



THE SACRED AERIE

FREE SPIRIT **MESSAGES**



*An Uplifting Wind
Beneath Your Wings
To Carry You Through
These Challenging Times!*

VOL . 2014 Iss. #1
(January)

PEACE OF BEING



If you are depressed,
You are living in the past.



If you are anxious,
You are living in the future.



If you are at peace,
You are living in
The Present.

— Lao Tzu

May this humble offering inspire
The Extraordinary Being
You *already* are...

Many Blessings,
Teryl "T" Johansson



SIGN-UP FOR A **FREE** SUBSCRIPTION OR READ ARCHIVED ISSUES AT:

<http://sacredaerie.com/read-FreeSpirit.asp>