

Today Cards

*Cultivate Joy through increasing awareness.
These cards are based on the practice of living life as a
healing journey developed by
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Choosing Peace*

A Wholecare® Product 2006

Today

*I choose to see with fresh eyes
the powerful gift of laughter – the
perfect way to de-stress and create
youth.*

Today

*A broken spirit dries the bones.
I choose to nurture a merry heart.*

Today

*If you cry, release!
You will laugh another day!*

Today

*I listen with my eyes, ears, heart and
undivided attention.
I practice laughing for three minutes.*

Today

We are all unique!

I breathe deeply and totally relax!

I notice what makes me laugh!

Today

I reflect on my parents' laughter.

I chuckle out loud.

Today

*I experience being still and
imagining my soul laughing.*

*The research on which Wholecare is based was
funded by the Leonard and Kathleen O'Brien
Humanitarian Trust (1985-1987), the Canadian
Nurses' Respiratory Society of the Lung
Association (1985-1987), the Nurses' Association
of New Brunswick (1985-1987), and the National
Health Research and Development Program of
Health and Welfare Canada (1987-1988)*



Laughter For Lunch