

Wholecare



A Thought Basket

The Word

*This basket contains
Thoughts to ponder.
Our thoughts, each one,
Influence how we feel,
Speak, and act. Thoughts can
Create despair or happiness;
Possibility or limitation;
Poverty or abundance.
It is a personal choice.*

*Directions:
Randomly pick a thought.
It often is just the right one.
Read the thought.
Affirm it.
Notice your response.
Allow yourself to be
Open to its possibility.
Enjoy!*

*Wholecare®
Choosing Peace*

Life is a healing journey and each of us holds healing wisdom.

Dr. Barbara Lynn Cull-Wilby, RN

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How To Make A Thought Basket:

You will need:

A basket that you like,

A copy of the nine pages of thoughts or your own

Scissors,

Paper or cardboard for a small four-sided card, and

Ribbon or string to attach the card.

Directions:

Be still and know your God. Center yourself. This is the most important thing to do. The goal ultimately is to Be centered throughout the whole process of making The Thought Basket. It's really effortless effort. Simply allow yourself to connect with that calm, Peaceful place within you; your Heaven within. Relax your shoulders, breathe fully, smile slightly and enjoy.

Separately cut and curl each thought with the scissors. Place the curled thoughts in your Basket. The beautiful thing about this is that when you work from a place of Being centered you give your body, mind and soul the gift of harmony and balance. Each cell benefits! And also, each thought contains the Energy of thought-fulness.

Print or paste the description, from the previous page, onto a four-sided card. This card can then be tied with ribbon or string around The Basket handle once you have cut and curled the thoughts. If you like, leave some curled pieces of paper blank, symbolic of the Infinite Possibilities open to us.

These thoughts are universal in nature. They originally came from a workshop offered by Shirley Calkins Smith in 1987 in Rochester, New York. My friend, Jacinthe Pepin, attended the workshop and passed them along to me. Since 1988, I have used and shared these thoughts, edited them, deleted and added to them, testing them in my own life, with students, clients, friends and family. The idea of making a Thought Basket was a natural evolution of sharing the thoughts with others.

Place the finished Basket wherever people might pick one and enjoy: office desk, kitchen counter, nursing station, cashier's counter, reception area, boardroom, child's bedroom, parent's home, friend's end-table or classroom. They make a great gift!

May this Basket bring you Great Joy and Peace!

Barbara

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