



"The whole spiritual journey is a continuous act of falling on our faces. And we get up, brush ourselves off and get on with it. If we were perfect, we wouldn't even have a journey to go on."

Ram Das

At the end of each day take a look back and review. Ask yourself: Where did I respond with greater compassion, patience, or steadiness today than I have in the past? Where could I do better tomorrow? Use your moments of upset as opportunities to deepen and strengthen your practice.



*The Four Agreements*

by Don Miguel Ruiz

1. Be Impeccable With Your Word
2. Don't Take Anything Personally
3. Don't Make Assumptions
4. Always Do Your Best