



Before the butterfly, there is the cocoon
Before the swan, the ugly duckling

I remind myself that I am a “work in progress”
and the perfection of my inner design
is emerging in every moment

Like a beautiful image on the canvas of life

I am a God Thought

Today I Will Be More A JOURNAL OF INSPIRATION

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Introduction

Recently in my meditation I heard the phrase, "Today, I will be more."

I wrote the affirmation on a 3 X 5 card and put it in front of my computer. Each time I looked at it, I felt inspired and uplifted.

We all know that to achieve our desires in life, we must first begin in the mind. Truly successful people work consistently with their belief systems and thought patterns. They vigilantly identify and upgrade these thoughts and beliefs so they will stay on course toward their desired realities.

But there is a greater story than achieving our desires. We each have a unique mission to fulfill in this life. We are each capable of doing things that can be accomplished by no one else. When we honor our own inner light, keeping attuned to the Divine Source, our purpose will be revealed.

YOU have a unique mission to fulfill. I offer you a peek into my private journals to inspire you to continue on your own special path and share your special gifts with the world. I invite you to continue in every moment, to "be more."

To your complete success, a happy heart and a soul filled life.

Vunde (peace)

Montana Gray

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P.S. May you thrive in 2005! (and ever after)



Butterflies represent transition.

Such fragile creatures, yet they fly thousands of miles
with their tiny wings.

We, too, are designed to be fragile and strong simultaneously.

Like the butterfly, we are also created to
come out of our cocoons and
release the beauty that is
our unique fingerprint upon all life

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Are you seeking the keys to the Universe?

Ssssssshhhhhh – Let me tell you a secret
No keys are needed
The doors were left open

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Bless the rain
If there is no rain, there will be no rainbow

In my life I bless the cleansing
that precedes a new beginning

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I will pay attention
when a heart is speaking

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I create balance in every moment
I hear the voice of my soul
before I hear the noise of the world

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I am a spark of God
My greatest desire is to live the Truth that I am --
so that one day when I stand in front of the God
I believe in, I can say,
"I used your blessings well."

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Choice

My time is not replaceable
I will trade my time for Joy

I invest in my memory book
as well as the bank

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The universe goes to the same place to
create a million dollars as it does to create a tree

My thoughts create
Therefore I am a Creator

I choose carefully that which I wish to
Create

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The question is not
“What does the future hold?”

The question is,
“What thoughts am I holding that will
meet themselves in the future?”

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I am a Point of Light
In the Universe

I recognize the Light in others
as I release my own...

I remember always the Grand Design

I am the Unsolved Mystery

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Recipe for a dream
First, I dream... a glorious, wonderful daydream
Then I ask myself, "What would it be like
if I were the person inside my dream?"

Then I catch the winds of realization
as I come to understand
I AM the dream

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All Thought Creates

I understand the power of focus
because focus is Creation itself

In the laboratory of my mind
I see and focus on that which I wish to create

I remember
That thoughts are sacred

I honor my thoughts

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The sunset is a promise
For the sunrise

And the sunrise is a promise
For the day

I celebrate the flow of the Universe
as a
Promise to my soul

I am unlimited and ever changing
I see the beauty in my journeys
and
Celebrate the ride

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Nature is my Great Teacher

When I get that nudge from my soul
I know to stop
And listen

Then I will hear God's Thoughts

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Call Waiting
It's Your Soul

With these wonderful tools to communicate –
the cell phones, the pagers, the fax machines and the internet,
we are becoming more separate

I want to know the essence of you
not the faxed, cell phone or email version

I want someone to come visit
and bring bread

I wonder if God is feeling the same way?

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Doubt, Worry and Fear
Require
Your Consent!

**Your Mind Is
Your Most Valuable Piece of Real Estate**

Do not allow these squatters
To live rent free (or at any price)
In your mind

Evict them!

What is their crime?

They are disturbing the PEACE.

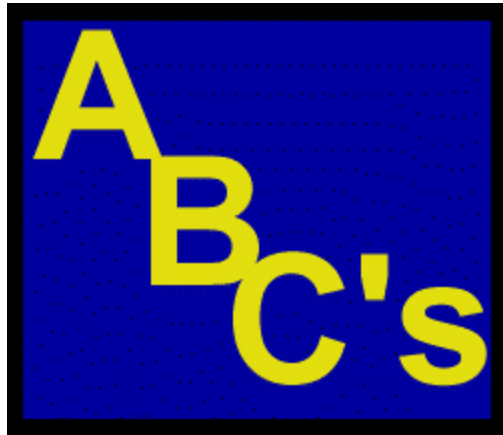
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In every moment I am walking my own Continental Divide
Every choice I make directs the waters of my thoughts
down one side or the other

If I choose the “safe” way, I will learn lessons about fear.
If I choose the unknown way
I will learn the lessons of trust, magic and miracles.

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I must remember my "A B C's"

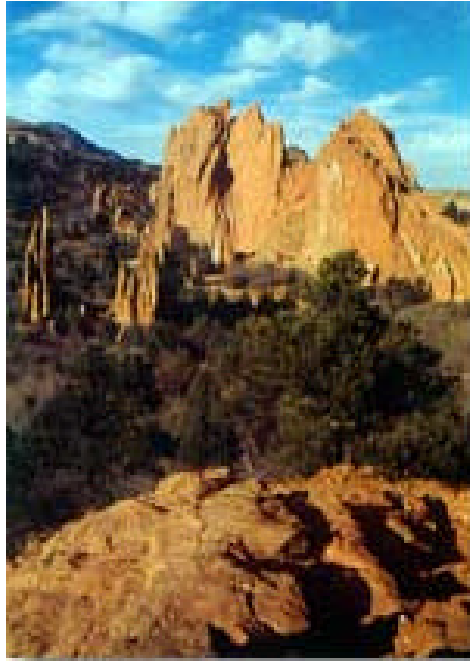
Always Be Cheerful
Assumptions Breed Confusion
Asking Brings Clarity

Before I assume, let me investigate
Before I give up, make sure I ask

And let me be cheerful always

I may not be able to solve your problems,
But I can direct my Light to them and help
dispel the shadows

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Many secrets live within these ancient formations.
Millions of years of history remind me
That time is ethereal.

I will live in the now
and
Breathe all the joy that I can.

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Nature has her own voice, and when I am quiet,
She speaks her wisdom to me.

My best answers have come from the silence.

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I know what home is.
It's not a place, it's a feeling.
A rhythm, a beat,
a place where I feel hugged.

I feel hugged here, in this place of
free-flowing nature and
unlimited opportunity.

I have many roads to journey.
I must get on with it.

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I am reminded that life is about seasons,
and one often overlaps another.

Winter's harsh snows radiate
exquisite beauty against Spring's
new carousel of color.

Each have their own beauty, but when you take
it all together, the tapestry completes.

I will celebrate my life's tapestry and
her seasons from now on.

**The beauty is not in capturing the moment
But in living through the moments.**

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Once in a while you get a "moment"

When you conquer a deeper part
of yourself and really
connect with those ancient echoes
that reveal Truth.

Once in a while you come face to face
with the God you believe in
and you just know that You Know.

Once in a while you "get there"
and when you do
the feeling is outside of words.

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How far into the heavens can I see?
What is within my reach
if I will only go for it?

How high is high and how high can I go?

These trees started small, they endured the winter's snows and the
high winds of autumn, and the sun's relentless glare.

But they kept going ... reaching higher and higher.
I too can keep going.

Every one of these beautiful creations of nature
speak to me. I can hear them. They are telling me
I need only "look up" and keep growing.

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Yeah!
We did it!

Amazing how my spirit soars
when I push the envelope of my
own perceived limits and just go for it!

Nature does that to you.
She just makes you want to be more.

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NOW is the time
YOU are the one

There is no other you on the planet. You have gifts to give that no one else can give.

You will leave your fingerprint on humanity by releasing your gifts fully.

Identify your gifts, then be BOLD.

The Creator that created you is not timid.

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