



Postcards from the Soul

Postcard Meditations

Suzanne Tabor

The background of the entire image is an abstract, ethereal blue energy field. It consists of numerous thin, glowing lines and larger, more diffuse areas of light blue and cyan, creating a complex, web-like pattern that resembles a quantum field or a network of energy. The overall effect is one of dynamic, flowing energy against a dark, almost black, background.

For more detailed meditations

Please visit

www.authorsden.com/suzannetabor

Free Ebook ISSN 1837977x

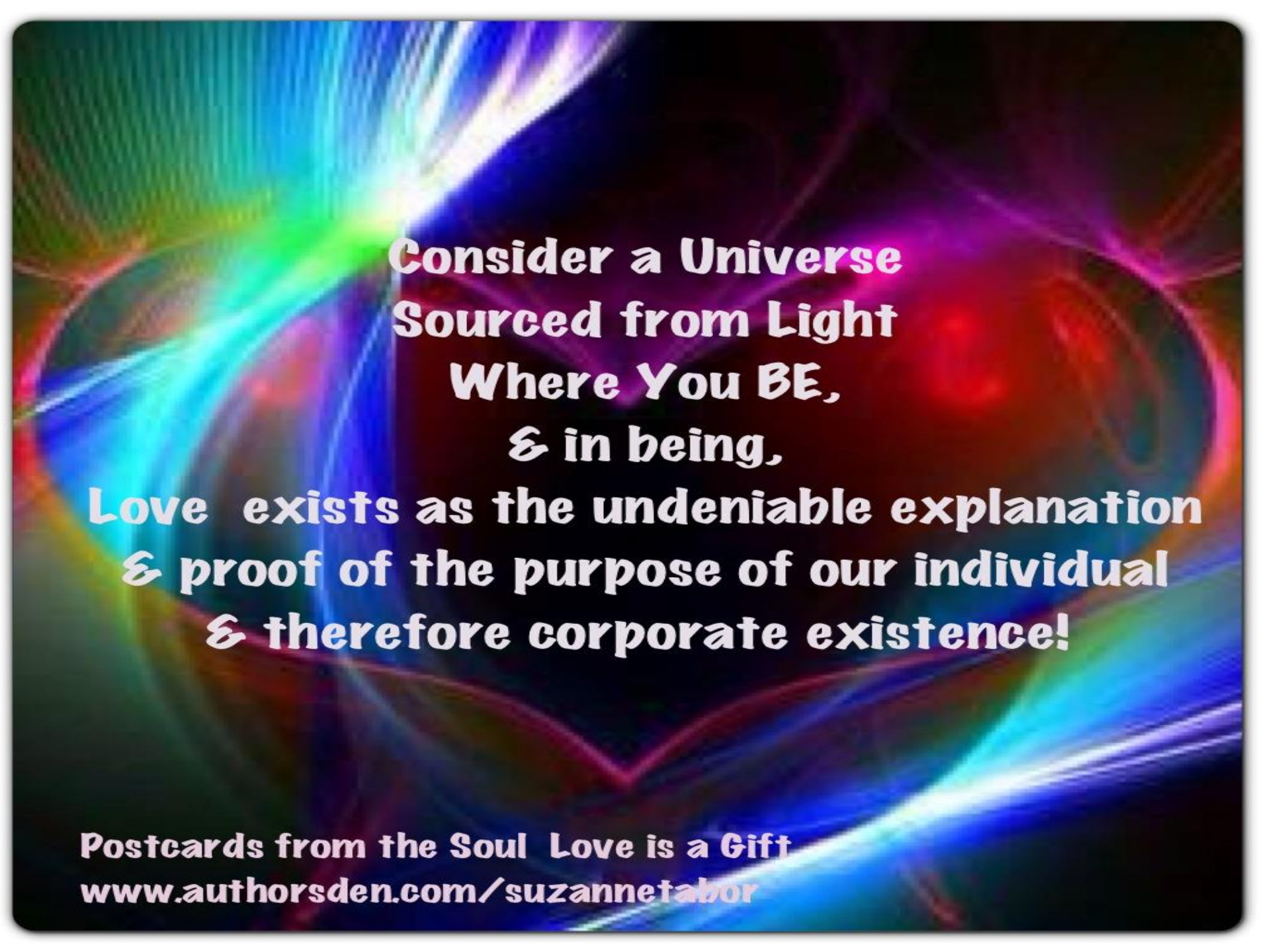
**Love is accepting the journey of others
as their own, not yours**

**You can choose to live in the bondage
of the Perceptions of others,
which is not your reality**

Or

**You can choose to live in your own
Truth of Self which is reality for you.**

You can do it. BE YOU



**Consider a Universe
Sourced from Light
Where You BE,
& in being,**

**Love exists as the undeniable explanation
& proof of the purpose of our individual
& therefore corporate existence!**

**Postcards from the Soul Love is a Gift
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**YOU ARE IN CONTROL OF YOUR NOW
AND FUTURE**

**Challenges make us Strong Empathetic
More Perceptively Aware**

**They forewarn and forearm us
They do not define or control us**

Remember your own truth

Who you really are

You are in control

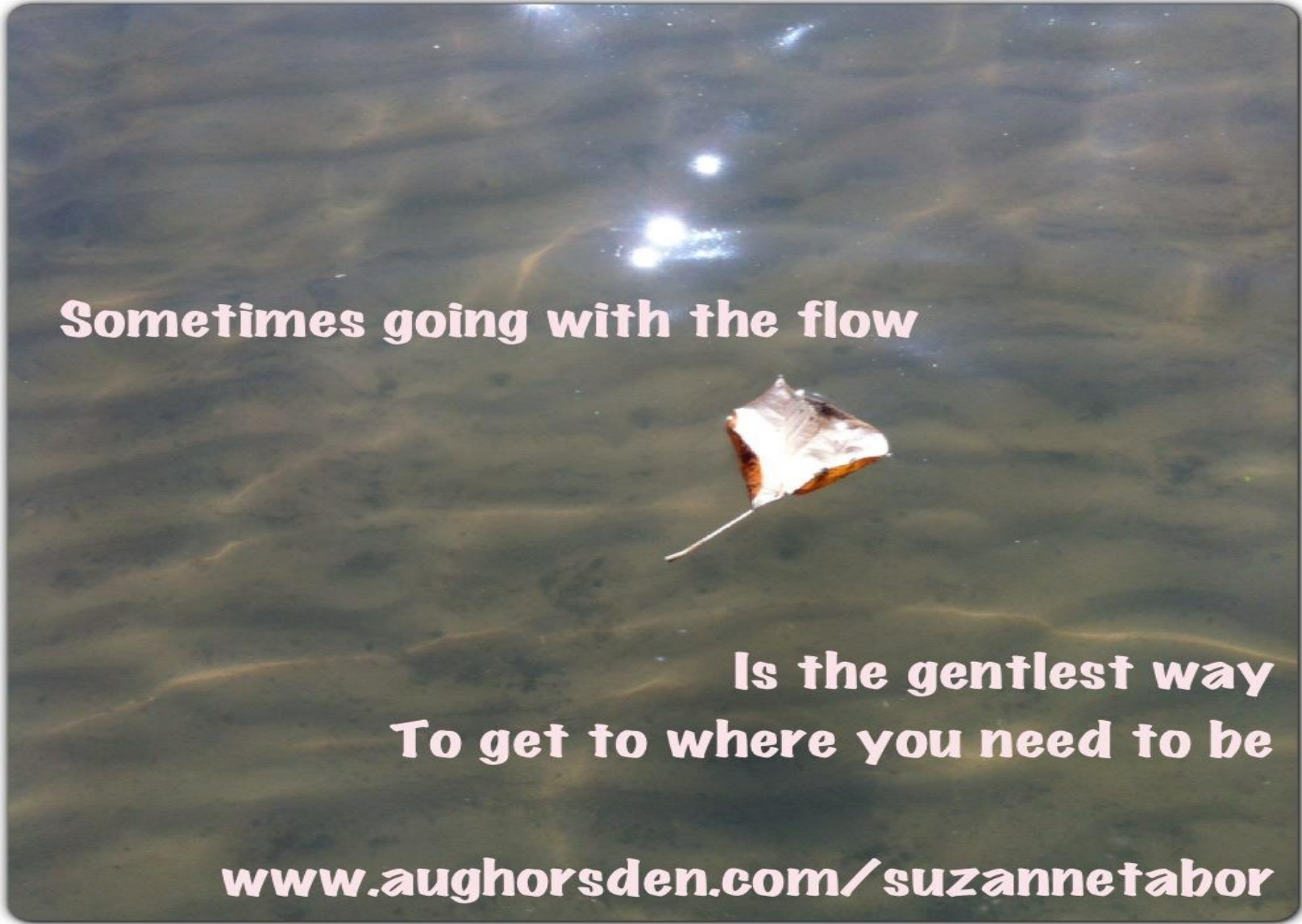
Set the prisoner

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**BE who You KNOW you are
In this NOW
Not who you or someone else
Thinks you should be
According to their perceptions
Of the Past!**

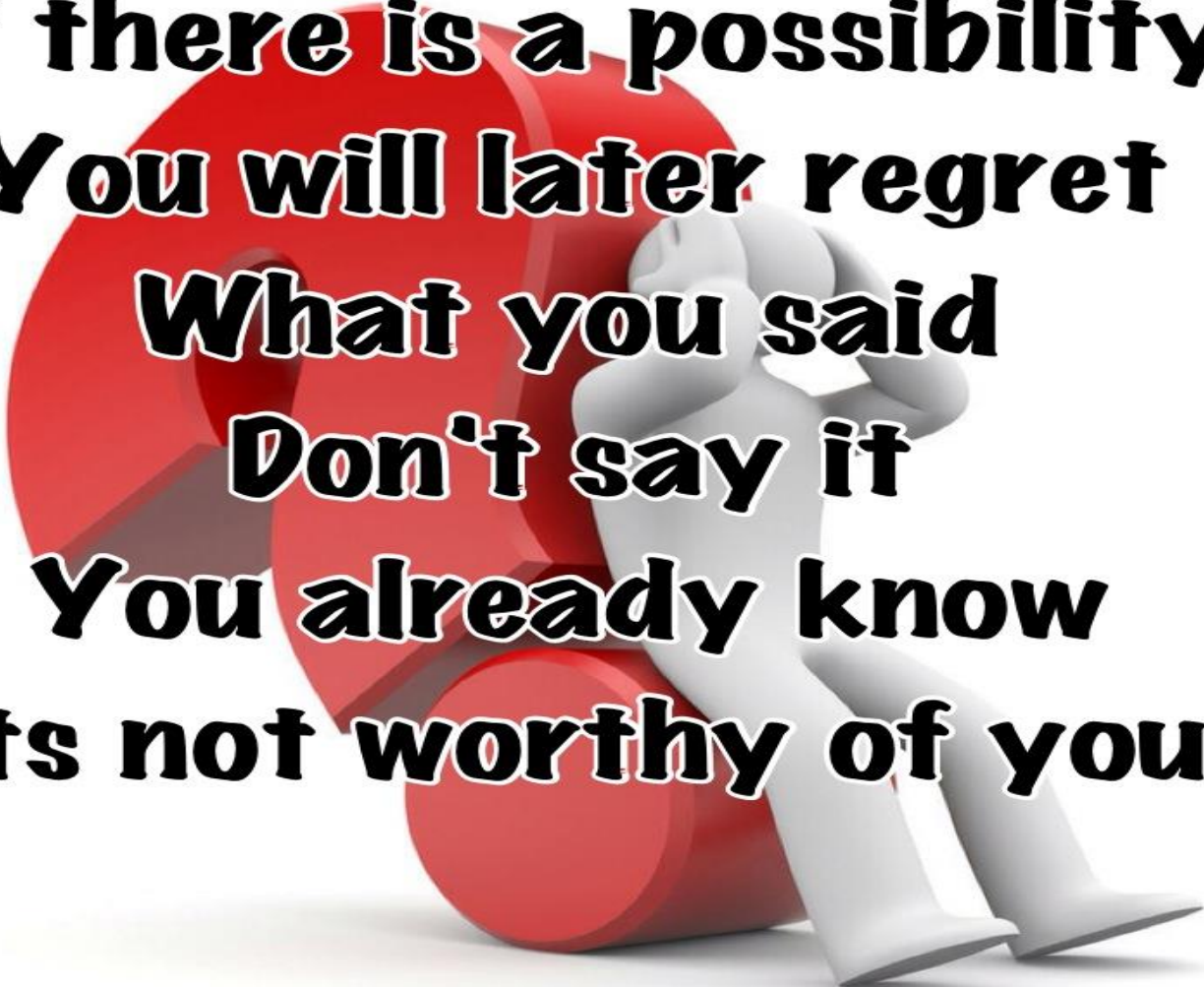
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Sometimes going with the flow

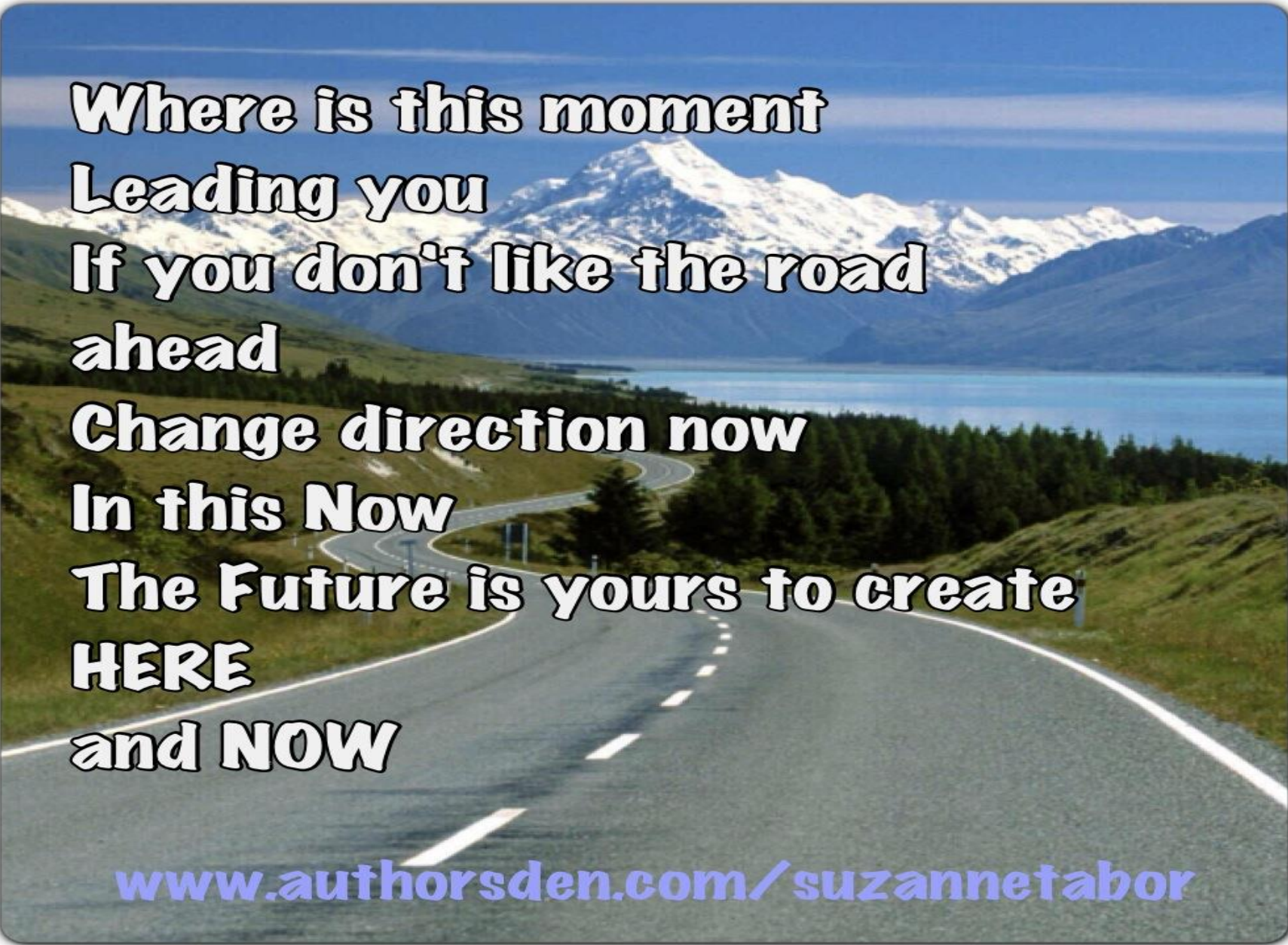
**Is the gentlest way
To get to where you need to be**

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**If there is a possibility
You will later regret
What you said
Don't say it
You already know
Its not worthy of you**

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**Where is this moment
Leading you
If you don't like the road
ahead
Change direction now
In this Now
The Future is yours to create
HERE
and NOW**

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***Your life is in your hands
But what you have in your hands
Need not become your life***

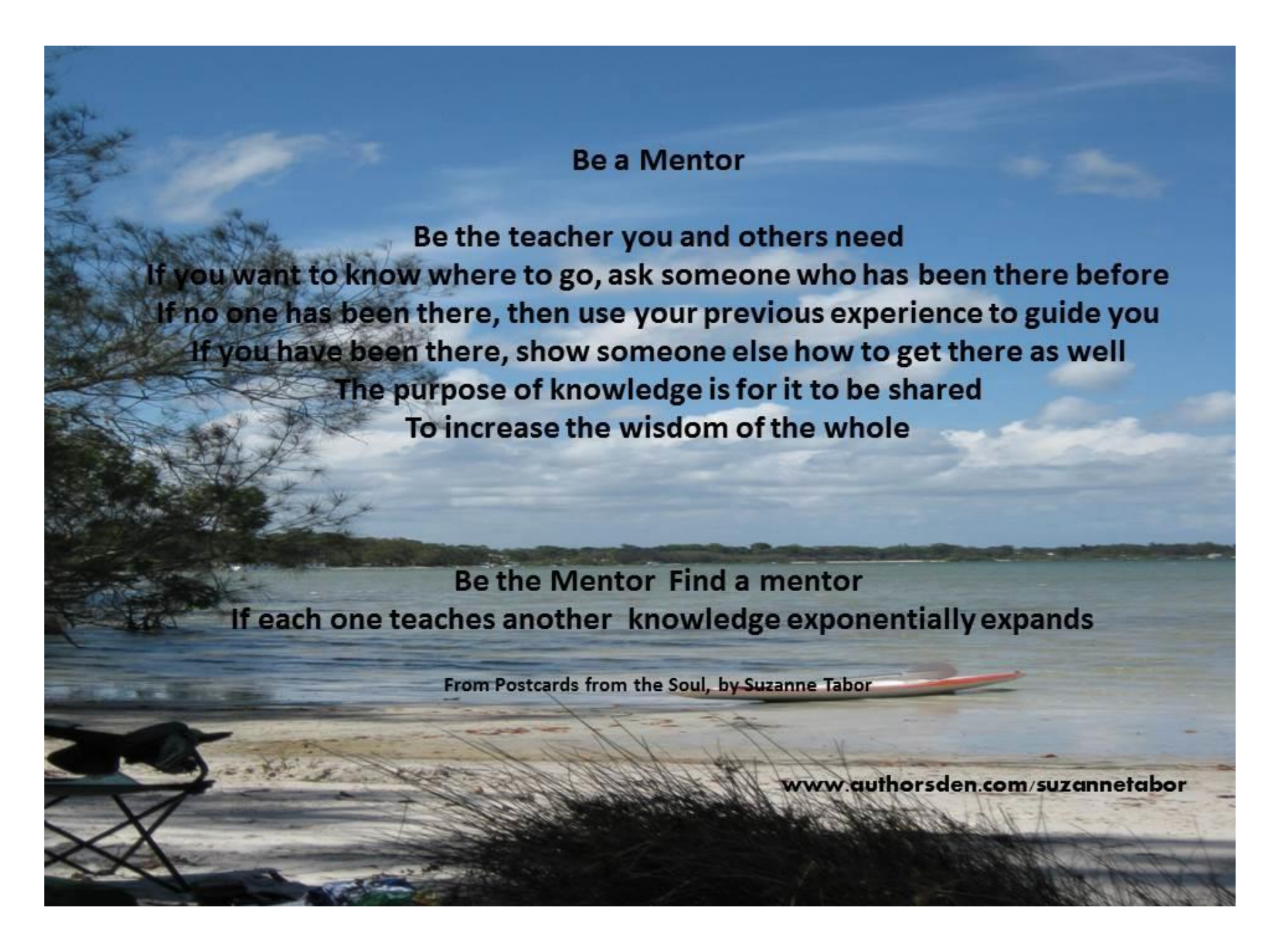
Playing Games – Learning About Life
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Potato Chip Meditation

Savouring Life

One chip at a time!

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Be a Mentor

Be the teacher you and others need

If you want to know where to go, ask someone who has been there before

If no one has been there, then use your previous experience to guide you

If you have been there, show someone else how to get there as well

The purpose of knowledge is for it to be shared

To increase the wisdom of the whole

Be the Mentor Find a mentor

If each one teaches another knowledge exponentially expands

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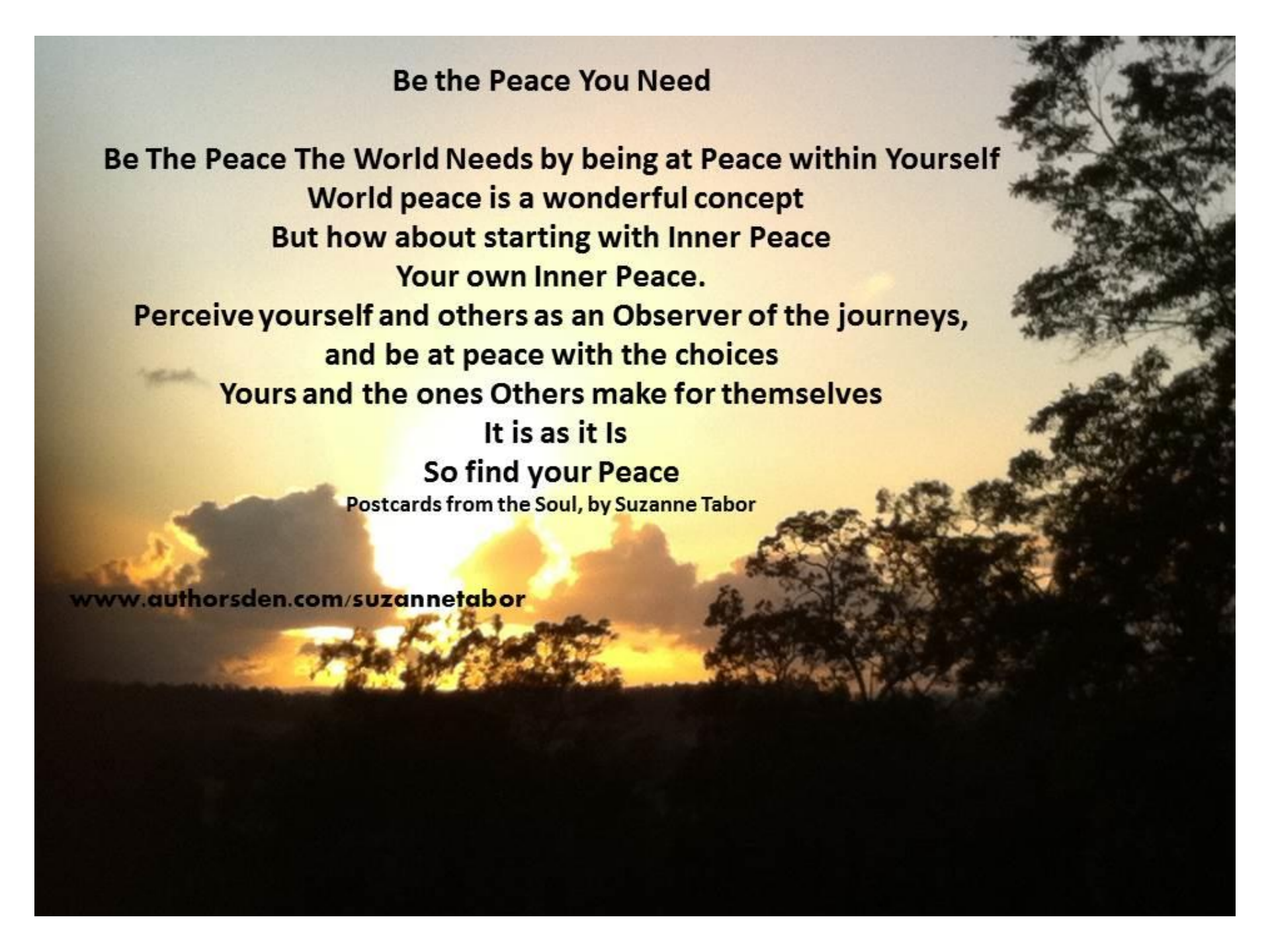
BE PROFESSIONAL IN YOUR PERSONAL LIFE

Your Professional and Personal Life are two lanes of the same journey. Learn to set goals, use conflict resolution, discipline and self control in your personal life and it will translate into your work seamlessly. Achieve your maximum personal potential to achieve your career potential.

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Be the Peace You Need

Be The Peace The World Needs by being at Peace within Yourself

World peace is a wonderful concept

But how about starting with Inner Peace

Your own Inner Peace.

Perceive yourself and others as an Observer of the journeys,

and be at peace with the choices

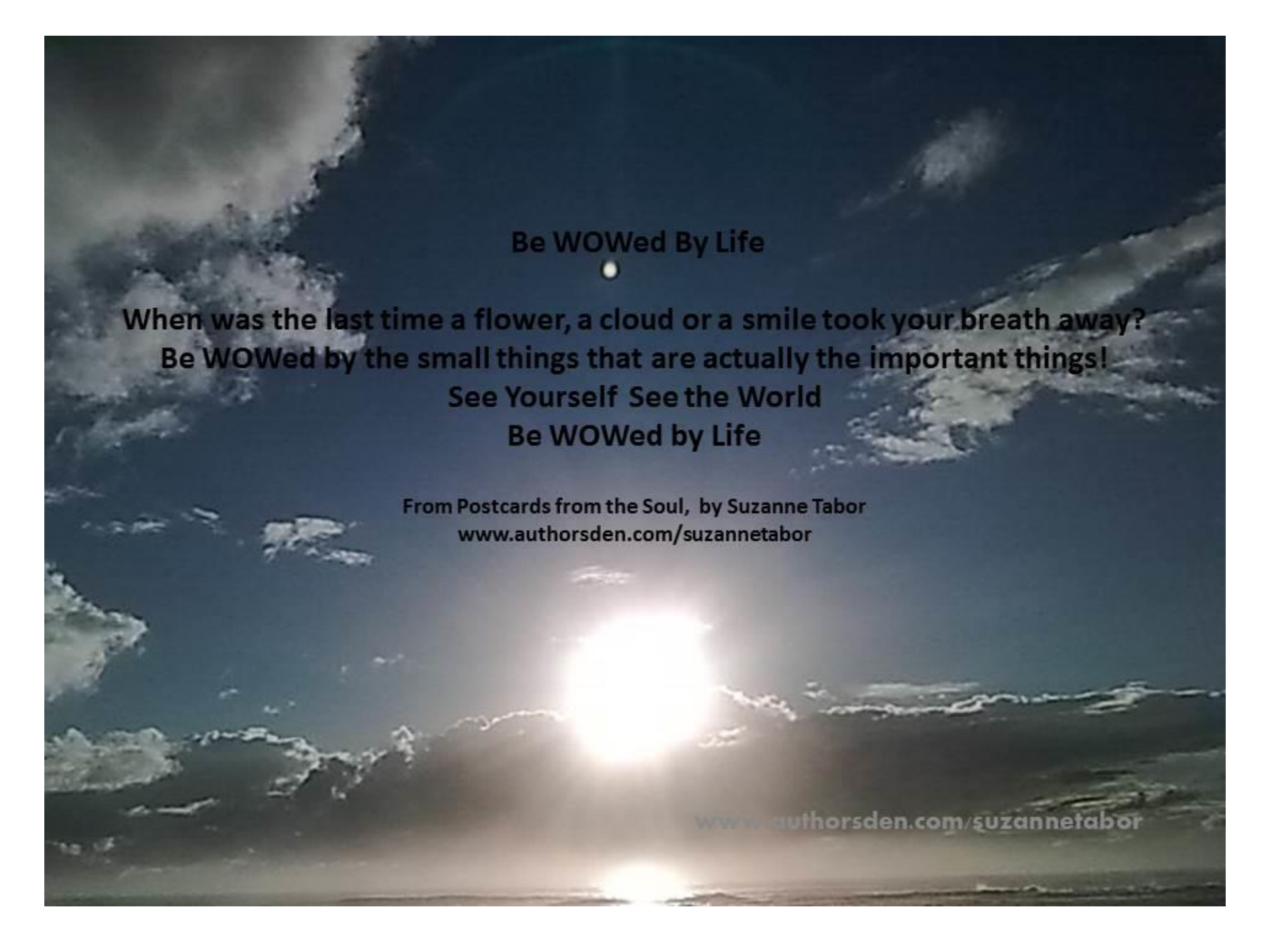
Yours and the ones Others make for themselves

It is as it Is

So find your Peace

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Be WOWed By Life



When was the last time a flower, a cloud or a smile took your breath away?

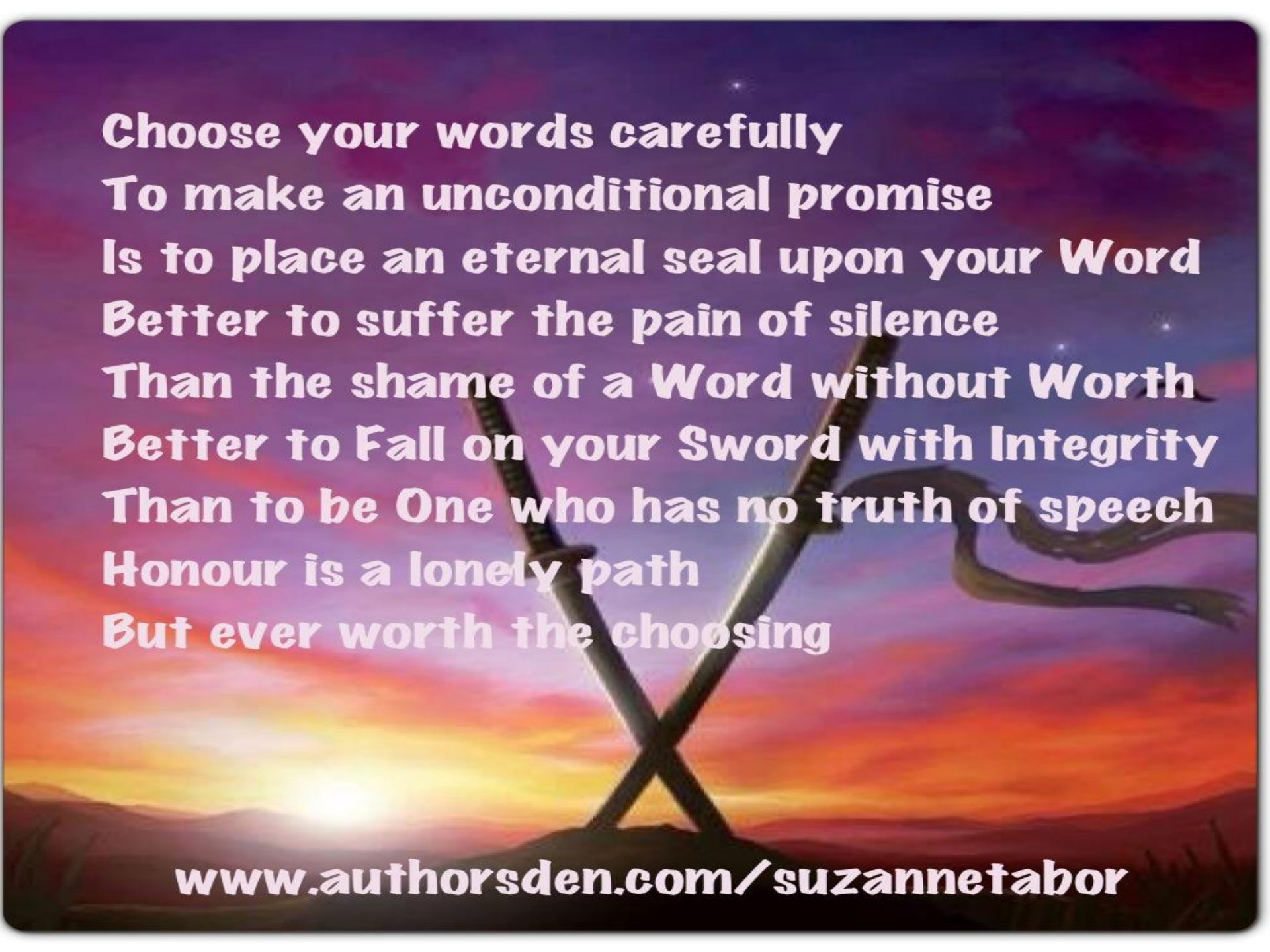
Be WOWed by the small things that are actually the important things!

See Yourself See the World

Be WOWed by Life

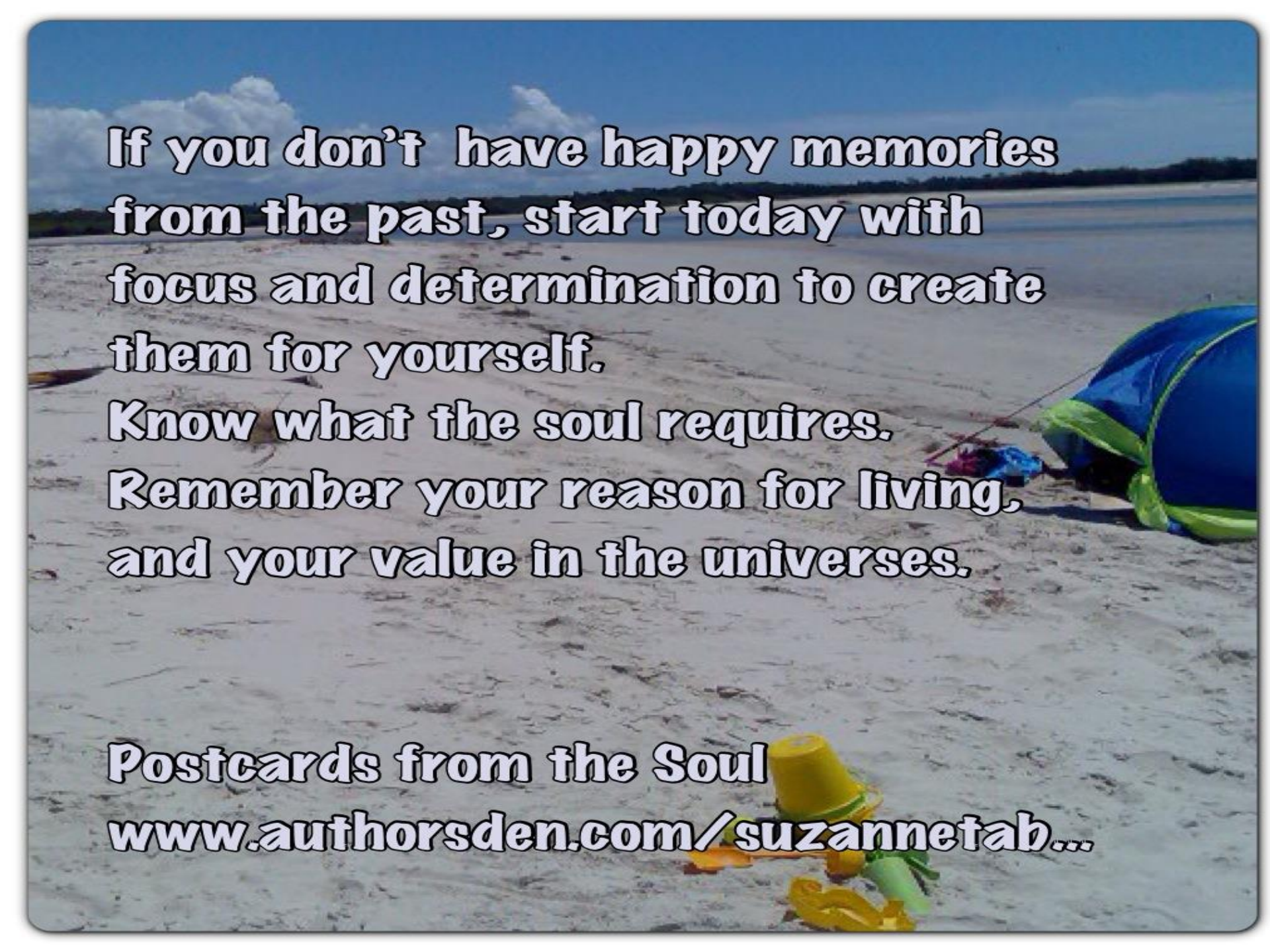
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The background of the image is a sunset or sunrise scene with a bright sun low on the horizon, creating a warm orange and yellow glow. Two swords are crossed in an 'X' shape, their blades pointing towards the top corners of the frame. The hilt of one sword is visible on the right side. The overall mood is dramatic and inspirational.

**Choose your words carefully
To make an unconditional promise
Is to place an eternal seal upon your Word
Better to suffer the pain of silence
Than the shame of a Word without Worth
Better to Fall on your Sword with Integrity
Than to be One who has no truth of speech
Honour is a lonely path
But ever worth the choosing**

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A photograph of a sandy beach under a blue sky with scattered white clouds. On the right side, a blue tent with green trim is partially visible. In the foreground, there are some yellow and green plastic toys, including what looks like a bucket and a shovel. The text is overlaid on the left side of the image.

**If you don't have happy memories
from the past, start today with
focus and determination to create
them for yourself.**

**Know what the soul requires.
Remember your reason for living,
and your value in the universes.**

**Postcards from the Soul
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EACH DAY IS A NEW DAY

Yesterday exists only as a reflection of THIS DAY.

You can change yesterday by changing TODAY

**When you change your perspective of yesterday's
events, relationships and perceptions.**

When you change how you think about the Past

You change who you become in the Future

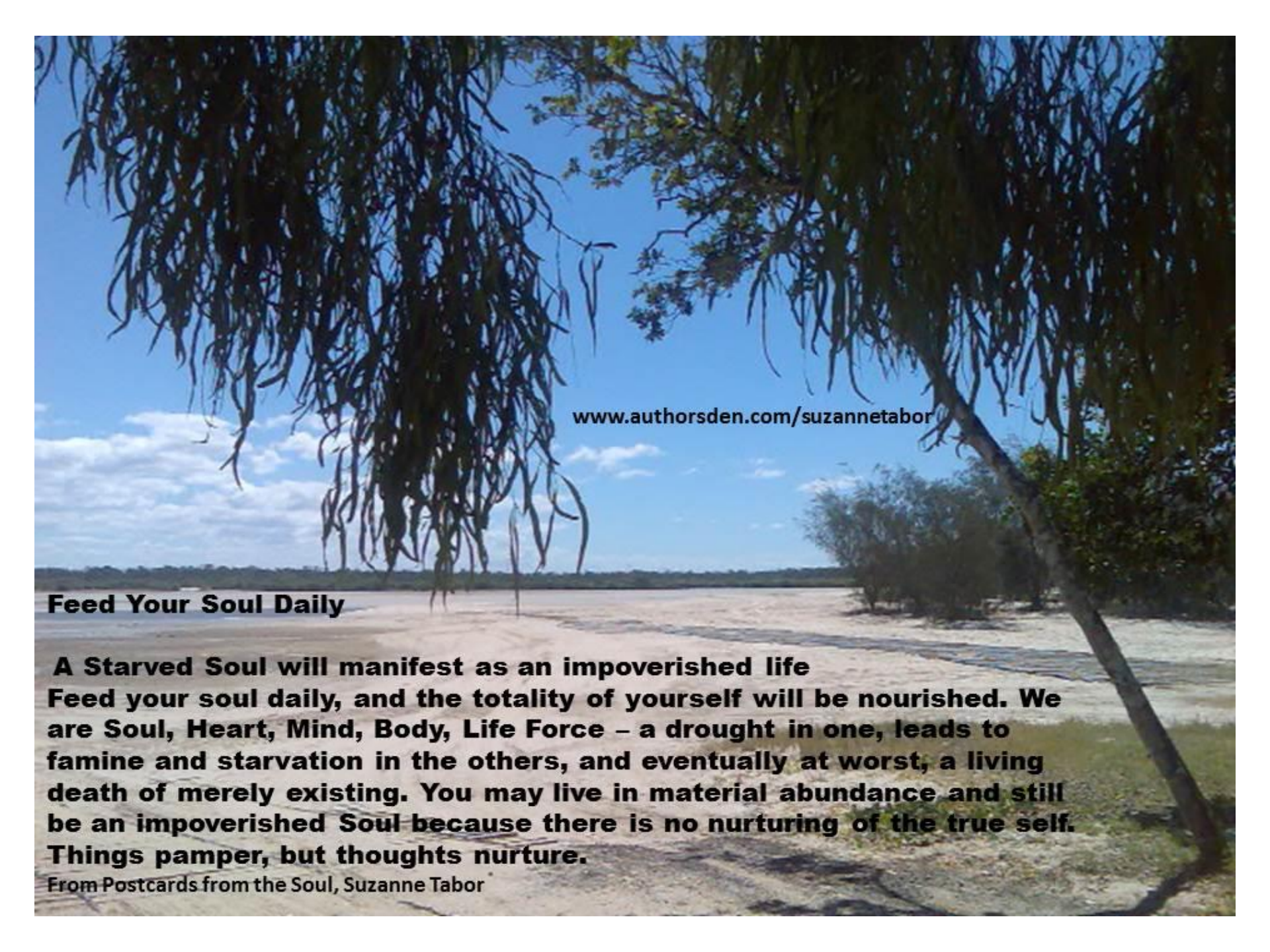
YOUR choice Your Day Make it a great one

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I am the One with the Focus and Fortitude
To Achieve that which I commit to
Without Waiver or Regret

Visit me at
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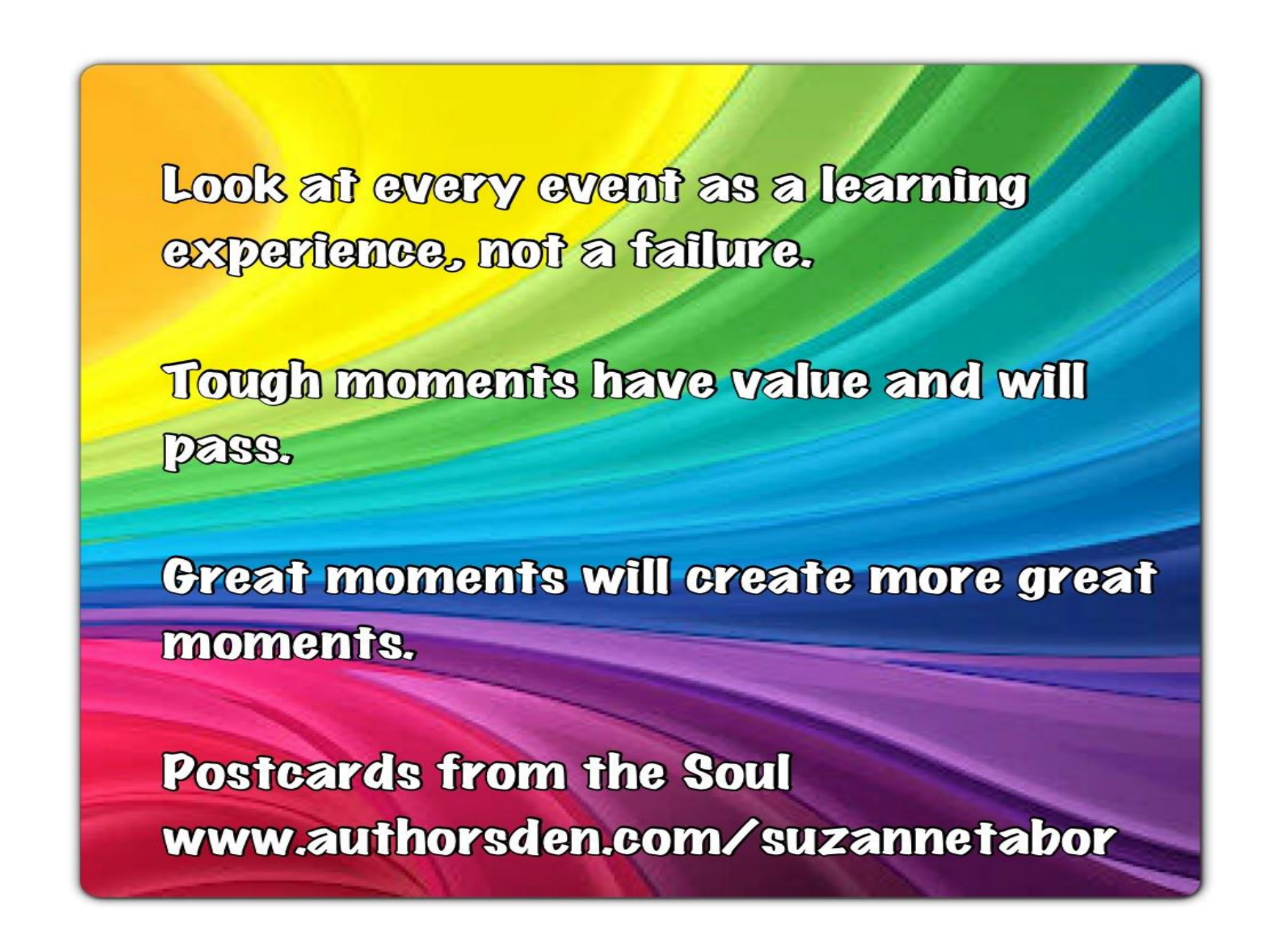


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Feed Your Soul Daily

**A Starved Soul will manifest as an impoverished life
Feed your soul daily, and the totality of yourself will be nourished. We
are Soul, Heart, Mind, Body, Life Force – a drought in one, leads to
famine and starvation in the others, and eventually at worst, a living
death of merely existing. You may live in material abundance and still
be an impoverished Soul because there is no nurturing of the true self.
Things pamper, but thoughts nurture.**

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**Look at every event as a learning
experience, not a failure.**

**Tough moments have value and will
pass.**

**Great moments will create more great
moments.**

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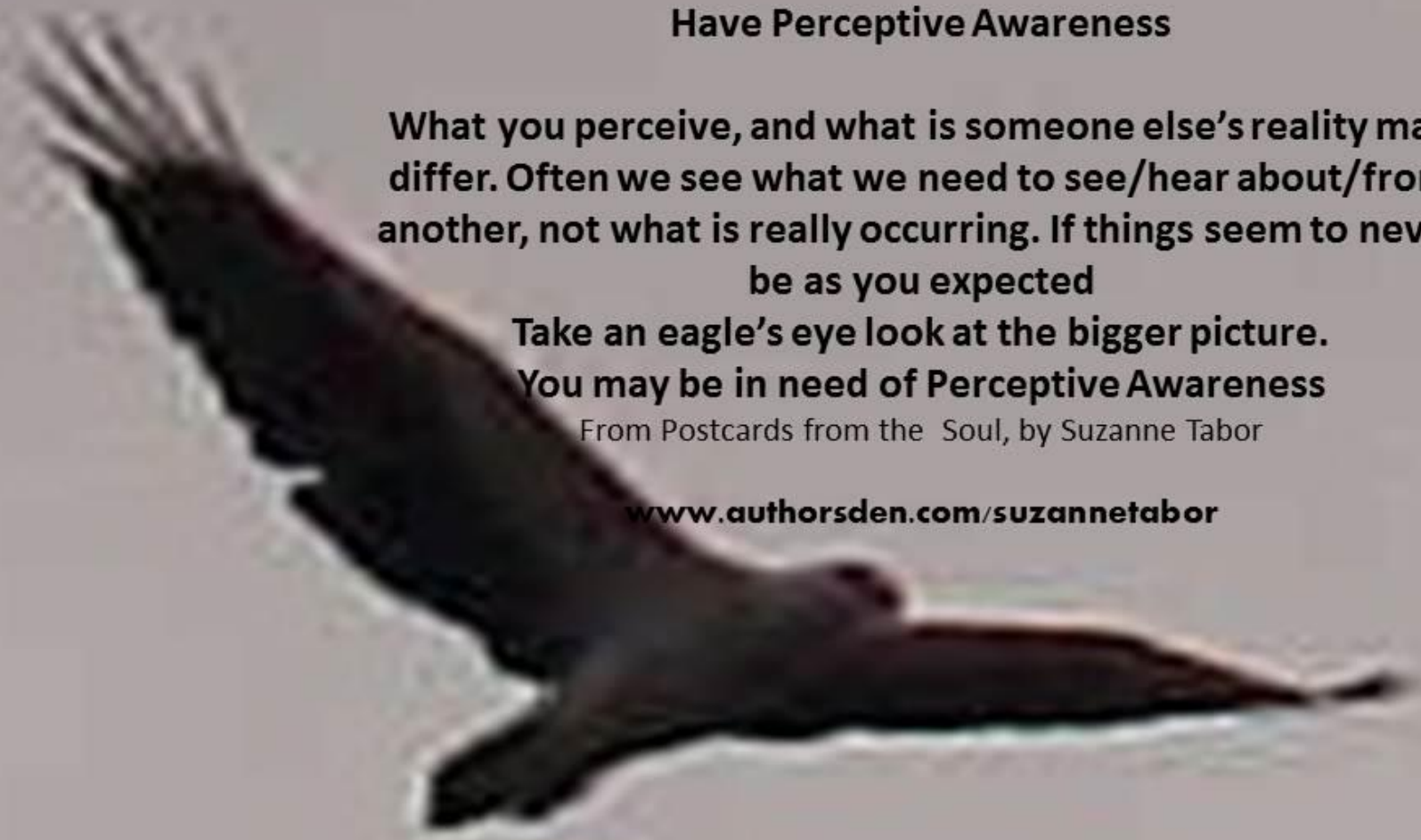
Have Perceptive Awareness

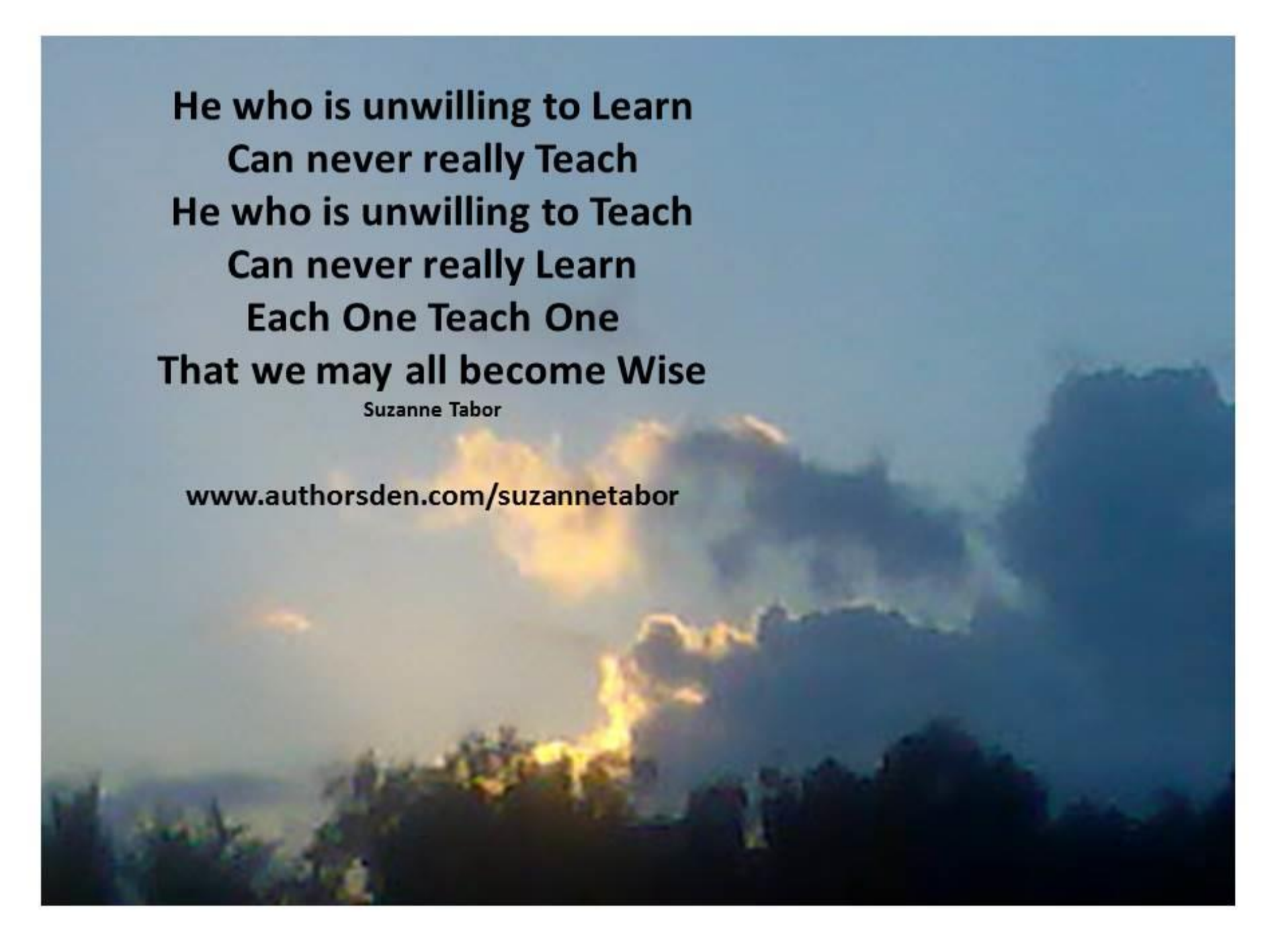
What you perceive, and what is someone else's reality may differ. Often we see what we need to see/hear about/from another, not what is really occurring. If things seem to never be as you expected

**Take an eagle's eye look at the bigger picture.
You may be in need of Perceptive Awareness**

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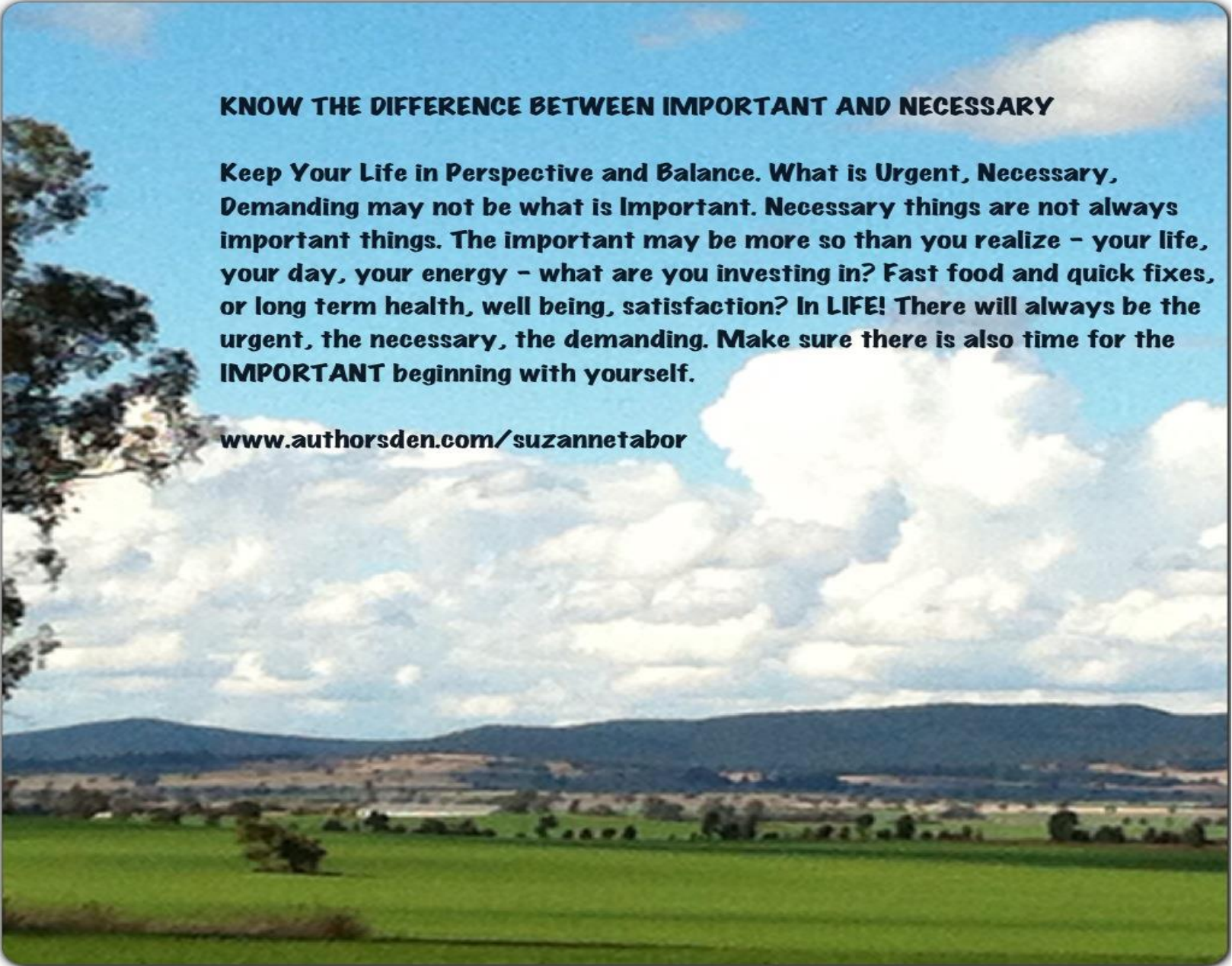




**He who is unwilling to Learn
Can never really Teach
He who is unwilling to Teach
Can never really Learn
Each One Teach One
That we may all become Wise**

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KNOW THE DIFFERENCE BETWEEN IMPORTANT AND NECESSARY

Keep Your Life in Perspective and Balance. What is Urgent, Necessary, Demanding may not be what is Important. Necessary things are not always important things. The important may be more so than you realize – your life, your day, your energy – what are you investing in? Fast food and quick fixes, or long term health, well being, satisfaction? In LIFE! There will always be the urgent, the necessary, the demanding. Make sure there is also time for the IMPORTANT beginning with yourself.

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KNOW HOW TO LISTEN

Communication and conversation are not the same. Telling you, is not the same as sharing with you, and hearing your opinion. People don't just want to be heard, they want to be listened to. There is an Art to Listening.

When someone is trying to communicate with you, they are conveying a part of themselves. That part is deserving of your attention and consideration, even when it may be challenging.

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Know How to Make Conscious Decisions

Procrastination Is Decision Making With Fear. It is making the decision to not choose from the potentialities available to you, and collapsing one to a reality of Conscious Intention

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KNOW THE PURPOSE OF LIFE's LESSONS

Like the butterfly, no one can save you from the struggle to evolve. Be grateful that there are those who will cheer you on, to break through and find your wings

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KNOW THE ETERNAL YOU

This moment may be both your beginning and end, or it may simply be a Nano moment in the eternal YOU! In the Quantum Field all is Now, and Now is always! We can become so focused on the everyday moments of this terrestrial existence that we cannot perceive our value, place and purpose in the bigger NOW that is eternity, past, present and future. You are eternal Soul Energy and what you create here as a vibration is eternal, immortal, unceasing – create well – BE

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KNOW THE TRUTH ABOUT FREEDOM

No other Life force, no animal, has Free Will Choice to the degree humans do. All other life forms are in some degree of Survival. But we can be in Consciousness – THAT is the true choice, the true free will. The choice IS yours. YOU are in control, you can choose to CONSCIOUSLY create your journey.

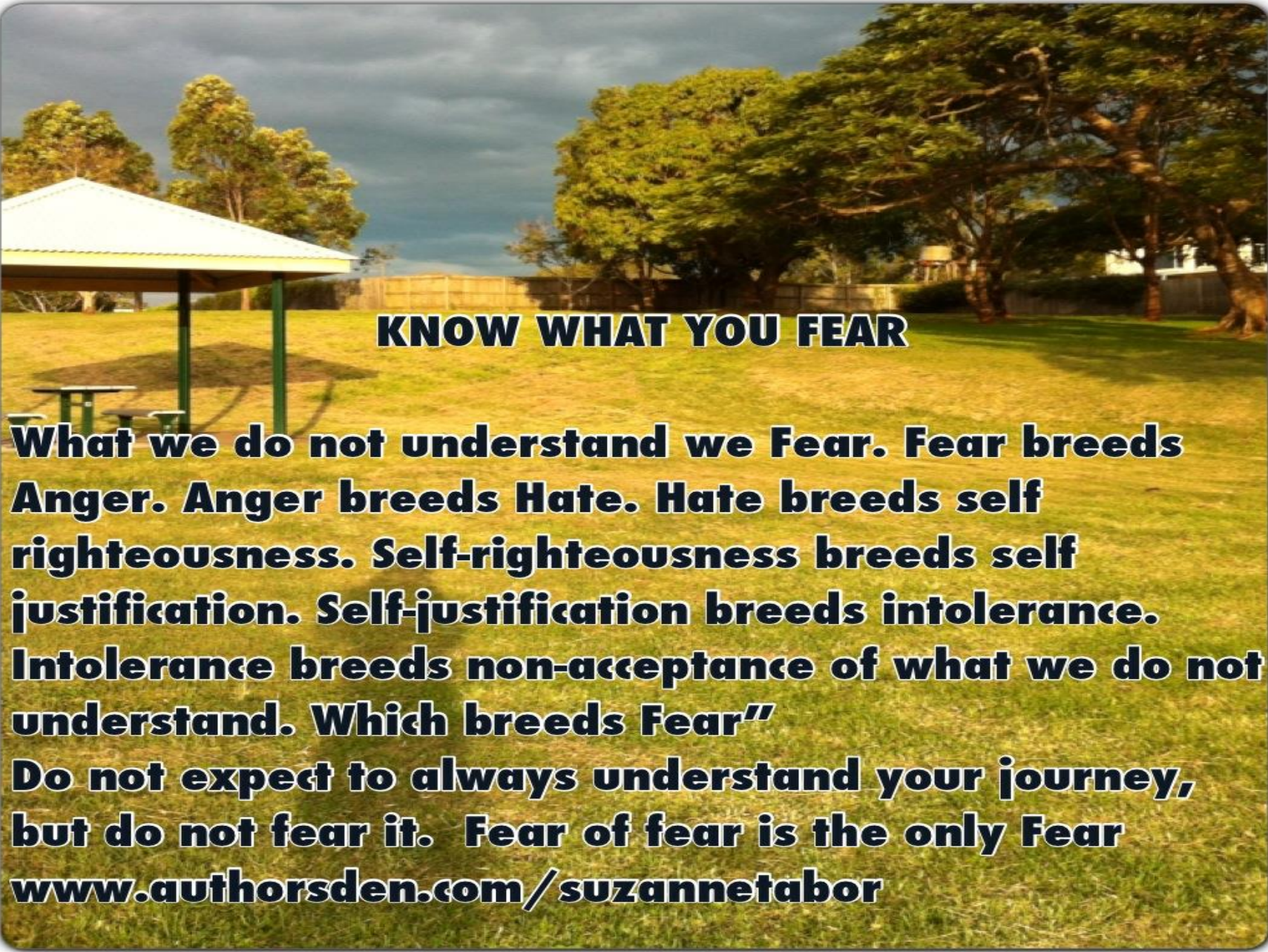
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SEEK AND RECOGNISE WISDOM

Respect it, Seek it, Create it, know that it is within you. Consider - are you using all that you already have to create a positive journey for yourself? Many times we underestimate and undervalue that which we already have - the lessons in our life, those around us who have the knowledge and information we need. Hopefully Wisdom comes with age, but in the meantime, ensure it comes with your experiences and life journey

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A photograph of a park with a picnic shelter on the left, large trees in the background, and a cloudy sky. The text is overlaid on the image.

KNOW WHAT YOU FEAR

What we do not understand we Fear. Fear breeds Anger. Anger breeds Hate. Hate breeds self righteousness. Self-righteousness breeds self justification. Self-justification breeds intolerance. Intolerance breeds non-acceptance of what we do not understand. Which breeds Fear"

Do not expect to always understand your journey, but do not fear it. Fear of fear is the only Fear

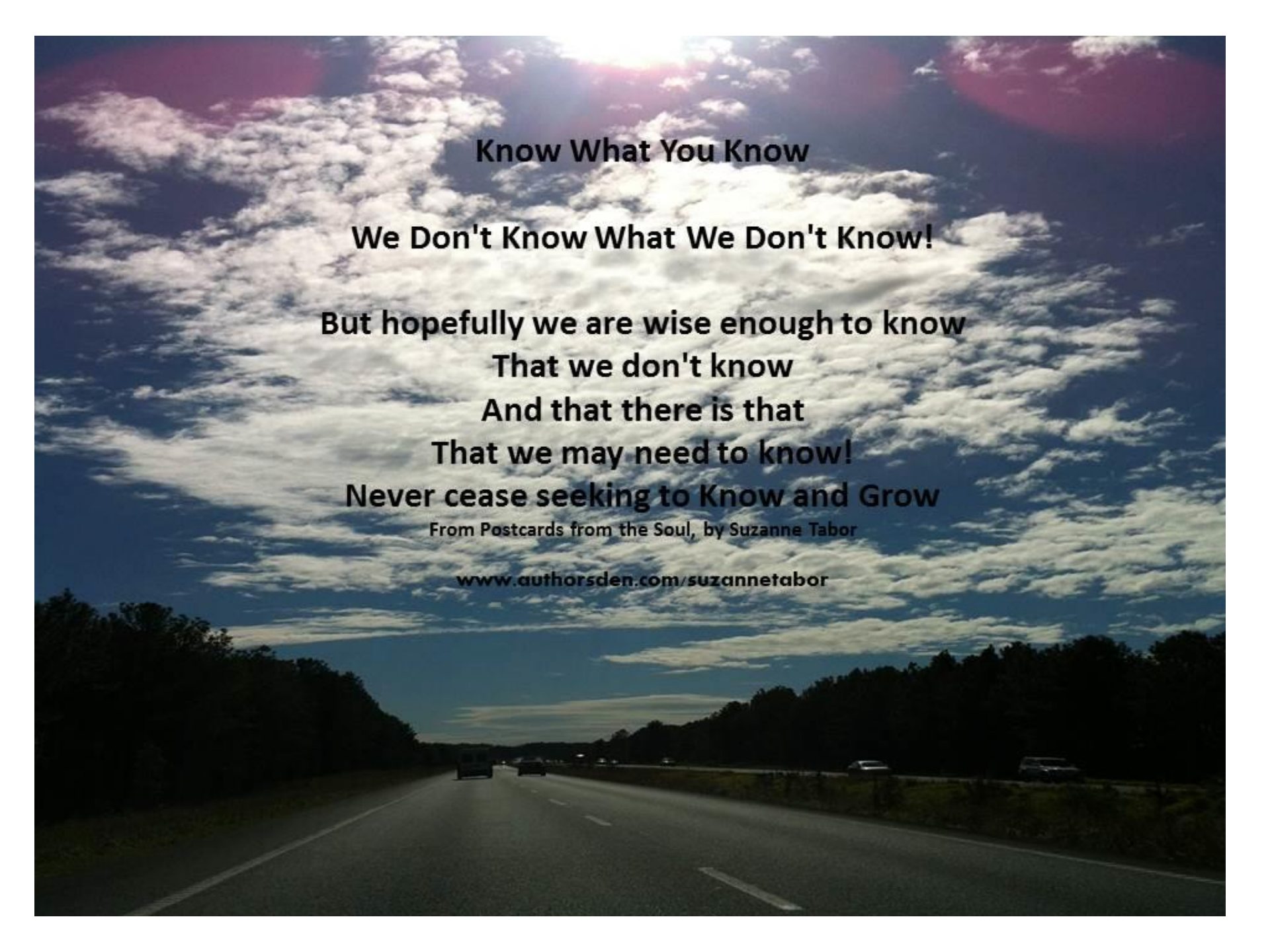
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KNOW WHATS IMPORTANT IN LIFE

There is no grief in the loss of a Sand castle. Only child like wondered that it existed at all. As Adults, we need to remember the lessons of the Sand castles. Life is a gift. Revel in every good thing. But as you enjoy your creations in the sand, don't to get overly attached to them. Like Life, they are moments to enjoy but not to keep. Create out of a need to give birth to something that is unique, special, momentarily lasting. Create because some innate wisdom or memory reminds you, you are a conscious being capable of creation, of filling a space in the **NOW of time,**

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Know What You Know

We Don't Know What We Don't Know!

But hopefully we are wise enough to know

That we don't know

And that there is that

That we may need to know!

Never cease seeking to Know and Grow

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KNOW WHY TO LAUGH

Laughter can change your pain threshold, energise body systems, and stimulate the brain

Find your reason to laugh, enjoy, contribute and LIVE, it may just be the very best medicine you will ever take.

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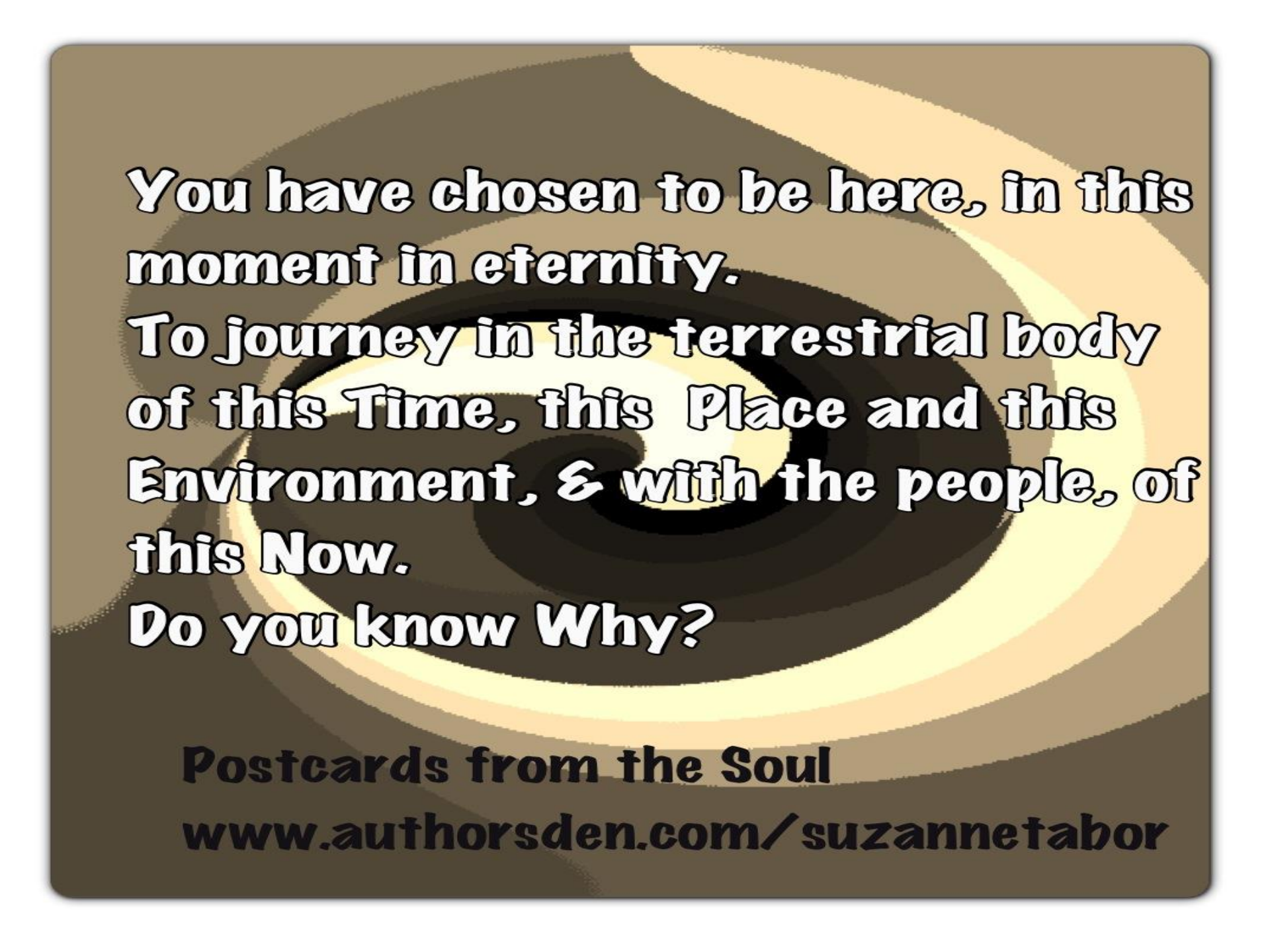
KNOW HOW & WHEN TO SPEAK

Speak with tolerance and understanding. To be understood and heard.

All that we are is the result of what we have, or have not, thought about before we opened and/or closed our mouth as well as our ears!

Who or what does what you speak of serve? What is the purpose of the conversation? Especially the ones you have with yourself.

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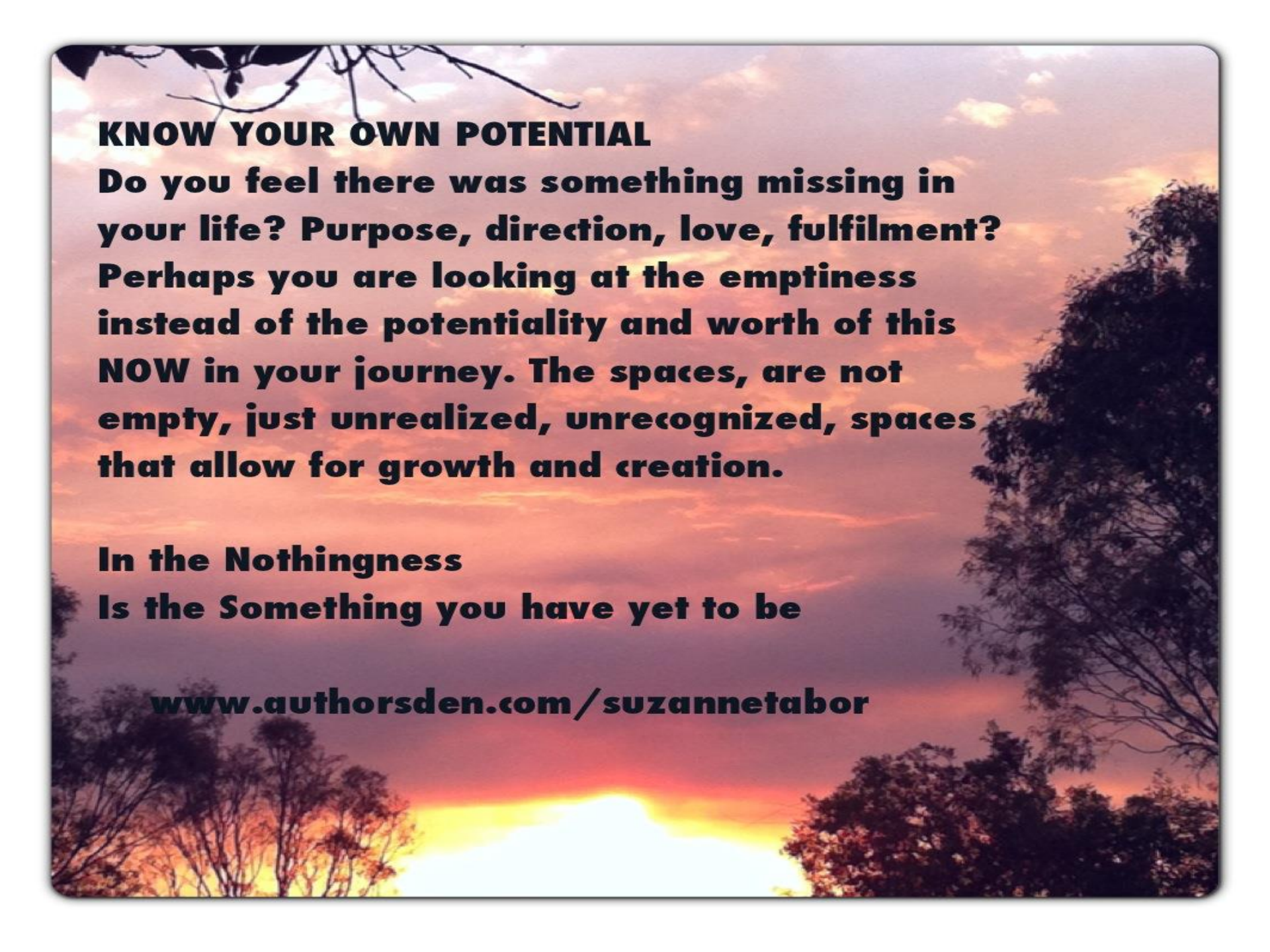
**You have chosen to be here, in this
moment in eternity.**

**To journey in the terrestrial body
of this Time, this Place and this
Environment, & with the people, of
this Now.**

Do you know Why?

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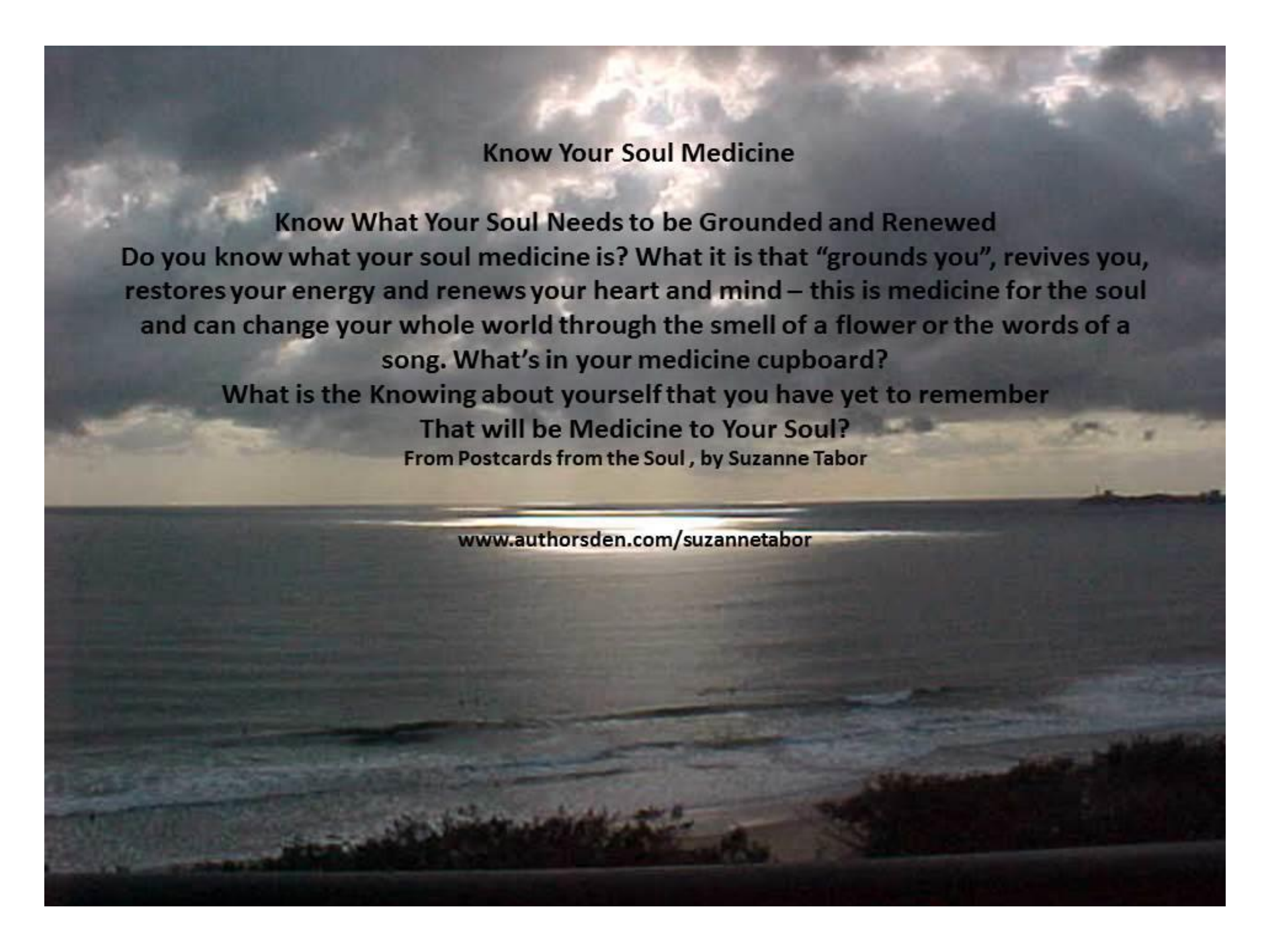
KNOW YOUR OWN POTENTIAL

Do you feel there was something missing in your life? Purpose, direction, love, fulfilment? Perhaps you are looking at the emptiness instead of the potentiality and worth of this NOW in your journey. The spaces, are not empty, just unrealized, unrecognized, spaces that allow for growth and creation.

In the Nothingness

Is the Something you have yet to be

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Know Your Soul Medicine

Know What Your Soul Needs to be Grounded and Renewed

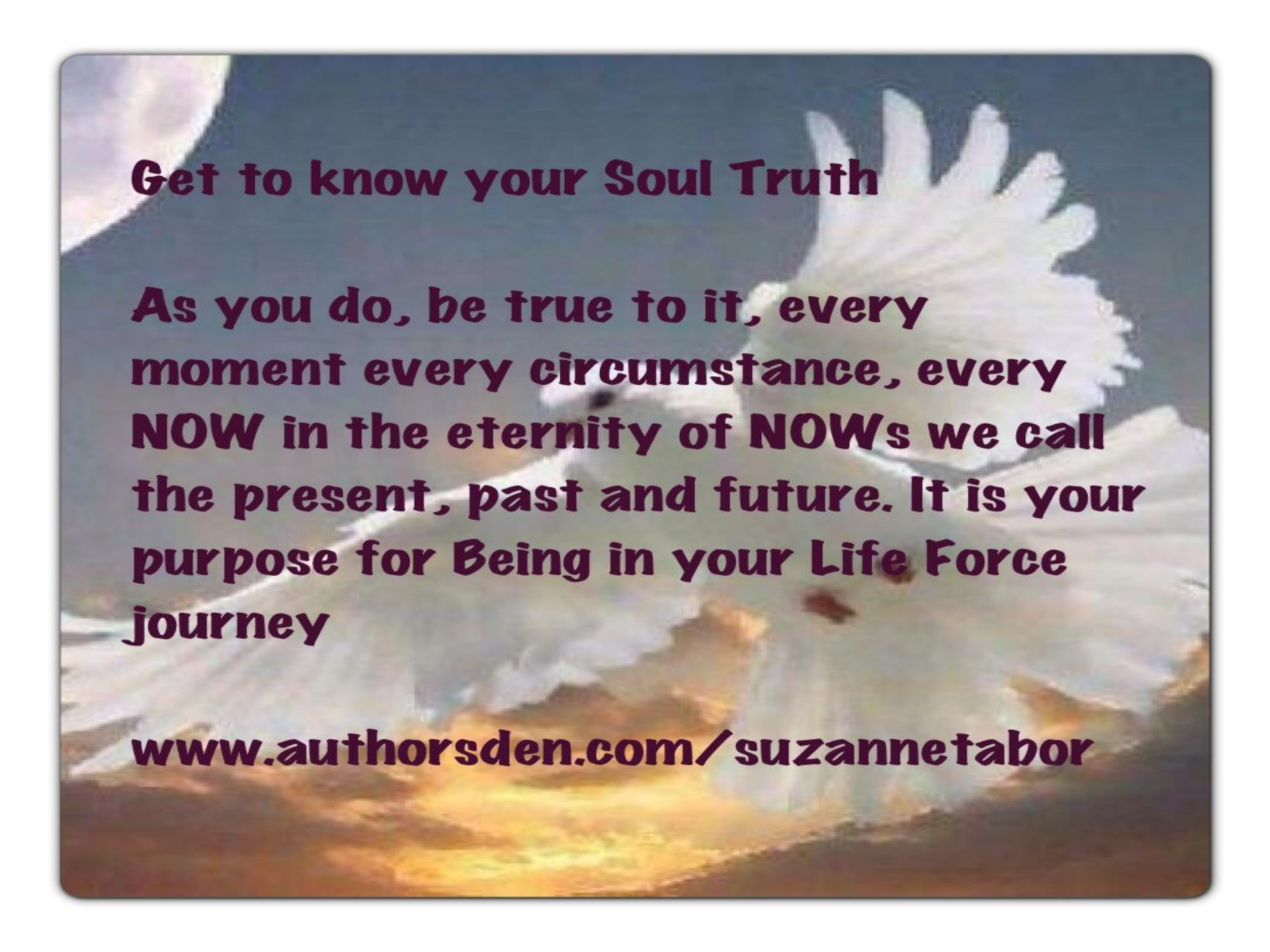
Do you know what your soul medicine is? What it is that “grounds you”, revives you, restores your energy and renews your heart and mind – this is medicine for the soul and can change your whole world through the smell of a flower or the words of a song. What’s in your medicine cupboard?

What is the Knowing about yourself that you have yet to remember

That will be Medicine to Your Soul?

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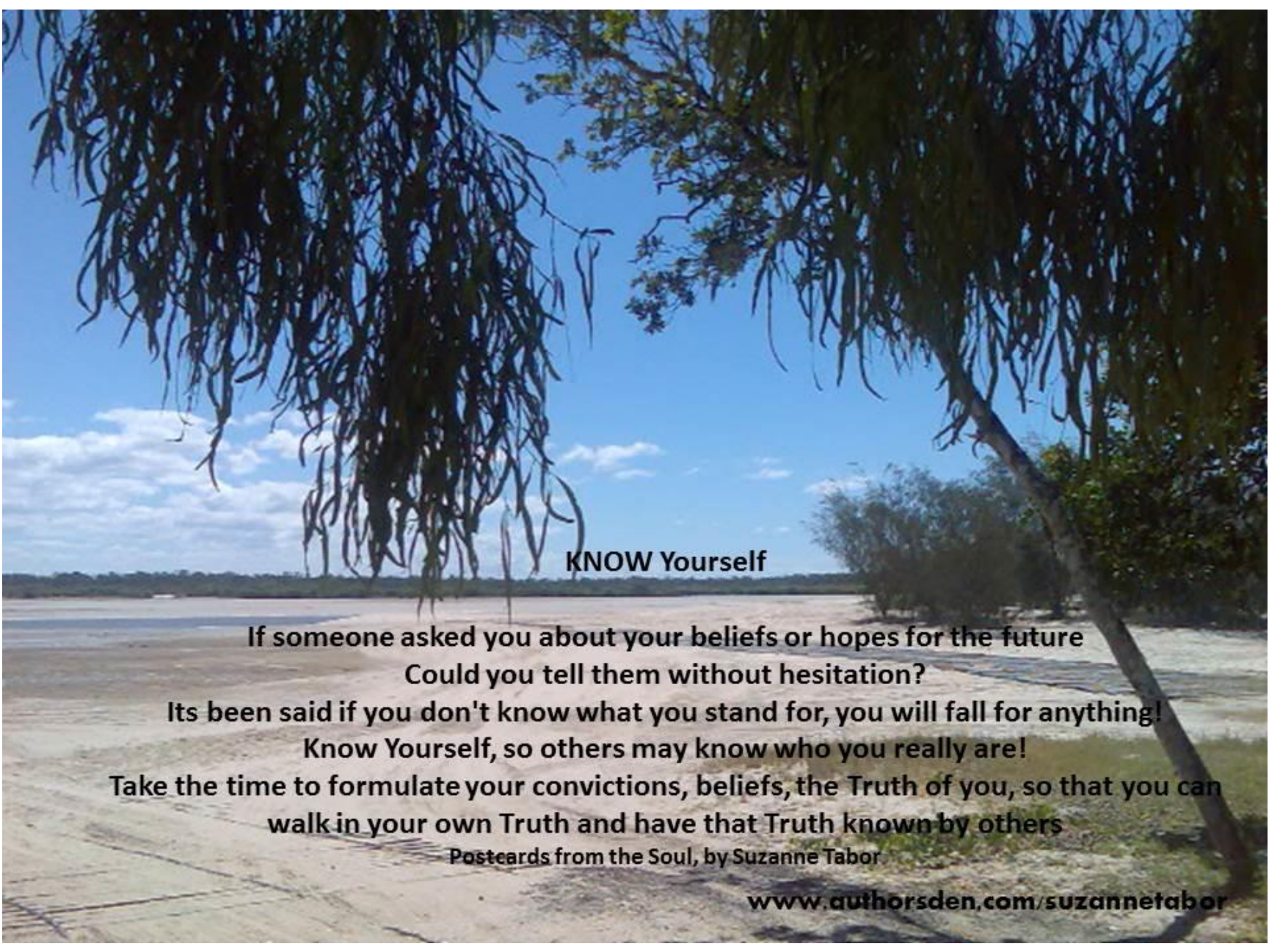
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A white dove is shown in flight, its wings spread wide, against a dramatic sky. The sky transitions from a deep blue at the top to a bright orange and yellow near the bottom, suggesting a sunset or sunrise. The dove is positioned in the upper right quadrant of the image, flying towards the left.

Get to know your Soul Truth

**As you do, be true to it, every
moment every circumstance, every
NOW in the eternity of NOWs we call
the present, past and future. It is your
purpose for Being in your Life Force
journey**

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KNOW Yourself

If someone asked you about your beliefs or hopes for the future

Could you tell them without hesitation?

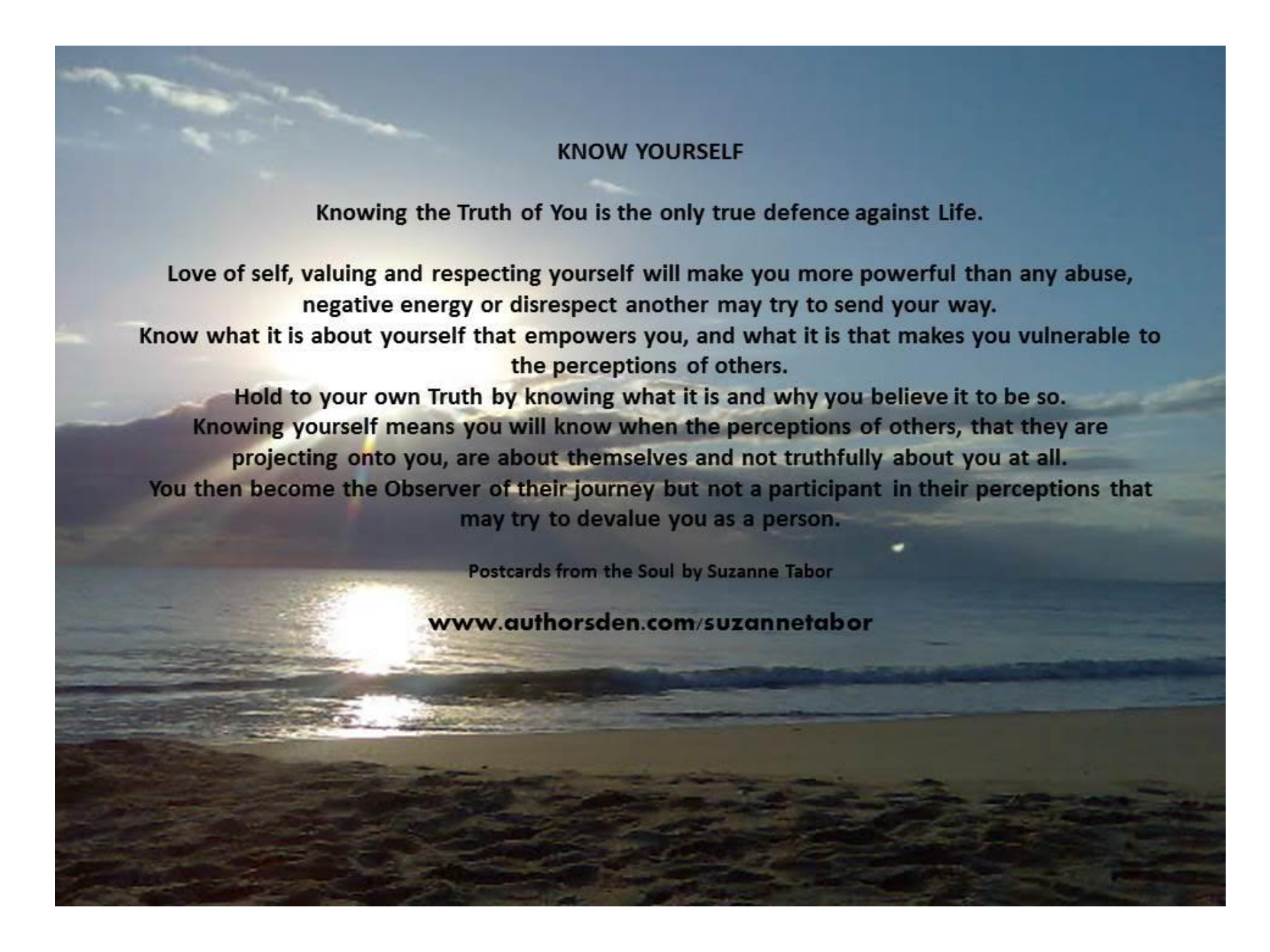
Its been said if you don't know what you stand for, you will fall for anything!

Know Yourself, so others may know who you really are!

**Take the time to formulate your convictions, beliefs, the Truth of you, so that you can
walk in your own Truth and have that Truth known by others**

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KNOW YOURSELF

Knowing the Truth of You is the only true defence against Life.

Love of self, valuing and respecting yourself will make you more powerful than any abuse, negative energy or disrespect another may try to send your way.

Know what it is about yourself that empowers you, and what it is that makes you vulnerable to the perceptions of others.

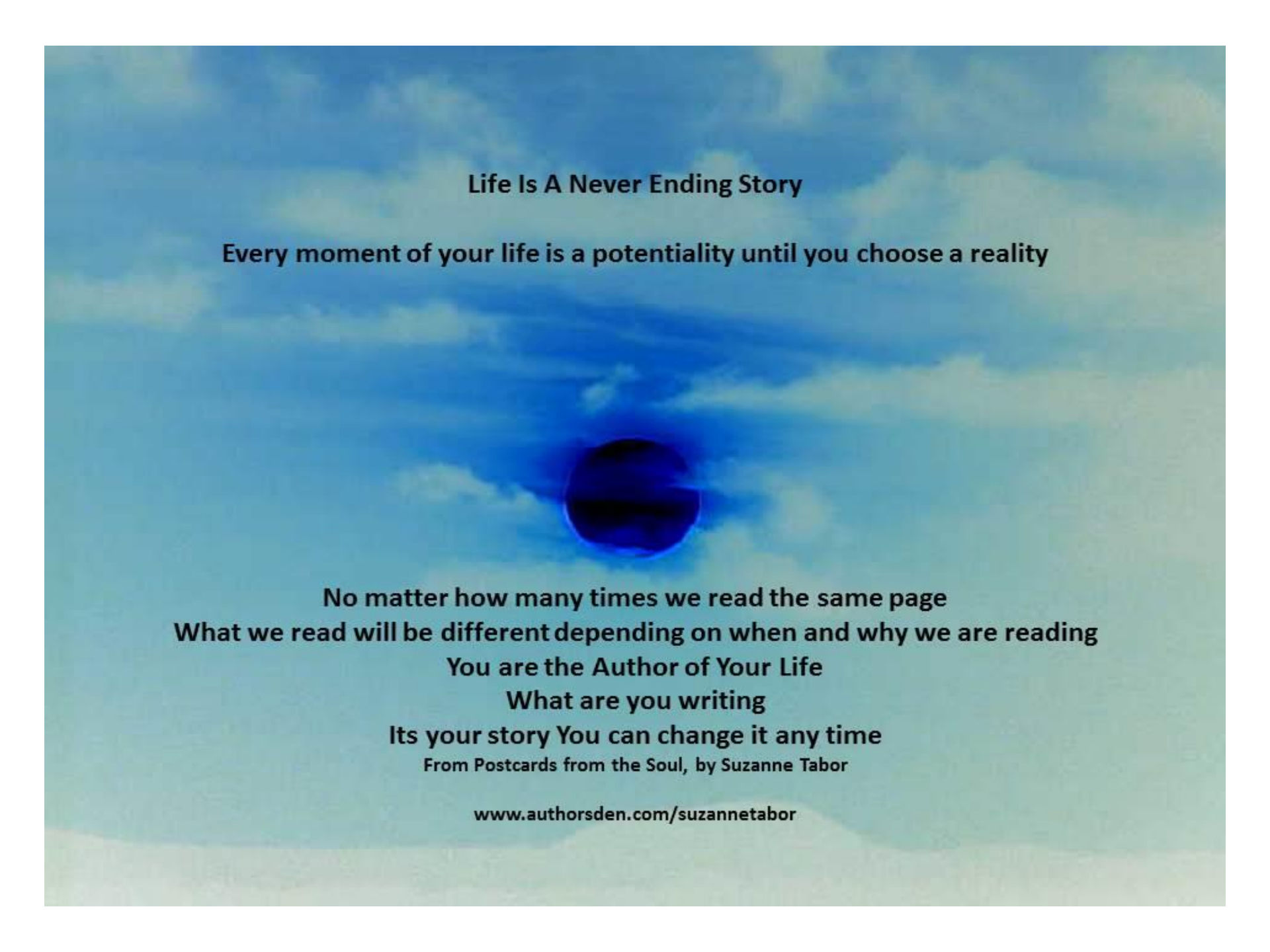
Hold to your own Truth by knowing what it is and why you believe it to be so.

Knowing yourself means you will know when the perceptions of others, that they are projecting onto you, are about themselves and not truthfully about you at all.

You then become the Observer of their journey but not a participant in their perceptions that may try to devalue you as a person.

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Life Is A Never Ending Story

Every moment of your life is a potentiality until you choose a reality

**No matter how many times we read the same page
What we read will be different depending on when and why we are reading**

You are the Author of Your Life

What are you writing

Its your story You can change it any time

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Live Every Moment

You have millions of nano moments to live everyday, what are you doing with them? Stop for a moment and consider, if every nano moment of your life was \$1, would you be so careless with your \$million per day existence?

LIVE every Moment

They are non- refundable, cannot be kept in credit, and are precious no matter how challenging they may appear at the time!

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LIVE The Life You are Given

What is your self talk about

Positive change or fatalistic abdication

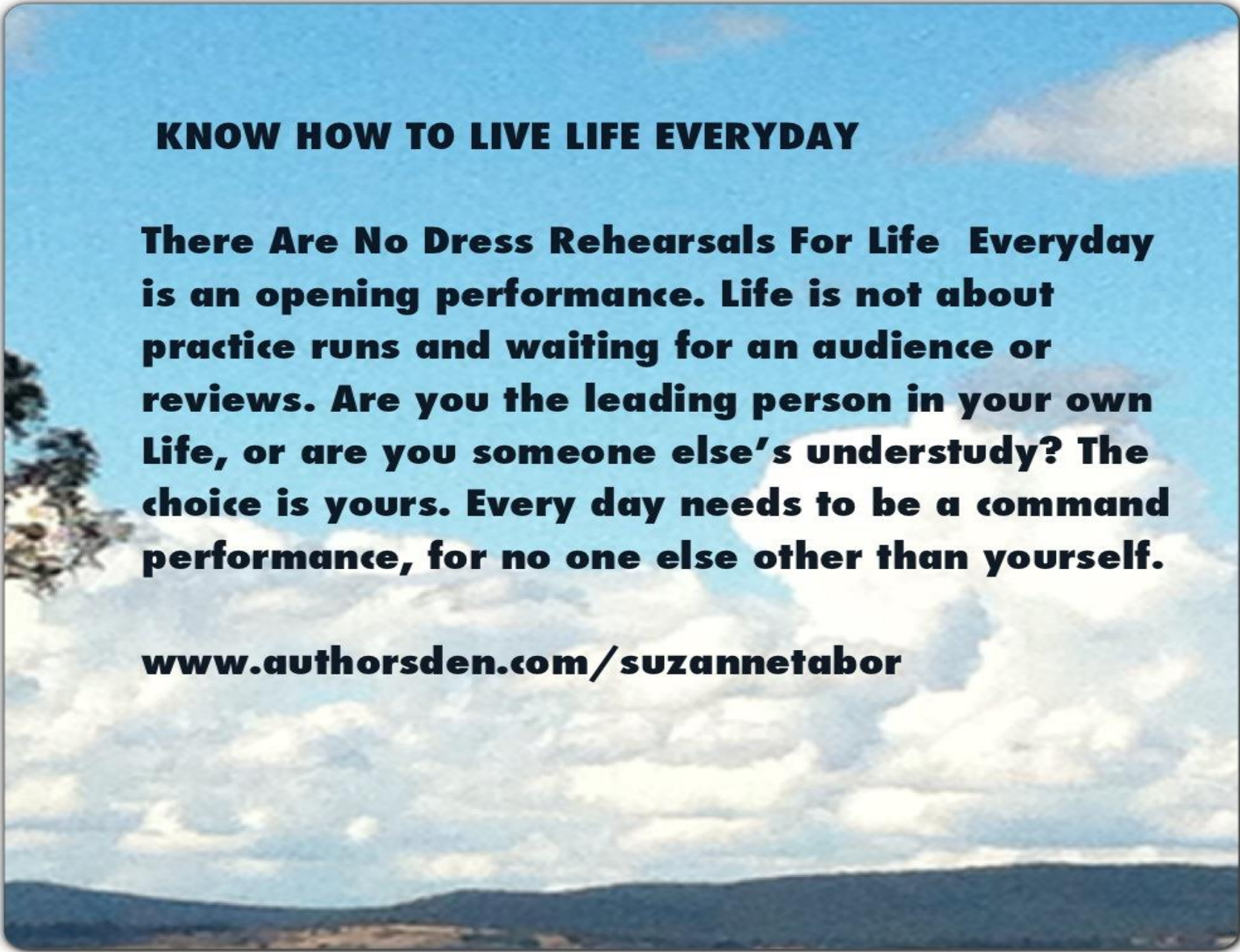
LIVE your life with thankfulness and joy

*It does not mean you are wrong to want to change and grow,
but remember to also LIVE along the journey*

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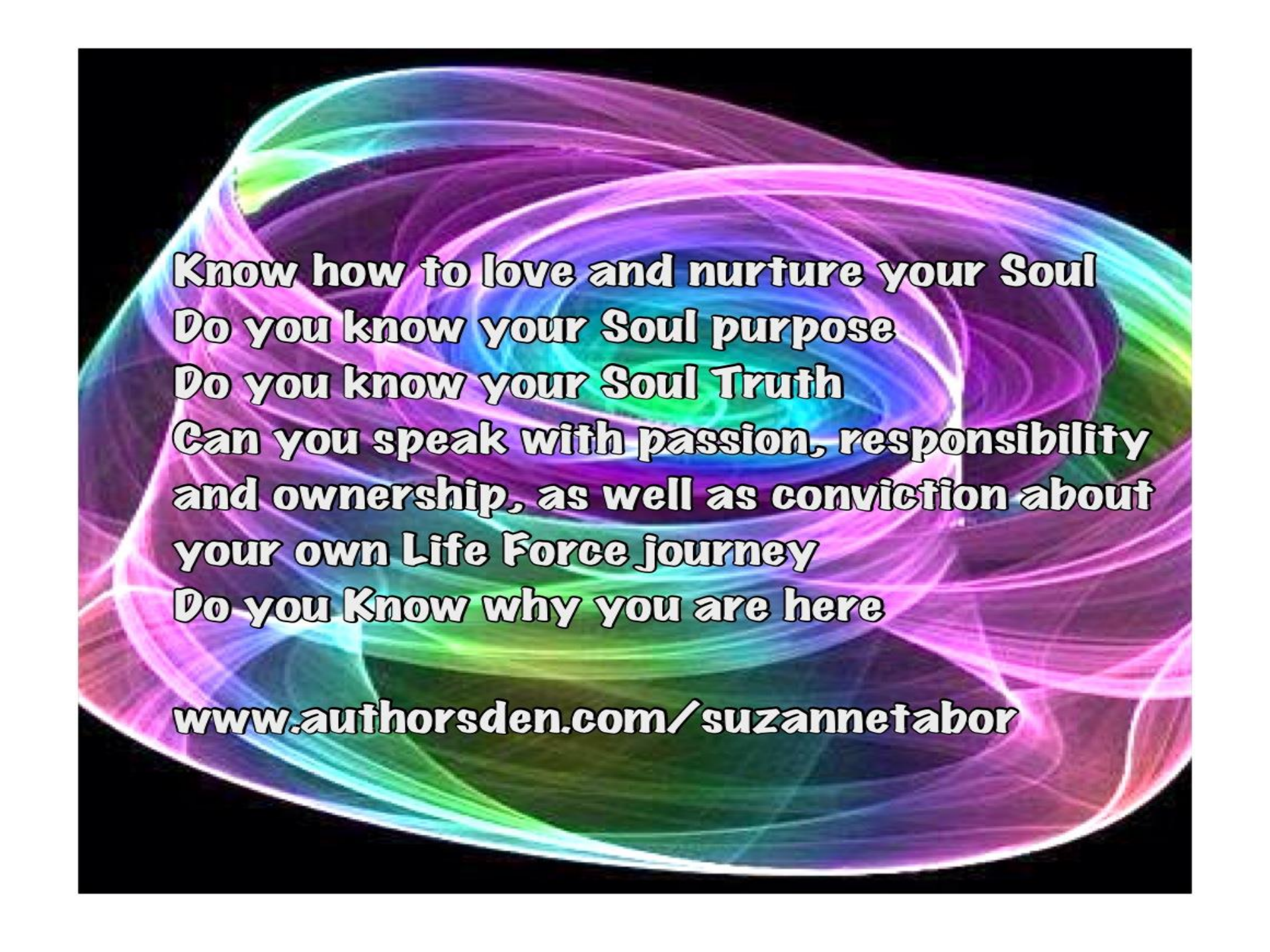
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KNOW HOW TO LIVE LIFE EVERYDAY

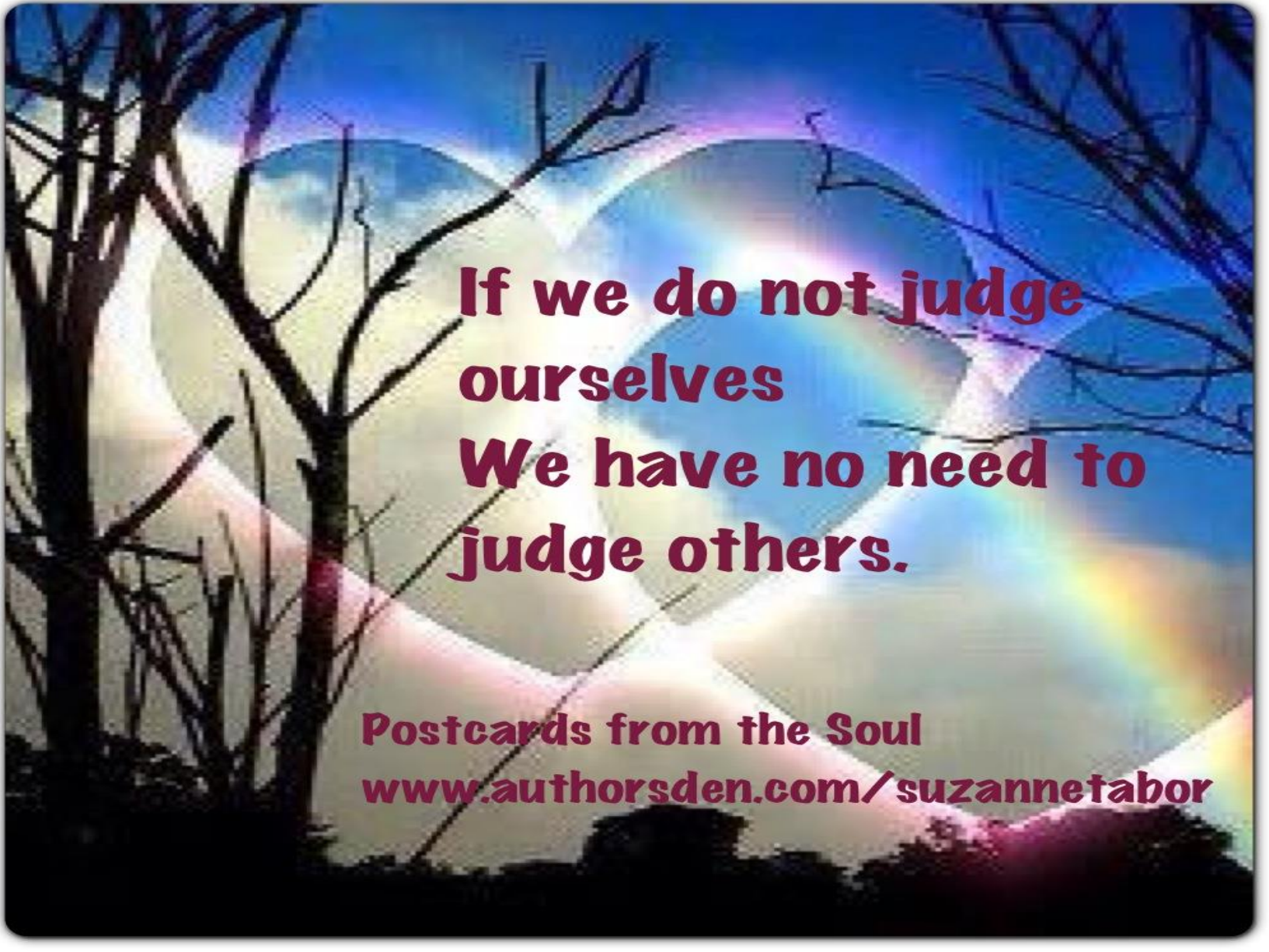
There Are No Dress Rehearsals For Life Everyday is an opening performance. Life is not about practice runs and waiting for an audience or reviews. Are you the leading person in your own Life, or are you someone else's understudy? The choice is yours. Every day needs to be a command performance, for no one else other than yourself.

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Know how to love and nurture your Soul
Do you know your Soul purpose
Do you know your Soul Truth
Can you speak with passion, responsibility
and ownership, as well as conviction about
your own Life Force journey
Do you Know why you are here

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**If we do not judge
ourselves
We have no need to
judge others.**

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Nothing Changes
If Nothing Changes
but

Changing Is Achievable

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**The Soul thrives on the
positive stress of
Remembering its
Purpose and Wisdom.**

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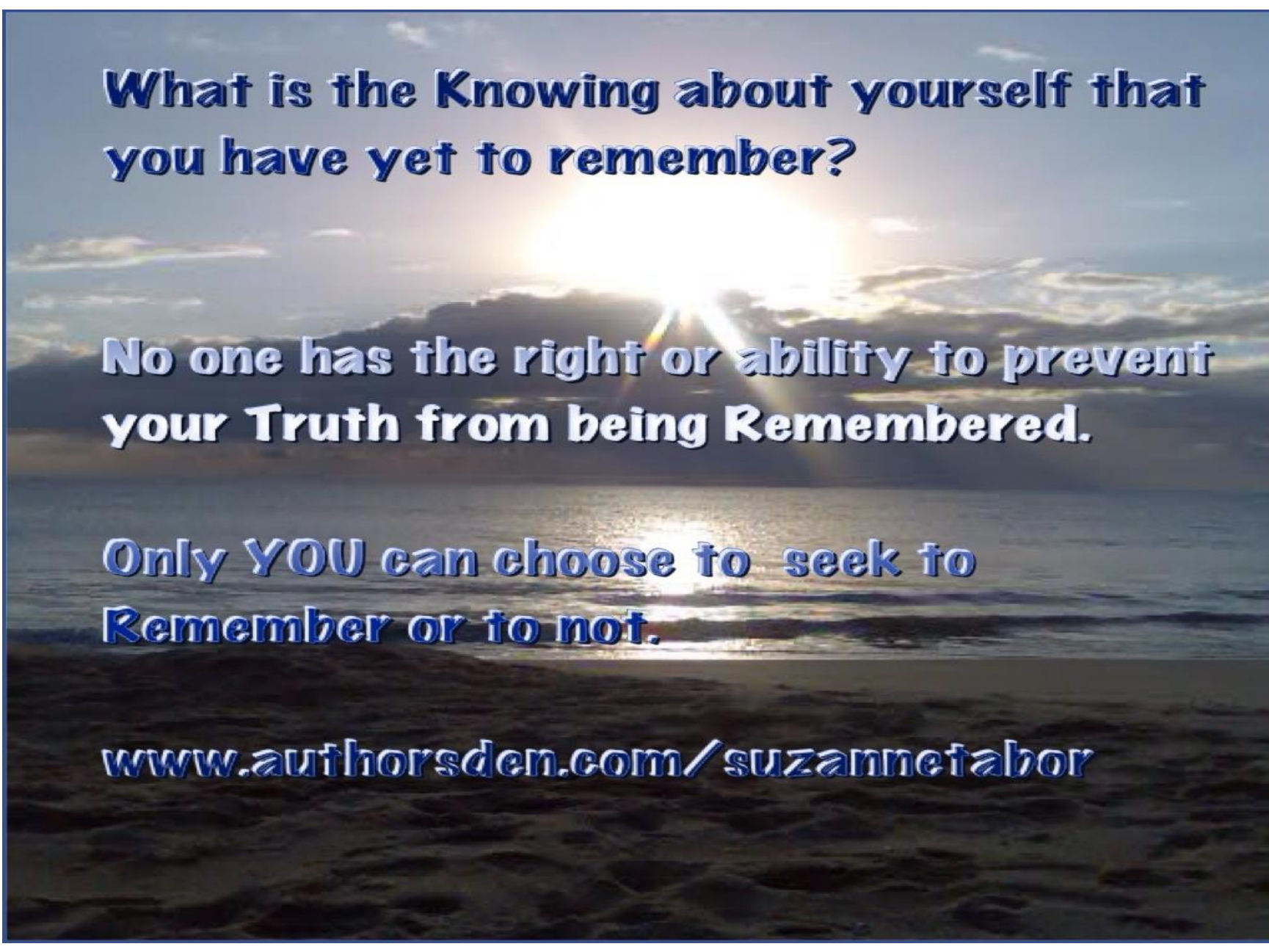
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Remember Joy
What it is and How to Create it

Remember Joy at least once each day
Do you remember joy? Step out of the pressures of the day and take a moment to re-experience some moment of joy in your life no matter how small. Joy energizes, heals, and motivates – the RDI is at least once a day!

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**What is the Knowing about yourself that
you have yet to remember?**

**No one has the right or ability to prevent
your Truth from being Remembered.**

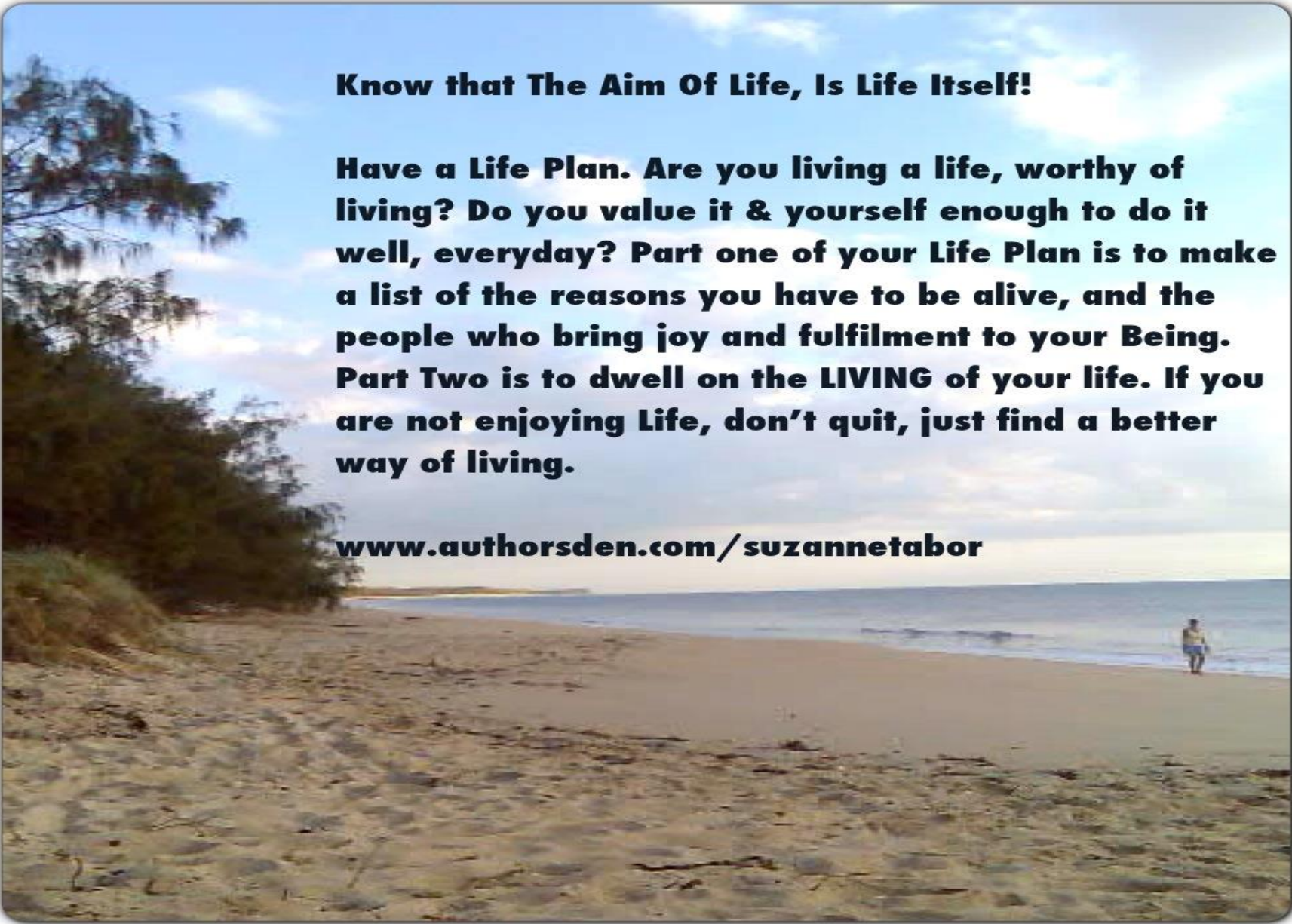
**Only YOU can choose to seek to
Remember or to not.**

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**Stress only becomes negative
when we cease to listen to
the Truth of Self, and deny
our Soul its wisdom.**

Postcards from the Soul

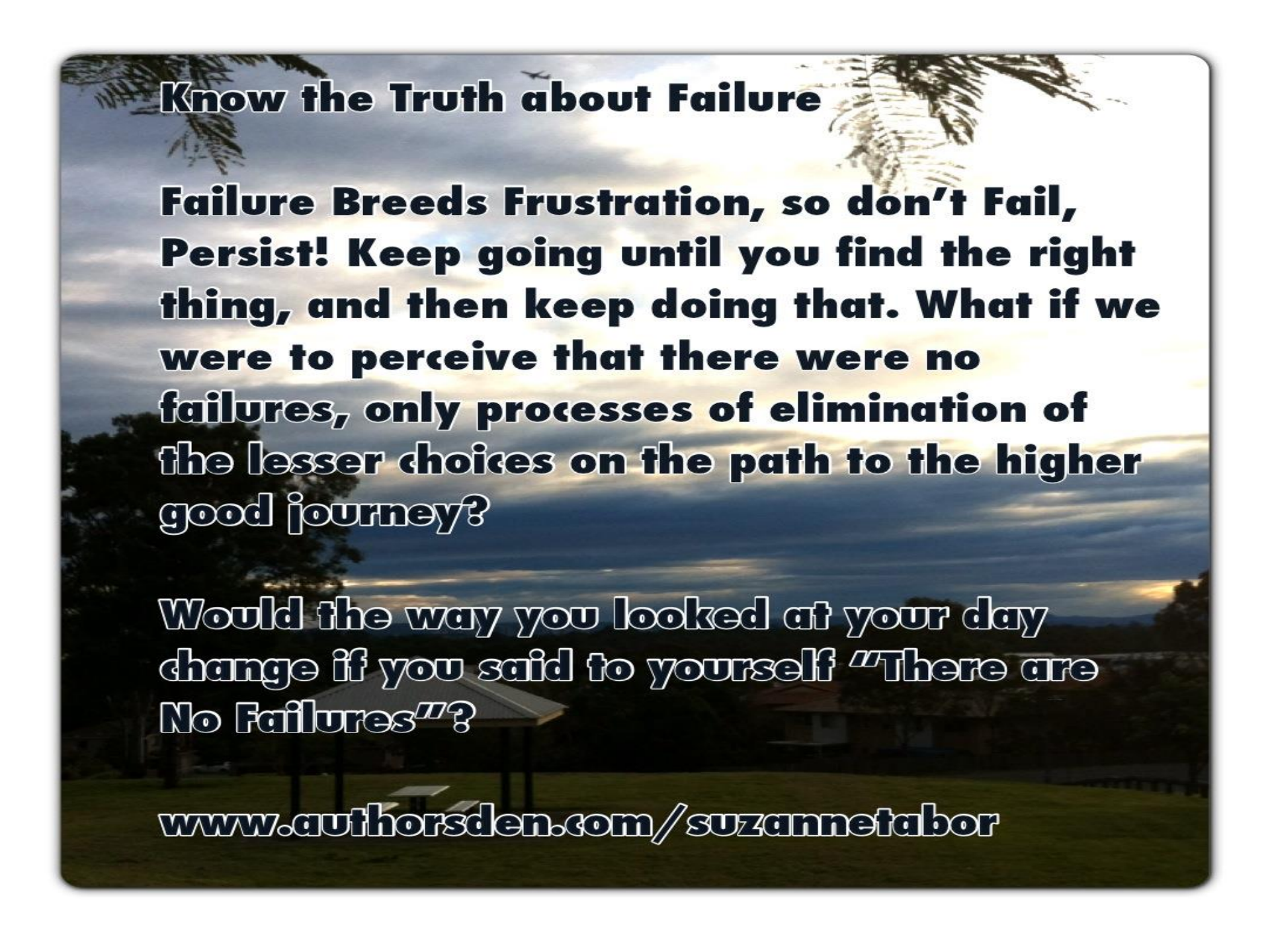
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Know that The Aim Of Life, Is Life Itself!

Have a Life Plan. Are you living a life, worthy of living? Do you value it & yourself enough to do it well, everyday? Part one of your Life Plan is to make a list of the reasons you have to be alive, and the people who bring joy and fulfilment to your Being. Part Two is to dwell on the LIVING of your life. If you are not enjoying Life, don't quit, just find a better way of living.

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Know the Truth about Failure

Failure Breeds Frustration, so don't Fail, Persist! Keep going until you find the right thing, and then keep doing that. What if we were to perceive that there were no failures, only processes of elimination of the lesser choices on the path to the higher good journey?

Would the way you looked at your day change if you said to yourself "There are No Failures"?

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THERE IS A TRUTH INSIDE YOU

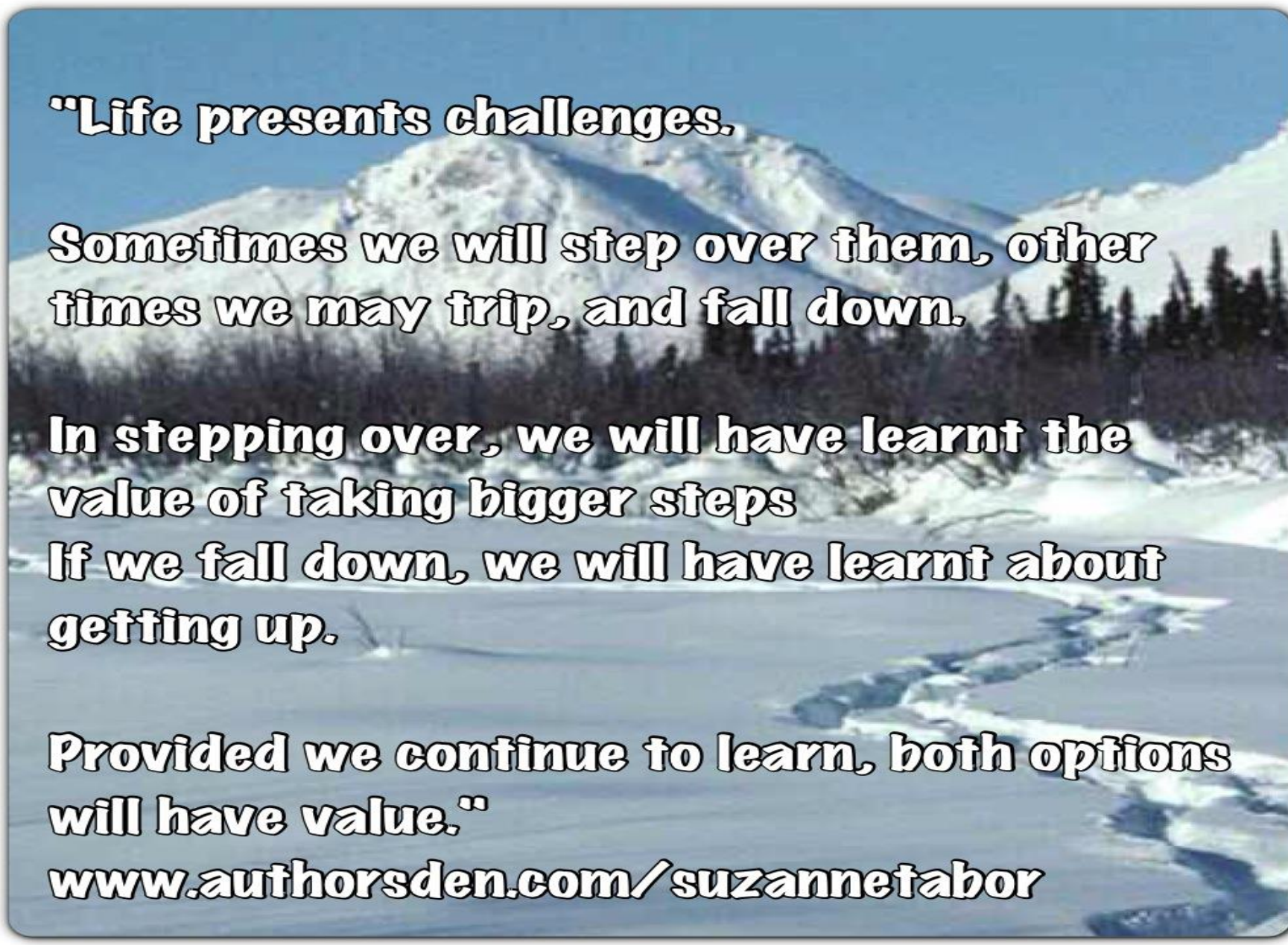
**Inside each of us, is an unexplainable truth,
known only to ourselves.**

We feel it, see it, Know it.

It is the Truth of Self

**The Quantum Self that connects with nature,
with the Universe, and with each other.**

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"Life presents challenges.

Sometimes we will step over them, other times we may trip, and fall down.

In stepping over, we will have learnt the value of taking bigger steps

If we fall down, we will have learnt about getting up.

Provided we continue to learn, both options will have value."

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**Things pamper
Thoughts nurture
Feed your Soul**

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Trust that the Universe will bring your guidance to you

Commit to being open to receiving

That which resonates with your soul will be processed in your creative consciousness as you go about your daily life.

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Know How to Use Your Intellect

**May I Play With Your Mind? You weren't Using It!
Or were You? Can you honestly say that Today you
have invested consciously in your life journey?**

Here is a quantum thought

Someone else's NOW Is your Yesterday

And your NOW Is Their Tomorrow

NOW is the only true reality ALL IS NOW

**So how are you living your NOW? Consciously? If
not, let me play with your mind, you are not using
it!**

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The background of the slide is a photograph of a person walking on a curved, reflective surface, possibly a modern architectural feature like a staircase or a walkway. The surface is highly reflective, showing the person's silhouette and the surrounding environment. The color scheme is a gradient of blue and purple, giving it a surreal or artistic feel. The text is overlaid on this background in a bold, black, sans-serif font.

KNOW WHAT YOU ARE CREATING & WHY

Perceptions are filtered by Constructed & Inherited Belief Systems

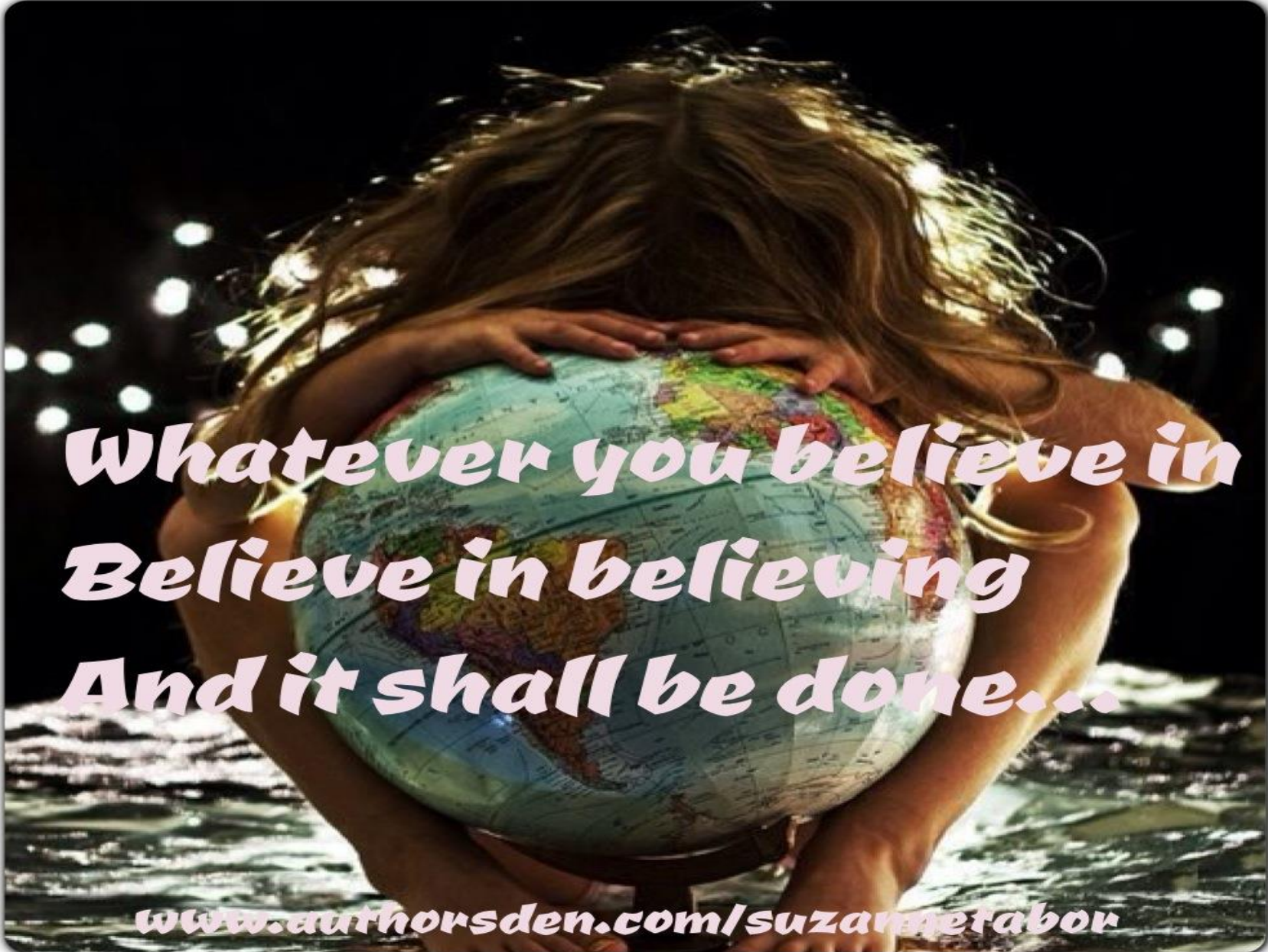
Perception controls reality

Beliefs are filters of reality

Reality is not fact. Reality is what you perceive through YOUR perceptions

**You see the world not as it is,
but as you are!**

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A woman with long, wavy brown hair is shown from the back, holding a large globe of the Earth in her arms. She is standing in shallow water, and her hair is wet. The background is dark with out-of-focus lights, suggesting a night scene. The text is overlaid on the image in a white, bold, serif font.

**Whatever you believe in
Believe in believing
And it shall be done...**

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**YOU are responsible for Your journey.
Only you are responsible for what you are writing into your Life book.
You cannot write in another's book. They cannot write in yours. They
may write about you, but that is not your Truth only their perception.
What is the never ending story you are writing for your life?**

Suzanne Tabor

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A large, gnarled tree with a thick trunk and dense foliage stands on a grassy hill. The tree's shadow is cast onto the grass. In the background, a smaller, more distant tree is visible on the horizon. The sky is a clear, bright blue. The overall scene is peaceful and natural.

**You are valuable. Respect yourself
by honouring time with yourself,
to get to know your own truth of
what heals, enlivens, strengthens
and reminds you of your true
worth.**

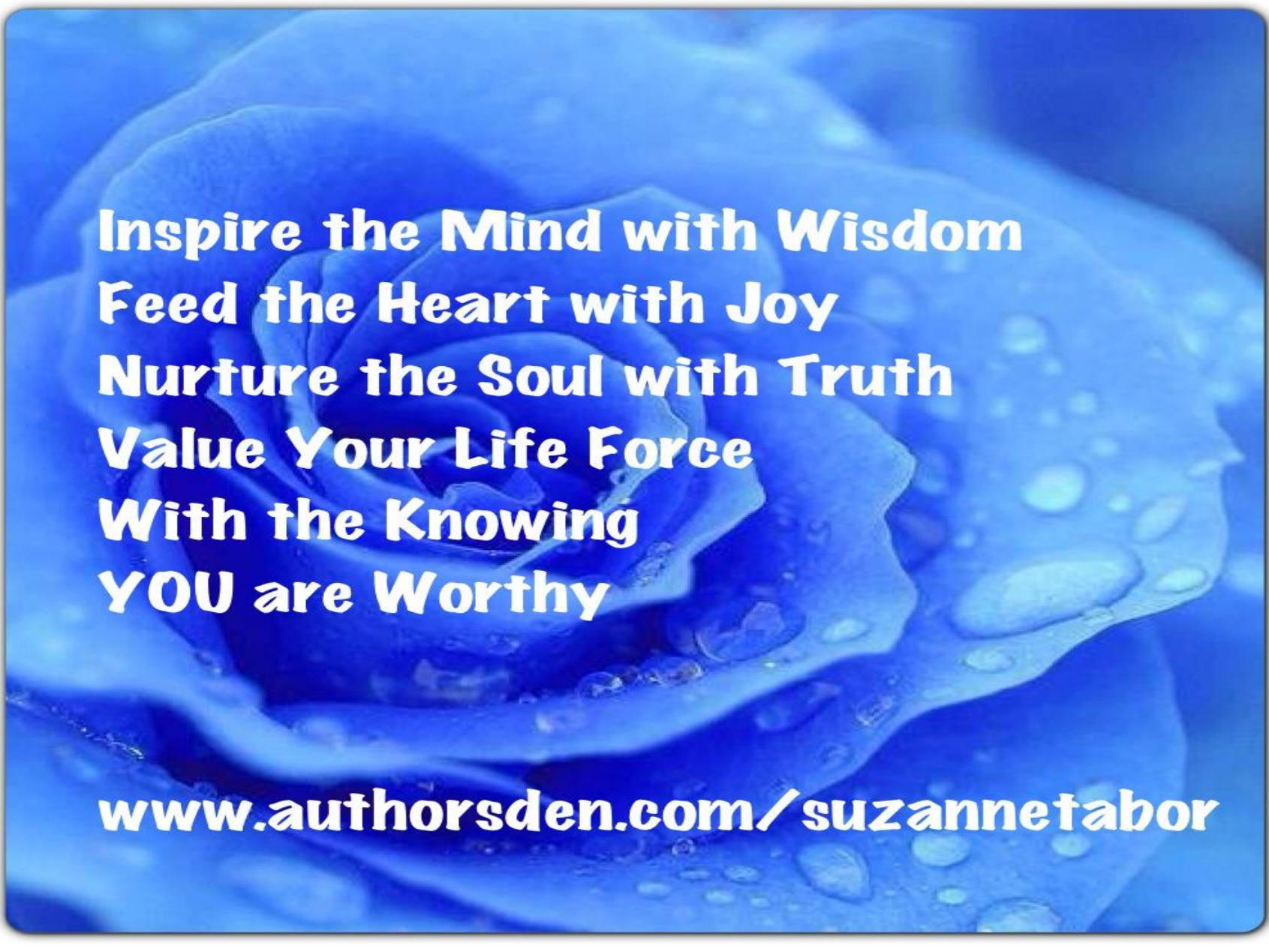
Postcards from the Soul

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Postcards from the Soul

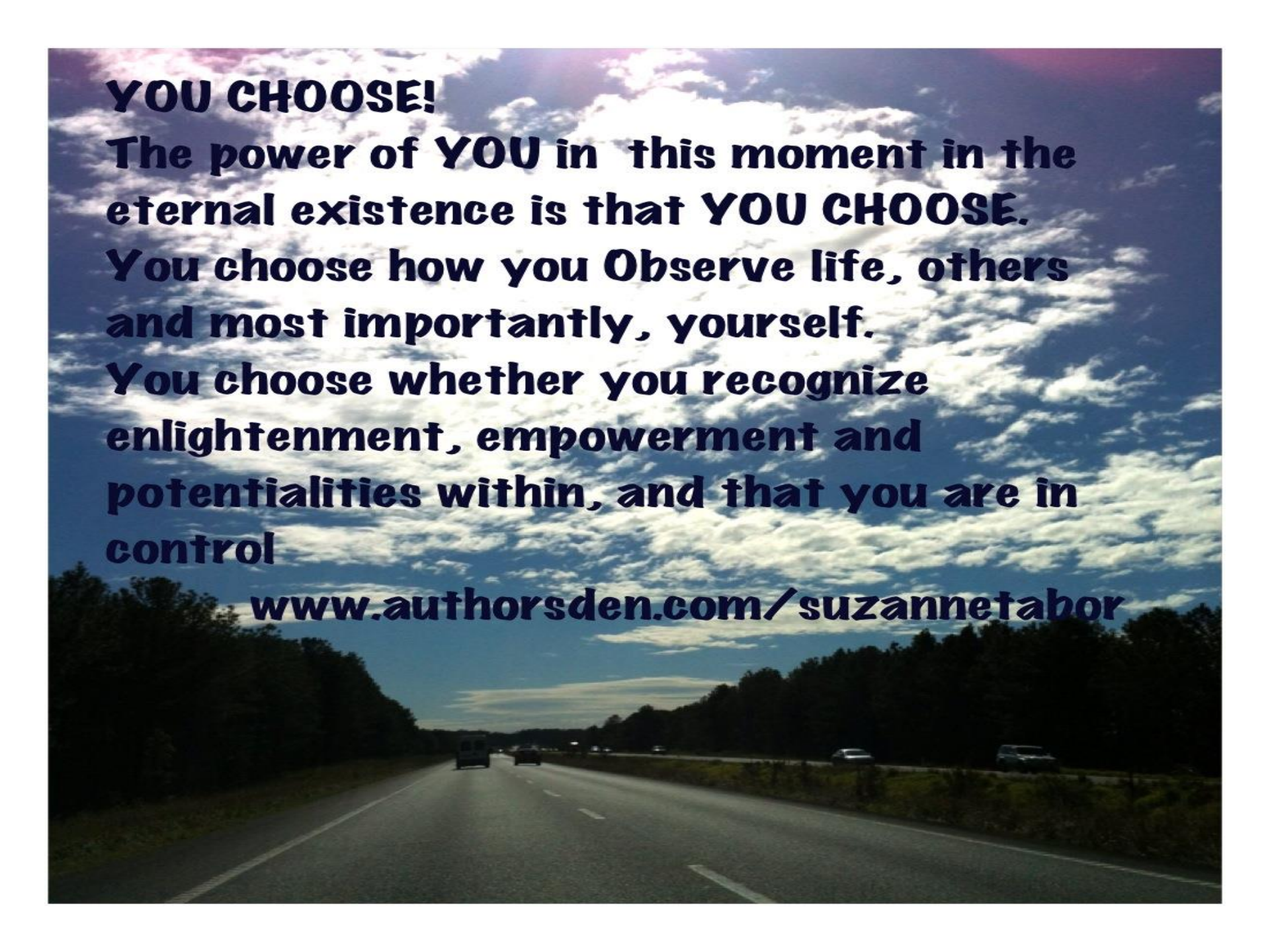
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Take an honest inventory of your talents, abilities and accomplishments. Note them down in a diary or journal of some form so that in the times of vulnerability you can refer back to them and remind yourself of your own value.

A close-up photograph of a blue rose with numerous water droplets on its petals. The rose is the central focus, with its petals layered and slightly curled. The water droplets are of various sizes and are scattered across the petals, some reflecting light. The background is a soft, out-of-focus blue, matching the color of the rose. The overall image has a serene and fresh feel.

**Inspire the Mind with Wisdom
Feed the Heart with Joy
Nurture the Soul with Truth
Value Your Life Force
With the Knowing
YOU are Worthy**

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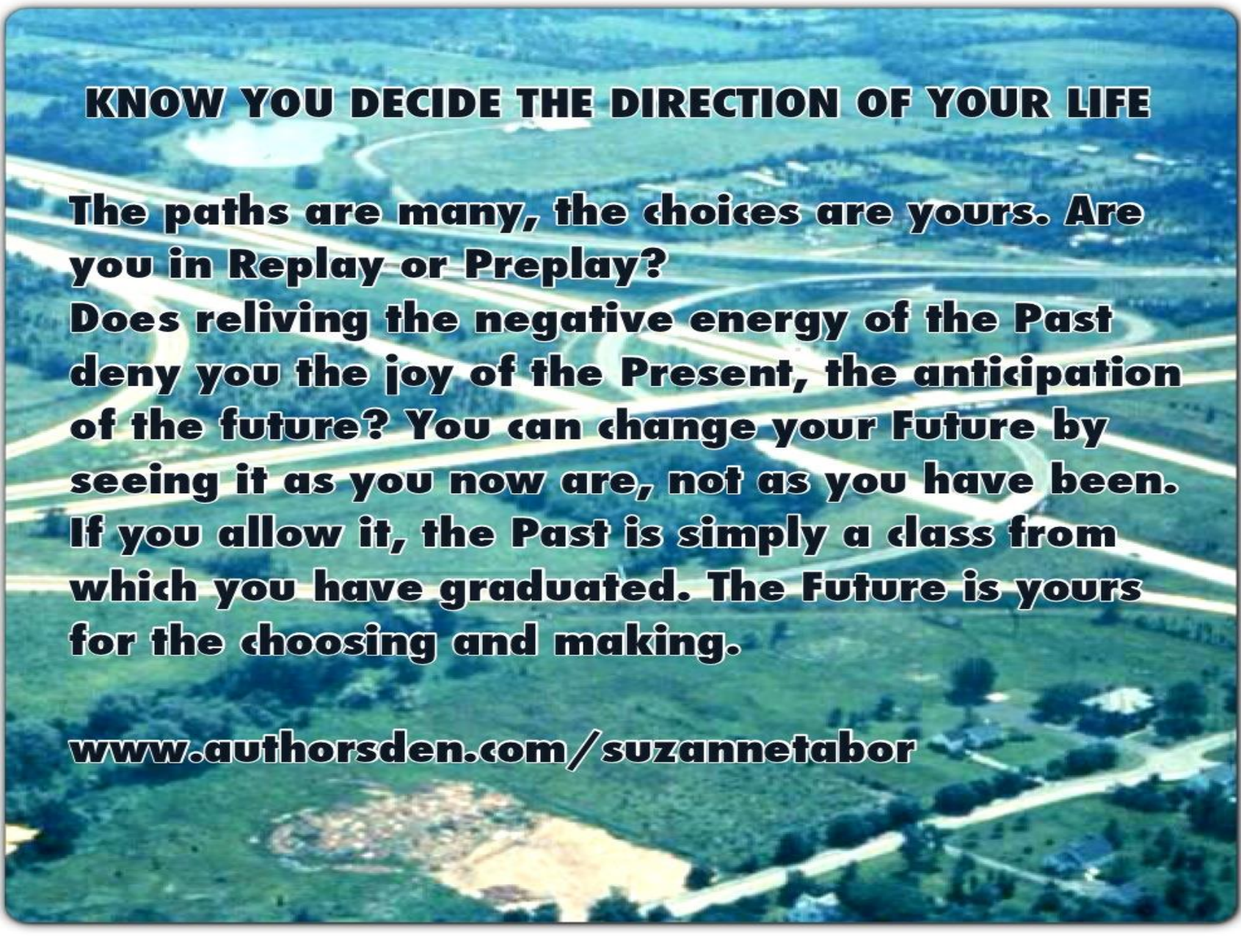
YOU CHOOSE!

The power of YOU in this moment in the eternal existence is that YOU CHOOSE.

You choose how you Observe life, others and most importantly, yourself.

You choose whether you recognize enlightenment, empowerment and potentialities within, and that you are in control

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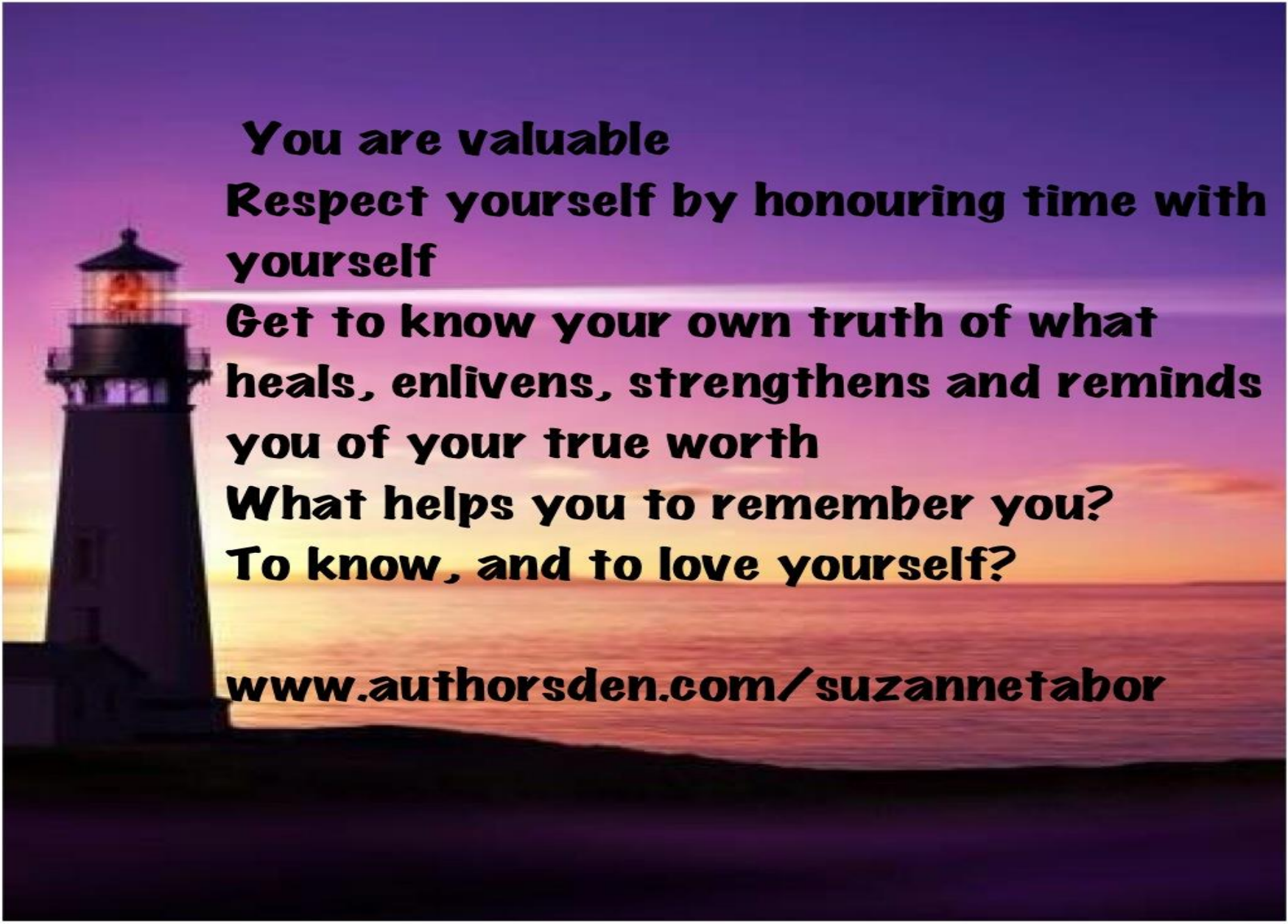


KNOW YOU DECIDE THE DIRECTION OF YOUR LIFE

The paths are many, the choices are yours. Are you in Replay or Preplay?

Does reliving the negative energy of the Past deny you the joy of the Present, the anticipation of the future? You can change your Future by seeing it as you now are, not as you have been. If you allow it, the Past is simply a class from which you have graduated. The Future is yours for the choosing and making.

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**You are valuable
Respect yourself by honouring time with
yourself**

**Get to know your own truth of what
heals, enlivens, strengthens and reminds
you of your true worth**

**What helps you to remember you?
To know, and to love yourself?**

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The background of the image is a dark, almost black, space filled with a complex, glowing blue energy field. This field is composed of numerous thin, intersecting lines and larger, more diffuse, cloud-like shapes that create a sense of dynamic movement and depth. The lines vary in brightness, with some appearing as sharp, bright blue streaks and others as softer, more ethereal glows. The overall effect is reminiscent of a cosmic web or a visualization of quantum energy.

*Thank you for sharing these
Postcard Meditations
from your Soul*

If you would like to read more,
please go to my website
www.authorsden.com/suzannetabor