

# Spiritually Speaking

## The Optimist Creed

*I promise myself*

*To be so strong that nothing can disturb my peace of mind.*

*To talk health, happiness, and prosperity to every person I meet.*

*To make all my friends feel that there is something worthwhile in them.*

*To look at the sunny side of everything and make my optimism come true.*

*To think only of the best, to work only for the best and to expect only the best.*

*To be just as enthusiastic about the success of others as I am about my own.*

*To forget the mistakes of the past and press on to the greater achievements of the future.*

*To wear a cheerful expression at all times and give a smile to every living creature I meet.*

*To give so much time to improving myself that I have no time to criticize others.*

*To be too large for worry, too noble for anger, too strong for fear,  
and too happy to permit the presence of trouble.*

*To think well of Myself and to proclaim this fact to the world,  
not in loud word, but in great deeds.*

*To live in the faith that the whole world is on my side,  
so long as I am true to the best that is in me.*

Christian D. Larson 1912

This is a New year, a fresh start, the first day of the rest of your life. It has been said in so many ways that everyday of your life whether it be January 1st or July 20th it is a new beginning. The optimist creed has helped me in so many ways by reading it every morning when I wake. It helps me realize that yesterday is gone, I can't change anything that happened or my reactions and responses, I can look back for a moment and learn from it, realize what I would have done differently and then let it all go unless I want my yesterday to be my today and my tomorrow. Today is your future past, we want to make our past positive so that our futures are positive. So if you can remember that and make today good, it is the first day of the Best of your life.

*Smile, it brightens everyone's day!*

*In Love & Light, Patricia*

### *Namaste'*

*I honor the place in you where the entire Universe resides*

*I honor the place in you of love, of light, of truth, of peace*

*I honor the place in you where, if you are in that place in you, and I am in that place in me, Then we are one.*



*When you change the way you look at things,  
The Things you look at Change!*

### **MEDITATION CLASSES**

Guided group meditation classes, Thursdays  
Please Call- Patricia 407-366-9812 or 407 - 792-9227



## **ZODIAC**

### **Capricorn**

December 22<sup>nd</sup> - January 20<sup>th</sup>

Prudent, calculating, practical, ambitious and disciplined

Capricornians have two distinct natures. One side is hard-working and enterprising. The other is lost in a world of real or imagined obstacles to success. They can whine about imagined or undeserved burdens. They can be introverted and love solitude. When they work out their issues they can be very successful.



*Art work by Patricia*

