

**“Judge not the things that can make you happy,
it is often in the simplest of things
where we find the greatest happiness. -
itakeofftheface.com”**

“100 Days of INSPIRATION!”



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A TIME FOR JOY

This may not be a time for dances,
but this is a time for prayer.
This may not be a time for clapping,
but this is a time for songs.

This may not be a time for merriment,
but this is a time for awakening.
This may not be a time for running,
but this is a time for rest.

This may not be a time for kisses,
but this is a time for hugs.
This may not be a time for laughter,
but this is a time for smiles.

This may not be a time for parties,
this may not be a time for noise,
But this is a time for healing,
and this is a time for joy!

Indeed, whatever season it may be, it can be a season for joy. Our life's journey may consist of ups and downs, of winter as well as spring, yet every season has its wonder, and has a purpose to fulfill in our hearts.

May we not faint from its sorrows, but may we grow stronger through them, and by our challenges, may our hearts have more room for happiness and peace, that our joy may truly be complete!



DAY 1

There is a whole galaxy within you,
waiting to be unleashed. Let the
universe wait no more.

DAY 2

Once we learn to accept our
limitations, we are one step closer to
peace.



DAY 3

Sometimes, you just have to believe.
Against all odds... believe.

DAY 4

Using the internet, I am now in more than two places at the same time. I have just done the impossible!

DAY 5

Take a very good look at the woman before the mirror. There will never be another such as she.

DAY 6

I bare my nakedness to the world that the world may see who I am, not the mask that hides my flaws, not the mask that hides my beauty. I bask in the light and I take off the mask!



Related reading:

[Will you still love me even if I'm not perfect?](#)

DAY 7

After 300 articles, I thought I had given it all, that there is nothing more I could write about. Now I know that the best is yet to be!

DAY 8

I cried tears of gold, which burned as fire as they fell down earth's barren soil.



DAY 9

I go there not to be comfortable, but to conquer new worlds.



Related reading:
[To Dream Again](#)

DAY 10

If god will not allow us to weep,to hurt,to risk dying,he cant also allow us to laugh,to be strong,to live and to fully love.



DAY 11

I walked among the deities and discovered to my surprise... I am beautiful,and I am one of them!



Related reading:
[Unique!](#)

DAY 12

Know your heart, and let it guide
your way.



DAY 13

I'm staring at the magic tree where
heaven meets the warm embrace of
earth



DAY 14

Live with no regrets!

Related readings:

[I am a Tree](#)

[The Skill of Catching Joy](#)

DAY 15

Dont be afraid to dream stupid
dreams

DAY 16

People often promise so many
things. what the world needs
however is someone who is...
available.



DAY 17

The most painful tears are those that
were cried in silence.

Related readings:
[My Beloved Friend](#)
[Friend \(poem\)](#)

DAY 18

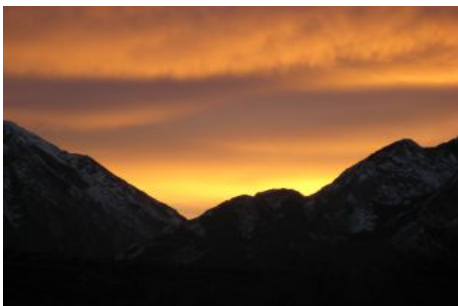
Astral travel is sometimes a bit too smooth like a 3D animation. We like the physical, rough plane where we can stumble and wound our knees.

DAY 19

You never walk alone. there is someone right now on the other side of the planet wishing you well,praying for you.

DAY 20

Let nothing frighten you, for you are after all, a child of eternity.



Related reading:
[Why Not?](#)

DAY 21

I am blessed this moment, I am embraced, I surrender only to love.

DAY 22

Never ever give up. There is no goal too difficult for those who believe in their destiny.

DAY 23

Heaven is so much nearer than we often think it to be.

DAY 24

Take care of your heart. Within it is your heaven.

DAY 25

Look not on what you lack, but on the gift that you possess. You are the only one capable of harnessing such power!



DAY 26

Find the courage to be all that you can be. You owe it to the world that deserves only the best from you.

DAY 27

Let not another's measure of happiness be your own measure. Judge not the things that can make you happy.



DAY 28

Make peace with your shadow. Unless you are able to, you will never dare venture in the light.

DAY 29

God does not take us only when we are lovable, but moreso when we are most in need of love.

Related reading:

[ME and YOU \(poem\)](#)

DAY 30

Try to live a simple life. It is often in the simplest of things where we find the greatest happiness.

DAY 31

Instead of unleashing your anger, strive to be more powerful. He who is confidently in control gets angry less.

DAY 32

Be not afraid of your own beauty. Shine forth your light and forget not who you really are.



DAY 33

Always reach towards the sacred center of your being. Within it is always some hidden reserve of power.

DAY 34

Consider not your losses, but the victories you have yet to achieve. The more your struggles are, the sweeter also will be your success.

DAY 35

It is not enough that you know yourself and what you're worth. You have to show the world who you really are.



DAY 36

You have a dream. You may not know it yet, but it is there, embedded in the deepest part of your heart.

DAY 37

Protect your vision. At times it is more important than your present accomplishments.

[Related reading:](#)

[Determination versus Hard work](#)

DAY 38

I am not my body. I am not my brain. I am more, much more and I realize the "me" which no other can replace as I face the mirror each morning,

smiling for a brand new day of
awakening.

DAY 39

I star in the movie of my own life-
laughing, dancing, weeping, striving,
falling, getting up once again,
believing that in the end, everything's
going to be just fine.

DAY 40

Music reaches me, and as its
vibration resonates with the vibration
of my own soul, I am transported to
heaven, to the highest of heavens
where I am safe, where I am home,
where I truly belong.

DAY 41

There was a time when I couldn't forgive myself, that time when the burden of guilt was multiplied a hundred times more by the world that knew nothing but condemn those who are already down. But now is not that time, for it has long come to pass. Now is the time of acceptance, of love, and of believing in myself despite whatever accusations others may try to pass against me.



DAY 42

I arise from the ashes of doubt, of depression and of self-pity. I arise a new being - strong, confident, beautiful and without limits!

DAY 43

I touch you, I hear you, I see you. I feel you deep in my heart. Your name is etched in my very soul.

DAY 44

I breathe and I let life flow inside me, in my veins, in my blood, in the beating of my heart that never ceases to sustain me, bringing me fresh energies transforming life unto more life, and power unto boundless powers for the day.



DAY 45

Judge me not for you do not know me. And even if you could step into my shoes, you still wouldn't be able to tell what potentials or hidden worlds could arise from within this soul.

DAY 46

Love, think not that I don't know you, think not that I have not sought you. You have always lived upon my deepest desires, for you I could die for I know that even death is heaven when I am with you.

DAY 47

I am no less of a person by flaws that you see in me; I am no lesser for I am not those flaws. I know who I am, my flaws and my strengths, and

there is no better person who can handle me but me.

DAY 48

Have you seen a seed? Was it at all that attractive to you? Wait awhile and see that seed grow. See it bear fruit, see its flowers bloom. See? I've caught you by surprise! I have just astounded you.

DAY 49

When I told you I could rebuild myself, I wasn't able to tell the truth. I couldn't rebuild me. I have just been reborn!

DAY 50

If I have failed you, it was not because I wanted to, but because I've failed myself first. Rest assured I will love myself more, and in so

doing I would not hurt you ever again.

DAY 51

I trust there is a way even if I couldn't find it yet. It will be seen, it will be made. And if others just couldn't agree, it is I who will accomplish the task.



DAY 52

Heaven is nowhere else but here, right here where I am, right in this moment that I love, in that very moment where I, a mortal have joyfully tasted forever.



DAY 53

It's in nature's way to go on, to renew itself, to unfold, even in times when we see a flower wither. The truth is, a new garden is just beginning to grow.

DAY 54

I am of God, a soul that can never be destroyed. How can it when God can never cease being God?

[Related reading:](#)

[A Little Piece of Heaven](#)

DAY 55

God loves me, unconditionally. And for me, He leaves the 99 sheep behind so He can find me and make me realize just how much I matter, just how much I am loved.

DAY 56

There is never a day that I am truly in the dark, only days when I cannot see the Light of God in whom I live and move and have my being.

DAY 57

Look at me! See how much God's power is to be made manifest!



DAY 58

I have looked forward to this moment, and I shall not let it pass 'til I have savored it with all my heart, with all my mind, with all my very soul.



DAY 59

Seasons of happiness

In this life, we will pass through many seasons of happiness and sorrow, day and night, springtime and winter. What's important is to keep our hopes up that the sun will shine even more brighter after every storm.

[Related reading:](#)
[Meanwhile](#)

DAY 60

Happiness comes from...

There is a happiness that comes from knowing all is well, and you are surely walking in a path that will lead

you to your dreams. And there is a happiness that simply comes from knowing all will be well, and whatever comes, you can be able to deal with it and handle it well. Now that's confidence. That's faith!

DAY 61

Our Heart's Desire

There are times when God doesn't give us the things we ask for because He knows the things we truly desire; desires we may not even be aware of because we do not truly know ourselves.



Related reading:
[Our Deepest Desires](#)

DAY 62

Trust Love

Trust love: real love, pure love;
something good always comes out of
it.



DAY 63

Someone to Trust

Joy is knowing there is somebody
right beside you whom you can trust
with your life, especially at times
when you can't even trust yourself
anymore.

[Related readings:](#)

[Love is not Blind](#)

[You are Loved](#)

DAY 64

The gift of knowing you are well
The greatest gift we can give to our
loved ones is the gift of knowing that
we are well, and that we are joyful.

DAY 65

A new world
Joy is when a whole new world
opens before your very eyes, and
you find that there is yet much to do,
much to cherish, and much to love.



Related reading:
[Imagine](#)

DAY 66

Gladness from things to come
Even the dreams that have yet to
happen can make us happy simply
by dreaming them. For as far as we
know, their joy have already arrived
in our hearts. For if we can dampen
our days by worrying about the
things that may or may not happen,
how can we not brighten our days
also with beautiful things that are yet
to come?



DAY 67

Melancholy

Melancholy is the burden that I have to carry, the cross I have to bear now and then so I can continue to be a bearer of JOY. That in my pain I may yet understand the pain of others. And that in receiving God's comfort, I may know how to comfort those who also bleed.

DAY 68

My Most Precious Joy

I've found my most precious joy in my darkest hour, in the arms of my God.

DAY 69

True Joy

True Joy is one that can embrace even the heart of sorrow, leaving its remembrance therein without defiling it with even the smallest kind of disrespect.



DAY 70

Joy In Surrender.

I have worn myself out scheming for my desired end, yet only in surrendered did I find an end far more than what I could have ever hoped for.

DAY 71

PRAY.

With prayer, all things are possible. Faith can move mountains, and miracles still happen everyday. As I pray, I feel relieved of my worries. I feel assured, at peace, and safe. God is with me, and we are walking together. I am never alone or helpless.



[Related readings:](#)
[Secret to Answered Prayers](#)
[When God Prays](#)

DAY 72

LIVE.

Live life to the very full! Cherish each precious moment and passing day. Explore, experiment, create, risk! This life is all you've got, so why limit your potentials? Why be afraid to try and achieve your fullness? One day you will look back and ponder on the life you've lived. May you look back then, with no regrets in your heart.

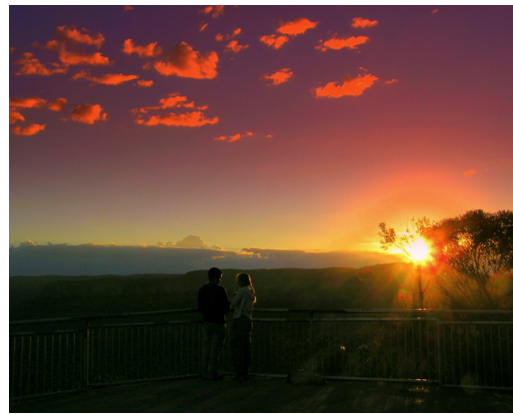


DAY 73

LOVE

It is our greatest privilege and our greatest gift. It is the essence of our humanity and the substance of our soul.

I may forget many things, but I will never forget love. It has cast its mark upon me, it has left a song upon my soul.



DAY 74

MAKE FRIENDS

When you have found true ones, you will find how blessed you really are!

I'm glad I was able to reach out to you. And I'm glad you were able to reach out to me. I'm glad I was able to break free from the walls that surrounded me. For indeed, the world is more colorful, and life is more

beautiful when shared. Knowing another person is like knowing another world. It is learning new things, engaging in new adventures and finding new places within your heart!

DAY 75

FORGIVE

Life is too short to punish ourselves with grievances.

It's not an easy thing to forgive. It is in fact, most difficult, especially when the one who has aggrieved us does not even acknowledge his mistake. But it's the only way to protect my peace and my fragile joy. It's the only way not to be further hurt. I will forgive as God has forgiven me, and I shall be truly free.

DAY 76

LAUGH

Amidst the monotony and seriousness of everyday, laughter is like a river flowing

strongly with life. Laugh and be lifted up!
Laugh and be healed from your wounds.

Sometimes I forget to laugh. It's no wonder that I sometimes forget the most important things. For what is life without laughter? And what is a day without joy? Now I shall always remember to laugh. I shall laugh until my stomach aches. I shall laugh until the world laughs with me.

DAY 77

DREAM

From this you chart your destiny. And from this begins the rest of your life!

I like dreaming. I like to imagine myself doing things I'd like to do the most – walking along a beach with pristine white sand, laughing with family and friends, visiting an old church early in the morning,

watching a sunrise, or simply writing a book. Indeed, I am transported from where I am to where I wanted to be. I leave my room and enter a special place within my heart.

DAY 78

TOUCH

Nothing is more reassuring than a firm hand, a pat on the shoulder, or a warm hug from another person. It feels so good to hug you, or just to hold your hand. I don't know what magic makes me feel this way. I don't know why you never fail to bless me with your touch. I just know two things – that it feels right, and that it is good!

DAY 79

BREATHE

Feel the air come in and out of your lungs. Feel life's gentle breeze within your whole being. Then, release that tension from your body and mind, and replace it with soothing serenity. Life flows in me, this I know. I am

part of the earth's undying spirit, and unfailing heart. I breathe and live and feel. I am God's creation, and for this I know I am blessed.

DAY 80

GIVE

Only those who can truly give of themselves can fully experience life and true happiness. When I give, I do not feel that I have lost something, for I feel I have gained much more. Simple words of thanks, kindly smiles and gestures – these are the things that enrich my heart.

DAY 81

BELIEVE IN GOD

Believe that He is always with you and will never leave you no matter what! When all else has failed, when nobody seems to listen, God will lift you up in the palm of His hand and everything will be alright. My God has loved me more than anybody ever did. In the most hopeless of situations, I rejoice upon two sets of footprints in the sand. And when my powers

fail me, there is a Greater Grace that will see me through.



DAY 82

Sshhhhh... Listen closely... Ever so closely and still. For even closed doors may whisper unto us a secret, and even dead-ends may point us closer to pathways we've long been searching for.



DAY 83

Years of roaming and all that I possess is a pen and a piece of parchment. Behold however! This pen is the sword with which I shall champion my cause; and by this parchment the world shall know of faith that overcomes!

DAY 84

We can search for hope in the strongest of places, and in the best of people, and they shall fall one by one. Only God suffices. Only God.



Related reading:
[Prayer of a Frustrated Writer](#)

DAY 85

I saw a world crying out so badly for redemption. And then I saw towering temples and halls whose cold walls could only utter judgment and condemnation.

DAY 86

I tried to seek the cause of my discontent, and I discovered that the darkness that covers the world comes not from the shadow of sin, but from the numbness of so many shattered souls whose hidden griefs could not bear to see the light.



DAY 87

Heaven is knowing deep in your soul how you were conceived and how you were bathed in love. It is tapping into the endless reserve of mercy and grace when shadows come looming over you. It is knowing that however great the challenges ahead seem to be, there is a Higher Power that will see you through.

DAY 88

Heaven is jumping, and flying, and soaring, knowing whatever it is you may do, there is a Hand that will catch you if you should ever fall.



DAY 89

Heaven is being able to love completely, unselfishly, confidently, strongly, unwavered by any threat of momentary pain or sacrifice. It is believing that darkness is passing, and will never be able to overcome the light.

DAY 90

Life is not at all a game of accumulating everything you need and maintaining a certain level of happiness, for happiness after all cannot be maintained.

DAY 91

The true essence of detachment brings us not to the barrenness of the desert we fear so much, but to

the calm undisturbed waters in the deep that neither moans nor retreats from the fast changing currents at the surface.

DAY 92

Detachment is not about letting go but of holding on so fervently and confidently, believing that no wind or storm can ever take away that which you have loved.

DAY 93

Look within. There is wisdom and unspeakable peace that await you. Look again. There is still wonder in the single drop of dew that clings upon the faded petal of a rose.



DAY 94

Much as we desire to be noble and to claim an undying love for all mankind, maybe what the world needs now is just one person, fully devoting oneself to another, making real the manifestation of God's immeasurable love for each and every person He called His own.

DAY 95

Faith sees the way despite the many obstacles that others see. Faith is certain. Its voice is calm and sure, confident that the things it perceives will happen and become a reality.

DAY 96

Risks may tell you how difficult a path to be taken will be, but it is only faith that will get you across to where your heart desires to go. No mountain can ever stop you, for by faith even the waters of the sea can be parted, and even the mountains that stand in the way can be moved!



DAY 97

You can't pretend you're happy just because you want to. Pray instead and find healing, go where you can be understood, and then go back when you can face the world with a true smile shining from your heart.

DAY 98

Keep the vision of your home always fresh upon your memory. Do not forget who you are, where you came from, and what you have set forth to accomplish. Otherwise, the people around you, who do not know of it may convince you that the darkness you see is all that's ever existed.



DAY 99

Shy not from crying out aloud. You have every right to be heard, and all the right to be hurt. No one's going to stand in your way even if you wail. Let your cries rise up to the clouds, unto the ears of heaven who

understand what sorrows mortal men go through in this valley of tears.

DAY 100

We must uncover the prayers our souls are crying for. And in order to do so, we must learn how to remove all the impurities that conceal our true desires. Know what you want. Be brave enough to face yourself in the mirror and see what it is you're lacking. Do not content yourself with the outer layer of your problems. Seek the core of your difficulties. It is only then that you will know you are blind. It is only then that you will know you needed to see.



THANK YOU!

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