

Just Like That

Manninder Sehkon Charlene Kirek



May your day be filled with blessings,
like the sun that lights the sky,
and you always have the courage
to spread your wings and fly.

Introduction

Actually, I just woke up one day
& decided, I didn't want to feel like that anymore,
or ever again.

So I changed.
Just like that.
- charlie love-



Your body's ability to heal is greater than anyone has permitted you to believe.

- *Unknown*



Chapter 1: For You

F.L.Y.

First Love Yourself.

Others will come next.



Your ability to relax is in direct proportion to your ability to trust life.

- *Unknown*



BElieve in
YOUself.
- *Unknown*



It's okay to be **YOU**nique.
- *Unknown*



Follow your bliss and the universe will open doors for you where there were only walls.

- Joseph Campbell



You are amazing, unique and beautiful.
There is nothing more you need to be, do or have in
order to be happy.

You are perfect just as you are.

Yes, really.

So smile, give love and enjoy every moment of this
precious life.

- *Lynell St James*



You have brains in your head.
You have feet in your shoes.
You can steer yourself
Any direction you choose.

- Dr Seuss



I believe in myself.
I am a strong person.
I will reach my goals.
This is my time to shine.



Yesterday I was clever,
So I wanted to change the world.

Today I am wise,
So I am changing myself.

- Rumi

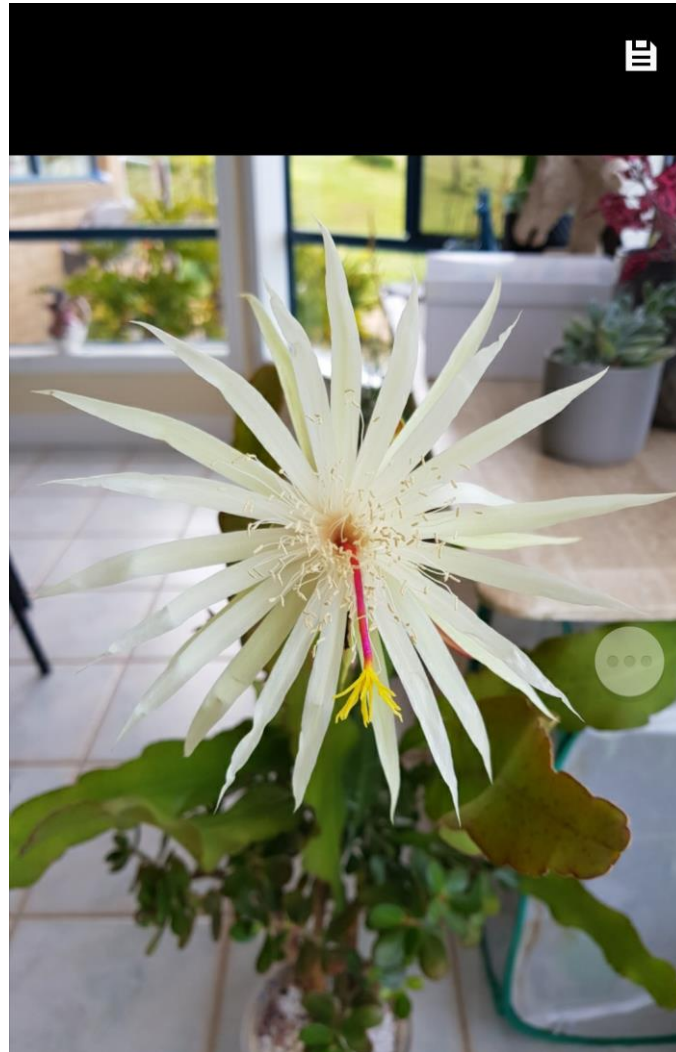


There is no greater ecstasy,
Than to know who you are.

- *Osho*



Always remember this;
Someone is happy simply because you exist.



I believe in you.
- *Unknown*



Golden kangaroo light-charlenekirek

If you want you life to be a magnificent story,
Then begin by realising that you are the author
and everyday you have the opportunity to
write a new page.

- *Unknown*

To strengthen
the muscles
of your heart,
trust your
intuition.

The wisest guru
is the inner
you.

- *Unknown*



Hold the vision,
Trust the process.
- *Unknown*

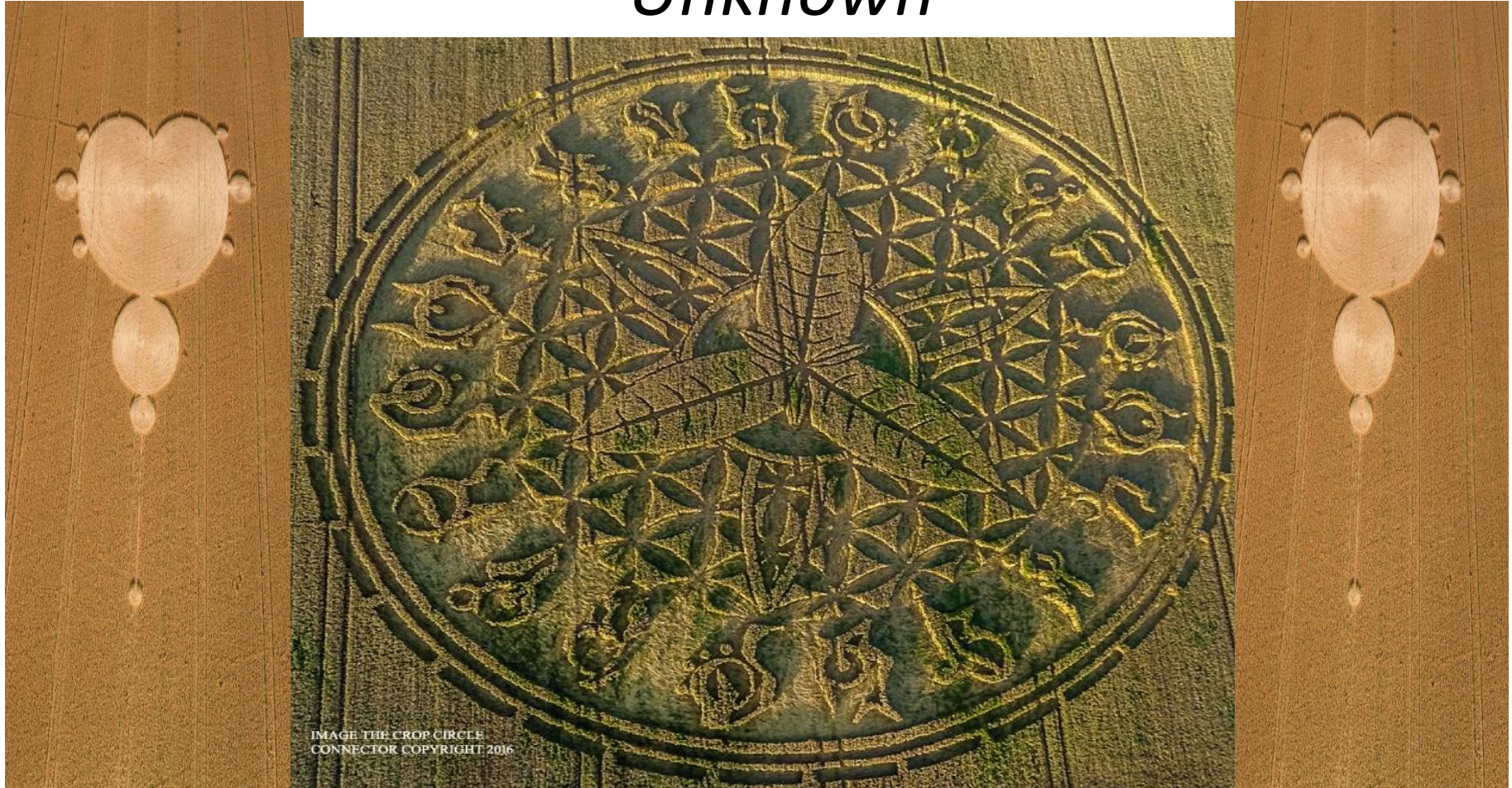


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Chapter 2: Your Actions

Dance your own dance,

Sing your own song,

Speak your own truth,

Live your own dream - *Raphaella Vaisseau*



Make your dreams come true.
- *Unknown*





Choose a
job you
love and
you will
never have
to work
another
day -
Shira

I can and I will.
Watch me.
- *Unknown*



If you live your dreams you'll never have to wake
up.

- *Anonymous*



LLH /find laugh quote



Dream BIG – then plant seeds...
- *Unknown*



Mad collingwood supporter haha!

If we learn to open our hearts,
Anyone, including the people that drive us crazy,
can be our teacher.

- Pema Chodron

When we honour our true path,
We come face to face with who we really are.
- *Unknown*



Somewhere where i wrote
” i choose happiness”

I am in charge of what I feel and today I’m
choosing happiness.



Chapter 3: Gratitude

There will always, always, always something
to be thankful for.

- *Unknown*



RAC LMA SMA Family

Each day I am thankful for
Nights that turn into mornings,
Friends that turn into family,
Dreams that turn into reality
and likes that turn into love.

- *Unknown*

As I look back on my life I realise that every time I thought I was being rejected from something good, I was actually being redirected to something better.

- *Steve Maraboli*



Remember that sometimes not getting what you want is sometimes a wonderful stroke of luck.

- Dalai Lama



A good life is when you assume nothing,

Do more,

Need less,

Smile often,

Dream big,

Laugh a lot, and

Realise how blessed you are.

- *Unknown*

Give thanks for the unknown blessings already
on their way.

- *Native American wisdom*

I manifest abundance
by being grateful for what I already have.

- *Razine*



Chapter 4: Lovin' Life



Life is for deep kisses,
Strange adventures,
Midnight swims and
Rambling conversations.

- *Unknown*

Always believe that something wonderful is about to happen.

- *Unknown*



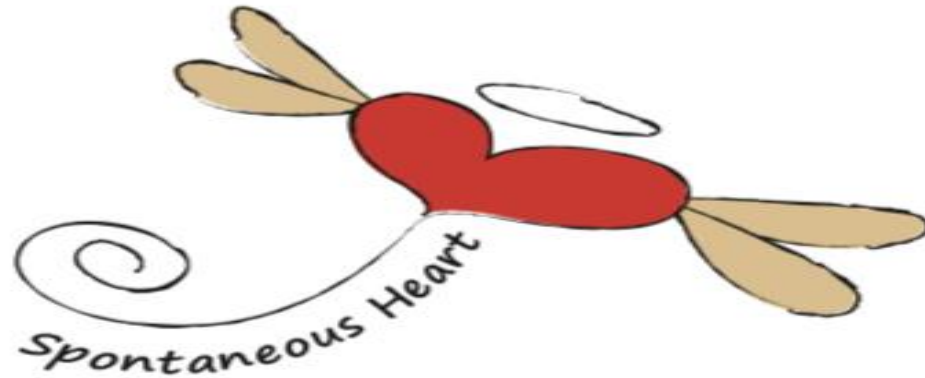
The life you live is the lesson you teach.
- Unknown



Everything you need comes to you in
perfect time, space and sequence.

- Louise Hay





I am calm.

I am relaxed.

I breathe deeply.

I am at peace with myself.

I am at peace with the world.

I can laugh.

Life is good.

- *Unknown*

V

Live for the moments you can't put into words.

- *Unknown*





Expect love



Believe... That anything is possible... And it will
be. - *Unknown*



This is how magic is done.
By hurling yourself in to the abyss
And discovering it's a feather bed.

- *Unknown*

The greatest oak was once a little nut who held
his ground.

- *Unknown*

Chapter 5: Consciousness

Learn to be aware and conscious of your
consciousness,

And you will find who you really are.

- *Unknown*

Every moment we spend in higher
consciousness helps uplift the consciousness
of the world.

- *Unknown*

Once you make a decision, the universe
conspires to make it happen.

- Ralph Waldo Emerson

Life will give you whatever experience is the most helpful for the evolution of your consciousness.

- Eckhart Tolle

LLH

The meaning of life is to find your gift.

The purpose of life is to give it away.

- *Unknown*

I am love.

I am energy.

I am a shining light!

- Louise Hay

I am realistic – I expect miracles.

- *Wayne W. Dyer*

The only person you are destined to become, is the person you decide to be.

- *Ralph Waldo Emerson*

I looked in temples, churches and mosques, but
I found the divine within my heart.

- *Rumi*

Everything you can imagine is real.

- *Pablo Picasso*

Follow your heart.
It knows exactly where to take you.
- *Cheryl Richardson*

If you are growing, you are always going to be
out of your comfort zone.

- John Maxwell

Chapter 6: Love

LOVE is the secret to greatness.

- Jackson Gregory



Let yourself be drawn by the strange pull of
what you love.

- *Rumi*

It is a risk to love.
What if it doesn't work out?
Ah, but what if it does?
- *Peter McWilliams*

Freedom is instantaneous,
The moment we accept things the way we are.
- *Unknown*

There are many things in life that will catch your eye, but only a few will catch your heart...

Pursue those.

- *Unknown*

When you realise how perfect everything is you
will tilt your head back and laugh at the sky.

- *Buddha*

The miracle is this...
The more we share the more we have.
- Leonard Nimoy

The best exercise is lifting someone's spirit
whenever you can.

- *Dodinsky*

Nothing is too wonderful to be true.

- *Michael Faraday*

Everything happens for a reason,
Live it, love it, learn from it!
Make your smile change the world.
- *Unknown*

Life is not measured by the breaths we take,
but by the moments that take our breath away.

- *Mr Unknown*

Beauty is being the best possible version of your
self on the inside and out.

- *Unknown*

Try to be a rainbow in somebody's cloud.

- *Dr Maya Angelou*



A dream you dream alone is only a dream,
A dream you dream together is reality.

- John Lennon

Good friends are like stars. You don't always see them, but you know they're always there.

- Unknown



Be weird.

Be random.

Be who you are.

Because you never know who would love the
person you hide.

- Unknown

A person's most useful asset is not the head full of knowledge, but a heart full of love, an ear ready to listen and a hand willing to help.

- Unknown

Chapter 7: Proverbs

Trust that your soul has a plan, and even if you can't see it all, know that everything will unfold as if it is meant to.

- Deepak Chopra

I once asked an old man: Which is more important, to love or to be loved? He replied: Which is more important to a bird? The left wing or the right wing?

- Proverb

The body heals with play,
The mind heals with laughter,
And the spirit heals with joy,
- Proverb



Nothing is impossible, the word itself says

“I’m possible”!

- Audrey Hepburn

Sometimes in the wind of change we
find our true direction -Unknown





Namaste.

I honour the place in you in which the entire universe dwells. I honour the place in you, which is of love, of truth, of light and of peace. When you are in that place in you, and I am in that place in me, we are one.

Patience is not the ability to wait, but to keep a good attitude while waiting.

- Unknown

Advice from a tree: Stand tall and proud.

Sink your roots into the earth.

Be content with your natural beauty.

Go out on a limb.

Drink plenty of water.

Remember your roots.

Enjoy the view.

- Unknown

Your journey has moulded you for the greater good. It was exactly what it needed to be. Don't think you've lost time. It took each and every situation you have encountered to bring you to the now. And now is right on time.

- Asha Tyson

Be humble, you are made of earth.
Be noble, for you are made of the stars.
- Unknown

Believe nothing, no matter where you read it or who said it, not even if I have said it, unless it agrees with your own reason and your own common sense.

- Buddha

There is no key to happiness.

The door is always open.

- Mother Teresa

The most important things in life aren't things.
- Unknown

The intuitive mind is a sacred gift.

- Albert Einstein

When the student is ready, the teacher will
appear.

- Unknown

What would you do if you knew you could only
succeed?

- Unknown

The measure of who you are is what we do with
what we have.

- Vince Lombardi

Afterword

The perfect day: going to bed with a dream,
waking up with a purpose.

- Unknown

Actually, I just woke up one day and decided I didn't need to feel like that anymore, or ever again. So i changed. Just like that.

- charlie love



- You're such a brilliant light-Sela
- [Charlene Kirek](#) My hug-light, hugs your hug-light & your hug-light, hugs my hug-light & Sela... brighter we become **xoxoxo**