

CENTERED

202 Poems and Affirmations
for Peace, Clarity, and Gratitude

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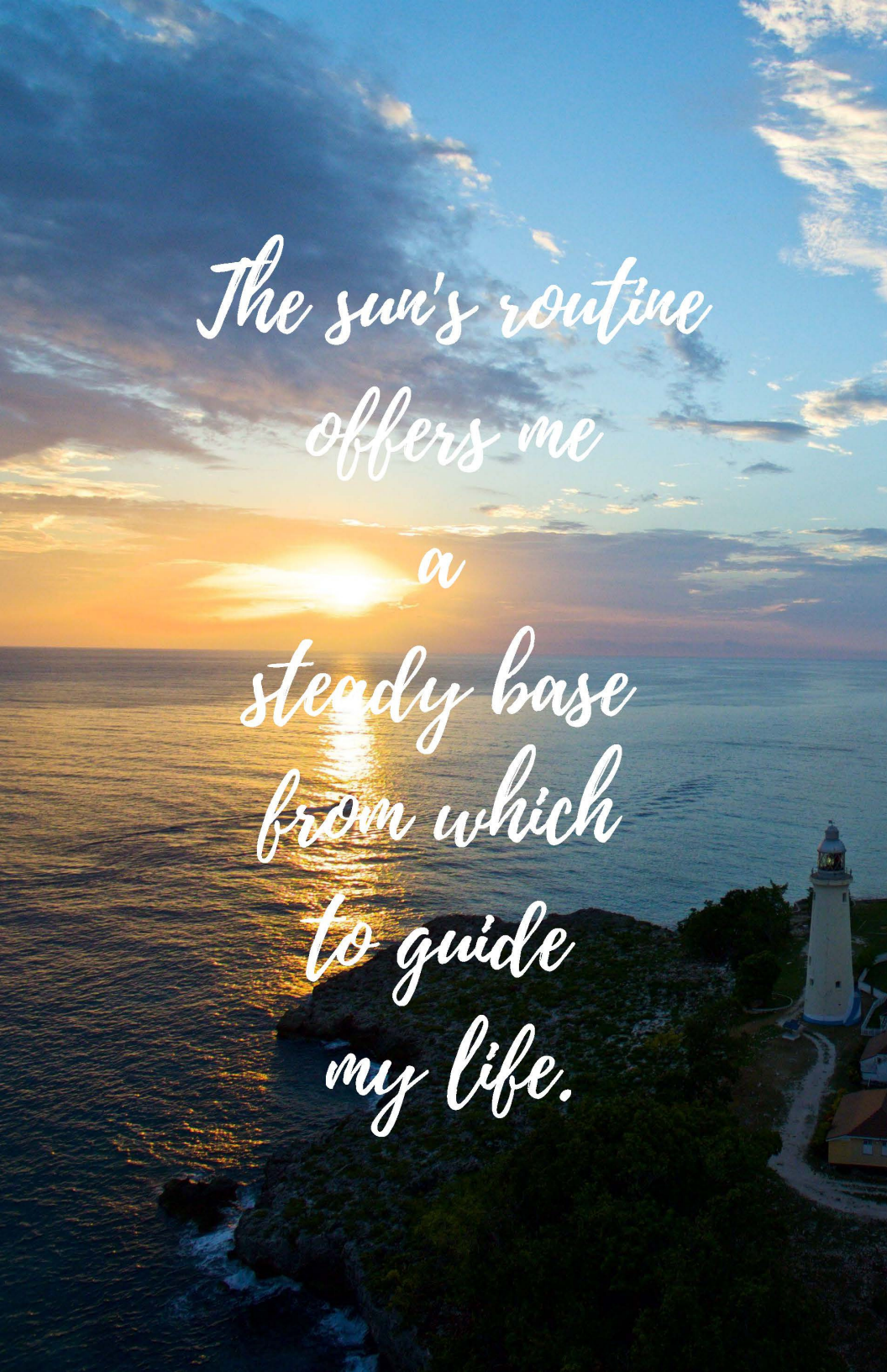
Nicola Carroll's many creative interests have organically combined to create *Centered*. Through her writing, photos, and art she endeavours to capture and create reminders of the beauty and the blessings all around. She lives with her family in Toronto, Canada.

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*The sun's routine
offers me
a
steady base
from which
to guide
my life.*

Beginning with beauty and light

Oh, what a beautiful morning!

I am so thankful for this day.

There is much to accomplish
in the hours that lie ahead.

But right now,
on this spectacular morning,
I am fully in this moment
of admiration and gratitude.

I give thanks for another sunrise.

What do you appreciate about morning?
How can you create a morning routine
that includes beauty and light?



*I find
new ways
and
people
to love.*

In good company

I feel lonely
although I am not alone.

Please help me to find like-minded spirits
and build new relationships
where emotional connections are deep and
free-flowing
and my soul no longer feels a void.

*Thank you for allowing me relationships with those
who support and care.*

Are there some activities, places, and groups where
you can meet and connect with others?
Where and when will you start?



*I find love
wherever I go.*

Love is an action

Love helps.
Love shares.
Love eases.
Love supports.

Love offers kindness.
Love brings consideration.
Love comes in peace.
Love comforts.
Love lives in truth.

Let me be prudent with my precious offerings of love,
as there are many who do not recognize its value.

I am so thankful for my loving heart.

When you look for it love is all around,
in many shapes and forms.
How have you shown your love today?



*New beginnings
are always
within
my reach.*

New beginnings

The first day of a new year
always feels like a good time
for a fresh start.

In truth, every second of our lives
offers the same opportunity.

May this very moment be the beginning
of a wonderful new year.

I am grateful I can always start again.

What are you starting? Where are you going?
What are your first small steps?



*I connect
with nature
and am
restored by
its beauty.*

Nature's healing gifts

When I'm weary, let me remember to
look to nature's resources to restore me.

I can be uplifted by the beauty of a flower.
I can refuel with fresh oxygen released from our trees.

I can find hope in the skies above.

I can take in energy from the rays of the sun.

I can be refreshed by the water around me.

I can be soothed by the glow of the moon's light.

*I am thankful for our beautiful Earth
and the sun, moon and stars above.*

What scenes of natural beauty are you drawn to?
Start to find and collect images of nature to comfort
you when you need a boost.