

**DAILY INSPIRATION: TRANSFORM YOUR MIND, BODY
& SPIRIT**

Erin Jane Schaller

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All wilderness seems to be full of tricks and plans to drive and draw us up into God's light. That is all there is to it. Learn something new each day.

When you find peace with in yourself, you become the kind of person who can live. Those committed to traditional religions also have found that mindfulness practices are helpful and not in conflict with their faith. But better still is surrender of attachment to results, because there follows immediate peace. Miranda Kerr. You see, things are always created twice: first in the workshop

through self-control.