

stepping stones[©]

A Five-Step Journey

From the Depths of Despair
To the Heights
of Happiness and
Inner Peace



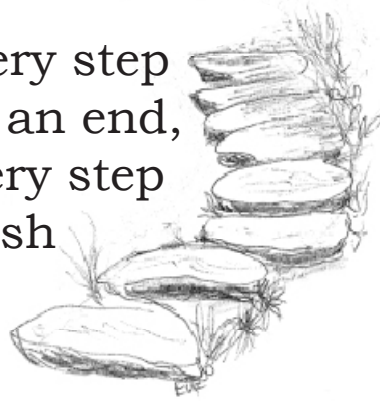
By Dorothy B. Blandford

For John, Shauna, and the memory of Peter,
from whom I learned the greatest love
is in letting go

and

for Robert O'Connor,
whose friendship, mentoring and wisdom
have been a light on my path.

“Every step
is an end,
and every step
is a fresh
beginning.”



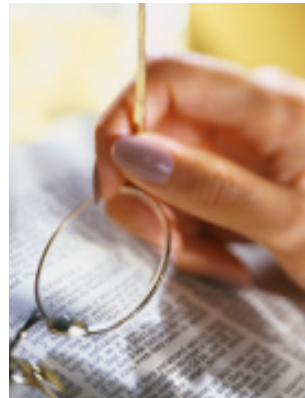
Johann Wolfgang von Goethe (1749-1832)

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Dear Reader

W elcome to *Stepping Stones*©. May the ideas within these pages give you support on your journey.



I have travelled this road and taken these steps. My lifetime journey of spiritual and personal growth has been as a perpetual student, enriched and inspired by the people who have journeyed with me.

The completion of *Stepping Stones*© had the support and wisdom of many. In particular I acknowledge and appreciate Rev. Carrie Hunter's insightful coaching, Cal Pawson's permission to print an excerpt from *Define Yourself and Discover Your Destiny* by JoAnn Janson, and Oliver Guttorm's willingness to share affirmations from his 21-Day Transformation Program. Valued editorial feedback was received from Maureen Dunkley, Paul Talbot and others who preferred to remain anonymous. My sincere thanks go to Eve Lees, whose artistic creativity transformed my notes into the final copy you hold in your hands.

Warm blessings to you,

Intention of Stepping Stones©

Perhaps you have heard the saying, that each journey starts with a single step. You may be reading this for curiosity, or you may be feeling that you are embarking on a daunting journey, and may not even be sure if you want to take that first step. If you are currently experiencing darkness and despair due to grief, *Stepping Stones*© is a five-step journey that I trust will bring a ray of hope. Before we begin our journey together, let me acknowledge your courage, and your willingness to be here.

Grief is always a change in some form. We may experience it as a change of circumstances, loss of a partner, friend, job, pet or independence. Breaking a bone, which I experienced recently, is a loss. A loss of mobility, of independence, a change in health that, depending on its severity, can take us into the depths of despair. Anne Morrow Lindbergh writes in her best-seller *Gift from the Sea*, that one has to come to terms with oneself, not only in a new stage of life, but in a new role. Lindbergh notes that lessons need re-learning every 20 years. As I look at my life, that is certainly the case, and at times with even greater frequency. With hindsight, I acknowledge that these five steps have been repeated, numerous times, leading up to the “autumn” of my life of 68 years.

The five steps of *Stepping Stones*© are built from my journey as a minister of pastoral care, and my last corporate role of supporting those transitioning from the loss of position through relocation. This book is not intended in any way as a substitute for professional advice or clinical counselling.

Let's take the first step.

Dorothy Blandford
White Rock, BC
December 2007



“What we have once enjoyed
we can never lose.
All that we love deeply
becomes a part of us.”

Helen Keller (1880-1968)

Overview of *Stepping Stones*®

Stepping Stones® supports you on the journey in moving from the depths of despair to the heights of happiness and inner peace.

The journey of five steps moves through:

- Hope • Faith • Surrender
- Grace • Happiness and Inner Peace

How do you see your life journey? As a series of stepping stones, one leading to the next, or an upward spiral constantly revolving and evolving? I see mine as both. With hindsight, I see how each step led to the next and that had I tried to skip one, a very important component would have been missed. With the spiral I think of going up – then circling downward in order to close the loop and continue upward, which is always open at the top, in anticipation of the next experience.

Perhaps you agree with me, that it can be in the downturn where we get stuck. When we can't see the next move, we climb on the proverbial fence, immobilized, afraid to fall either way. *Stepping Stones*® is about getting off that fence in order to take the first small step forward.

In an ideal world, we would move forward, one step at a time, without retracing our steps. In reality, there are times when we seem to take two steps forward, one back. In the end we do arrive, and perhaps see that, as we evolve spiritually, the backward step is of shorter duration.

A few years ago when my husband and long-time partner died, I received a most comforting letter from a former colleague of Peter's. He equated his experience of mourning his wife to that of the draining of a tooth abscess; each had to run its course. There is no short-cut through emotional grief but, with the passage of time, the pain gentles and healing does take place.

If you are pushed by the pain of grief or despair or pulled by a vision of a brighter future, know that the 'abscess' will heal, the daily tears will lessen and your world will soften. Let's move towards Stepping Stone Number One; HOPE.



Hope

“Hope is a Safe Harbour
in which we can find refuge
when the storms of life
roughly toss us around.”

*The Woman's Book of Spirit;
Meditations for the Thirsty Soul*

Step One***A Glimpse of Hope***

Moving from the fog of despair onto the stepping stone of Hope is like shedding light onto the darkness. It is putting our feet on the path which our eyes cannot yet see. Hope gives us the mental strength to carry on.

Being able to identify not only what we feel, but why we feel this way can help us take the first tiny step from despair to hope. Michael Losier in his book, *The Law of Attraction*, writes that with every thought there is a feeling, or a vibe, which is either positive or negative. Too often we can become immersed in fearful or negative thoughts that take us on a downward spiral.

The words of Sir Walter Scott, (1771 – 1832), are insightful:

The Rose is fairest when it is budding, and Hope is brightest when it dawns from fears."

If you are feeling low or fearful, can you believe that Hope is ready to rise, like the new dawn each day? Perhaps you'd like to make yourself a cup of coffee or tea, sit in a comfortable chair, and reflect on how you are feeling.

For example:

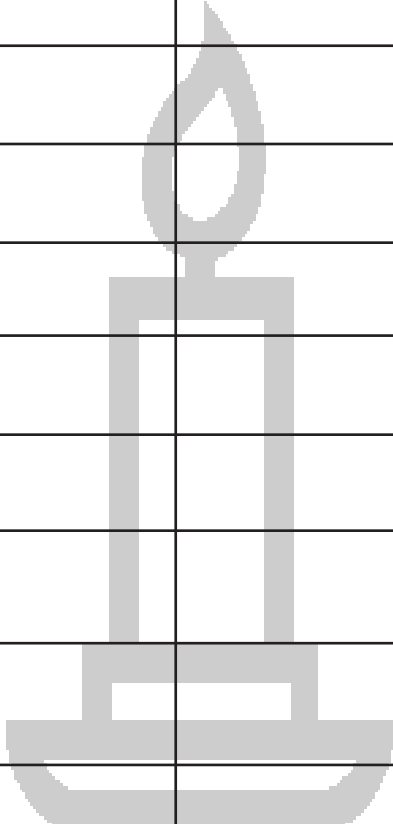
Are you feeling sad, because you don't feel you can "go on", due to a loss or change in circumstances in your life?

Or:

Are you feeling frightened because you don't know whether you will have sufficient funds to meet your monthly expenses?

On the next page is a list of feelings, with space for you to complete any, or all, that apply to you. There is also space to identify, if you can, why this feeling is causing you distress, and how you would like to feel.

I am feeling	I feel this way because	I really want to feel
Sad		
Tearful		
Frustrated		
Angry		
Helpless		
Fearful		
Low energy		
Lonely		
Frightened		
Relief		
Guilt		



If you are experiencing any of these feelings, look at what things you might do to take that first action step, where you will see a glimpse – just a glimpse – of Hope. I recently heard Dr Wayne Dyer say, during his *Change Your Thinking, Change Your Life* program on Public Television, that it was twenty years since he had had anything alcoholic to drink. How did he do it? *One Day at a Time*. He acknowledged that if he had said, “I will have no alcohol for twenty years”, it would have been self-defeating. But, at the pace of one day at a time, he succeeded.



A ministry colleague defined “Hope” as “*Hold on, Possibilities Emerging*”. Perhaps, if you can’t see or believe that possibilities are emerging, it is because those possibilities are swimming underwater. Try and bring them to the surface.

Perhaps you can’t stop crying. One thing I learned sometime after the death of my husband was that tears are healing . . . Oh, yes, there were days when I wondered how one body could hold so much water. I thought I’d *never* stop . . . but, I did, and so will you.

A tiny step, a small movement of energy can make a *huge* difference. It can be the catalyst for starting over, creating a new beginning, seeing a glimpse of light in a dark tunnel. Dr. Martin Seligman, who is known as the Father of Positive Psychology, has written that life can be brutal, but if we always have options we will always have hope. And hope, or optimism, he believed, was our greatest blessing, the one thing we still can have when everything else is gone.

One option might be writing a daily journal of your thoughts and feelings. (No one need know what you have written, unless you choose to share). I know of someone who published a 250 page book on his experience of loss, based on his personal journal.

Please consider your options, one thing you will do today, and one thing tomorrow. Could you phone a friend and arrange to meet for coffee or tea? Or go for a walk in the park or on the beach? Perhaps just get up and get dressed. If you are a man, try shaving, or, if you’re a woman, putting on make-up. Feel good about what you did - celebrate your progress, you deserve it! Little steps, taken just one day at a time, put positive energy in motion. These steps will become cumulative and eventually expand into the next week, and beyond.

Below please list one thing that you could do today to begin the healing process. Then list at least one thing you could do tomorrow. Honour yourself. You have already commenced, just by reading this booklet, and, in the words of Elizabeth Barrett Browning, you will be lighting tomorrow with today.

Today (fill in the date) I will:

Tomorrow I will:

May the following **affirmation** give you courage and Hope:

I am strong, resourceful, and connected to Nature. As the tree in fall drops its leaves and weathers the winter storms, it will bud again in the spring. I, like the tree, will blossom again.

So, with Hope, let's continue our journey to our next stepping stone of **FAITH**, with the words of Oprah Winfrey:

"Where there's HOPE there's FAITH, and FAITH creates miracles."

“Faith



is the bird that feels
the light and sings
while the
dawn is
still dark.”

Rabindranath Tagore (1861-1941)

Step Two**Faith is Believing**

My journey took me from despair to Hope. Hope eventually led to Faith. But, what is Faith and how do we create it?

Is Faith a certainty? Is the bird that sings while the dawn is still dark certain that the light of a new day is coming? Perhaps we can't answer for the bird, but, for ourselves, we believe each morning brings a new dawn, a new beginning. Surely that is Faith. There are many things that we believe to be true. Please pause for a moment and list five things that you believe to be true and in which *you* have Faith.

For example:

Morning will follow night and dawn will break.
If I toss a ball in the air it will come down again.

Five things in which I have Faith:

The popular Christmas movie, *Miracle on 34th Street*, has Maureen O'Hara telling her young daughter, "Faith is believing in things when common sense tells you not to."

So faith need not be certainty, conviction, or logical.

We do not see the sun in the dark of night, nor the stars in the light of day. There are things we cannot see, but we do see the effects of them. We do not "see" electricity, but we have Faith that the light will come on when we flick the switch.

Faith is:

- Belief in yourself and your ability to stretch your comfort zone.
- Courage to take action, despite fear and discomfort.
- Commitment to take the next step.

Looking at the components of what Faith is, one thing is clear: Faith is active. Faith, however, is not necessarily a solo act.

In order to make a commitment to take the next step, do you need to reach out to someone for support? When I recently made a commitment to master highway driving and go beyond my local community, I invested in driving lessons. I wanted and needed the support of someone to accompany me as I travelled beyond my comfort zone.

Courage to take action, despite discomfort, is unique to each of us. As I write this I am sailing on BC Ferries to Vancouver Island, and for the first time I drove to the Ferry alone. Were my hands clammy? Oh, yes. My motivation was about wanting to do it, and proving I could do it. I have Faith, as my fearless driving friends tell me, that it will become more comfortable, but will take "just doing it"!

In the space below please list five things in which you have Faith you can achieve. *For example:* Tomorrow morning I will go to my favourite restaurant for breakfast. When you do it, give yourself an award for bravery; you did it!



Five things I have Faith I will do:

There is a line in *Sacred Journey of the Peaceful Warrior* by Dan Millman: "Faith is the courage to live your life as if everything that happens does so for your highest good and learning."

If your heart is broken and shattered into a million pieces, it may be a stretch to accept it has happened for your highest good and learning. It may mean picking up each shattered piece and rebuilding your life. I have gone down this road so, for now, please borrow Faith from me that your heart will heal, that your life is not over. We do not "get over" a loss, or forget the person who is no longer with us, but the grief gentles and softens. Yes, your life ahead may be different and your happiness may result from new experiences. One day you will say, "Yes, I did it!"

You do have special gifts and inner resources to draw upon, things you feel good about. Reflect for a moment and capture the highlights of things that are natural for you. Congratulate yourself, for these are *your* talents.

Soren Kierkegaard said: “*Life can only be understood backwards, but it must be lived forwards.*” So take a look backwards at your strengths, for they surely contain clues to your future expanded talents.

These things are natural to me:

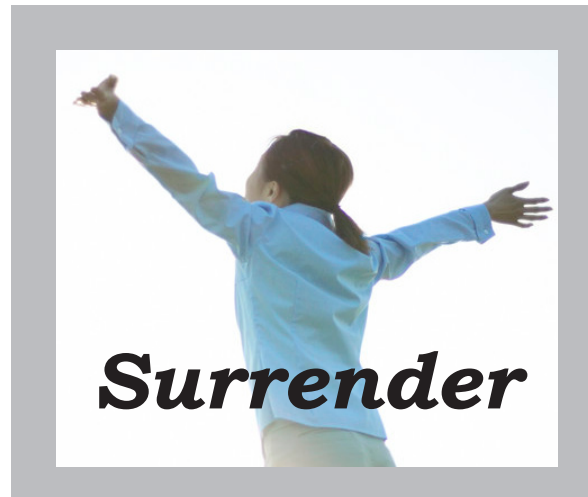
My life since my husband died is very different. When the handle of my clothes dryer broke, I was sure it meant a new door. Then I thought, ‘I wonder if duct tape would work?’ Ever since that day duct tape has been my friend. Not a glamorous answer, but a timely one.

It does take courage to overcome fear, to reach out to others, to keep on carrying on. I am often awestruck with the strength and determination of a flower growing through a crack in a wall, or the tiny snowdrops that bloom in early spring. They look fragile, but they’ve pushed through the snow to get to the light. Cheryl Richardson, in *The Unmistakable Touch of Grace*, thanked God that her pain was greater than her fear. That pain enabled her to push through and overcome dark times.

Faith, like Hope, is personal to each of us. Let us, as we move to our next step, remember the wisdom, that if we have the Faith as a mustard seed to move a mountain, we will say to our mountain, “move”, and it will move. Nothing will be impossible. Let’s continue our journey to the next stepping stone; SURRENDER.

Affirmation:

Today is a new day for yesterday ended last night. Today my Faith moves me from the shadows into the sunshine where life lies open to me, rich, full and abundant.



“The ability to surrender
is a sign of spiritual maturity . . .
When I think about my life,
I can see that when I’m able
to surrender my will to a
Higher Power, things are no longer
a struggle. Life gets easier.”

*Cheryl Richardson,
The Unmistakable Touch of Grace*

Step Three***Surrender - Finding the Simple Way***

Continuing our journey, with Hope in our hearts, strengthened by Faith, we arrive at the third step, "Surrender". What comes to mind when you hear or think of the word "surrender"? Giving up? Letting go? Reaching out for support? Surrendering can be a very positive step.

In the movie, *The Mission*, Robert De Niro, in the role of slave trader Rodrigo Mendoza, carries a huge weight up a mountain. When he finally releases it, his relief is obvious. The weights we carry can be physical or mental, and both can pull us down.

Deepak Chopra writes, "*Spiritual growth rarely results from overcoming difficulty. It comes from finding the simple way.*"

To that I would add, that growth in any form can be in finding a simple solution. Is it simple to Surrender? No, not always. It takes Faith to surrender. It is an act of Faith to reach out when we experience pain, worry or struggle. However, with discernment and willingness to release the struggle, we allow space for something greater to come in, we bring lightness into our world.

Recently I reversed a major decision I had made, which would have meant a major life change. Although I had exercised great discernment in making the decision weeks prior, I woke up one morning greatly agitated. Something didn't feel right. I went outside and sat on some steps, feeling the weight of the world on my shoulders. Desperate, I totally surrendered and said, "please God, this is a major life decision and I don't know what to do." The answer became clear, that I needed to reverse my earlier decision. Not an easy answer, but essential in order to honour myself.

To Surrender is often to trust in an outcome, without seeing clearly how it will unfold. For those of us who like to handle every tiny detail, it is a huge act to let go and trust. On my wall, in a framed needlepoint by a friend, are words I have read hundreds of times:

Do your best, leave the rest. Angels do no more.

So, do your best and when you need to pause, give yourself permission to rest, like the caterpillar that cocoons before it emerges as the angelic butterfly.

What would you release, if you knew that by doing so the road ahead would be easier? Are you putting weight on your shoulders that could be lifted? Are you driven by “shoulds” that no longer serve? Imagine you have just been handed a magic wand – see it, feel it, give it a whirl – its only function is to lighten anything that is heavy. What would you lighten? What will you release?

Please take a moment to capture your personal thoughts on the lines below.

I release:



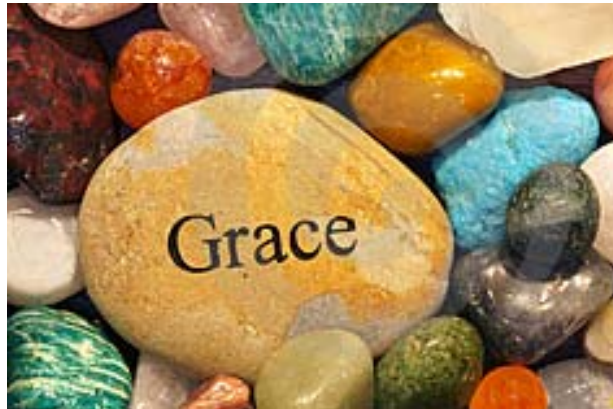
If you are facing challenges or doubts, may you have the Faith and courage to be willing to Surrender who you think you are, to let in the truth of who you really are. Letting go of what we know in favour of the unknown can bring about a field of possibilities, even greater than we could imagine. Viewed in this light, the act of surrendering creates a positive vibration. As Michael Losier reminds us in his book, *The Law of Attraction*, and also referred to in the previous section on Hope, we attract what we vibrate, so let us release any negative vibrations.

Before moving on, review the strengths you noted in Step Two on Faith. They are reminders of the *real* you.

Cheryl Richardson, in *The Unmistakable Touch of Grace*, writes that surrender *is* the key that unlocks the door to Grace . . . so let's continue our journey and move to Step Four; GRACE.

Affirmation:

I surrender all fear, all doubt. I let go of uncertainty. New conditions are now created for me – conditions of harmony, peace and joy.



"Grace is the absence
of everything that
indicates pain or
difficulty, hesitation
or incongruity."

William Hazlitt, British writer (1778-1830)

Step Four

Stepping into Grace

Stepping into Grace! First, what *is* Grace? It is a small word, with multiple definitions. We grace someone with our presence. We say grace before a meal. We enter a room with grace. We are graced with good health, watch swans gliding with grace, we ask for a grace period when we need a deadline extension. There are many other applications as well as extensive Biblical references.

Grace is also self-acceptance, appreciating ourselves as spiritual and unique beings on our life journey. Grace is being in the flow, having a sense of ease, sometimes precipitated by anxiety.

One of my most challenging experiences was agonizing over the decision about whether to go ahead with ministry final exams in 2005 or postpone them for another year. I had experienced despair, then one day had a glimpse of Hope, and later felt the deeper sensation of Faith. However, as the date got closer, so grew my doubts, until I woke up one morning with the word "Surrender" in my head. I vowed to do my part (serious study) and released attachment to the outcome. Desperation vanished, relief was huge, and the ease I experienced was definitely a feeling of "Grace". I did pass the exam!

Many years ago, a friend gave me a verse with some beautiful words: "*Believe in yourself to the depth of your being, nourish the talents your spirit is freeing.*" So believe in your talents and appreciate that they may also be gifts you can share with others.

Four years ago, for a number of months I switched from being a volunteer at White Rock Hospice to being a client. During this time I was part of a group of seven special people, who had recently experienced the loss of a life partner. We have remained friends, have moved on in our lives, doing new and amazing things, and supporting each other with our individual strengths. As with all of our stepping stones so far, reactions differ for each of us in every situation. So, believe in yourself and, as we covered previously, reaching out for the support of others can be very beneficial.

What is your definition of Grace? When does your mind still? When do you feel in the flow and at ease? Perhaps it is when you garden, iron, sit in silence, enjoy the sunshine, go for a walk, or listen to

music. Sitting on a log at the beach is most calming for me. I call it my “sit and stare” time.

Pause for a moment and identify what *Stepping into Grace* means to you.



Thomas Adams (1640) shares this insight:

“Grace comes into the soul, as the morning sun into the world; first a dawning; then a light; and at last the sun in his full and excellent brightness.”

So Grace not only flows from, but parallels the path of its predecessor steps of Hope and Faith . . . first, a glimpse, then recognition, acceptance, ownership, until it becomes a living part of us, from the inside out.

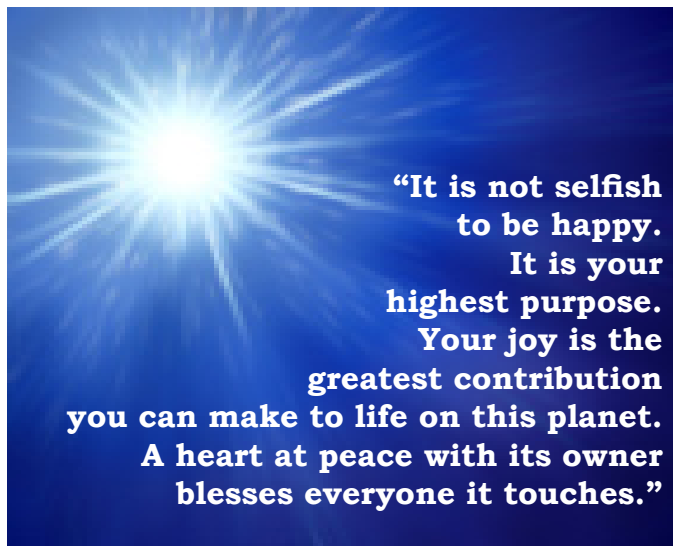
Life at times does hurt and when our world is not one of ease or effortlessness, identifying what creates a state of Grace can eliminate, or soften fears and concerns. So please take time each day to nourish and honour yourself by doing at least one of the things you listed above.

Cheryl Richardson in *The Unmistakable Touch of Grace*, suggests that the language of Grace is intuition and willingness to listen to our inner wisdom, to go into the silence and quiet our minds. That would suggest a state of inner peace, so let us prepare for our fifth step; HAPPINESS and INNER PEACE.

Affirmation:

Every day in every way I move through life with confidence, in the flow, lovingly accepting my true potential.

Happiness and Inner Peace



Alan Cohen, Dare To Be Yourself

Step Five***Happiness and Inner Peace***

We have stepped from the depths of despair to Hope, deepened our Hope with Faith, created space in our lives by Surrendering, and gently glided into Grace with renewed self-acceptance and belief in ourselves. The fifth step of our journey takes us to *Happiness and Inner Peace*.

I've linked these two together. I see them as interchangeable. When we have inner peace, we are happy; when we are happy, we have inner peace.

Dr. Robert Muller, Chancellor Emeritus of the University for Peace in Costa Rica, has been called "The Prophet of Hope". Author of *Most of All They Taught Me Happiness*, he believes that we can each decide to be happy. He zeroed in on his life's philosophy, the practice of happiness, as a young student, due to an unforgettable experience. A friend of his, not expected to live, asked him to go to the library and get a little book by Dr. Émile Coué; the book had one simple idea: each day feel happier than you did the day before. Two weeks later Muller's friend was released from hospital, fully recovered.

Think for a moment about the spider, how it creates a beautiful web. It just keeps going, slowly and diligently, doing what it knows to do, weaving a tapestry that is Nature's perfection.

Some years ago I wrote a textbook, *Only When I've Done It Will I Not Have To Do It™*, to help people identify and bring their dreams to reality. One section was a commitment action list, which I called, *putting work clothes on our dreams*. For me, having some structure in my life is important. The result is that I accomplish more, which produces a happier state. For example, I like to keep my life simple with prior preparation when giving a dinner party. First, the menu, out of which is developed the shopping list. The table is set the day before, and everything that can be made ahead is prepared. The final list is a timed one of what has to be done when. For me, lists work! Hanging out clothes for the next day is a huge help, especially if it means an early morning start.

Keeping life simple is one way that reduces anxiety and creates inner peace for me. Do I *always* do this? No, not always! Many days are a breathless wonder from dawn to dusk. My intention is *always* to simplify and, when I do, my life is definitely more peaceful. How we organize our daily lives, is always the result of the choices we make.

What works for you? What choices do you make? Are some of the things you do causing tension? Is worry pulling you down and depleting your energy? I attended a number of workshops given by Ted Kuntz, author of *Peace Begins with Me*. Kuntz suggests that anxiety is agonizing about something in the future, or imagining the worst. Try his solution of scheduling worry time. Choose a time each day when for five minutes you will really worry. Then do not worry until your next appointment with worry.

In her new book, *Thank You Power*, TV journalist and author Deborah Norville advances the argument that a simple but consistent expression of gratitude can carry us a long way down the road to Happiness. Another important “plus” is that appreciation is the antidote to fear, as Dan Baker writes in *What Happy People Know*, for we cannot be fearful while we are in appreciation.

Pause for a moment and consider what you appreciate in your life and what brings you joy.



Do you have a gratitude or appreciation component to your journal? At first it might be the smell of a flower, or a bird singing, or an ocean view. A gratitude journal is one way of capturing special moments. I have found it uplifting to revisit my journal, especially on a 'grey' day.

Happiness, then, is a personal decision, a commitment, about appreciating who we are, believing in ourselves, appreciating the beauty in Nature, the many colours of green in the trees and the vivid ones of the flowers, a bird singing, or enjoying our favourite music. It is becoming the author, producer, and director of your life.

As the introductory quote reminds us, joy is the greatest contribution we can make. Perhaps in daily life that joy may get lost in the busyness of everyday happenings. Here is a reminder on Happiness by Rabindranath Tagore (1861-1941) to conclude our fifth step:

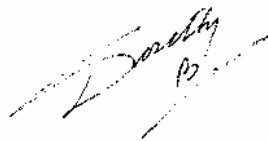
*I slept and dreamt that life was Joy
I woke and saw that life was Duty
I acted, and behold Duty was Joy*

We make many choices each day, too numerous to count. Let us, therefore, choose Happiness and Inner Peace, for in this place Hope always resides, and so the circle is unbroken.

With the passage of time there is the realization that new strengths have been added to your life. Please remember, you ARE a success just by being you, and your continuing success story, like the upward spiral, is always open at the top for new experiences.

On the following pages are some questions to ponder, a list of suggested reading, and closing blessings. I honour your path on this wonderful journey of Life.

Namaste.



Affirmation:

I embrace the change of life and trust that my higher self guides me to a place of happiness and inner peace.

“Use what talents
you possess;



The
woods
would be
very silent
if no birds
sang
except
those that
sang best.”

*Henry Van Dyke (1852-1933),
American author and poet*

Questions to ponder as you move ahead

We are each unique individuals, each a tapestry of diversity, with very specific talents and desires. So too is our approach to joyful living. The following questions may stimulate your thinking. Please ponder on these, and journal your insights.

1. What makes you unique? If in a movie, what part would you play?
2. What would your life look like if each day was joyful?
3. Reality check: What might get in the way of your moving ahead? Is your safety net holding you back?
4. Will you now set an intention for who you want to be, what you want to do, how you want to feel? (You may choose to answer what you don't want, the opposite of which can be exactly what you do want).
5. How will your life be different? (Perhaps it is setting limitations and boundaries, alignment to personal values, living a life by design vs. doing what you believe others expect of you).
6. What do you want to attain? (Think outside the box to really move yourself forward).
7. What level of commitment will you make? (1/10th of 1% in 1 week will make a huge difference).
8. What trade-offs will you make, or what space will you create in your day, to attain what you want?
9. How will you know you have made progress? What are the sign posts?
10. Who will benefit? What legacy will you leave?
11. How will you celebrate?
12. Who is on your dream team or at your mentor's table?

Suggested Reading



Define Yourself and Discover
 Your Destiny
 Eat, Pray, Love
 Four Agreements
 Gift From The Sea
 Home With God
 Kitchen Table Wisdom
 Law of Attraction
 Learned Optimism: How to Change
 Your Mind and Your Life
 Lessons For Life
 Most of All They Taught Me Happiness
 Nothing is Impossible
 Peace Begins With Me
 Sacred Journey of The Peaceful Warrior
 Seven Spiritual Laws of Success
 Stillness Speaks
 Thank You Power
 The Unmistakable Touch of Grace
 What Happy People Know

JoAnn Janson
 Elizabeth Gilbert
 Don Miguel Ruiz
 Anne Morrow Lindbergh
 Neale Donald Walsch
 Rachel Naomi Remen
 Michael Losier

Martin E. Seligman
 Sylvia Browne
 Robert Muller
 Christopher Reeve
 Ted Kuntz
 Dan Millman
 Deepak Chopra
 Eckhart Tolle
 Deborah Norville
 Cheryl Richardson
 Dan Baker and
 Cameron Stauth

Continuing thoughts and blessings

The happiest of people among us, when faced with life's challenges, keep Hope and Faith in their heart and make the most of everything that comes their way. May you experience lightness and tranquility in your heart as you continue your Life journey.

I wish you many blessings and close with an excerpt from JoAnn Janson's book, *Define Yourself and Discover Your Destiny* (1995)*:

If you were in despair, may you have found hope.

If you were at a loss as to how to cope or where to turn, may you have found help and direction.

If you were without a sense of meaning in your life, may you have found purpose.

If you were feeling alone, may you have found a friend herein.

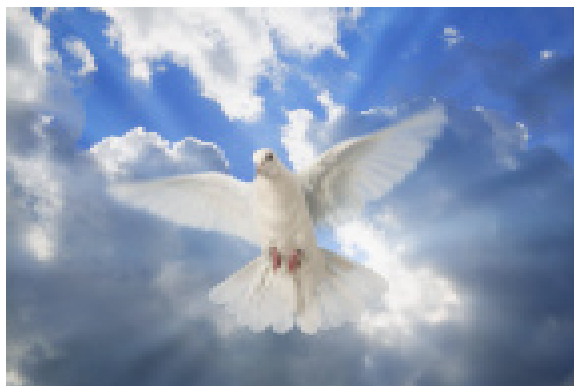
If you were confused, may you have found at least a spark of clarity.

If you were feeling overwhelmed, may you have found some measure of peace.

If you were heavy with sadness, may you have felt the possibility of the joy and some of the lightness of Being.

If you had no sense of self, may you have experienced the stirrings of the real you deep within, beckoning.

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“You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level.”

Eckhart Tolle, Stillness Speaks



About the Author

Dorothy Blandford is a Religious Science Minister and Licensed Practitioner, with the Centre for Positive Living in White Rock, BC, specializing in Pastoral Care and Grief Support.

Rev. Dorothy came to ministry following a long business career, which includes founding and operating an office services company, freelance verbatim reporting, personal growth training and administrative support in a career consulting environment. Dorothy brings a strong background in personal development to all her work, and has completed extensive training in Grief and Bereavement.

She is a volunteer with the White Rock Hospice Society, a member of the Semiahmoo House Society, and the Surrey BCSPCA.

Dorothy authored *Only When I've Done It Will I Not Have To Do It™*, a textbook on how to bring personal dreams to reality, and now *Stepping Stones©*, a journey from despair to happiness. Currently she advocates the *Law of Attraction* principles in her counselling practice, performs sacred ceremonies and facilitates spiritual coaching for those experiencing life changes through the loss of a friend, spouse or pet.

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