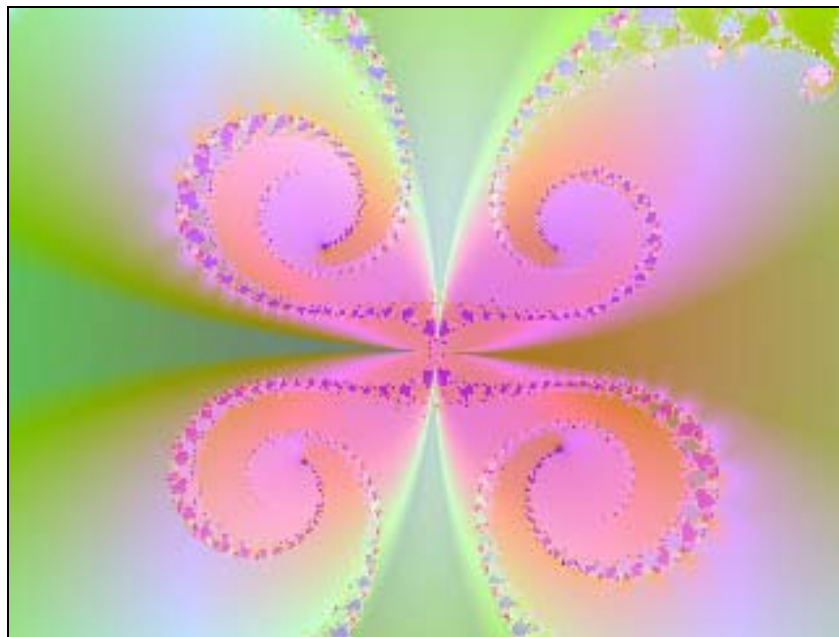
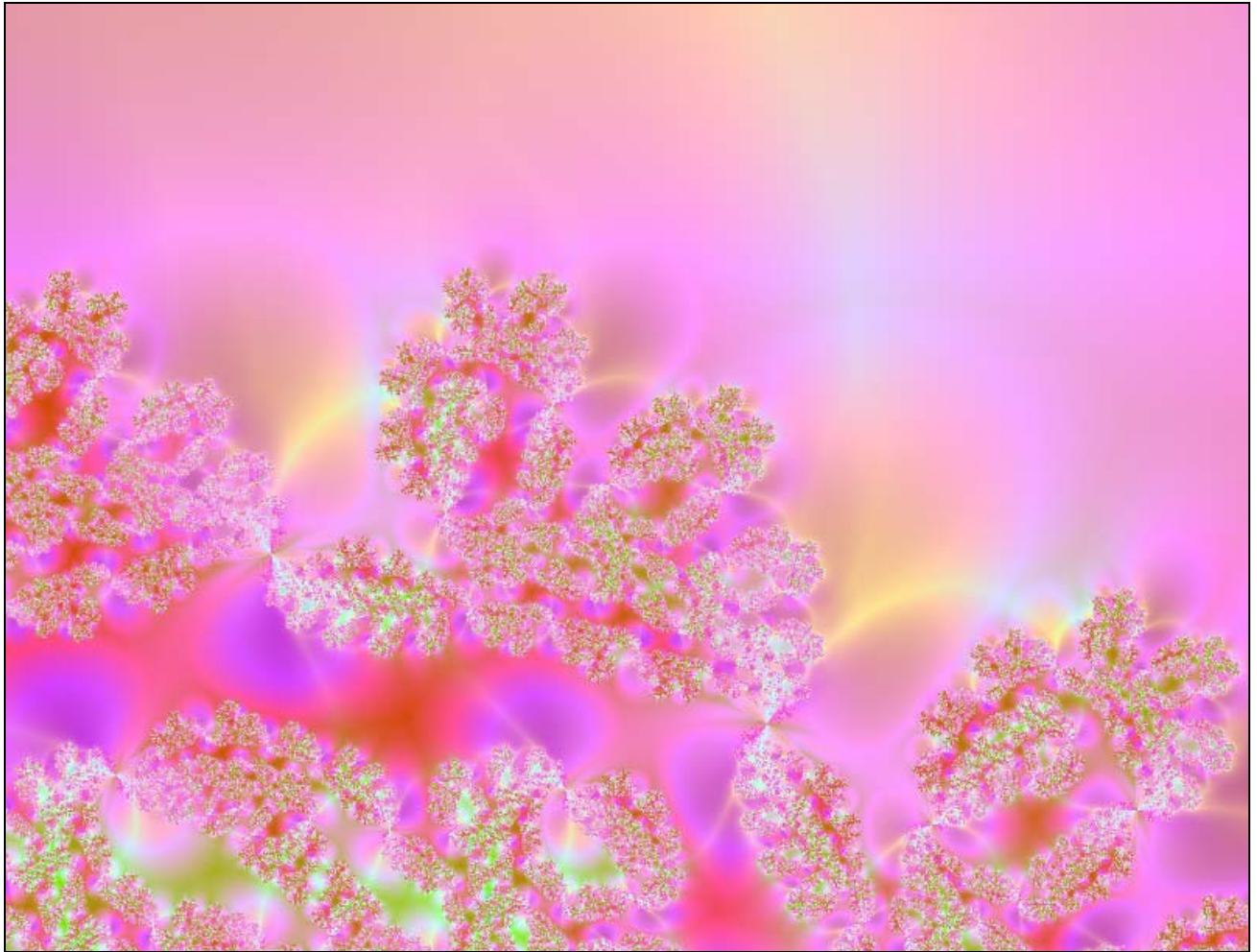


Inspirational **Phrases** & *Intuitive* **Fractals**
for your comfort & joy



Lyn E. Ayre, Ph.D.
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Mornings

Awakening refreshed after sleep... the registers cleared through the dreams of the night before, we now have the opportunity to dream a new dream. Mornings: a new beginning, a chance to start over, a way to leave yesterday where it is - in the past. Seeing a new path ahead of us, we walk on. Fresh coffee, a sweet kiss, a romp and play with our wee dog - all good ways to start the day. Green trees for the heart centre, blue skies for the throat Chakra, and a yellow sun to support our identity at the Solar Plexus; life is a full spectrum of colour. Cheery, hopeful, rested, we eat contentedly and think about what we can do with the balance of our day. Mornings: give them a chance to support you through life changes. Leave yesterday in yesterday and don't worry about tomorrow. Be here. Be now. Practice presence.