

Timeless Transformations

Daily Inspirations – December 2021

(Daily Inspiration) There are a lot of things in life to love ... family, friends, hobbies, work, pets.... But one of the greatest loves is to be in love with our own life. When we love our life, our life loves us back to the degree we love it. Loving our life is a lifestyle – where everything is in flow and is play – no matter what we are doing. Loving life is a way of cherishing every moment and inspiring zest for life wherever we go and in whatever we do. Let us love the life we live and live the life we love today.

(Daily Inspiration) Our eyes reflect our spirit. And they sparkle when we are on fire on the inside. This spark is ignited when we talk about our work, our family and friends, our personal interests..... Whatever it is, our energy expands and everything around us shines brighter. That sparkle is the small thing that can fire everyone else around us too. It usually changes the energy in the room and lifts others up.... It gives them hope to pursue their own dreams. Let the spark in us represent heaven on earth today.

(Daily Inspiration) Visualization is an energetic frequency that triggers our mind to experience what we want as a real-life experience. We can think of it as imagination with an intention. We can start the day with a blank slate and imagine how we want the day to play out. Magically, our brain seeks images in our imagination and tries to find a match. When there is a match, what we visualize is materialized. What we expect becomes our reality. Let us visualize our highest self then reap the benefits of how we show up as that today.

(Daily Inspiration) Intensity is the price of visibility. The more visible we are, the more mental strength we require. How we direct our mental strength during intense situations determines how successful we are when performing under pressure, managing stress, and dealing with unexpected conditions. When intensity contributes to our positive levels of energy, it creates momentum. Sometimes that's all we need to lift us up and propel us forward. Let us use our intensity in harmony with our immensity today.

(Daily Inspiration) What sets successful people apart from the rest of the pack is being free from difficulties, serene, working without resistance, sustaining an uninterrupted flow of focus..... it is to be smooth. It may be that we get there slower but when we remain steady, we are consistent and calm. Slow is smooth and smooth is fast. Let us be internally still at the core of our being so we are externally smooth today.

(Daily Inspiration) At the core of what we need is to be heard by someone who cares. When another cares, they not only hear us, but they take the next step and express actions of caretaking. We can be in the presence of another and feel if they care or not. We know in the core of our being, who cares and who doesn't. Who doesn't want to be considered a true caretaker when someone needs to be taken care of? To truly take care of someone is the greatest expression of love. Let us nurture those we care about today.

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(Daily Inspiration) Successful people start each day with lots to do. All we can do is our best. And our best will change depending on factors, like how good we feel, how connected we are, how many conflicting priorities we have.... Usually, our best will never be good enough, not to ourselves or to anyone else, especially to those that may not have our best interest in mind. It's our best interest and we control what's best for us. Why not ignore the rest? Let us do our best and know it's probably better than the rest today.

(Daily Inspiration) There are three things in life we can't get back, ever. The word after it's spoken. The day after it's gone. The results of our time after it's passed. We may think today is just another day. It's not an ordinary day. It's a special day that's given to us just for today. It's a gift that brings new thoughts and opportunities. The coming day tomorrow will be just as special. Let us treasure the gift of today and look forward to what tomorrow will bring.

(Daily Inspiration) It's easy to say, be present. But it's challenging with so many distractions and so much to do. What if we take it a step further and accept every moment in the now, as it is now - not against it and not fear what we don't know now or what happened yesterday or what may happen in the future. Just trust the moment as it is. Then, all that's left is us and the ability to find the best in where we are right now. Because this moment is our life. Let us be all there wherever we are today.

(Daily Inspiration) Why do we work so hard if we don't give ourselves the gift of indulgence occasionally? We all deserve to enjoy the finer things of life, especially more than what is good for us or what we can spare, either in time or money. Think of "the gold standard." Maybe it's a restaurant, an experience, an item of clothing, or whatever is ultimately enjoyable. It may even be something we keep to ourselves without anyone else knowing. It could be a gift of self-care for ourselves. We are worthy of indulgence! Let us experience a Ritz-Carlton kind of day today.