

Timeless Transformations

Daily Inspirations – January 2022

(Daily Inspiration) Most people live life being concerned about life after death. What if we are more concerned about loving and living life to the fullest before death? The real heartbreak about life is what we let die inside of us while we are alive. We are probably most anxious about death when we haven't done the best work we can, we fail to love those that are most important to us, and we live with regret or resentment. Let us prepare for death by being the kindest and loving life and those we love to the fullest today.

(Daily Inspiration) Karma is a beach. What others do is their karma. Their karma has nothing to do with us. What we do is our karma. How we respond to anyone else's karma is our karma. All we need to be focused on is our karmic accumulation and the patterns of our lives that are represented by our actions and deeds. These are the particles of energy that build up in our soul. Let us mind our karma and make it beautiful and authentic today.

(Daily Inspiration) Our personal growth inspires personal fulfillment. When we are full, we're able to fill others up. The momentum of supporting others is where life's energy comes from. That's what makes us feel alive and worthwhile. When our energy expands, we radiate more light. We can only be seen when there is light. Why not find ways to make our light shine as bright as we can? Let us amplify our light by helping others shine their light brighter today.

(Daily Inspiration) We can't attain great success and live in alignment with our values when we are sidetracked by insignificant distractions. Maybe real success boils down to being able to focus on what we should be doing and blocking out doing things that have no value. How easy is it to pay attention to the present and not let it slip away? All squandering of time starts with one tiny distraction. Let us focus on action and let go of distraction today.

(Daily Inspiration) It's easy to get caught up in feeling less if we have less or feeling more if we have more. The perfect state is feeling just right with what we have with who we are right now. More doesn't mean better. Less doesn't mean worse. Why not focus on what moves our life forward? As long as we aren't moving more backwards than we are moving more forwards, then we're moving in the right direction. Let us know we have enough with what we have and who we are today.

(Daily Inspiration) Working under pressure comes with the territory of working in high-visibility, high-levels of responsibility, and high-profile positions. Pressure presents three choices: give up, give in, or give it all we got. When we give it all we got, we are forced to rise to the occasion. The level we rise depends on our level of preparation, knowledge, intuition, and character. Our real self is revealed when we are under pressure, not when things are going smoothly. Let us prepare and turn pressure into our highest level of performance today.

(Daily Inspiration) There is an exception to every rule. Most of us are programmed to look for confirmation, no matter what we are experiencing. We scan a situation. We look for proof. We listen to a conversation. We look for validation. Someone answers our question. We search for evidence. We are approached with a problem. We revert to the rule. We don't see experiences as it is or appears to be. We see experiences as we are. What if we think outside the box and look for the exceptions? Let us be the exception today.

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(Daily Inspiration) Today is everything “up to now,” which is an earlier time and all the events that occurred before this current moment of time. To make the most of today we must make peace with everything “up to now” and release it. Otherwise, it’s a repeat and it becomes today’s challenge. Everything “up to now” is in the past. Let us bring our mind to the here and now and make the best of today.

(Daily Inspiration) Expectations of ourselves are guided instructions that tell us what to do whether we realize it or not. Every action starts with an expectation. We must expect things to occur before we can do anything. Even if we don’t understand how things will get done or turn out, we must be comfortable without knowing. But that doesn’t change our expectations. We might as well expect unexpected things to happen but know our expectations guide us towards what is possible. Let us elevate our expectations and be exceptionally capable today.

(Daily Inspiration) One of the most undervalued communication skills is to be the last one to speak. When we are the first to listen, we learn. We hear everyone else’s ideas. We have time to contemplate our thoughts. We show respect by honoring other’s perspectives. When we do speak, we know we are successful when everything going on in the conversation becomes different and we shift to closure. This skill elevates us into the leadership role. Let us be the last one to speak and the first one to take action today.

(Daily Inspiration) The word “forever” is an eternal, all-encompassing word. But what is forever? Until the end of time, but when is that? Through endless ages? Everlasting always without end? One of the hardest realities is to come to terms that forever is never. There’s always an end to everything. We change, we move, we make a physical transition. The best thing about contemplating the word “forever” is it reminds us of who and what we love most. Maybe life isn’t forever but love is. Life is short but love is forever. Let us not take anyone or anything for granted today.

(Daily Inspiration) Successful people know how to get into their zone where they perform at their best. They prepare how they are going to get there every morning before anything else. Spending a small amount of time first thing in the morning getting our mind prepared with inspiration changes us. Then we are ready to work with passion and purpose throughout the day. When we then close the day with gratitude, no matter what happened, we know tomorrow is a new day with new possibilities. There’s no tricks, no shortcuts, no magic. Let us prepare then control our zone carefully today.

(Daily Inspiration) When we experience success, one of two things usually happen. We are really proud of ourselves and we keep thinking about it over and over in our minds, and we tell everyone about it. That is public success. Or we think about it as a step towards a larger goal, reflect on what we can do better the next time, and consider it personal success not needing to gloat or gain approval from others. Maybe self-acknowledgement of success is the most rewarding? Only we can decide. Let us self-congratulate ourselves and know we are the best version that we can be today.

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(Daily Inspiration) When we are prepared, we place ourselves in a position to be one step ahead. It shows that we care enough to prepare. Sometimes, all it takes to be the leader is to be one step ahead in front of everyone else. When we are in front, everyone else is a follower. Preparation requires combining the past and the present, then having the foresight to predict the future, which is the next step. At the root of progress, to get anywhere or do anything requires taking the next step. Let us step up by being prepared to be one step ahead today.

(Daily Inspiration) The experience of synchronicity seems to be magical when we feel the universe is arranging a collaboration with our destiny. Maybe it's fate. Maybe it's a coincidence. Or maybe it's much simpler than that. Maybe it's just a vibrational match of events that link together at the same time. When we experience the same energy and vibrational frequency with others, we are bound to find a connection. What we think about activates a vibration that looks for a match with others. All levels of frequencies exist. Let us find the best frequency that matches our desires and intentions today.

(Daily Inspiration) A mind that is calm can work through any challenge. That's because we can organize our thoughts more clearly. We can plan our next step more strategically. We can respond with more confidence. We just come across as having it all together – and we do. But a calm mind doesn't come naturally. It comes with all the preparation and self-care before a challenge crosses our path. Why not set a calm peace of mind as our highest goal and organize everything else around that? Let us use our calm mind to bring inner strength as we start this new year in 2022.