

Chapter One: Keith Moon

Wednesday, June 23, 2021 9:00am

As presented by (the spirit of) Keith (Moon)

1. It is better 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

Chapter Two: Mary Wells

Thursday, June 24, 2021 8:51am

As presented by (the spirit of) Mary (Wells)

6. Trust in your knowing. The rest is just gobbledygook.
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

Chapter Three: Michael Jackson

Friday, June 25, 2021 6:47am

As presented by (the spirit of) Michael (Jackson)

9. 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.
10. At the end of the day, you are responsible for your own thoughts and actions, not anyone else's.
11. Always see the good in yourself and in others. It is the only thing that is true.

End Time: 6:55 am

Chapter Four: Toni Morrison

Saturday, June 26, 2021 7:12am

As presented by (the spirit of) Toni (Morrison)

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 reflect God.
14. If words have 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 courteous when using criticism. It never feels good to either the receiver or the giver.

End Time: 7:20 am

Chapter Five: Frank Sinatra

Saturday, June 26, 2021 7:22am

As presented by (the spirit of) Frank (Sinatra)

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

Chapter Six: Dean Martin

Sunday, June 27, 2021 8:53am

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

Chapter Seven: Maya Angelou

Monday, June 28, 2021 7:42am

As presented by (the spirit of) Maya (Angelou)

24. When you are your best self, God shines through you to touch everyone and everything 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

Chapter Eight: John Lennon

Monday, June 28, 2021 7:56am

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 love within themselves.
32. A good song is like going to church, except that it's over in three minutes instead of two 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

Chapter Nine: George Harrison

Tuesday, June 29, 2021 6:38am

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

Chapter Ten: Ella Fitzgerald

Tuesday, June 29, 2021 6:48am

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.

End Time: 6:54 am