



Uplifting Hearts



A Weekly PRACTICE of Oneness

- 1) Write the name or initials of folks you want to intentionally send positive thoughts to.
(If you wish, contact them to hold you in positive thoughts.)
- 2) Watch for Grace to unfold for you and each of these people receiving blessings.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY
SUNDAY



***** The Origin of This Free Downloadable Calendar *****

A gift from me, author **Joan Durbin** @ allherenow.net

***** Make a challenging week easier or an ordinary week special *****

Preparing for 6 wks of radiation, I asked family and friends to initial my calendar. They focused on picking treatment days they could intentionally hold me in positive thoughts. I was delighted for a different reason. I now had a list of names I could bless during my treatments. I knew wishing for others' Highest Good would keep me focused on love instead of fear and this would aid in my healing. What I didn't know was how much this practice of generating mutual goodwill would benefit ALL of us.

Joan Durbin