

Timeless Transformations

Daily Inspirations – October 2021

(Daily Inspiration) “How do I feel today” is a question we ask ourselves at the start of the day. Metaphysically that means how are we expressing the conscious awareness of our vibrational frequency, or “what’s our vibe.” We can’t hide from our vibe because our vibe speaks the truth. We are broadcasting our vibe out to the world whether we realize it or not. Maybe our first priority should be to cleanse all the bad vibes so the great vibes can flow in? Maybe that’s what quiet time is in the mornings. Let us be so inspiring and energetic that others crave our vibe today.

(Daily Inspiration) We only have one place to live and that’s in our physical body. When we aren’t in tip top shape when we wake up, the rest of the day will be a greater challenge. If we don’t take time to care for ourselves, we’ll be forced to make time to care for our illness. So, it’s either now or later but it’s inevitable. Taking care of ourselves first must be our greatest priority. Let us remove the I out of Illness and replace it with WE, so Illness becomes Wellness today.

(Daily Inspiration) Have you ever heard the saying, I’m just plum de old tuckered out? That’s a statement used when we are totally exhausted. When we get to that point, we find ourselves belonging to the PLUM club – poor little old me (PLUM) club. That’s when we PLUMmet, e.g., hit rock bottom, suddenly drop to the ground. Finding ways to lift ourselves out of the PLUM club is difficult for high achievers. It may take time or a plan, but we can do it if you First Love Yourself (FLY). Let us find creative ways to FLY out of the PLUM club today.

(Daily Inspiration) What is our status symbol? Is it something we own, our level of education, the amount of money in our banking account? Aren’t we the same no matter who we are, what we do, or what we own? Why do we even need a symbol for success to show we are successful? Maybe freedom is the greatest status. When we are free to judge, that alone is the greatest symbol of our status. Let us reach the highest symbol of status with nothing to prove, nothing to buy, and no need to judge today.

(Daily Inspiration) An inflection point is a moment when a significant change occurs. It’s a spike when we realize something has changed. It’s usually a turning point or a mindset shift. Sometimes it’s driven by a crisis, or an accomplishment of a goal, or a change in total perspective. Other times it’s the moment that we wake up and decide to do something different. Usually, we never return to the original state. Once we know better, we do better. Let us be mindful of our trajectory and pivot in the direction of our vision today.

(Daily Inspiration) Lagom is a Swedish term for not too little, not too much, but just enough to be perfect. Not having enough creates a mindset of lack. Having too much creates too many choices. Have just enough creates a harmonious balance. Where there is balance there is stability. Where there is instability there is immobility. Let us approach the day with stability on solid ground by living in lagom today.

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(Daily Inspiration) It sounds corny to say every day that “today is the best day ever.” But if we make every day better than yesterday, today will be the best day. Who doesn’t want to close the day with the feeling, today was the best day ever and tomorrow is going to be even better! We will never have this day again so why not expect it to be the best? With this expectation, we are giving every new day a chance for us to experience it as being the best. Let us make the most of the day because it is all that counts today.

(Daily Inspiration) One of the fastest ways to feel rich is to count the things we have that money can’t buy. Things like seeing a clear sunrise, waking up and being able to take a deep breath, freedom to choose how we think, special people in our life that we love... money can’t buy these things. The list is probably longer than the things we want. Contentment comes from doing things we love and loving what we have. Let us never let the things we want get in the way of being grateful for the things we have today.

(Daily Inspiration) Many dream. Few work. The world has a lot of positive thinkers with big ideas, but it takes a positive doer to get things done. A positive don’ter rarely accomplishes anything. We can do it all. We can dream it, shape it with encouraging energy, then put the wheels in motion to get it done. When we combine positive thinking with doing, we make the greatest impact. That’s the secret sauce! Let us be positive thinkers that do today.

(Daily Inspiration) Anxiety is the awful feeling of uneasiness. It’s usually a fear of what might happen in the future. Sure, we must prepare for the future, but we can’t live there because it robs us of living in the present. If we can’t control the future, why let ourselves be anxious about it? Maybe all we can do is be confident that nothing is permanent, not even our worries. And trust that we will get through whatever comes our way. Let us lessen our anxiety by knowing every moment is a fresh beginning when we give ourselves permission to experience life today.

(Daily Inspiration) What if we started our day and didn’t have any challenges to overcome? There would be nothing to work on or creative solutions to propose. There would be nothing to learn or a need to think at a deeper level. Challenges bring meaning to life. Maybe we’ve been given our challenges because we are the only ones that have the capacity to find a resolution. The question we should be asking is, are we inspired by the challenge and is the challenge worth our time. Let us be thankful for the worthwhile challenges we are fortunate enough to receive today.

(Daily Inspiration) Mindfulness is being interictally aware of everything going on around us while balancing our acceptance of the present experience. Mindfulness is meditation in action. It’s easy if we are re”mind”ed to do it. Let’s say we’re waiting in traffic, participating in a non-productive, non-inspiring activity, or listening to someone we don’t care about complain. We can ring a bell in our mind. We can tune out. We can bring mindfulness into the present moment. We can use it as an opportunity to take a mental break. Let us be mindful to be reminded to actively meditate in every moment today.

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(Daily Inspiration) When we “try too hard” it may be that we are doing the wrong thing, or we need to do something different. Why work so hard at things that create resistance? Sometimes we try too hard on things that don’t matter. Sometimes we try too hard for others that don’t care or we don’t care about. Sometimes we try to be something we are not. Working too hard drains us of our energy. Things that come naturally or are in alignment with our values are probably the right things to do. Let us do our best but know when to stop trying so hard today.

(Daily Inspiration) When we do the same thing every day our brain stops making new memories. Our repetitive memories dissolve into one big blob of a memory. That’s when time flies by without us even noticing. If every day is like yesterday, life feels uneventful and boring. If we can create new memories, be surprised, and welcome the unknown, time slows down. Why make today just like yesterday? When was the last time we did something for the first time? Let us experience something new and different today.

(Daily Inspiration) Our intuition is a superpower. When combined with intellect, every choice we make gets easier. Intellect figures out the options, logically. Intuition tells our intellectual mind which option to choose and where to look next. Intuition is knowing without knowing, knowing without second guessing, knowing just because we know what feels right because it never lies. Let us trust our instincts and know it will tell us everything we need to understand today.

(Daily Inspiration) Sometimes It’s easier to plan than to do. We spend money buying exercise equipment and things we think we will use to make us more successful. We invest in college coursework, books, and certifications. We spend hours dreaming about how great things will be once we put our plan into action. Often we do these things only to trick ourselves to make it seem like we are getting stuff done. At some point, we must execute our plan and stop planning until we act. Let us participate in sticking to the plan and doing more today.

(Daily Inspiration) When we love the work we do, doing great work comes naturally. Our work then flows effortlessly. We feel livelier and it’s easy to preserve a constant stream of energy. That coupled with starting each day with a discipline of great habits and enthusiastic attitude, we achieve greater success. Then the circle of success never ends. We continue to love ourselves more and love how we get things done. Let us fall in love with our work today.

(Daily Inspiration) It’s a balancing act to be light-hearted and be serious and goal directed at the same time. It’s estimated that only 2% of us do this well and these 2% are the exceptional people of the world. These are the people that are focused, live on purpose in alignment with their values, love what they do, and do it with greater levels of ease. The other 98% drift with lack of purpose and direction. There’s a time teeter-totter and a time to stand firm. Let us take time to drift and meander but be disciplined to come back to our why today.

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(Daily Inspiration) Are we a powerhouse or on a power trip? Sometimes just the word power stirs up negative connotations. But nothing gets done without power. Even getting out of bed requires power – a physical act of arising and putting one foot in front of the other. We can think of power as an energy that influences our capacity to create positive situations and shape people in a positive way. Who doesn't want to possess that kind of power? That's how great things get done. Let us use our power by being power-ful with positive intentions today.