



Volume 2, Number 25
October 23, 2007

Please see below for **TRANSFORMATIONAL NEWS!**

A Better Day

Hi!

Sometimes when I write I have no idea what I would like to write about. This week's Tip is a good example. I sat at my computer a moment ago and, inspired by nothing more than a three-word title, I set off to put something meaningful to paper. What is occurring to me in this moment is that life is like that. There are plenty of days when I wake up without too much of a hint about what the day will hold. I go through my routine and get things started as I would on any day, but, what will happen next is a mystery only revealed as each new moment comes. I'm not much a believer in random happenings though; I assume that there is rhyme or reason for everything. If indeed each moment connects to the next in some meaningful way, is it possible that the first moment that I create will set the tone for the rest? If I give my day a title, will the script follow?



If you do a bit of a retrospective study, there is a good chance that you will find this true. I know that if I wake up feeling hurried, my day tends to unfold in a haphazard way, and I feel little control. But if I wake up and start my day with some sense of peace and calm, a day matching *that* usually ensues. The problem, for me anyway, is that I often forgot to think about this in those early moments, when I have the opportunity to purposefully get the day off to a great start.

I'd like to share my solution with you in hopes that you, too, will intentionally start more days off in a better way. Each morning when I get up, before I do anything at all, I stop for a brief moment and say a short prayer of gratitude. I give thanks for the day, for what I have, and for what I am able to give to others. It takes perhaps 30 seconds if I do it with feeling and at an unhurried pace, and each day I make it up as I go along. My prayer doesn't vary much from day-to-day, but yours can if you wish. The only requirement is that you *speak from your heart with a smile on your face*. If you're like me, you'll feel chills in your body as you do!

Take the opportunity to create a better day! Today, and everyday. A few seconds' investment will literally *change* your life.

Blessings and Abundance, in all ways,

drmark@arcuri.org

www.arcuri.org

photo credit Anne Hayunga (www.annahayunga.com)

TRANSFORMATIONAL NEWS!

UPCOMING TRAVEL: *San Francisco/Napa-Sonoma* (October), *Houston* (November), *South Florida* (November, December, and ongoing), *Phoenix/Scottsdale* (November and ongoing), *Santa Fe area* (home base), and *Your City* on request!

A BOOK IS BORN! *A Life Aligned: The Journey to Allowing the Magic in Your Life* is off to the publisher! Typesetting is underway, and we still expect a 'street date' of December 1st. For more information and to pre-order your copy (which **I will sign and ship for free**) visit www.alifealigned.com now! While you're there, don't forget to check out the *5-Point Blog* and add your thoughts!

CLICK HERE to see current seminar listings. Check back often for updates, as several public workshops are in the planning stages, in New York, Santa Fe, South Florida, and other cities.

CONTACT RAY REESE to discuss creative ventures of all kinds!

© 2007 - all rights reserved - Mark A. Arcuri, PhD