

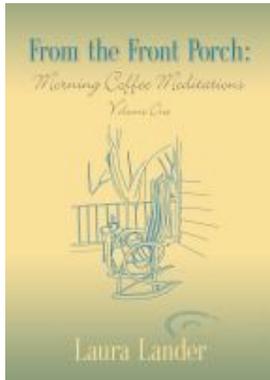
From the Front Porch:

Morning Coffee Meditations

Volume One



Laura Lander



From the Front Porch: Morning Coffee Meditations is a collection of thoughtful insights by Laura Lander originating in quiet morning meditation time as described in her first book, *Chapters From the Farmhouse Journal*. Simple messages reflect inner wisdom and guidance that comes from a daily practice of pausing to contemplate life with awareness. This is a collection of the first year of posts from Laura's weekly email of the same name sent to her readers.

From the Front Porch Morning Coffee Meditations

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From the Front Porch:
Morning Coffee Meditations
Volume I

A Collection of
54 Thoughtful Posts
From May 2013–June 2014

Laura Lander

From the Front Porch: Morning Coffee Meditations, Volume One

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Laura Lander

Inner Polishing, Outer Beauty

07 14 2013

Little frictions have arisen to let me know that I still have some “inner polishing” to attend to. If I regard them as annoyances presented by others, I can get side-tracked. They stick with me like burrs on my hiking socks as I make my way.

If I pause enough to notice and receive them as gifts presented by my Higher Self, as interesting tidbits from which I can learn, they adorn my path like flower petals strewn before a beloved.

We each have the power to choose which perspective we will adopt.

Laura Lander

Allowing Answers

09 15 2013

It may well be in our best interest to be open to receiving the answers to all of our own questions from that aspect of our Being that knows everything, that Inner Presence within that is connected to eternity. This does not refer to our mind, which is in itself a wondrous yet limited tool.

Focusing on finding the answer may not be nearly as helpful as asking the question while at the same time *remaining open to insight, intuition, inspiration, revelation*. Allow the answer to come, and it will, at a time that is most beneficial for us.

(Gleaned from *The Presence Process* by Michael Brown)

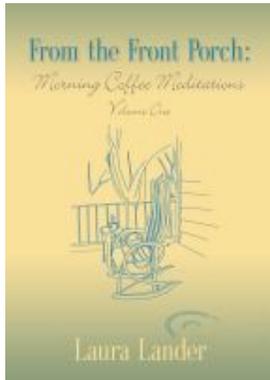
A Newfound Freedom

03 16 2014

A newfound freedom:
Letting go of the self-imposed need
to explain myself
to those who
do not seem to understand.

WooooHOOOOOOOOO!!!!

(For me, this is BIG. You?)



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