

Sedate State

MONTHLY MEDITATION

Never betray yourself.

Be who you are all the time.

This is your year.



Carl Schurz Park, New York, NY

Worried or panicked? [Stop worrying. Get Sedated.™](#) www.SedateState.com

January 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <i>New Year's Day</i>	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 <i>Martin Luther King Jr. Holiday</i>	19	20	21	22	23
24	25	26	27	28	29	30
31						

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A random thought acted upon is like a drop of water, but one who is organized in his or her thinking has all the power of a raging river.



Main Street Brooklyn, NY/DUMBO

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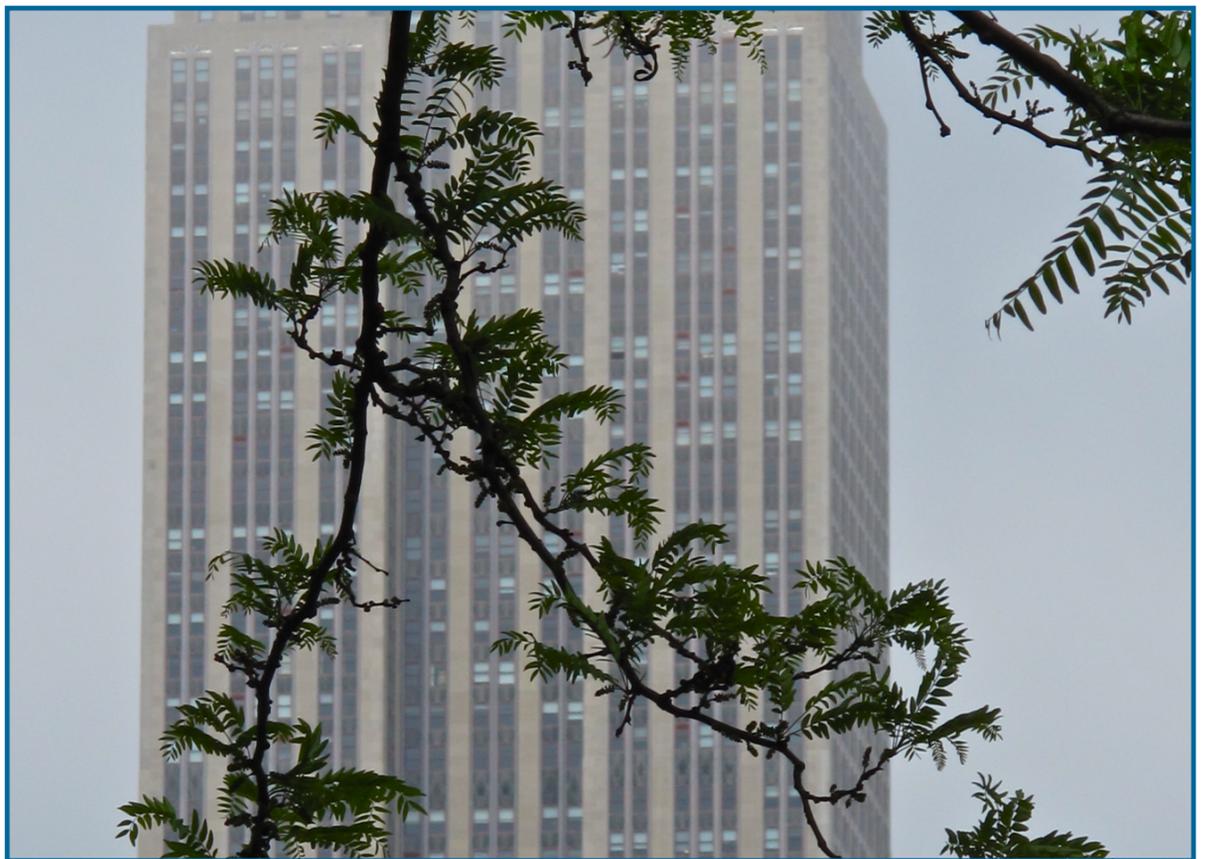
February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12 <i>Lincoln's Birthday</i>	13
14 <i>Valentine's Day</i>	15 <i>President's Day</i>	16	17 <i>Ash Wednesday</i>	18	19	20
21	22 <i>Washington's Birthday</i>	23	24	25	26	27
28						

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Only a fool tries to make a point, when things are already clear.



Empire State Building, New York, NY

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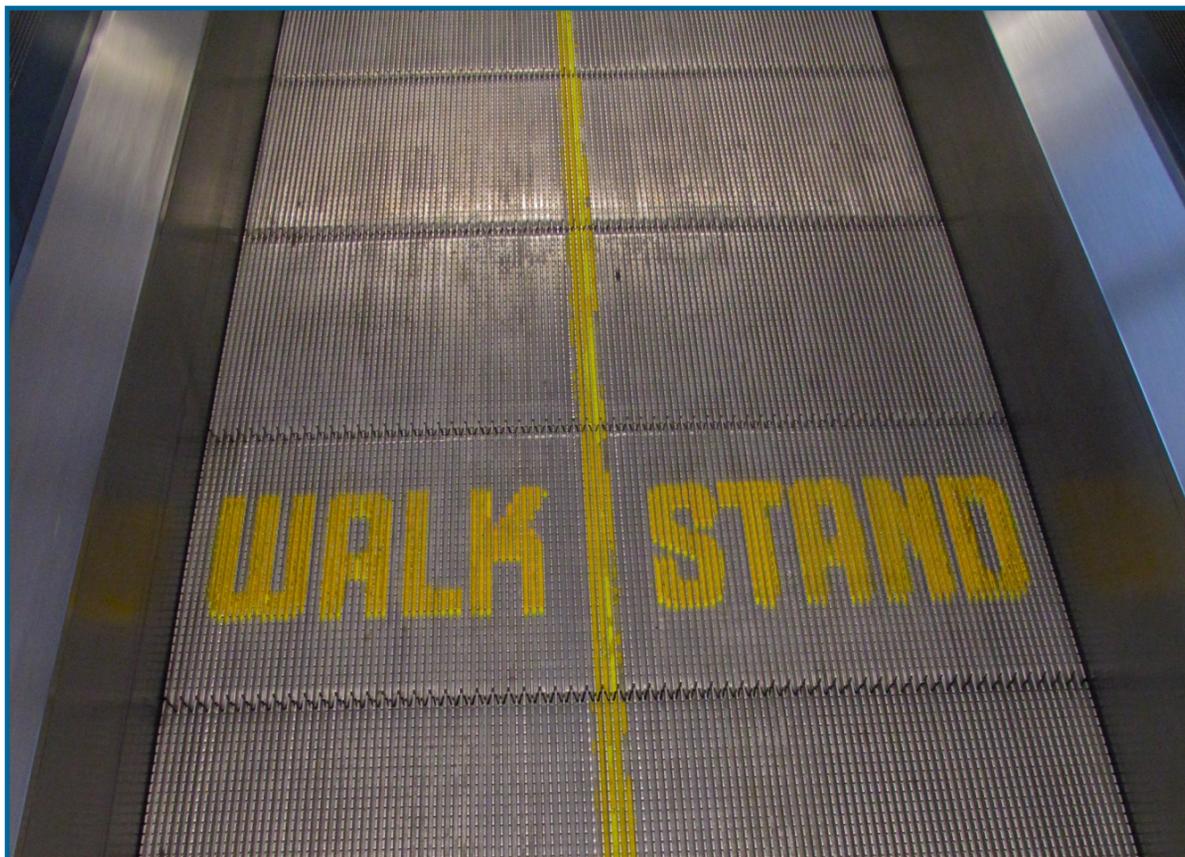
March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14 <i>Daylight Saving Time Begins</i>	15	16	17 <i>St. Patrick's Day</i>	18	19	20 <i>Spring Begins</i>
21	22	23	24	25	26	27
28 <i>Palm Sunday</i>	29	30	31			

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*In any application,
mastery begins with having total
control of thyself.*



Airport Walkway, Minneapolis, MN

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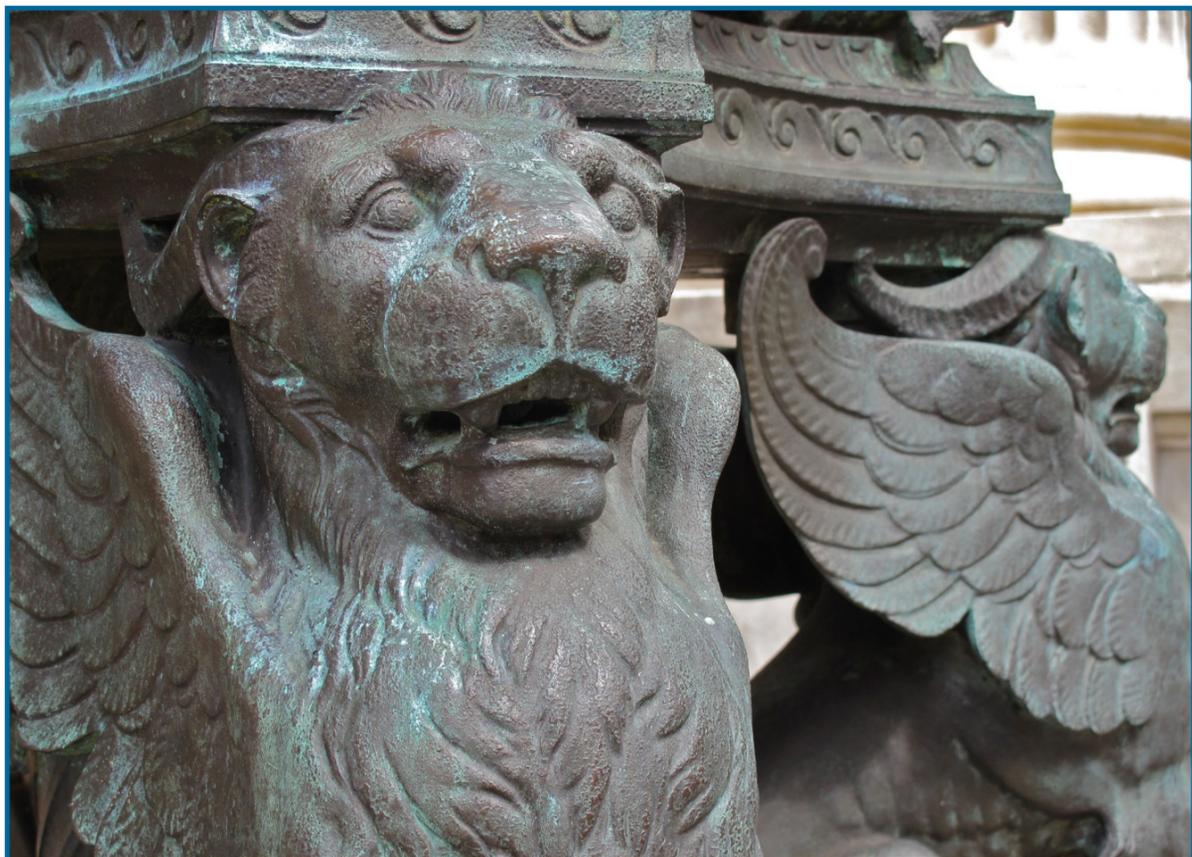
April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 <i>Good Friday</i>	3
4 <i>Easter Sunday</i>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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Be aware of your own immense strength and do not engage in battle with someone who is unworthy of your attention for what you attend to is who you are.



Montague Street, Brooklyn, NY/Brooklyn Heights

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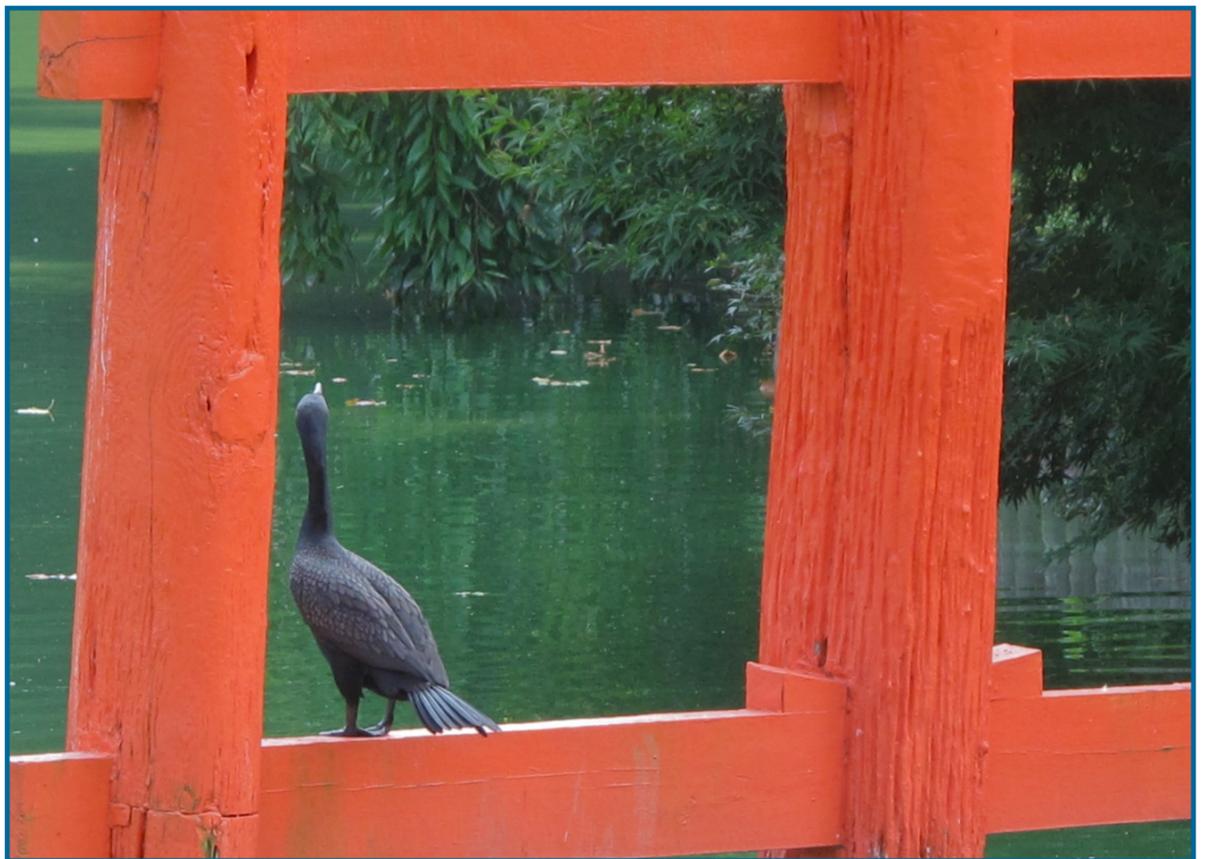
May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9 <i>Mother's Day</i>	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31 <i>Memorial Day</i>					

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*Wherever possible, chose to be
at peace, living simply.*



Japanese Garden/Bird, Brooklyn Botanic Garden, Brooklyn NY

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June 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14 <i>Flag Day</i>	15	16	17	18	19
20 <i>Father's Day</i>	21 <i>Summer Begins</i>	22	23	24	25	26
27	28	29	30			

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*PUSHING and PULLING are
the same.*

/Do neither to move ahead.



Capitol Hill District, Seattle, WA

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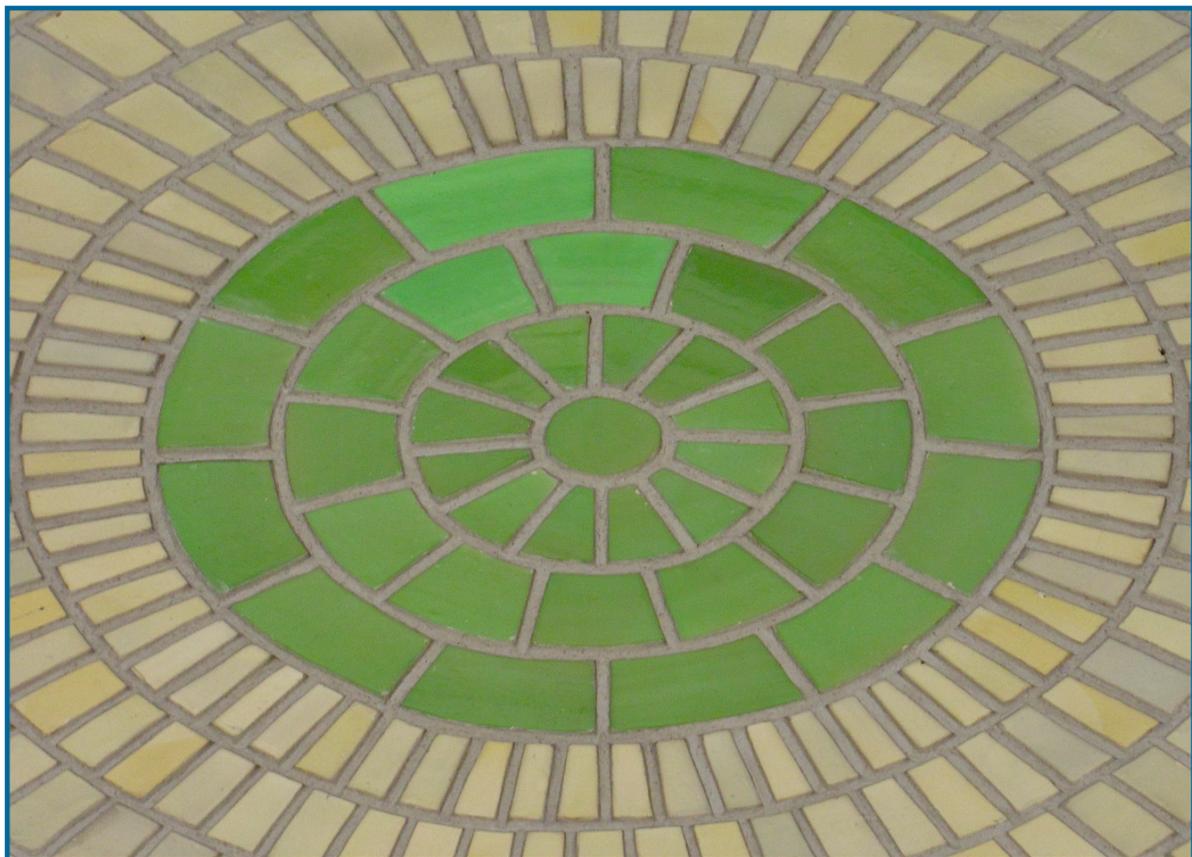
July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4 <i>Independence Day</i>	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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The shortest distance between Point A and Point B may be a straight line, but you need consider Point C to UNDERSTAND the pattern. This is a call for patience.



Gazebo, Prospect Park, Brooklyn, NY

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August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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Never let someone tell you your place...

Decide for yourself, getting in where you fit in.



Walkway, Brooklyn Botanic Garden, Brooklyn, NY

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September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 <i>Labor Day</i>	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23 <i>Autumn Begins</i>	24	25
26	27	28	29	30		

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Playing a game has consequences, as we all know there are winners and losers. Think beyond your competition and prepare yourself for any outcome.



Lehman College, Bronx NY

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October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 <i>Columbus Day</i>	12	13	14	15	16
17	18	19	20	21	22	23
24 <i>United Nations Day</i>	25	26	27	28	29	30
31 <i>Halloween</i>						

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Being in a sedate state is not akin to being SEDATED in the vernacular, but instead it involves achieving a dignified serenity that leads to complete clarity. It must be pursued daily, from moment to moment.



Roosevelt Island, New York, NY

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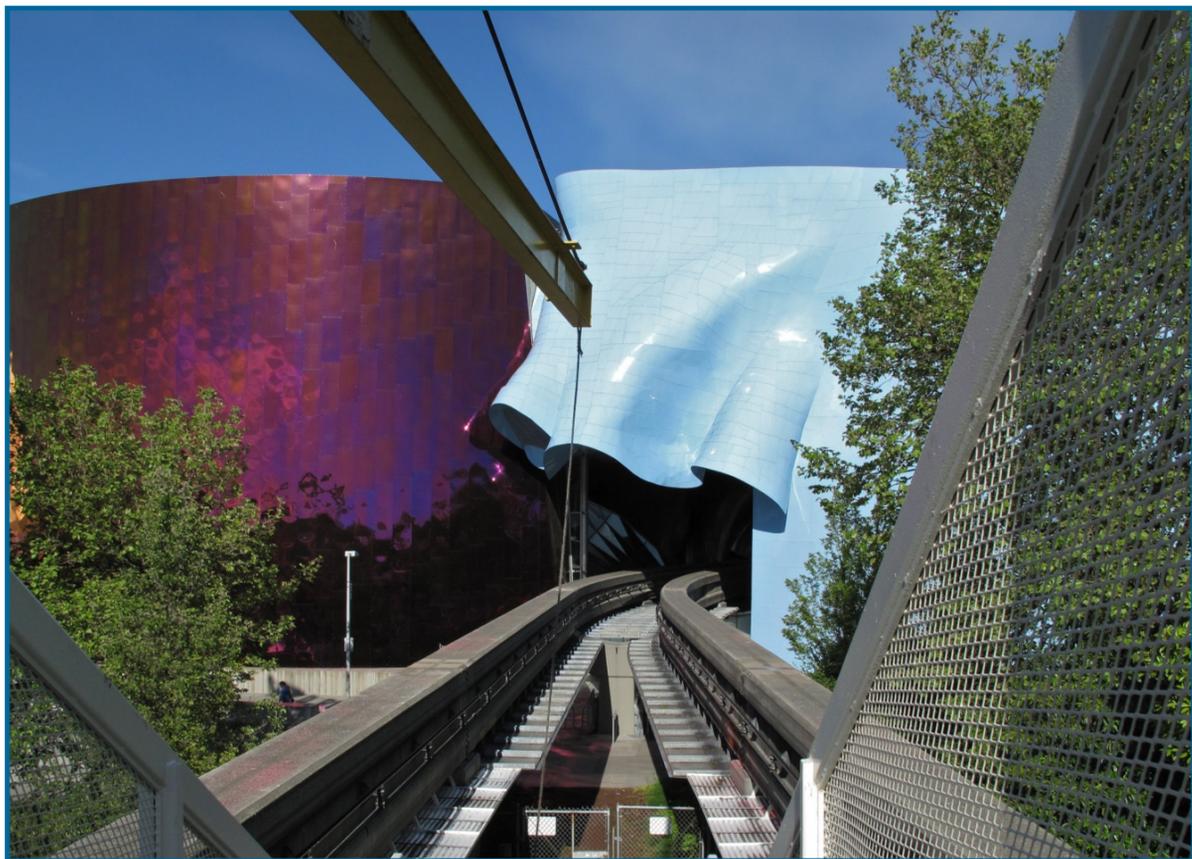
November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 <i>Election Day</i>	3	4	5	6
7 <i>Daylight Saving Time Ends</i>	8	9	10	11 <i>Veterans Day</i>	12	13
14	15	16	17	18	19	20
21	22	23	24	25 <i>Thanksgiving</i>	26	27
28	29	30				

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Reaching the **destination** starts at the **beginning**. Yes, you have heard SOMETHING similar to this *before*, but how have you acted upon this in the *past*? And how will you in the **FUTURE**?



Monorail Terminal, Seattle, WA

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December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21 <i>Winter Begins</i>	22	23	24	25 <i>Christmas</i>
26	27	28	29	30	31	