

[Join our free Weekly Mindfulness sessions here](#)



Dearest friends

This week, I offer you a contemplation:

[https://www.youtube.com/watch?v=Uznx\\_qYzbGk](https://www.youtube.com/watch?v=Uznx_qYzbGk)

[Join our free Weekly Mindfulness sessions here](#)

Tuesdays 6pm and Thursdays 11am Brisbane AEST time

---

### ***Contemplate***

*Love and compassion are necessities, not luxuries. Without them humanity cannot survive.*

*DALAI LAMA*

---

***If the only prayer you ever said was 'Thank you', that would be enough - Meister Eckhart***

What can you be thankful for right this moment? Even if it doesn't seem to benefit you directly?

Right now...I am thankful for *for all the people who share their talents and knowledge so generously*

---

### ***Prayer for the World***

I know how good I feel when I am treated kindly. I know how good I feel when I treat myself kindly. I know that, like me, others too thrive when treated kindly. May I offer compassion to myself so that I will know how to offer it to others.

**You are loved. You matter.  
Life recreates you moment by moment!**



**If you'd like to find out about working with me in a Mentoring program, in Self-Awareness and Empowerment workshops, or would simply like to receive my weekly emails, please contact me [HERE](#).**

This weekly message was produced by Lucy at  
[getenlightenedtoday.com](http://getenlightenedtoday.com)