

Table of Contents

Letter to the Soul-discoverer

Introduction

Volume I: A Single Step

Setting the Stage.....	5
Guidelines on Use.....	7
Journaling Suggestions.....	11
Using Guided Meditations.....	13
Our Sacred Space.....	15
Centering.....	19
We Are Guided.....	23
Setting Our Intent.....	29
First Glance.....	33
Freedom!.....	35
Scribbled Reflections.....	37
Through the Looking Glass.....	41
Our Internal Climate.....	45
That's What I Like.....	51
Grrrrrrrrrrr.....	55
Create!.....	61
Old Habits Die Hard.....	65
Dreams.....	73
Multi-sensory Memory.....	77
The Ties That Bind Us.....	81
Value Park.....	89
You've Come a Long Way Baby.....	95

Volume II: Constant Companions

Constant Companions	101
Attitude of Gratitude	103
Breathe	109
Wise Baby Vision	121
Quieting Our Mind	127
Thankfulness Tree	139
The Ego	143
Spiritual Chutzpah	153
Laughter is the Best Medicine	161
Here and Now	165
Mandala	171
Mindfulness and Gratitude	177
Creating Affirmations	183
Only Love is Real	193
Your Inside Circle	201

Volume III: Metaphysical Musings

Metaphysical Musings	207
Our Energy	209
Beautiful World	217
The World Sings with You	221
From Consciousness into Awareness	229
We Are So Loved	237
There Is Order	245
Moon Moods	249
In the Heart of the Jungle	265
Wynebgwrthucher	273
Faith in Ladybugs	291
Serendipity and Synchronicity	297
Into the Butterfly	301
Understanding Illness and Healing	307
Karmic Cords	317

Blessings Blooming	327
Let Your Love-light Shine	333
The Substance of Stars.....	345

Volume IV: A Deeper Gaze

A Deeper Gaze.....	351
Love Your Spots.....	353
Letting Go.....	361
Remembering the Love.....	373
The Mysteries of La-La Land.....	383
Letter of Love.....	393
Joy and Happiness	397
Shedding Perceived Failures.....	407
The Final Frontier	417
Hooponopono	429
Chagrin.....	437
Dearest Friend.....	447
Waters Deep and Wide.....	451

Volume V: Hip Boots and Waders

Hip Boots and Waders.....	457
Meeting Peter Pan.....	459
Transforming Drama	467
The Letter That Wont Be Sent	475
Visiting Never Land	481
Snow White and the Evil Queen	495
Message in a Bottle.....	505
The Merry-go-round	515
The Mirror of Judgment.....	525
The Power of Belief.....	533
Oh, Merciful Heart!	547
Return from the Looking Glass	557

At Journey's End.....	561
Thank you.....	565
Epilogue.....	567
Appendix	
Resources	
Glossary of Terms	