

## Newsletter September 21st, 2008

While we're in Hong Kong

and the Philippines

We are sending these little reminders for all of us to contemplate as we continue in the healing work for ourselves, each other, our friends and family, and the world.

Hong Kong

Happiness and peace can be found here and now. In fact, they can be found nowhere else. Cease from seeking outside yourself or into the future for it.

When the manifestation of your prayer appears, you may call it a healing or a miracle. In Truth it is neither. It is simply reality uncovered, although humanly it seems miraculous.

It is absolutely essential to refuse to accept the testimony of the five physical senses in place of Divine Truth.

Forgiveness is how we move from pain and illness to health and well-being.

Resentment is how we poison ourselves and add the weight of our consciousness to the lower frequencies which serve us poorly.

Darkness is not a force. Bring your light with you wherever you go and darkness will flee.

Learn from looking beyond limitations. Reality is not perceived except by spiritual sense.

There are no coincidences, and luck can be created consciously.

Nature is a wondrous teacher of beauty and miracles.

Your words and beliefs create your experience. You are living what you created yesterday. You are attracting what tomorrow will bring with today's thoughts.

We have one real task in this lifetime. We need only learn to love right here, right now. There is nothing else that remotely matters.

Philippines

Love to all of you,

Todd & Merlyn Puntolillo

From Todd & Merlyn Puntolillo

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