

A Journey into The Unknown
Book 16 // Proverbs for the New Age
As presented by Keith (Moon) (The Spirit of)
Chapter 1

Wednesday, June 23, 2021
9:00 AM

1. It is better ~~for~~ to be called a fool than to live an inauthentic life.
2. Happiness is not measured by how much you have pleased others. Rather, it is measured by how much you have pleased your true Self.
3. The circle of life is ongoing and never-ending. It includes you, me, everyone and everything.
4. You don't have to forgive me but I have to forgive myself before I can flourish again.
5. Trust in your inner knowing. It will never lead you astray.

End Time: 9:09 AM

A Journey into the Unknown
Book 16 / Processes for the New Age
As presented by: Mary (Wells) (The Spirit of)
Chapter 2

Thursday, June 24, 2021
8:51 AM

"6. Trust in your knowing. The rest is just gobbledegoo.

7. Your essence is your soul singing your song.

8. Your inner beauty is all that matters. The exterior is highly over-rated."

End Time: 8:56 AM

A Journey into the Unknown
Book 16 / Proverbs for the New Age

Friday, June 25, 2021
6:47 AM

Chapter 3

As presented by: Michael Jackson (The Spirit of)

1. "Whatever people say about you, whether it is good or bad, doesn't really mean a thing. It's what you say about yourself that really matters."
2. At the end of the day, you are responsible for your own thoughts and actions, not anyone else's.
3. Always see the good in yourself and in others. It is the only thing that is true."

A Journey into the Unknown
Book 16, Proverbs for the New Age

Saturday, June 26, 2021
7:14 AM

Chapter 4

As Presented by: Toni Morrison (The spirit of)

- "12. No matter what you see when you look in the mirror, know that words and concepts cannot truly describe your beauty.
- 13. Your face and your hair and your smile are all perfect because they all reflect God.
- 14. If words have had the power to hurt you, know that only you can take away that power.
- 15. Use your words to edify others, not to tear them down.
- 16. Be cautious when using criticism. It never feels good to either the receiver or the giver."

End Time: 7:20 AM

A Journey into The Unknown
Book 16/Proverbs for the New Age

Saturday, June 26, 2021
7:22 AM

Chapter 5

As Presented by: Frank (Sinatra) (The Spirit of)

" 17. You have to wake up each morning and live with yourself so be smart about it.

18. Don't say or do things you're going to regret tomorrow morning, after the anger has subsided and/or the alcohol has worn off."

End Time: 7:26 AM

A Journey into The Unknown
BOOK 16
Proverbs for The New Age

Sunday, June 27, 2021
8:53 AM

Chapter 6

As presented by (the spirit of) : Dean Martin

19. You hold all the cards. If life is a poker game, just walk away from the table and refuse to play. Why take unnecessary risks?

20. Smile at least once a day for no reason. It's good for you.

21. Life has been moving you around this whole time. Now it's time to finally admit it and stop being in the way.

22. Instead of saying "What can you do for me?" Say, "How can I help you?"

23. Lay off the smoking and drinking but find ways to celebrate where you've been and where you are now. Put some fun in your life.

End Time: 9:03 AM

A Journey into The Unknown
BOOK 16 / Proverbs for the New Age

Monday, June 28, 2021
7:42 AM

Chapter 7

As presented by (the spirit of): Naya (Angela)

24. When you are your best self, God shines through you to touch everyone and everything ~~you~~ around you.
25. The Victor is the one who says, "I made it" when leaving this world, knowing that each and every experience, both good and bad, helped shape them.
26. Love is in a tear, shed from a magnificent eye.
27. If I stand corrected, I hear your input and I am ready to reconsider.
28. The little children are as wise as the elders. It's those in the middle that need their loving guidance.
29. Start each day by forgetting yesterday. Wipe the slate clean and begin afresh.
30. When I was on the earth, people looked at me as if I was separate from them. This was just an illusion of circumstance for I Am you and you are me. Together, we are whole.

End Time: 7:54 AM

A Journey, into the Unknown
Book 16 / Proverbs for the New Age

Monday, June 28, 2021
7:56 AM

Chapter 8

As presented by (the spirit of): John (Lennon)

- "31. We knew what love was and we knew what love wasn't.
Our songs helped people to find it within themselves.
- 32. A good song is like going to church, except that it's over in
3 minutes ~~instead of~~ instead of 2 hours.
- 33. Now is the time to make that change and to do that
thing you have put off for so long. You never know how
much time you have left."

End Time: 8:02 AM

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Book 16 // Proverbs for the New Age

Tuesday, June 29, 2021
6:38 AM

Chapter 9

As Presented by: (The Spirit of) George Harrison

"34. Let life play you as its guitar. It's a better guitarist than I was.

35. Other people's perceptions of you are probably at least somewhat distorted. Don't be afraid to show them the real deal, despite the possible consequences.

36. In the end, peace is all that matters.

End Time: 6:46 AM

A Journey into the Unknown
BOOK 16 / Proverbs for the New Age

Tuesday, June 29, 2021
6:48 AM

Chapter 10

As Presented by: (the spirit of): Ella (fitzgerald)

37. Sing your song throughout your day. No one else can sing it as well as you can.

38. Teach others by being your truth. Show them what you're all about. They may not like you but you will learn to like yourself.

Ea) Time: 6:54 AM