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REALITY RECALIBRATIONS

BY DAVID ORWELL

#1 REALITY CALIBRATION

Today's Calibration: Gratitude

If you make time to list all the things you are grateful for, and constantly bask in gratitude, you will feel amazing every day.

Your frequency will be high and you will move through your days in love - feeling alive, present and bringing joy wherever you go, positively affecting one person after another.

When you live a life like this, everything you want will come before you even ask.

[Movement for The Day:
Say thanks even for negative things in your life]



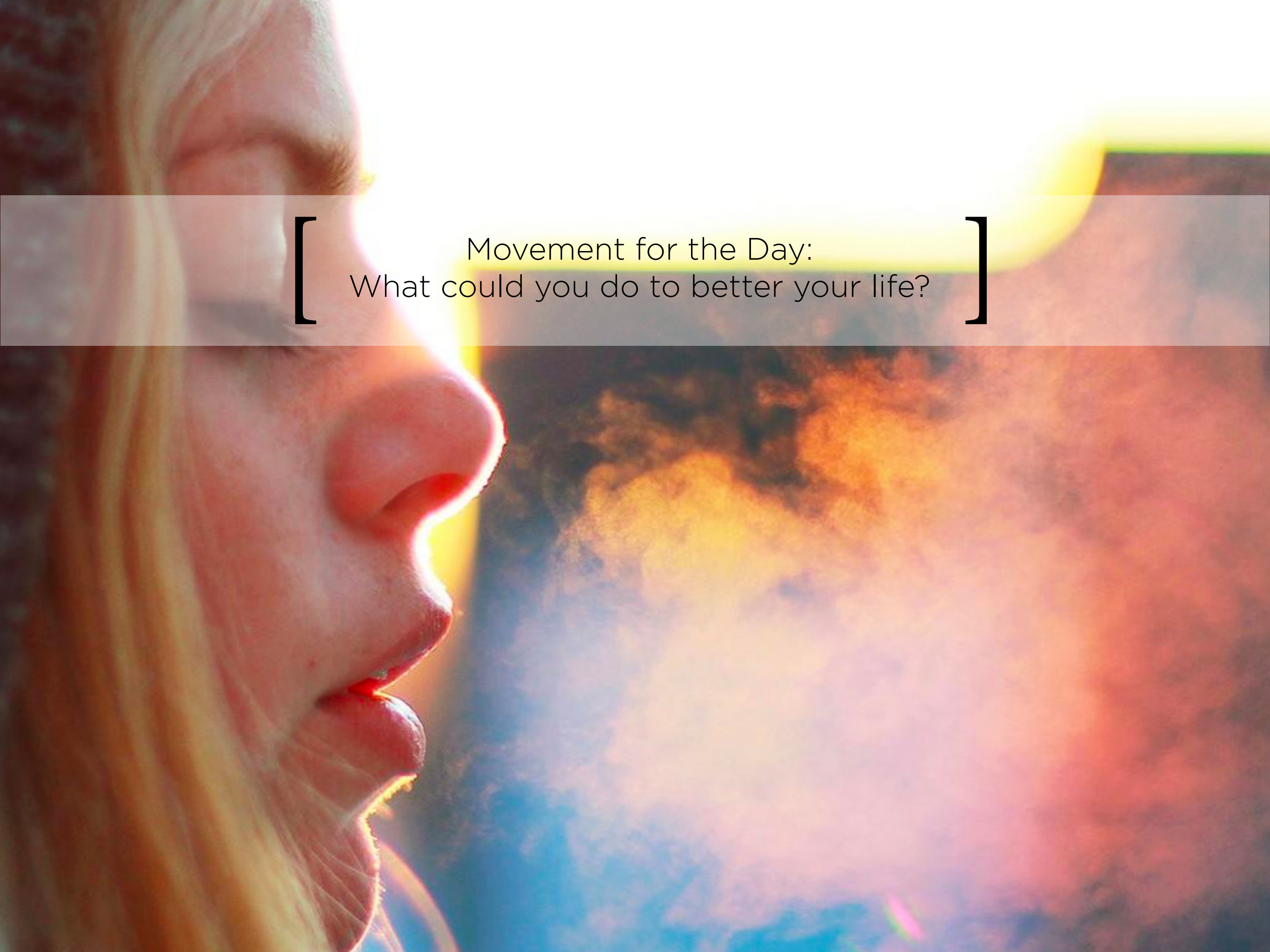
#2 REALITY CALIBRATION

Today's Calibration: 2 Minutes

There is no excuse not to give two minutes today to intend your tomorrow.

Now stop everything you're doing and think:

What will be your intention?

A close-up profile of a person's face, looking upwards towards a bright sun. The sun is partially obscured by a semi-transparent horizontal band containing text. The background is a vibrant, colorful sky with orange, yellow, and blue hues, suggesting a sunset or sunrise. The person's face is in the foreground, with their nose and mouth visible. The text is centered within the semi-transparent band.

[Movement for the Day:
What could you do to better your life?]


#3 REALITY CALIBRATION

Today's Calibration: Intention

You create your future with the power of your intention.

Intention is simply the conscious act of determining your future now.

Health, harmony in relationships, happiness, money, creativity, and love will come to you in the future, based on your intentions now.

A full-page background image of a sunset over a body of water. The sky is filled with vibrant orange, pink, and purple clouds. The water reflects these colors, creating a shimmering effect. In the lower-left foreground, a person is swimming, with only their head and shoulders visible above the water. The overall mood is serene and contemplative.

【 Movement for the Day:
What are you doing to create your future life? 】

#4 REALITY CALIBRATION

Today's Calibration: Giving

Giving opens up the door to receiving.
You have so many opportunities to give every day.

Give kind words. Give a smile. Give appreciation and love.
Give compliments. You can give courtesy to other motorists while you are driving. You can give a smile to the car parking attendant.

You can give a warm greeting to the newspaper stand person or the person who makes your coffee.

You can give by allowing a stranger to go ahead of you into an elevator, and you can give by asking which floor they are going to and pressing the button for them.

If someone drops something you can give a helping hand and pick it up for them. You can give warm embraces to those you love.

[Movement for the Day:
Do a small act of kindness today :)]



#5 REALITY CALIBRATION

Today's Calibration: Wisdom

Your life is a learning process - you can only become wiser from learning.

Sometimes you might have to attract making a painful mistake to learn something important, but after the mistake you have far greater wisdom.

Wisdom cannot be bought with money - it can only be acquired through living life.

With wisdom comes strength, courage, knowing, and an ever-increasing peace.

A photograph of a brick path leading towards a wooden fence. The path is made of light-colored bricks laid in a herringbone pattern. The fence is made of vertical wooden slats, and green ivy is growing on it. The scene is captured in a wide-angle shot, looking down the path.

【 Movement for the Day:
How could you do better from your past mistakes? 】


#6 REALITY CALIBRATION

Today's Calibration: Your Power Within

No person or power in the outside world can compare to the power you have within you.

Seek the power within, as it knows the perfect way for you.

Are you seeking it?



Movement for the Day:
Take time out to learn more about yourself


#7 REALITY CALIBRATION

Today's Calibration: Finding Your Purpose

When you find your purpose, it is like your heart has been set
alight with passion.

You know it absolutely, without any doubt.

What is your purpose?



【 Movement for the Day:
What do you think is your Purpose in life? 】

#8 REALITY CALIBRATION

Today's Calibration: Being One With The Universe

Your job is you and only you. When you are working in harmony with the law, no-one can come between you and the Universe.

However if you think another person can get in the way of what you want, then you have done a flip to the negative.

Focus on creating what you want. You are the center of divine operation in your life, and your partner is the Universe.

Movement for the Day:
Focus on creating what you truly want



#9 REALITY CALIBRATION

Today's Calibration: Creation

The process of creation is the same for all things, whether you want to bring something to you or remove something negative from your life.

If you have a habit you wish to break, or anything negative you wish to remove from your life, you must focus on what you want.

That means you visualize and imagine yourself in that negative-free state right now.

Imagine yourself in as many scenes as you possibly can where the negative situation is completely absent.



Movement for the Day:
Visualize and imagine what you want to create

#10 REALITY CALIBRATION

Today's Calibration: Happiness

Every human being on the planet wants to be happy. Anything that anyone desires is because they think their desire will make them happy.

Whether it is health, money, a loving relationship, material things, accomplishments, a job, or anything at all, the desire for happiness is the bottom line of all of them.

But remember that happiness is a state inside of us, and something on the outside can only bring fleeting happiness, because material things are impermanent.

Permanent happiness comes from you choosing to be permanently happy.



【 Movement for the Day:
What makes you happy? Do it now! 】

#11 REALITY CALIBRATION

Today's Calibration: Big Change

When a big change occurs in your life it forces you to change direction.

Sometimes the new path may not be easy, but you can be absolutely certain that there is magnificence for you on the new path.

You can be absolutely certain that the new path contains things that you could not have experienced otherwise.

When we look back at a negative event that occurred in the past, we often see how in fact it transformed our life.

We see how that event directed us toward a life that we would not change for anything.



Movement for the Day:
Focus on what you can change and not what you can't

#12 REALITY CALIBRATION

Today's Calibration: Something Good is Coming

If there was a particular house you wanted, or a particular relationship or job you wanted, and you didn't get it, the Universe is telling you that it was not good enough and did not match your dream.

It is also telling you that it has something BETTER and more worthy of you.

Something better is coming... you're allowed to be excited!

[Movement for the Day:
Get excited and prepare for the GOOD coming your
way!]



#13 REALITY CALIBRATION

Today's Calibration: The Power of Words

Any words you speak have a frequency, and the moment you speak them they are released into the Universe.

The law of attraction responds to all frequencies, and so it is also responding to the words that you speak.

When you use very strong words, such as “terrible”, “shocking” and “horrible” to describe any situation in your life, you are sending out an equally strong frequency, and the law of attraction must respond by bringing that frequency back to you.



[

Movement for the Day:
Say something empowering about yourself!

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#14 REALITY CALIBRATION

Today's Calibration: Love

Love is the highest power we possess to be in complete harmony with the law of attraction. The more love we feel the greater our power. The more selfless love we feel, the more unfathomable our power.

The law of attraction has been called the law of love, because the law itself is a gift of love to humanity. It is the law by which we can create incredible lives for ourselves.

The more love we feel the greater our power to create a magnificent life of love, joy, and harmony.

【 Movement for the Day:
Hug and say “I Love You” to your loved ones 】



#15 REALITY CALIBRATION

Today's Calibration: Goodness In All Things

Good is underneath every single thing that appears to be negative.

If we can know that good is all there is, including in a negative situation, then we will see a negative situation transform into all good.

Most people keep the good away from themselves because they label something as bad, and then, of course, that becomes their reality.

But there is no bad in the Universe; it is just our inability to see things clearly from the bigger perspective.

Peace comes from knowing that good is all that exists.



Movement for the Day:
Turn a negative situation into a positive solution!

#16 REALITY CALIBRATION

Today's Calibration: Visualize Having Money

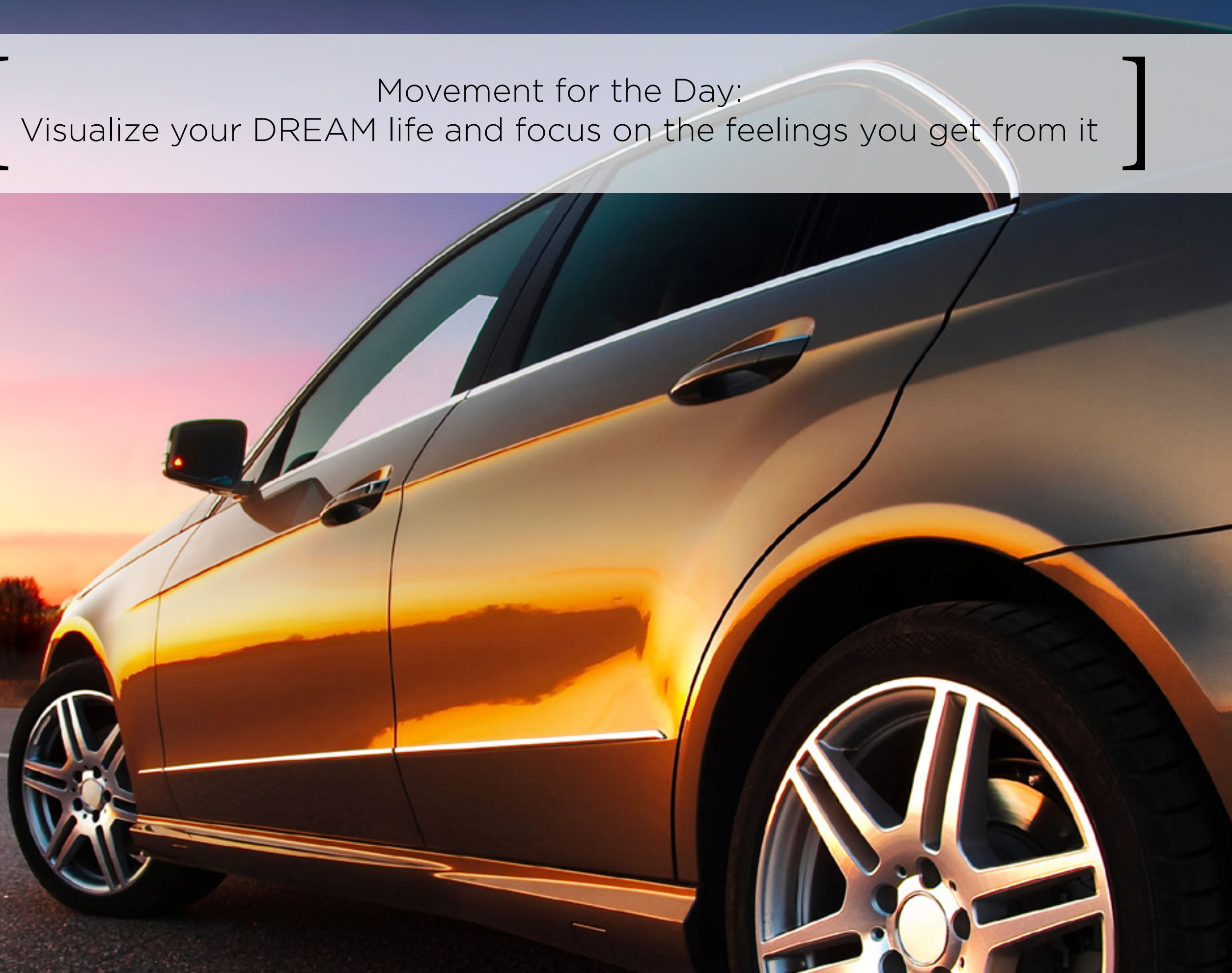
When you close your eyes and you visualize having money and imagine doing all the things you want with that money, you are creating a new reality.

Your subconscious mind and the law of attraction do not know whether you are imagining something or whether it is real.

And so when you imagine, the law of attraction receives those thoughts and images as though you were actually living them, and it must return those visions to you.

When you are in the place where what you are imagining feels real, you will know that it has penetrated your subconscious mind, and the law of attraction must deliver it.

[Movement for the Day:
Visualize your DREAM life and focus on the feelings you get from it]



#17 REALITY CALIBRATION

Today's Calibration: Remove Attachments

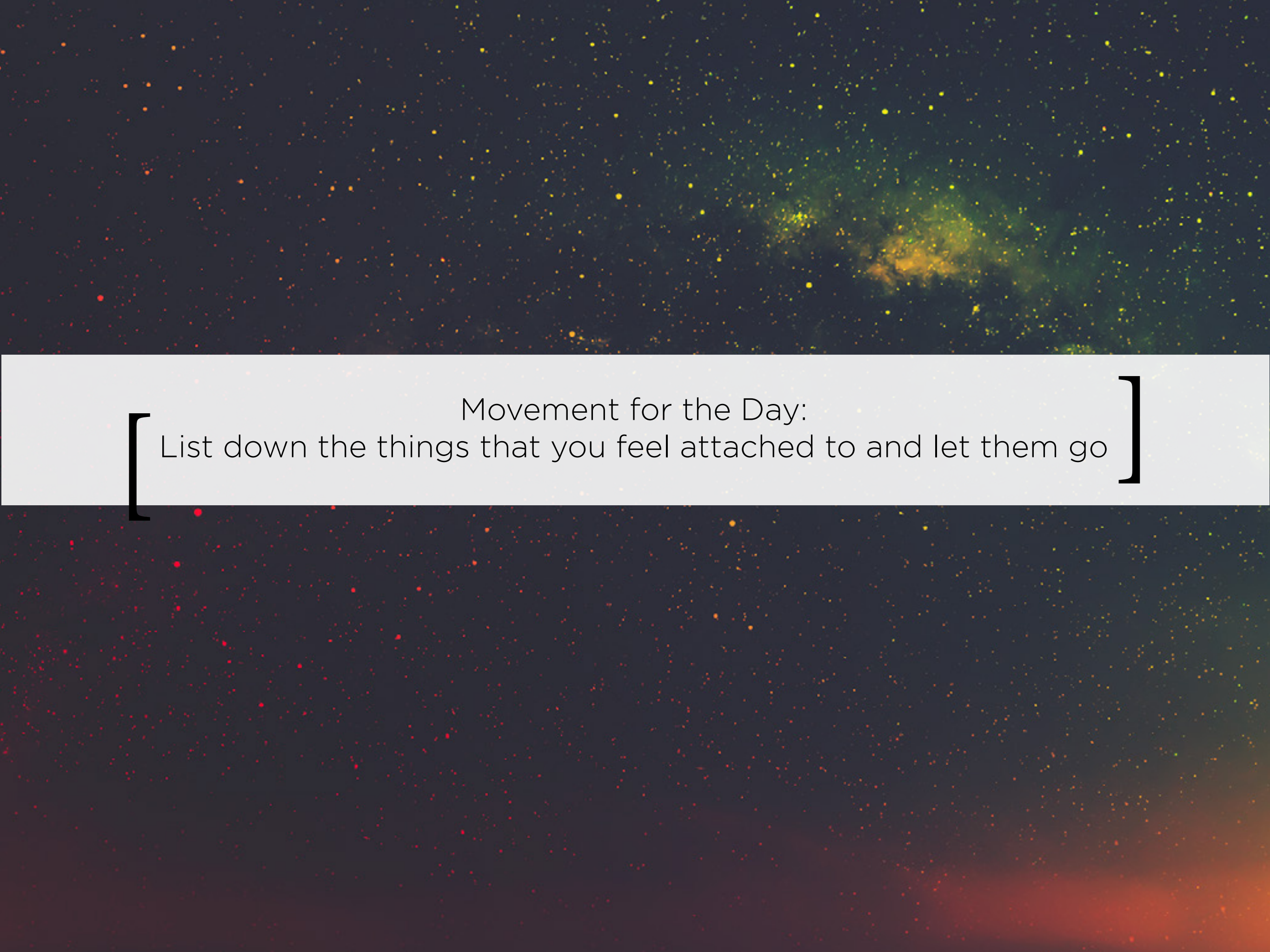
There is a difference between feeling gratitude and appreciation for something, and feeling attachment to something.

Appreciation and gratitude are states of pure love, while attachment contains fear - fear of losing or not having what you are attached to.

When it comes to something you want in your life, appreciation and gratitude attracts, and attachment pushes away.

If you are feeling afraid that you will not get what you want, or losing what you have, then you have attachment.

To remove the attachment, keep shifting yourself into a state of appreciation and gratitude, until you can feel that the fear has gone.



Movement for the Day:
[List down the things that you feel attached to and let them go]

#18 REALITY CALIBRATION

Today's Calibration: Believe

Ask, Believe, Receive - just three simple steps to create what you want.

However, very often the second step, believe, can be the most difficult one. And yet it is the greatest step you will ever take.

Believing contains no doubt. Believing does not waiver.

Believing is absolute faith. Believing remains steadfast despite what is happening in the outside world.

When you master believing, you have mastered your life.

A photograph of a field of orange tulips. The tulips are in various stages of bloom, with some in sharp focus in the foreground and others blurred in the background. The leaves are a vibrant green. A semi-transparent grey rectangular box is overlaid on the upper portion of the image, containing text. The text is enclosed in large square brackets.

Movement for the Day:
Are you doubting yourself? Put your faith forward and believe in yourself

#19 REALITY CALIBRATION

Today's Calibration: Healing Power

If a person is focused on illness then they are inadvertently attracting more illness to them.

On the other hand, if a person focuses more on health than illness, then the law of attraction must obey and produce health.

The principles of the law of attraction are a powerful tool to summon the healing power within us, and can be used as an aid in total harmony with all of the wonderful medical procedures that are available today.

Remember that if there were no healing power within us, nothing could be healed.



Movement for the Day:
Focus on the full self-recovery, and healing is within your reach

#20 REALITY CALIBRATION

Today's Calibration: Your Life Movie

Your body is exactly like a movie projector, and the film running through the projector is all of your thoughts and feelings.

Everything you see on the screen of your life is what has been projected from within you, and is what you have put into the film.

By choosing higher thoughts and feelings you can change what you see on the screen at any time.

You have complete control of what goes into your film!

[Movement for the Day:
Control what you say or feel - your emotions have power]



#21 REALITY CALIBRATION

Today's Calibration: Your Inner State of Being

Write down all the great things about everyone you know. Make a huge list of all the wonderful things about you.

Compliment people wherever you go.
Praise every single thing you see.

Be a ray of sunshine to everyone you meet, and make their day better for having seen you.

Say "Thank you" at every turn. Walk, talk, think, and breathe appreciation and gratitude.

When you do this, your outer life will change to reflect your inner state of being.



Movement for the Day:

Be present and always be grateful and thankful for each day