
A COFFEE WITH GOD

...

120 Certainties to Awaken Yourself

with a coffee every morning

Sebastian Vottari

HOW TO USE THIS BOOK

This is not a book to be read in one go.

It's a book to be drunk: one page a day, just one, in the morning.

The moment you wake up is the most delicate moment of the day. Your mind is still between sleep and wakefulness, your defenses are low, and everything that enters your mind in those minutes settles deep within you and colors the hours that follow.

This is why order matters: first the page, then the coffee.

Read the sentence. Read the short lesson. Read the quote and let it sink in. Say the prayer, even if only with your eyes. Then, and only then, pick up your cup.

At the bottom of each page, you'll find the closing phrase of the ritual. It's not a magic formula: it's a reminder. It reminds you that you're not gulping down that coffee in a rush, but rather drinking it after having put something good into your mind. That's how it becomes nourishment, not just a habit.

One hundred and twenty mornings. One at a time.

It starts tomorrow.

Today is not just any day: it is the only one that has been given to you.

Yesterday is over. Tomorrow doesn't exist yet. What you truly hold in your hands now is this day: intact, unwritten, yours.

Don't wait for it to become special to live it well. It's already special because it's the only one you have. Treat it like a gift entrusted to you, not like a queue to be cleared.

“This is the day the Lord has made; let us rejoice and be glad in it.”

(Psalms 118,24 – Bible)

† P R A Y E R

God, thank you for this day I didn't earn. Help me to receive it as a gift, not a burden, and not to waste it waiting for another.

(You can safely take coffee No. 1)

Your mind lives where you take it. Bring it here.

As soon as you open your eyes, your mind takes flight: lists, memories, fears. It drags you to twenty places while your body is still in only one.

Bring her back here, gently, as you would a distracted child. There's no need to scold her. You need to call her by name and show her where you are.

"Everything we are comes from what we have thought."

(Dhammapada, v. 1 – Buddhist tradition)

† P R A Y E R

*God, my mind is racing in too many directions. Gather it.
Teach me to stand where my feet are and offer you the attention
I have today.*

(You can safely take coffee No. 2)

END PREVIEW

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