed me my dream had to do with control. Maybe but I also see is as acceptance and learning to be patient with love. Nice, slow and gentle to learn to deal with myself, my inner self. I used to love sitting in the sun, not to get tan but to feel the day. Sitting back and letting the moment just sink into me. Spiritual life my inner life 3. Alot of buisness was accomplished today 5. When we give up judging others, we become accountable for our own behaviors and let others--spouse, family, coworkers--be accountable for themselves. The power of detachment is a power anyone can claim. Posted by Di-Git at.

Chapter 8 : Just For Today - Daring to Live Fully

in the uk just for today is indeed an AA card and given to AAers in the newcomers pack. i stuck to this like glue at first before i got on the programme.i think just for today is a great little card! mine is by my bed,,i dont read mine enough either,,i think the words in it are trully inspirational and full of hope,,,for anyone!

Chapter 9 : Dealing with the wreckage - SoberRecovery : Alcoholism Drug Addiction Help and Information

Just for today, through NA, I will try to get a better perspective on my life. Just for today I will be unafraid, my thoughts will be on my new associations, people who are not using and who have found a new way of life.