



Divine Days



WWW.TEINAMARRIE.COM

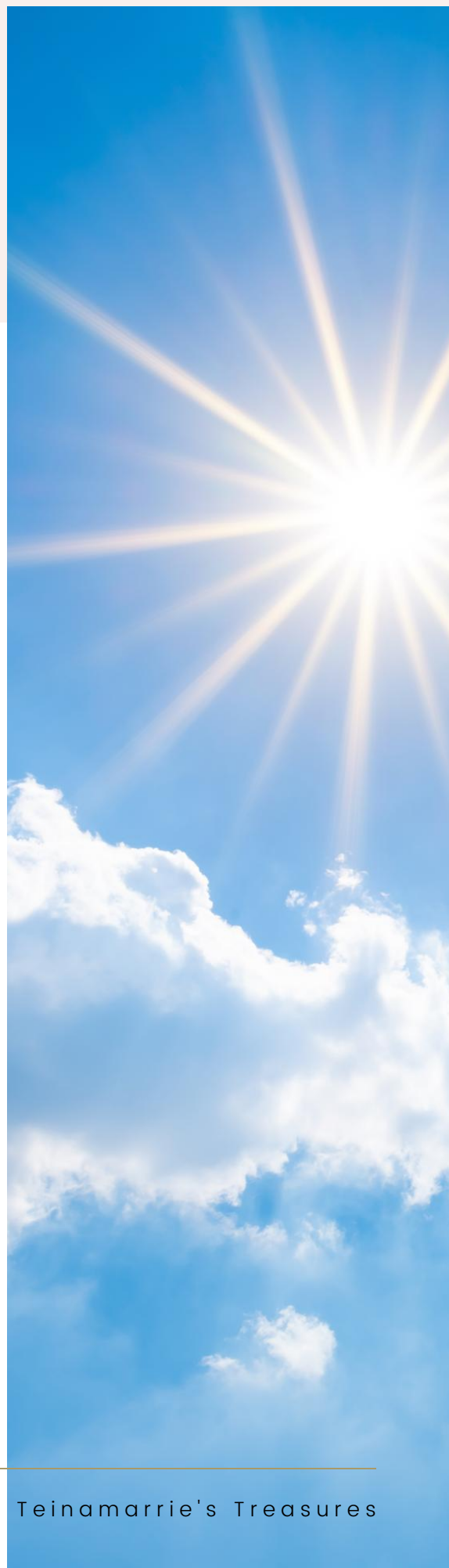
Welcome

to Divine Days

Divine Days is a daily tool to help you feel and be inspired every day. The suggestions in this book are simple, fun and easy ways to help you have a better outlook on life. Each day has different suggestions to implement into your daily routine. These ideas are meant to be thought provoking, fun and easy ways to help you shift your perception of life and the way you react to circumstances.

The contents of this ebook are teamwork collaboration by Teinamarrie Scuderi and her husband, Rev. Christopher T. Scuderi of Universal Heart Ministry based in Salt Lake City, Utah. Each of the suggestions listed for the seven days or the week have been implemented in their own daily lives and are also utilized in assisting their coaching and workshop clients to achieve greater happiness and wholeness.

This ebook is a sampling of their workshop series and only touches on the basic concept for each day.



Miracle Mondays

Look for miracles in your life and everyday things. Look at the flight of a bumblebee or a hummingbird; one should not be able to fly at all given its proportions and the other is able to fly at a great rate of speed, stop and hover in mid-air and even fly backwards, both defy physics. What are miracles in your life? Maybe you are not aware of it, though miracles happen every day. We sometimes need a reminder to help us see the miracles in our life. Each and every one of us is a Miracle. Do you remember learning about diamonds in science class? It may start out ingloriously as a mere lump of coal though with time, heat and pressure it becomes a beautiful, shining, multi faceted diamond. Are you a diamond in the rough? Give yourself time and recognize the miracle that you are.

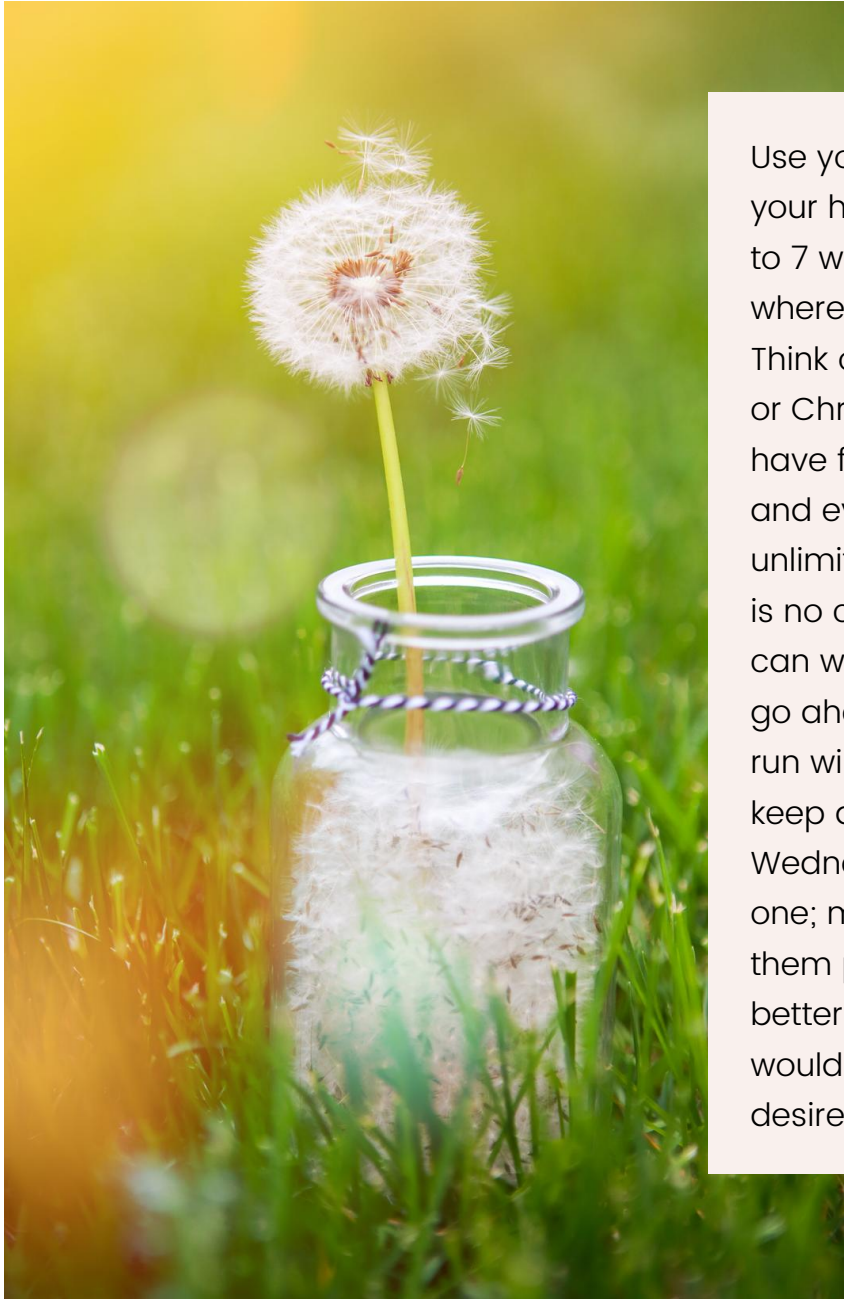


A woman with blonde hair tied in a bun, wearing a tan jacket, is shown in profile from the chest up. She is looking upwards towards a sky filled with soft, orange and pink clouds, suggesting a sunset or sunrise. The lighting is warm and golden.

Tune in Tuesdays

Tune in to be more consciously aware of the thoughts you have during the day. Often we go on “auto pilot” and are unaware of how we arrive at certain thoughts. We typically have a “tape recorder” playing or “monkey chatter” going on in our subconscious mind. Perhaps, while you’re driving home from work, it has been going on about the list of groceries you need to buy, or the list of tasks you weren’t able to finish, or...and the list goes on. Tune in to what your thought process is and where those thoughts are leading you. Are they positive and uplifting or are they negative and destructive in nature. When you Tune In you will be more present and aware and will find that not only are you living more consciously, you will find that your actions, words or deeds will also be more deliberate, providing your life with richness. What are your thoughts?

Wishful Wednesdays



Use your imagination to dream up your heart's desires. Write down 5 to 7 wishes or desires and post it where you will see it every day. Think of this as your weekly Birthday or Christmas wish list. Imagine you have found Aladdin's magic lamp and every Wednesday you get an unlimited amount of wishes. There is no condition or limitation, you can wish for whatever you want; so go ahead and let your imagination run wild with your desires. You can keep adding to the wish list each Wednesday or start a brand new one; maybe you'll want to keep them posted just for that month or better still the whole year. What would you wish for? What are your desires?

Thankful Thursdays



Be thankful for all the blessings in your life. Create a Thankful/Gratitude list. Send thank you cards to friends and family. Be thoughtful and kind with your words and actions toward others. You can show your gratitude for a friend who is under the weather by bringing them a nice hot meal or simply sitting with them and reading a chapter from a favorite book; if they've got a case of the blues, take them out dancing or simply catch that great movie the two of you keep talking about seeing. Thankfulness is a way of life, a beautiful state of mind wherein you appreciate the people, places and things that surround you. Give your pet a special treat and make sure to give lots of love so they really know just how much you are grateful for their companionship and love. Tell the person that delivers your mail, day in and day out, rain or shine, that you appreciate their dedication to their job. Gratitude must also be given generously to one's self; remember to be thankful for your life, your breath, your intelligence, and all of your abilities including your capacity to give and to receive love. What are you Thankful for? In what ways will you express your thoughtfulness and gratitude?

FUN-tastic Fridays

Play and have FUN. Play hide and seek or tag or anything to engage your fun muscles. Remember those days back in your school years when class would let out early for the day? What about the thrill of being invited for a campout or sleepover? Recall what that felt like; feel all the joy and excitement about what was coming next – there was FUN to be had and you were right there weren't you, anticipating it, ready for it. FUNtastic Fridays are days of enjoyment and fun. Let your inner child jump and run and revel in joy; you don't have to completely take off the "I'm an adult" hat, unless you want to. You can have a lot of fun in just a couple of hours, a whole afternoon or the entire day and night which, of course, is optimal. When was the last time you played like you were a kid and had real fun?





Sensual Saturdays

Use your senses to enjoy life; Sensual Saturday is about really being present and enjoying what you are experiencing through each of your five senses: sight, sound, touch, taste and smell. Look at the way the sunlight dances through your window. Listen to the melody the birds are singing in the trees. Feel the lotion as it soaks into your skin. Actually taste your food; don't just race through a meal. Revel in that first luscious bite of a strawberry, the richness of a chocolate cream pie or even something as simple as a bowl of your favorite soup. Smell the aroma of the rose blossom growing in the flower garden. How about being snuggled up in your favorite afghan or fleecy blanket in front of the fireplace, tasting the sweetness with each sip from a cup of cocoa or your favorite tea, smelling the scent of pine, listening to the crackling fire and seeing the brightness of the flames caress everything in the room, now that is being sensually aware. How sensually aware are you? How much more aware will you be now?



Soulful Sundays

Do something to feed your soul. Soulful Sunday is about connecting with yourself on a really deep level, being in tune with your inside self, your spirit and loving yourself enough to give your soul the nourishment it needs. It is a day to recharge, to take care of you and the inner you that sustains you. You can easily achieve this by doing something as simple as meditating, taking a hike in the mountains, reading a book, sitting by a lake or better yet jumping in and going for a swim.

If what feeds your soul is church then go to church though remain mindful of what you take in as your personal message to heal, comfort, guide or nourish you as any message other than genuine love and kindness does not nourish one's soul. If it is solace that you seek you could have a quiet time of relaxation enjoying a long, amazing bubble bath followed by a day of rest as you lounge around in your most

comfortable pajamas. If community is what you seek you can get involved and volunteer at any myriad of non-profit organizations that exist; you could help serve food at a local shelter for the homeless or deliver a gift of toiletries to them wherever they are in your community, you could put together and later give a gift of blankets, towels, toys and food to your local animal shelter or you could find out who, in your closest nursing home or elder care facility is alone and without family and spend an hour or two learning about their life, the things they accomplished and see them for the beautiful being of love and light that they still are.

Listen to your heart and soul they know what you want and need to re-energize and revitalize your soul. There are a lot of external things that can interfere with our lives, distracting us from the things that are really important, weed through those things to find what really nourishes your soul. When you find what does feed your soul what will you do?